

Rockwood hosted a public hearing about curbside waste collection

By Jennifer McFee

Rockwood's new council got down to business at the Nov. 14 meeting with a long list of subdivision applications.

- Council approved a request to subdivide a 10,937-square-foot parcel from a 21,932-square-foot holding in Stony Mountain to accommodate a single-family dwelling on the residual piece. This residence would be serviced by municipal sewer and piped water.

- Council approved a request to subdivide an 18.57-acre surplus farmstead from a holding that is approximately 81 acres, located about one mile southwest of Balmoral. The purpose is to accommodate the sale of cultivated land. The proposed lot contains wooded land and a single-family

home serviced by septic field and individual well.

- Council approved a request to subdivide a 12-acre vacant parcel from a holding that is approximately 267 acres. Owned by New Haven Holding Co. Ltd., the property is located about one mile south of Argyle, and the property would be used to build a permanent home for Settlers Rails and Trails museum.

- Council approved a request to subdivide a 10-acre surplus farmstead from a holding that spans approximately 76 acres. The property is about six miles southwest of Stonewall, and the proposed lot contains an existing residence serviced by ejector and individual well.

- Council approved a request



TRIBUNE PHOTO BY JENNIFER MCFEE

Rockwood Reeve Wes Taplin poses with the RM's new council.

to subdivide a 13.521-acre surplus farmstead from a 160-acre holding located about nine miles southeast of the Town of Teulon. The proposed lot contains an existing single-family home serviced by septic field and individual well.

- At the same meeting, council also hosted a public hearing for conditional use to allow a mobile home on a property. Interlake Colony plans to move a 1,342-square-foot mobile home from Prairie Blossom Colony near Balmoral to a property on Road 13E. The applicant's letter of intent states, "There is a young and growing family living in pretty tight quarters and needs more room as soon as possible." Council approved the request.

- Council also hosted a public hearing about a bylaw related to curbside waste collection. All residents and commercial residents will need to pay a levy within the Rockwood portion of Grosse Isle, as well as in Stony Mountain, Argyle, Balmoral, Gunton and the Stonewall Trailer Court.

For the 1,085 dwellings in the area, the 2018 rate of \$205 will rise by \$10 to \$215 in 2019. Then the amount will increase to \$227 in 2020, \$241 in 2021 and \$255 in 2022.

For the 27 businesses in the area, the 2018 of \$410 will increase by \$20 to \$430 in 2019. Then the amount will increase to \$454 in 2020, \$482 in 2021 and \$510 in 2022. Council passed first reading of the bylaw.

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Caius's courageous battle against cancer

By Margaret Koshinsky / CancerCare Manitoba

Caius was a typical rambunctious two-year-old who loved playing with his cars and trucks when flu-like symptoms began to appear every few weeks in September 2016.

His mom Megan and dad Russ Schwartz thought he was simply picking up flu bugs as toddlers often do. But when he became non-responsive for nearly a minute one afternoon, his grandparents whisked him to the ER.

A CT scan showed Caius had a brain tumour the size of a small baseball.

"We were in shock," Megan recalls. "We were told he needed surgery ASAP and they didn't want to send us home."

The family tried to come to terms with the unthinkable — Caius would undergo brain surgery the very next day.

The following morning, a pre-surgery MRI revealed further troubling news; a blood vessel was feeding the tumour. The situation was very complex and high risk. Caius underwent surgery a few days later. To everyone's tremendous relief, the surgery was very successful.

Three weeks later, Caius began vomiting after each meal and his balance was noticeably off.

"I had a gut feeling something was very wrong," recalls Megan.

Doctors hoped to attribute his symptoms to post-surgical recovery but scheduled an MRI.

On Nov. 1, their fears were confirmed. The can-

cer was back and had spread throughout his brain. Caius had a very rare brain cancer. Surgery was not an option. His chance of survival — a mere one per cent. Fortunately Caius's talented pediatric oncologist at CancerCare Manitoba had a plan.

Despite the risks they were told existed, Megan and Russ knew they had to fight for their young son. Within hours, he received chemotherapy and later that day was given the first of three radiation treatments.

"Everyone acted so quickly and that's what saved his life," said Megan.

Caius was kept sedated for nearly a week while everyone watched and waited, hoping and praying. It was touch-and-go but Caius pulled through. He spent the next month regaining his strength.

For the following six months, Caius received a high dose of chemotherapy every three weeks. In the middle of it all, Megan gave birth to their daughter Emlyn. In October 2017, a follow-up MRI indicated Caius's brain was tumour free. It was the best possible Thanksgiving gift his family could receive!

As the result of his extensive treatment, Caius has experienced vision changes and some hearing loss. He wears hearing aids though and loves them. Remarkably, Caius has no signs of brain damage.

Now four years old, Caius attends preschool, loves to tell knock-knock jokes and pretend he's rescuing people.



TRIBUNE PHOTO SUBMITTED

Four-year-old Caius Schwartz will join three other CancerCare Manitoba Foundation child ambassadors at the Winnipeg Jets Hockey Fights Cancer ceremonial puck drop on Nov. 29.

Continued on page 4

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KidFish Ice Derby earns philanthropy award

Staff

A locally based and kid friendly ice fishing fundraiser was presented with the Outstanding Service Group award during the Association of Fundraising Professionals Manitoba Chapter Philanthropy Awards last week.

Organizers behind the KidFish Ice Derby, which takes place every winter at the Float Plane Base in Selkirk, were presented with the award during an awards ceremony in Winnipeg last Thursday.

"In 2013, KidFish was born by a handful of people who wanted to do something good that was 'all about the kids,'" Courtney Nodrick, who nominated KidFish on behalf of Children's Hospital Foundation, stated in a release last week. "To date, this exceptional group of individuals has

raised over \$174,850 for the Children's Hospital Foundation of Manitoba and for CancerCare Manitoba Foundation.

"Through their recruitment efforts over the last five years, they have grown into a team of 109 volunteers and have had over 4,957 participants in their annual Ice Fishing Derby."

KidFish also provides all the children who come to the annual ice fishing derby with a fishing rod.

"They are engaging a new generation of young anglers who may not have had the means to participate in an activity like ice fishing if it were not for KidFish," said Nodrick.

The next KidFish Ice Derby is scheduled to take place on Sunday, Jan. 6, 2019 at the Float Plane Base in Selkirk. Gates will open at 8 a.m. with the



TRIBUNE PHOTO SUBMITTED

Organizers behind the annual KidFish Ice Derby in Selkirk were presented with the Outstanding Service Group award during the Association of Fundraising Professionals Manitoba Chapter Philanthropy Awards last Thursday.

tournament running from 10 a.m. to 2 p.m. For more information, you can

find the "KidFish Ice Derby" page on Facebook.

Teulon RCMP investigate homicide

Staff

Teulon RCMP responded to a call of a female having been shot while seated in a vehicle on Provincial Road 231 in the RM of Armstrong on Nov. 17, at approximately 11:40 p.m.

Following an investigation it has been determined that an altercation had broken out at the Fraserwood Hotel earlier in the evening. When the altercation escalated, patrons were asked to leave the establishment before being closed for the night.

A male, who had been at the establishment, left and drove approximately two miles south of Fraserwood

on Road 11 East (also known as Kuz Road) in the RM of Armstrong. He parked his vehicle, and when three vehicles belonging to patrons from the bar passed the suspect, he fired on them with a rifle. Multiple shots were fired by the male towards the vehicles.

Twenty year old Hailey Dugay was a passenger in her boyfriend's truck Branden Harasymko when the vehicle was struck by gunfire.

Harasymko called 911 and was driving to Teulon Collegiate to meet STARS air ambulance. Medical personnel treated Dugay and transported her to the hospital, but she suc-

cumbed to her injuries.

Nobody else was injured.

The male fled the scene and, with assistance from RCMP Police Dog Services and Winnipeg Police Service's Air 1, was arrested in a field near Gimli.

Jesse Paluk, 23, is charged with Second Degree Murder, Attempt Murder x 7, Discharge Firearm at Motor Vehicle with Intent to Wound x 3, Reckless Discharge of Firearm x 3, and Assault with a Weapon.

Paluk remains in custody to appear in Winnipeg court on Nov. 20, 2018.

The investigation continues.



TRIBUNE PHOTO SUBMITTED

Hailey Dugay was shot and killed Saturday night.

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 12th. Hamper pick-up will be December 22nd. 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 CHEER BOARD

Help needed! The Stonewall & 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 books, new stuffed animals, markers/crayons and items for teens. Donation boxes are placed all over Stonewall and monetary donations can be made at Sunova Credit Union.

PARADE DONATIONS

The Stonewall Christmas Parade is coming up fast! Volunteers will be carrying buckets to collect donations for the Stonewall & District Christmas Cheerboard. Keep your eyes open along the parade route for our volunteers and please bring your spare change. Your support

> CAIUS, FROM PG. 3

"I'm going to be a doctor and help people," Caius recently declared.

Caius remains under the close watch of the pediatric oncology team at CancerCare Manitoba and takes a low dose of chemotherapy daily.

"We look at his life as a miracle," said Megan. "We have seen the benefits of people's generosity and truly believe Caius is here today because of people we will never meet. The amazing sup-

porters who give to Hockey Fights Cancer each and every year in support of pediatric clinical trials."

The Winnipeg Jets host Hockey Fights Cancer on Nov. 29 when Caius will join three other CancerCare Manitoba Foundation child ambassadors in participating in a ceremonial puck drop before enjoying star treatment for the game. Help kids like Caius by showing your support on Nov. 29 and at all November home games where mystery autographed mini sticks and

pucks will be sold along with raffle tickets for the chance to win one of eight autographed lavender warm-up issued jerseys which players will wear Nov. 29 to bring more awareness to the cause. All proceeds of the Jets' HFC campaign will stay right here in Manitoba to benefit more kids like Caius.

For more information on Hockey Fights Cancer, visit winnipegjets.com/hfc or get your tickets for HFC Night at winnipegjets.com/tickets.



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Kinsmen Splash Pad receives generous donation



TRIBUNE PHOTO BY STEPHANIE DUNCAN

Interlake Salvage and Recycling Inc. recently donated \$25,000 towards the Kinsmen Splash Pad project. Pictured front row, left to right: Michael and Julie Clarke's granddaughters Emersyn, Lexie and Haleigh; back row: Martin Mailman (Kinsmen president), Michael, Julie and James Clarke (Interlake Salvage owners), grandson Wyatt Clarke, Amanda Clarke and Chris Luellman (Splash Pad chairman).

Staff

Michael and Julie Clarke of Interlake Salvage and Recycling Inc. know how hard it is to fundraise for community projects, since they are both past Kinsmen and Kinette members.

"We truly wanted to give back to the community with our growing family and now was the time. We would not be able to do this without our amazing employees at Interlake Salvage

who helped contribute to this," said Michael.

The Clarkes would like to thank the Kinsmen and Kinettes for all the hard work they do.

For any business wanting to get involved, the Clarkes are throwing out a challenge to the business community to get involved by sponsoring the splash pad or by purchasing a brick, which start at \$100 and up.

Sweet fundraiser for seniors



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall & District Health Centre Ladies Auxiliary, the Rosewood Lodge Recreation Department and the Adult Day Program held their annual fall tea at the Stonewall Legion Hall last Thursday. Coffee and homemade pie and desserts were served while funds were raised through a bake sale and a brown bag auction. Volunteers sold trays of homemade baking. Left to right: Marg Bond, Carol Nichol, Heather Corbett, Val Gillespie, Pat Moldowan and Dorothy Palmer.

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TRIBUNE PHOTO BY JO-ANNE PROCTER

This red squirrel is taking a leap of faith after filling it's belly with bird seed east of Stonewall last week. These delicate looking little rodents, weighing not much more than a half pound (230 gram), are complete omnivores. They consume a tremendous variety of food such as seeds, nuts, buds, bark, fruits and mushrooms (which are often hung to dry in tree branches). They are successful predators on bird's eggs, nestlings, voles, young rabbits, frogs, salamanders and insects. Red squirrels do not hibernate and are, in fact, aggressively fearless. They are endlessly entertaining and their behaviour, coupled with their undeniable cuteness, makes them a favourite, even of people who profess not to like squirrels.

Manitoba government continues on road to recovery

Submitted

The Manitoba government remains committed to the important work of fixing the province's finances, repairing services and rebuilding the economy. This message was delivered by Lt.-Gov. Janice C. Filmon as she outlined the government's ambitious plan in the throne speech marking the commencement of the fourth session of the 41st sitting of the legislative assembly.

"We have embarked on an ambitious plan to make Manitoba the most improved province in Canada," said Premier Brian Pallister. "Though we have

made good progress over the past two years, much work remains to be done. We will continue to confront our challenges and face them together, united by the unshakeable belief that better days are ahead – that a brighter, more prosperous future awaits our beautiful province."

The premier noted the province continues to make progress toward returning to balanced budgets, while also providing tax relief for Manitoba families and small businesses. The province is committed to making communities safer, protecting vulnerable Manitobans, and continuing to

improve health care, education and social services, he said.

The speech from the throne highlighted key government priorities:

- bringing forward a new Referendum Act to restore the rights of Manitobans to vote on major tax increases, and provide a framework for calling and conducting a referendum;
- implementing a plan to reduce wait times for procedures such as joint replacement, cataracts and diagnostic imaging;
- developing Manitoba's first ever

Continued on page 8

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Journalism needs public support

By Dawna Friesen

The business aspect of journalism is seriously under threat.

The model of the traditional newspaper, radio and TV station is broken. Advertisers are going elsewhere — mostly online.

The way we consume news has changed rapidly.

I grew up on a farm just west of Winnipeg, and we got a grand total of three TV channels. Watching the news was a family affair. We all gathered in front of the TV to find out what happened in the world. And if you missed the news, you missed it. You'd have to wait until tomorrow to read it in the paper.

Contrast that with my son, who is 13. Much as I would love to say he's my biggest fan, he doesn't really watch the news. He's on Instagram and Snapchat, and spends more time on YouTube or Netflix than watching broadcast television.

In one generation, how we connect to the world and how we consume news has been utterly transformed.

Now, you can say, "Hey, that's business. You adapt, or you die." And journalism is adapting.

But here's the thing about journal-

ism. It's more than a business. It's a pillar of democracy.

Journalism underpins every free society. It informs, it uncovers truth and it holds power to account. Without knowledge about what's happening in your town, your province, you country, you can't be an informed citizen. And if you aren't an informed citizen, you can't make informed decisions about the kind of community you want to live in, and the kind of political leaders you choose to represent you.

Right now, journalism is under assault not just because the business model is broken, but because there are political forces actively working to undermine it and discredit it.

An army of online trolls and activists question the veracity of stories they don't like, attack individual journalists they don't like, and ridicule institutions that for decades have been trusted sources of news.

State-supported trolls from places like Russia and Saudi Arabia seed our news feeds with false stories and conspiracy theories, and actively work to undermine western liberal democracies.

I never imagined an American pres-

ident — the leader of the free world — would call the media the "enemy of the people." He's said it so many times, we don't even blink anymore.

It's having the insidious effect of eroding trust in all the news media. We have reached the point that people don't know who or what to trust.

I think we are living in a dangerous time. We're not Americans, but we're not immune to the rancour and the division and the political dysfunction that we're watching unfold.

So here's my message to you: be an active part of the solution.

Don't be drawn into partisan ugliness that paints political opponents as traitors and the enemy. Support quality journalism. Think of it as a public service.

Journalists used to be seen as the public watchdog. Don't fall for the line that we are the enemy of the people. That's the talk of a dictator, who wants to silence those who question him.

Quality journalism increases public knowledge, political participation and engagement. It helps reduce corruption, expose the nefarious. Just look at the power of the MeToo movements, which was driven by strong women who came forward, and journalists who told their stories.

And here's my most important point: don't expect to get quality journalism

for free. It's not a giveaway. You need to pay for it.

The big failing of the internet — which gave us access to the world — is that we expect to get it for free. Unless news organizations are owned by a billionaire like Jeff Bezos, that's not sustainable.

So pay for news, subscribe online. Demand quality. Consider the source of what you are reading and watching. Don't get sucked in by clickbait. It just panders to sites that thrive on viral video.

The vast majority of journalists are driven by the desire to inform the public, to get the facts and to bear witness to events — sometimes risking our lives to do it.

So please, support quality journalism, because quality journalism underpins a healthy democracy.

Dawna Friesen, who is from Manitoba, was previously a foreign correspondent for NBC News and is currently the chief television anchor and executive editor of Global National, working out of Vancouver. She recently spoke on the importance of journalism during an address at the Manitoba Business Awards banquet, put on by the Manitoba Chambers of Commerce. This column previous appeared in the Winnipeg Free Press and is being reprinted with permission from the Free Press.

GEAC to host free documentary screening

Staff

A free documentary screening is set to take flight next week, sharing the story of a man who tries to teach his own flock of geese how to fly south safely.

The Gimli Environmental Advisory Committee invites everyone to attend the free event, which will take place on Thursday, Nov. 29 at 7 p.m. in the Gimli Multipurpose building, located at 17B North Colonization Rd.

The film, entitled *The Secret Routes of Migratory Birds*, is the story of filmmaker and bird enthusiast Christian Moullec, who leads a group of young geese on their first-ever migration in an attempt to discover why fewer birds are embarking on the pilgrimage.

He incubates, hatches and raises a flock of geese, which end up imprinting on him and following him wherever he goes. So he sets off on an adventure to teach them to follow their ancient migration path south across Europe.

Holiday treats will be served at the event, which will mark the last movie night of 2018 for the Gimli Environmental Advisory Committee. The group will reconvene in 2019.



TRIBUNE PHOTO SUBMITTED

The Gimli Environmental Advisory Committee is showing the film *The Secret Routes of Migratory Birds* on Thurs., Nov. 29 at 7 p.m.

getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Low water levels this ice fishing season

By Arnie Weidl

Hi friends.

It would seem that we are going to be constantly reminded this winter, as we were last year, about the low water levels in our waterways. Mud and sand bars appearing above the water line everywhere have with the help of the wind piled up ice and snow ridges throughout lakes Winnipeg and Manitoba. The creeks and rivers are smoother, but everywhere under the quickly thickening ice there is little water.

That fact became very clear when I met a younger chap, Micheal Baier of Steinbach, ice fishing on Gull Lake by Stead off Highway 59 last week. He said he and a buddy Owen were here about this time last year trying to fish, and since the ice was only eight inches thick, they made a round three-foot hole with hand chisels.

They planted their folding chairs, rods, tables, food and drinks around it and made ready to fish. Micheal turned his back to Owen and the hole to get some minnows to bait his pickerel rig when he heard a squeal and a splash. He turned to see his buddy standing in the ice hole up to his waist in shockingly cold water.

Micheal stood gaping at Owen, who with arms high and outstretched, looked up at Micheal with a "what just happened" look on his face. Micheal tried desperately not to laugh at his

friend.

Standing at the edge of the hole, he held out his hand to Owen who gladly took it as he lifted a knee high enough to kneel on the top of the ice and pull himself up. Hastily, they threw their gear back into their sleigh and as quickly as Owen's problem would allow, made for the shore and the warmth of Micheal's truck.

"I hope your truck's got lots of heat," Owen stuttered as he hobbled, bent over in frozen discomfort after his friend.

"You sure have an interesting way of scaring fish away," Micheal shot back, teasing Owen as they climbed up the shore to his truck.

Just before freeze up, I had the pleasure of meeting a bright, happy, enthusiastic guy by the name of Paul Chaput who was fishing with his mother Paulette Chaput off the waterfront pier in Selkirk. Paul loved to talk as he shifted his large frame about in his chair. His cheery smile was set off by his light brown goatee.

"Every time we're here and mom has to go to the bathroom, she catches a fish, which means I have to land it for her," Paul joked.

Paulette, on the other hand, was a quiet lady, bundled up against the cold wind coming off the river. Only her quick glances and firm smiles toward her son showed how much she was enjoying their outing.

True to Paul's outgoing nature, he began telling of an extraordinary fishing experience he had here not long ago. He got a strike that came to feel like a log. Since he liked to use 20-pound test line, he was not afraid to begin a hard "haul-up-then-reel in" contest between himself and whatever was on the end of his line.

People gathered around to witness this give and take between Paul and the fish just as it broke the water's surface. People gasped at the foot wide shinny grey head of a huge catfish immersing from the water.

In defiance, it thrashed the water with its immense tail, rolling over and showing its great white belly, and dove for the bottom. Paul set a rhythm to this contest. When he could, Paul reeled in. When the fish ran he let line out. His arms began to ache and his hands began to cramp. Worse, the digging in of the butt of the rod's handle on his stomach would prove to leave a bruise that would not go away for weeks.

After what seemed like hours, he had the cat by the pier only to realize his net wasn't long enough to reach the beast. A neighbouring angler now in the crowd quickly fetched his net. Paul took it and, leaning over, was able to get the fish partially into it. It jackknifed! It slipped the hook and flopped back into the water with a great splash, disappearing.



TRIBUNE PHOTO BY ARNIE WEIDL
Micheal Baier of Steinbach with his catch out of Gull Lake by Stead.

Some onlookers who had just come up to the group asked Paul why he hadn't taken a picture.

"I was just a little busy trying to land it. That took all the hands I had," he exclaimed.

Last week I visited places on Lake Winnipeg's west shore where winter fishers go onto the ice. With generally nine inches of ice on the lake last Saturday at Warner Road by Matlock, I saw with my binoculars a chap at least a kilometre out, standing in the wind beside his sleigh, tending two ice holes foretelling how far from shore we'll be this winter because of low water!

Till next week. Bye now.

> THRONE SPEECH, FROM PG. 6

provincial Clinical and Preventive Services Plan;

- implementing a comprehensive plan to address the Virgo report's key recommendations and guide improvements to mental health and addictions services across government;
- enhancing supports for victims of domestic violence with two new pilot programs and introducing legislation to pilot a first-in-Canada family resolution service;
- releasing an action plan for economic growth, informed by the review conducted by Dave Angus and Barb Gamey, in the coming weeks;
- establishing a lead entity to support economic growth and development in the north;
- delivering a renewed Travel Manitoba tourism strategy;

- supporting seniors by constructing 1,200 additional personal care home beds by 2025;
- helping keep children and families together and bringing forward legislative changes to The Child and Family Services Act and The Child and Family Services Authorities Act;
- improving accountability for results in the justice system and beginning in 2019, reporting annually on key measures such as recidivism rates, time to disposition of offences and custody counts;
- introducing an Immediate Roadside Prohibition Program to allow police to address lower-level alcohol-related cases more quickly using administrative penalties;
- bringing forward legislative amendments to allow the safe testing

of autonomous vehicles on provincial roads;

- modernizing the Consumer Protection Office to improve client service;
- suspending further expansion of gaming pending a review of the province's gaming strategy;
- launching the Commission on Kindergarten to Grade 12 Education and conducting the first in-depth review of Manitoba's child education system in decades;
- preparing for Manitoba's upcoming sesquicentennial and launching one of the first Manitoba 150 projects in partnership with the Hudson's Bay Company History Foundation;
- making new investments in capital modernization and training to assist the agri-food sector in capitalizing on global market opportunities in protein extraction;

- enhancing resiliency of the province's natural infrastructure to climate-change challenges such as flooding, storms and wildfires;
- bringing forward regulations to better plan the use of water resources and enhance drainage, conserve wetlands and store water within local watershed districts;
- advancing construction of the Lake Manitoba Outlet without delay; and
- implementing a new governance and funding framework for the continued success of Brandon's Keystone Centre.

"Manitoba's road to recovery is a long one, requiring both courage and care," said Pallister. "We will continue the work we've begun. We remain committed to improving Manitoba and the lives of all Manitobans."

To read the speech from the throne visit <http://gov.mb.ca/thronespeech>.

Award-winning program encourages empathy

By Jennifer McFee

One of the world's most inspiring education innovations continues to make a difference close to home.

The Roots of Empathy program has been named one of the 100 most inspiring K12 innovations across the globe by international education non-profit HunderED.

Through Roots of Empathy, a trained instructor delivers curriculum 27 times over the school year. For nine of these classes, a parent and baby join the students for sessions that focus on a range of pre-determined topics. The instructor also leads pre-visit and post-visit sessions with the class.

The program aims to encourage empathy and emotional literacy while the students observe the baby's development and learn to identify the baby's feelings. As a result, the children become more cognizant of their own emotions as well as the feelings of others, so they are less likely to get caught up in bullying or other hurtful behaviours.

School counsellor Heather Sanche is a trained instructor with the program and is currently offering it for the eighth time. This year, she is leading the program for a Grade 2 class at Ecole R.W. Bobby Bend School.

Parents Katelyn Elliot and Andrew English are participating in the program with their baby girl, Fallon. For Sanche, the connection is even closer since she was the kindergarten teacher of Baby Fallon's dad in Gillam.

And for the students, it's easy to connect with the content of the program.

"The kids love it. They really develop a relationship with the baby. It doesn't take long, and I see it grow with each visit," Sanche said.

"It's not long after the baby has been here then they're asking when is Baby Fallon coming again. They develop an attachment and it's somebody very special to them. By the end, it's just like the baby is part of our family and part of the class."

The Canadian-made program was

founded by Mary Gordon in 1996. Today, the program is delivered in 12 countries and it continues to win awards for its impact. Roots of Empathy is geared for classrooms from kindergarten all the way up to Grade 8. In addition, a program called Seeds of Empathy is designed for youngsters age three to five years old.

"The kids learn to recognize and name feelings and emotions, and they learn how to respond to them. We talk about the baby's temperament and our own temperaments and how we react to things. And we talk about milestones and individual differences," Sanche said.

"We also do a lot of watching the baby and identifying how the baby is feeling. They learned that when a baby cries, it's not a bad baby. It's a baby with a need and they're trying to communicate."

"I tried to extend it by asking, 'If you saw a friend crying, would you just leave them be?' The caring, kind thing to do is try to help them and show concern. I really try to keep emphasizing that empathy part."

Beyond that, Sanche also appreciates how the program fosters a connection with the community by bringing a family into the classroom.

"In the past, I've had grandparents come in and dads come in too. People involved in it always have good things to say and really enjoy it as well," she said.

"As the instructor, I also enjoy it, so it's a really lovely experience for everybody."

Healthy Child Manitoba supplies the training and curriculum for Roots of Empathy, and the school division purchased a kit to go along with the lessons.

"Ideally, I would like to do more programs. I think every grade level should get it," Sanche said.

"It's a very positive program. The kids get so much out of it and we create connections with the community. I would highly recommend it. It's a



TRIBUNE PHOTOS SUBMITTED

Katelyn Elliot and baby girl Fallon are participating in the Roots of Empathy program at R.W. Bobby Bend.



The Grade 2 class watch baby Fallon grow and develop throughout the school year.

delightful time and it's often the highlight of my day."

For more information about the

Roots of Empathy program and how to get involved, visit <https://rootsofempathy.org>.



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Winter feeding is for the birds and bird lovers

By Jo-Anne Procter

Now is a great time to start feeding the birds, and providing them with the right food is an ideal way to fill your yard with colour, music and hours of entertainment that only nature can offer.

The South Interlake Garden Club and the South Interlake Regional Library in Stonewall hosted Sherrie Versluis owner of The Preferred Perch Wild Bird Specialty & Gift Store in St. Vital last Thursday to educate guests on the art of feeding birds.

A fascination and love of birds and nature happened at an early age for Versluis, who grew up in Transcona and spent many summers at Lake of the Woods.

Versluis told the *Tribune* she spent her days exploring the forest from the age of five and never stopped.

"I was very young when I discovered a yellow warbler nest that was built very low to the ground. Every day I would run to check on the nest and was captivated about the remarkable progress each day of the growth of the chicks and how many worms those parents brought to feed their kids," she said.

"My love for birds was set for life after that, and I still remember that experience like it was yesterday due to the impact it had on me."

Versluis explained that feeding the birds is the second biggest hobby in North America, with gardening being No. 1. For many, the two go hand in hand.

Feeding the birds is rewarding for all ages. To see an array of species throughout the year, it can make all the difference to have the right feeders with the right foods.

"Some birds stay in Manitoba year-round, while each season other different birds arrive," she said.

Tips on feeding the birds

Versluis explained that the first mistake people make is purchasing a generic wild bird mix that consists of wheat, corn, oats, barley, millet and a small amount of sunflowers.

The majority of ingredients in these mixes are not eaten by any type of songbird. Birds will come to a feeder and throw the food everywhere, making a mess. However, she said, house sparrows love this mix.

"They live in large flocks, and when they descend on a feeder, all other birds are chased away."

She recommends filling one bird feeder with wild bird mix and placing it far away from the main feeders to act as bait to keep the house sparrows from other feeders.

"Put your favourite feeders closer to your house where your best viewing spot is and fill with black oil sunflower seed, the most desired seed by almost all songbirds and will attract the widest variety of birds throughout the year."

A favourite style of feeder is a tube feeder with a tray on the bottom that will encourage all sizes of birds like blue jays and keep your ground clean.

Suet feeders are excellent attractions for woodpeckers, chickadees and nuthatches.

"Many suet cakes are filled with the wild bird mix, so choose suets filled with nuts, fruit or insects," she said.

Nyjer feeders are a great way to attract colourful finches. The seed is very tiny and requires a special feeder and will attract gold finches throughout the summer and red polls in the winter.

Platform feeders accommodate larger species including blue jays, mourning doves, northern cardinals and grosbeaks. The open concept feeders are a nice way to offer a variety of foods such as black oil and striped sunflower seed and peanuts.

To attract orioles and hummingbirds, nectar, fruit and grape jelly should be offered from the end of April and can be left out into October depending on the weather. Feeding will not keep



TRIBUNE PHOTO BY LAUREN TIMCOE

Sherrie Versluis in her store The Preferred Perch Wild Bird Specialty & Gift Store in St. Vital showing an array of bird feeders.

them from migrating.

Nectar feeders for orioles are similar to hummingbird feeders, both designed to be colourful and attractive, so you don't need to add dye to the nectar, which is toxic and damaging to the a bird's health. Nectar consists of boiling four cups of water and one cup of white sugar.

Versluis also said that a water offering will attract many bird species including insect-eaters, which may not come to feeders.

Large birdbaths should have rocks or an ornament in the centre to help smaller birds feel safe.

On Nov. 1, Versluis celebrated 23

years in business. The Preferred Perch is a proud, independent, made-in-Manitoba business that provides locally made products along with Canadian and North American made items. The store is located at 1604 St. Mary's Rd. and can be seen online at www.thepreferredperch.ca.

"My hope is that educating people about wild birds and their importance to our lives and the environment will make them more mindful about caring for nature. Feeding wild birds really does bring people closer to nature and helps them appreciate the beauty of it everyday," she said.



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Rare neurosurgery equipment at HSC treats man's seizures

Donor-funded neurology centre at HSC only one of seven world-wide

Submitted

In August 2016, just before his 28th birthday, Michael Strick fell to the floor. He was having an epileptic seizure. And it wouldn't be his last. His third, and most intense, seizure occurred on his way to Health Sciences Centre. Before that summer, Strick never had a seizure in his life.

At the time, Strick didn't know what the cause of the seizures might be. But four weeks later, he was diagnosed with brain cancer. He needed surgery immediately.

"It was nerve-racking — knowing you're about to have a serious surgery. But when my surgeon came by, he saw that I was nervous. He spent time going over everything with me, and asked if I had any questions," says Strick. "All my fears and anxiety went away."

That surgeon, Dr. Demitre Serletis, and his team at HSC, operated on Strick's tumour in the Centre for Surgical Innovation that was supported by HSC Foundation donors and lottery purchasers. The centre houses advanced technology found in only seven places across the world.

For part of his surgery, Strick was awake. Dr. Serletis needed to monitor Strick's speech and motor skills dur-



Michael Strick

ing the surgery to ensure no healthy brain tissue was being removed.

"They woke me up in the middle of my surgery and started hitting my brain with electrodes," says Strick. "They got me to count from one to 50. When I started stuttering '30, 40, 30, 40,' they knew they had touched the brain and not the tumour," says Strick.

This was Dr. Serletis' way of knowing which delicate parts of the brain to avoid when removing as much of the tumour as possible.

"It went better than I hoped it could have gone," says Strick. "I remember talking to the nurse in the ICU, thinking how incredible it was that I was already sitting here, talking, after just being operated on." After three days, Strick came home. And he hasn't had a serious seizure since.

A small part of Strick's tumour re-



TRIBUNE PHOTOS SUBMITTED

Strick is able to lead a pretty normal life after having brain surgery to remove a tumour in 2016 at the donor-funded neurology centre at HSC.

mains, but it isn't causing harm. His medical team closely monitors the situation. Strick is thankful to be recovering well and is already back at work and taking in sporting events, such as an upcoming trip to see the New England Patriots play in Foxborough.

"Chemo makes you tired and drowsy, so when it comes to sports,

I might be watching more than playing these days," says Strick. "But I'm still living a very good life over here, thanks to HSC."

Patients like Strick can access the care they need in the province they live in thanks to donors to the HSC Foundation. The 2018 HSC Millionaire Lottery is one way people can support patients like him.

Stop signs to be installed on 3rd and 4th Ave. North, Stonewall

Stonewall council news

By Jennifer McFee

Owners of The Kiln are hoping to enhance the aesthetics of the eatery with some outdoor additions.

Their vision is to build a pergola over the outdoor eating area located to the west of the main building. The per-

gola would act as a frame for hanging baskets of flowers while also providing shade for customers.

The pergola would connect to the existing walkway on the west of the main building, extending to the west to cover the outdoor eating area.

The owners requested a minimum setback variation of 15 feet to six feet from the property boundary between The Kiln and Quarry View Esso, which supports the proposed project.

Since parking and loading requirements are fully accommodated on the east side of the property, they will not likely be impacted.

Several people attended a public hearing at the Nov. 14 council meeting, including one person who was opposed to the proposal.

The South Interlake Planning Board recommended approving the variation request, as long as the applications obtain the required permits for the project.

Stonewall council approved the proposal and the variance was granted.

In other council news:

- Stop signs will be installed on 3rd Avenue North and 4th Avenue North, following a review made by works and operations manager Doug Steinke.

The stop signs will be installed in conjunction with a 30-kilometre per hour zone around Ecole R.W. Bobby Bend School and Ecole Centennial School.

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Fundraising gala raises \$17,000 for palliative care

By Jennifer McFee

The sold-out Aurora Dinner made for a memorable evening that raised about \$17,000 for South West District Palliative Care Inc.

A total of 246 guests gathered at the Stonewall Legion for the 13th annual gala fundraising event.

The evening included a delicious dinner served by volunteers from Stonewall United Church. After that, Lakeside MLA Ralph Eichler greeted the crowd, followed by greetings from the towns of Stonewall and Teulon and the RMs of Rosser, Woodlands and Rockwood.

Then dancers showed off their impressive moves to the toe-tapping tunes of the musical group Rewind.

A long list of sponsors supported the event, with countless donations to a long line of silent and progressive auction prizes.

On behalf of the Interlake-Eastern Regional Health Authority, Tammie-Lee Rogowski spoke about the regional palliative care program. She said a third nurse specialist has been added to the team, which allows them to distribute nursing services across the entire region. Manitoba Health has also provided further funding to increase physician services.

"The increases in the service will allow us to provide more direct care to our clients. Clients, caregivers and families continue to receive exceptional care from our program, thanks to our grief and bereavement specialists, our nurses and our growing team of volunteers who provide support to clients in home, acute care and long-



The musical group Rewind provided toe-tapping tunes for the crowd.



TRIBUNE PHOTOS BY JENNIFER MCFEE

A large group of dedicated volunteers ensured that the gala fundraiser ran smoothly.



Rockwood Coun. Art Goudy danced with his wife Roxy.



Tammie-Lee Rogowski



Board member Doris Hunter

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term care," she said.

"However, even though our professional services are growing, we will still rely heavily on donations that come into our program that provide the extras for our clients to support them and their families and our volunteers."

Donations are used in various ways, such as for purchasing specialized mattresses for clients and double electric beds for spouses who choose to remain in their



A total of 246 people attended the sold-out gala event.

partner's bed until the end of life. Donations also go towards education and help support the volunteers, who are vital to the program.

Rogowski also extended gratitude to the South West District Palliative Care Board and the community members who support them.

In turn, long-time board member Doris Hunter commended the IER-HA's palliative care team as well as all the dedicated volunteers.

She also extended an invitation for all to attend to An Evening of Remem-

Continued on page 13

Santa makes his debut at Teulon's Holiday Magic parade

By Natasha Tersigni

Cold winter temperatures didn't keep excited children and their families from lining up along Main Street on Friday for Teulon's Holiday Magic Lights parade. The annual event helps to kick off the holiday season and get residents into the Christmas spirit.

"The parade is a great community initiative. It not only helps to start the holiday season in Teulon but the money collected along the parade route is donated to the Teulon and District Cheer Board so all families can have a great Christmas," said parade organizer Debbie Kozyra.

"The cheer board is such a vital service to our community which assists over 80 families annually at Christmas."

This year's parade saw 25 floats participate and volunteers collected donations along the parade route for the Teulon and District Cheer Board.



The Teulon Rodeo Club's horses even got into the Christmas spirit.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Santa Claus himself was the grand finale for Teulon's Holiday Magic Lights parade last Friday.



Teulon-Rockwood firefighters handed out candy along the parade route.



Young parade-goers keep warm by the Main Street bonfire sponsored by the Teulon and District Chamber of Commerce.



The RM of Rockwood got into the holiday spirit with their Christmas tree float.

> PALLIATIVE CARE, FROM PG. 12

brance presented by South West District Palliative Care on Sunday, Dec. 2 at 7 p.m. at the Stonewall Odd Fellows Hall, located at 374 1st St. West.

"This evening is open to everyone. We all have lost loved ones, but grief seems more unbearable and greater the first year," she said.

"We know that as the holiday season approaches, we feel a sadness with the absence of our loved ones, regardless of the years."

Particularly at this time of year, grief and change are difficult for many dif-

ferent reasons, which could also include the loss of a job, a divorce, mental health concerns or addictions.

"There will be a short program, a candle-lighting, and a time for visiting and refreshments," Hunter said.

"Please join us and invite or bring a friend or family member who might feel the need for a safe place to remember their loved ones as the holiday season approaches."

For more information or to RSVP for the event, email s.w.d.p.c.@hotmail.com or call 204-322-5639

An Evening of Remembrance

Sunday, December 2

Stonewall Odd Fellows Hall, 374 1st St West, Stonewall
7:00 pm

Please join us to remember loved ones as the holiday season approaches.

South West District



Presented by
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Teulon Winterfestivlle kicks off Christmas traditions



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The South West District Palliative Care (SWDPC) launched their annual Memory Tree fundraiser last Friday. Community members made donations in memory of loved ones. Donations will continue to be accepted at the Teulon And District Seniors Resource Council, where the memory tree is located, until Dec. 15. Right photo: SWDPC volunteer Lois Borkowsky hangs a card on the Memory Tree during the campaign launch Friday. Left photo: Avery McNaught adds a card to the memory tree.



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Submitted

Derek Johnson, MLA for Interlake, announced Thursday that the Manitoba government is investing in an important infrastructure project in the Interlake constituency.

As part of Manitoba Infrastructure's supplementary projects for the fall/winter of 2018-19, gravel road restoration will take place on a damaged section of PR 415 between 7.3 kilometres east of PR 518 and the intersection with PR 416.

"Our Progressive Conservative government understands that a safe and well maintained road network is important to our rural communities," said Johnson. "This project will provide better and safer access to the residents of the Interlake. I am pleased that our government is responding to the needs of our constituency by making these critical repairs to PR 415."

This work will involve culvert replacement, gravel surfacing and the application of rip rap to help protect against future water damage. Further surveying will also take place to determine longer-term design and repair requirements.

Local artist pays tribute to Humboldt Broncos

By Ligia Braidotti

Art is a powerful tool to eternalize an image and pay homage to people, places and things that have meaning to the artist.

The tragedy that killed 16 of the Humboldt Broncos in April affected everyone in different ways. This sad incident moved people from all over Canada to pay their tributes to the Saskatchewan hockey team, and Warren airbrush artist Dale Lawrence from Uncle D's Airbrushing and Design also joined the initiative and donated his services.

Lawrence explained a friend who works for the RCMP, Cpl. Jason St. Pierre, contacted him a while ago and wanted a tribute to the Broncos on the tank of his motorcycle. After going back and forth with some ideas, Lawrence executed his art and painted a player with wings and a horse crying as well as praying hands with a jersey and a pair of skates and the memorial site.

"All sides have something different," he said.

Lawrence also had the support from Frank Sofanovs from Sofanovs Restoration in Woodlands. He donated the clear coat, and then the artist shipped it back to his friend who is going to take the motorcycle to games and events.

Lawrence, who originally aspired to be a comic book artist, has been doing airbrushing on vehicles that come from all across Canada and Manitoba since 1996.

"Art was always something that interested me, and I saw airbrush art, and I really liked the way that it looked," he said, adding airbrush-

ing allows him to work in all kinds of surfaces. "When you do oil painting or acrylics, it's usually just on canvas. The thing I like about airbrushing is that you can put it on anything."

Lawrence said when he was working on the Broncos tribute, he tried to paint everything thinking about the team's motto "Humboldt Strong," and to do it with a sense of hope and faith and moving on with strength.

"I was heartbroken to hear about all those kids, just out for a hockey game to have a good time and for it to end like that and so many lives lost in what could've been a preventable thing," he said. "It was heartbreaking."

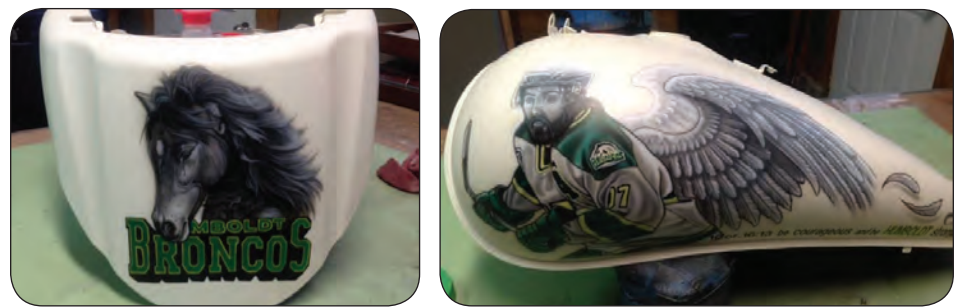
"I didn't want to make anyone sad. I wanted it to focus on the team."

Lawrence had done other tributes in Manitoba. He painted a mural at the Royal Canadian Legion Branch 52 in Stonewall in remembrance of those who fought in any war and a wall for a friend who is an air traffic controller and likes Second World War airplanes.

"I like helping out and donating my services to legions and the armed forces, RCMP and firefighters and I like donating my time to churches too," he explained, adding he does a lot of painting on motorcycles for veterans.

"It was great to put a mural at the Legion (in Stonewall). I like doing (Second World War) and Remembrance day kind of murals. I've always had a love for history, and I think it's important not to forget where our freedom comes from."

To learn more about Lawrence's work, go to <https://www.uncledsairbrushing.com>.



TRIBUNE PHOTOS SUBMITTED

Dale Lawrence uses art to pay homage to people, places and events. Lawrence recently painted a motorcycle in honour of the Humboldt Broncos bus accident.

Emergency alert system test to take place on Nov. 28

By Justin Luschinski

The province is hoping the next emergency alert system test will go off without a hitch.

Manitoba will be testing the Alert Ready system on Wednesday, Nov. 28 at 1:55 p.m. The system aims to push out emergency alerts to Canadians through cable TV, radio and smartphones.

But during the previous test in May, some phones didn't receive an alert.

Mike Gagne, director of operations for Manitoba's Emergency Measures Organization (EMO), said the differences between each device might have been the issue.

"From our perspective, the test was successful. It went out to people. It might come down to (someone's) phone and whether or not it's up to date," Gagne said. "Another thing to consider is these wireless service providers partnered with us just six months ago. The fact that the alerts got out to most phones, in such a short amount of time, is huge."

Gagne said that in order for residents to receive an alert, their phone software needs to be up to date and they need to be on an LTE connection. The phones need to also be relatively modern. Older phones are not compatible.

Manitoba's EMO is also reviewing and implementing new emergency response protocols for each municipality in the province.

Gagne said most of their work is fine-tuning policies the RMs already have.

"It's like we're putting old wine into new bottles. Most of the RMs have already been doing what they need to do. We're just looking to help them improve," Gagne said. "We look at their plans, and sometimes they've hit the nail on the head. Other times we help them consider other situations."

Gagne said the changes include up-

dating the regulations around large-scale emergency response protocols. They're meeting with the RMs, figuring out where the gaps are in their policies, and making sure there is a plan if a large-scale emergency were to occur.

Gagne said many of the changes come from a review of the Emergency Measures Act in 2013, as a response to the 2011 Assiniboine River flood.

For more information about the Alert Ready system, visit alertready.ca.

Cowling-Mason receives EDAM Award of Distinction

By Jo-Anne Procter

Warren's Lana Cowling-Mason was honoured with the Economic Developer's Association of Manitoba (EDAM) Award of Distinction on Nov. 8 at an awards ceremony in La Broquerie.

Cowling-Mason who has been the General Manager at Community Futures West Interlake for the past four years was recognized for her career contributions of a practitioner that has made a significant impact in community economic development and the areas that they serve.

For Cowling-Mason, those career milestones have included the development of a \$3-million recreation complex, creation of a 28-child day-care facility, initiation of a \$1.8-million industrial park and facilitating more than \$500,000 in municipal infrastructure efficiencies.

"Lana's career illustrates the potential that exists for practitioners in rural Manitoba that have a strong vision for the future of their communities," said EDAM president Marilyn Crewe. "Over the past number of years, Lana has been a 'go to' resource for many of our members as her scope of experi-

ence and demonstrated success helps to redefine what is possible at a community level."

This year Cowling-Mason's played a role in developing the province's first certification program for economic development officers. The eight module Community Edge training program provides a strong foundation not only for practitioners but also for elected officials and municipal administrators to frame their program.

A humbled Cowling-Mason told the *Tribune* that it was an honour to be recognized for the award.

"This work only happens through the work of many amazing community volunteers, elected officials and organizations," she said. "I have been so lucky to be a part of it."

Prior to her position with Community Futures West Interlake, Cowling-Mason was the RM of Woodlands economic development officer since 1999.

The EDAM Award of Distinction is awarded annually to an individual in the field of economic development whose accomplishments have made a significant contribution in the field of economic development and demonstrates exceptional best practices such



TRIBUNE PHOTO BY CARLEIGH BABIAK PHOTOGRAPHY

EDAM President Marilyn Crewe (left) presents the 2018 Award of Distinction to Lana Cowling-Mason (middle). The Construction Association of Rural Manitoba sponsored the award, represented by Executive Director Karen Roe (right).

as providing leadership, mentorship and motivation to fellow community development practitioners, cultivating community economic development in Manitoba.

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Another successful year for Winterfest Craft Sale

By Natasha Tersigni

Hundreds of eager shoppers hoping to get a jump on their Christmas lists came out to Teulon's annual Winterfest Craft Sale held at the Friday and Saturday at the Teulon Rockwood Centennial Centre.

Over the two days 1,700 customers came to the show. With 50 vendors selling 100 per cent handmade items, there was plenty to choose from including baking, crafts, honey and, of course, holiday decorations.

New to the show this year was Tony Demeis and his wife Jacque Rivard with their business Shoreline Treasures. Based in the Interlake near Grand Beach, the couple creates lamps and other home décor products from driftwood they find on the shores of Lake Winnipeg. Having

been selling their creations for just over a year, the couple said the craft sale was a great way to get their name out into the community while being able to stay in the Interlake.

"We have just been doing it for a year and shows like these are great exposure for our new business," said Demeis, who added that Shoreline Treasures will be at Selkirk's Holiday Alley later this month.

Not only are all their products 100 per cent sourced from naturally found driftwood, but because of the wood, no two products are the same which makes every creation unique.

"With one of our products, it is a great way to bring a piece of the Interlake home and you can treasure it forever," said Rivard.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

First-time vendors Tony Demeis and his wife Jacque Rivard of Shoreline Treasures received a great reception from Winterfest Craft Sale shoppers on their lamps and home décor products made from driftwood found on the shores of Lake Winnipeg.



Two-month-old Konner Breidinger had his first visit with Santa Claus during Winterfest. Over Friday and Saturday, 280 families had their picture taken with Santa.



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Most of my clients who suffer from stress and anxiety, understand that reducing the amount of time they spend worrying would help them immensely. As they remind me often; knowing what to do, and actually doing it, are two different things.

They will say something like, "Yes Gwen, I know I worry too much, but how do I change that?" I love when they ask me that, because it is a challenging question to answer, but it also means that they have tried.

That is the first step - being willing to try. The next step is to begin to learn to tame or control the mind, so that you can stop thinking. Even if we are plagued with worry thoughts, if we can stop thinking, at least we get a little rest from those thoughts.

Worry thoughts are like paths through the field or the woods: the

**We Need To Learn to Tame
Our Worry Thoughts**

more they are traveled, the more they are likely to be traveled in the future. If you have things that you absolutely must worry about, then set aside thirty minutes per day just for worrying.

A lot of energy can be expended worrying about 'what-ifs' that never materialize. Another helpful strategy is to have a plan for what you would do if the worst case scenario materialized.

If you have a plan in place for what you will do if you get laid off, your relationship ends, your child gets in trouble, or the bills overwhelm, then you have eliminated the most common part of worry: "what will I do if...". You can still hope the bad thing does not happen, but at least you can sleep at night once you know that you will still survive, you will implement your plan, and life will go on.

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



**Asiago and Bacon
Orzo Medley**

Wine

1/4 cup chicken stock
3 cups orzo, cooked according to package directions
1/2 cup shaved Asiago cheese
salt, to taste
pepper, to taste

In large saucepan, cook bacon over medium heat until crisp. Add onions and garlic to pan with bacon and saute until fragrant and soft. Cook onions until translucent.

Add asparagus tips, cherry tomatoes, chicken stock and cooking wine to saucepan and deglaze.

Add cooked orzo and Asiago cheese, stirring to combine. Cook 2 minutes. Season with salt and pepper, to taste.

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Selkirk rapid access clinic to help those struggling with addictions

By Lindsey Enns

Two recovering addicts say a new clinic in Selkirk will help those struggling with addiction get the help they need without having to travel to Winnipeg.

Jeff Elder said his addiction to opiates used to control his life.

"Every time I wanted to get help, there was a waiting list that I would eventually give up on," the 24-year-old Selkirk resident said. "As a recovering addict on the methadone program, to get to where I am I had to essentially move to Winnipeg, live on the streets for a little while because I couldn't get myself into a treatment program here."

Manitoba's fifth Rapid Access to Addictions Medicine (RAAM) clinic officially opened in Selkirk last week with hopes of providing an option for residents of the Interlake-Eastern region seeking help from addictions.

"We know that in this community, and many others in Manitoba, people have used substances and we know that in some cases those substances begin to eclipse everything else," Health Minister Cameron Friesen said during a press conference at the Selkirk Community Health Office last Wednesday. "It becomes a real problem for the individual, for those that love them, for the communities around them."

Elder said a local peer support group combined with the RAAM clinic will be beneficial for those struggling with addictions in Selkirk and area.

"I personally know two people close to my heart who would not be with us



TRIBUNE PHOTOS BY LINDSEY ENNS

Jeff Elder, above left, speaks during the official opening of Manitoba's fifth Rapid Access to Addictions Medicine (RAAM) clinic in Selkirk at the Selkirk Community Health Office last Wednesday. Local and provincial dignitaries and community members, pictured right, gathered for the clinics opening last week.

without this program," Elder said.

Jeannie Red Eagle, a community service co-ordinator in Selkirk and an advocate for those struggling with addictions, also welcomed the opening of the RAAM clinic last week.

"When I was coming into my recovery, there wasn't anything like this. There wasn't even the peer network, so I had to access other supports and a lot of that was on my own," Red Eagle said. "That was really difficult ... it was a long 10-year struggle."

The Selkirk RAAM clinic is located inside the Interlake-Eastern Regional Health Authority's (IERHA) community health office at 237 Manitoba Ave. and is open Tuesdays from 12:30 p.m. to 3:30 p.m.

The clinic provides assessment, counselling, the prescribing of appropriate medication and connections

for adult patients to community treatment programs and primary-care physicians. No appointments or referrals are necessary to access services provided at the clinic, which will typically be staffed by an addictions physician and a combination of nurses, counsellors and outreach workers.

"Our RAAM clinic lets anyone struggling with an addiction know that they are not alone and that help is available to beat addiction," IERHA CEO Ron Van Denakker stated in a release last week. "We'll use the next few months to better understand people's needs and align clinic services with the care required."

Since Aug. 31, when the first RAAM clinic opened at Winnipeg's Crisis Response Centre, more than 340 patients have accessed RAAM services, according to the province. Clinics

have also opened at the Addictions Foundation of Manitoba's River Point Centre location in Point Douglas, as well as in Brandon and Thompson.

Ben Fry, Addictions Foundation of Manitoba CEO, said having access to treatment quickly and close to home is crucial for those struggling with substance use.

"It makes it much more likely they will be successful in their recovery," Fry said.

The Manitoba government has provided \$1.237 million for the creation of the clinics.

Information on RAAM clinics is available via the Manitoba Addictions helpline at 1-855-662-6605 or online at mbaddictionhelp.ca/services/rapid-access-to-addictions-medicine-raam/.

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> FAITH

To conform or obey

Socially acceptable. It's a term that gets flown around especially with a recent legalization of marijuana. People make decisions based on what's socially acceptable rather than what's right and wrong. Social acceptance has become the basis or the filter on what we allow ourselves to do. Now, this may spark some disagreement but social acceptance should never be the basis not the

filter. The Bible should be our basis and the Holy Spirit should be our filter.

We are warned of this with wisdom given from Romans 12:2. It says "do not conform to the patterns of this world." Who knew that words spoken so long ago would be so prevalent today. They warn us not to conform to the patterns of this world. Conforming means to follow standards. So we

are literally being asked not to follow the standards of this world. Social acceptance is literally following the standards that are accepted socially. So social acceptance is the literal opposite of what the word teaches us to do. And it's not as if Paul states this phrase with perhaps or maybe but he states it with a definitive "DO NOT." Why do we allow socially acceptable action to be our basis? It's because people strive to be socially accepted.

The value of social acceptance trumps the value of being obedient to God's word.

So what patterns should we conform to? Deuteronomy 5:33 says "Walk in obedience to all that the Lord your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess." Not only are we called to walk in obedience to God but also there is benefits to doing so. Will the benefits make us more popular in the eyes of the world. No. Will they gain us favor in the eyes of the Lord? Yes. The question now is what do you value you more. Popularity of this world or favor of the Lord. But that's another question for another article.

Nathan Young
Alive Family Church

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lightning play well, but lose trio of games

By Brian Bowman

The Interlake Lightning Provincial Midget hockey team played three solid games last week.

That's the good news. The bad news is that they lost all three.

Interlake finished the week 0-3 after a 5-2 road loss to the Pembina Valley Hawks Sunday in Manitoba AAA Midget Hockey League action in Mor-den.

Matthew Vandel scored a first-period goal for the Lightning and then Tyler Carvalho, a Narol product, added a power-play goal in the third.

Cameron Brunn (with the man advantage), Riley Goertzen, Roux Bazin, Andrew Boucher and Tyler Park replied for Pembina Valley.

Josh Bond made 37 saves in the loss.

On Saturday evening, the Lightning was defeated 4-2 by the Winnipeg Thrashers in Arborg.

Interlake's Derrick Lange and Winnipeg's Brandon Ambrozik, on the

power play, scored in the first period and then the Thrashers' Nate Goodbrandson of St. Andrews and Vandel traded second-period power-play goals.

Winnipeg's Mathieu Moreira and Goodbrandson, recently signed to a standard player agreement with the Western Hockey League's Everett Silvertips, scored to make it 4-2 for the visitors.

Winnipeg outshot the Interlake 60-23 as Chris Fines made 56 saves.

On Nov. 14, the Lightning lost 3-2 to the Eastman Selects in Teulon.

Garson's Matthew Boonstra, a defenceman, and Kade Runke scored first-period goals for Eastman.

Interlake's Chase Barkley answered with a goal at 15:18 of the second, assisted by Kieran Schioler.

But the Selects went ahead 3-1 on a goal from Matthew Egan early in the third.

The Lightning pulled to within 3-2



TRIBUNE PHOTO BY LANA MEIER

Lightning goaltender Chris Fines made 56 saves against the Winnipeg Thrashers in Interlake's 4-2 loss in Arborg last Saturday.

Maxwell striking oil



TRIBUNE PHOTO BY LANA MEIER

OCN Blizzard forward James Maxwell scored a goal Saturday and then added another one Sunday in a pair of 7-4 losses to the Oil Capitals during MJHL action in Virden. Maxwell, a Stonewall product, is second with OCN in goals scored (10) and points (18) heading into this week's action.

as Ethan Johnson struck on the power play at 14:38 of the third. Emmitt Fairbrother assisted on the goal.

Bond made 41 saves in the losing cause.

Interlake, whose roster also includes St. Andrews' forward Carl Ingalls

(who has five goals and 14 points this season) will host the Southwest Cougars on Saturday (7:30 p.m.) in Teulon. The Lightning will then take on the Central Plains Capitals on Sunday (1:15 p.m.) in Portage la Prairie.

Mercs bounced by Beavers

Staff

Any thoughts of having a perfect season is now out the window for the Warren Mercs.

Warren lost its first game of the season after three straight wins as the Carman Beavers skated to a 5-3 home victory in South Eastern Manitoba Hockey League action Saturday evening.

The game started out great for Warren as the Mercs built a 3-0 lead by the 4:15 mark of the second period.

Trent Genyk gave the Mercs a 1-0 lead at 16:27 of the first period and then Brock Genyk and Brendan Luschinski made it 3-0 early in the second.

Luschinski's goal came while Warren was shorthanded.

Scott Corbett and Trent Genyk

had assists in the game for the Mercs.

Carman battled back from that three-goal deficit, though, with a pair of goals in the second period and then three more in the third.

Mark Owen had three of those goals while Brock Vanderveen and Jake Dudar also tallied.

Dudar's goal came with just 11 seconds left in the third period as Warren goaltender Hayden Dola was pulled for an extra attacker.

Dola finished the game with 42 saves.

Warren (3-1) is back in action Wednesday (8 p.m.) against the first-place Portage Islanders (4-0-0-1).

The Mercs will then host the Notre Dame Hawks this Saturday at 8 p.m.

Interlake loses wild one to Warriors in weekend action

By Brian Bowman

The Interlake Lightning lost a wild one to the Winnipeg Warriors in Midget U17 Prep action on Sunday.

Trailing 7-5 late in the third period, Interlake tied the score with a pair of goals but the Warriors won the game 8-7 in overtime.

Ashton Charison led the Lightning with three goals and an assist while Logan Resch, Ashton Fisher and Hunter Warman each had a goal and an assist.

Rhett Woods scored Interlake's other goal. The Lightning's Cole Emberly finished the game with three assists.

On Saturday, Interlake was edged 2-1 by the Brandon Wheat Kings in Arborg.

Bryce Allary scored Interlake's lone goal at 13:08 of the third period to tie the score at 1-1.

Brandon scored the game winner, though, just 23 seconds later.

Last Thursday, the Lightning played

to a 1-1 tie with the Winnipeg Sharks in Arborg.

Resch scored for Interlake late in the second period before the Sharks tied the score midway in the third.

Interlake will host the Winnipeg Monarchs on Thursday (7:30 p.m.) in Stonewall.

In Bantam AAA action, Interlake lost 6-2 to the Eastman Selects on Saturday in Arborg.

Garisen Allen scored a second-period goal for the Lightning and then Alexander Kaczorowski added a power-play goal in the third.

Last Thursday, the Lightning lost 4-3 in overtime to the Monarchs - snapping Interlake's three-game winning streak - in Stonewall.

Kaydyn McMahon, with a pair of goals, and Karson King scored for Interlake.

The Lightning is in Thompson this weekend for a pair of games against the Wolves.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Bryce Allary scored Interlake's lone goal in their 2-1 loss against the Brandon Wheat Kings last Saturday in Arborg.

Former Mercs' goalie suits up against the Winnipeg Jets

By Brian Bowman

Former Warren Mercs' goaltender Gavin McHale dressed with the Stanley Cup champion Washington Capitals when they played against the Winnipeg Jets on Nov. 14.

Washington called on McHale, 31, as an emergency backup after the team's regular starter, Braden Holtby, couldn't play due to an upper-body injury.

McHale, a Winnipeg product, did not see any action in the game, which was won 3-1 by Winnipeg.

McHale, who is 6-foot-7, signed an amateur tryout contract the same day of the game and joined the Caps.

Pheonix Copley, the Capitals' regular backup goaltender, got the start.

Last February, McHale was notified after the second intermission of a

game between Winnipeg and Colorado that he would be an emergency replacement after the Avalanche's goalie was injured.

McHale was a very good goalie for the Mercs, playing four seasons and compiling an impressive 43-25 regular-season record. He was also 15-18 in the playoffs.

McHale played Junior "A" hockey in the AJHL, BCHL and MJHL with the Portage Terriers.

He also suited up in the WHL with the Seattle Thunderbirds and Lethbridge Hurricanes before playing two seasons with the University of Manitoba Bisons.

McHale is currently the goaltending coach for the Bison women's hockey team.



TRIBUNE PHOTO COURTESY NHL.COM

Former Warren Mercs' goaltender Gavin McHale dressed with the Washington Capitals when they played against the Winnipeg Jets on Nov. 14.

Gimli readies to host Manitoba's top curlers in 2019

By Roger Newman

More than 200 volunteers leading the parade for the 2019 Manitoba Women's Scotties Curling Championship crammed into Gimli's Rec Centre lounge Sunday night for supper and a briefing from the host committee.

Gimli will host the province's best female curlers Jan. 21-27, 2019.

The host committee is led by co-chairs Dave Leblanc and Lynn Hoplock, finance chair Ted Hoplock and secretary Brenna Philp, who is the centre's program director.

"I think everything is coming together quite well for the Scotties," Leblanc said following supper. "We have 25 sub-committee chairs all in place to look after various aspects of the championship."

He said there will be a day of practice before the 16 teams start competing for the right to represent Manitoba in the national Scotties in Sydney, N.S., Feb. 16-24, 2019.

While the curlers battle on the ice, the needs of players and fans will be taken care of by volunteers looking af-

ter everything from ticket sales, 50-50 draws and entertainment to transport, security and the set up of additional seating in the hockey arena where the tournament will take place.

"We are organizing the championship in co-operation with the provincial body Curl Manitoba," Leblanc said. "We've also had sound advice from Gimli's international ice-maker Hans Wuthrich and a good connection with the RM of Gimli that makes this event possible."

This will be the third provincial

women's Scotties held in Gimli. The first was in the late 1980s shortly after completion of the rec centre and the second in 2007. The tournament 10 years ago featured Gimli skip Kerri Einarson's debut on the provincial stage and a controversial battle between her team and Jennifer Jones. That could be repeated this January as Einarson and Jones have already qualified for the 2019 Scotties.

Tickets for the tournament are available on the Gimli Scotties website.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder's Simard, Perrie win major league awards

By Brian Bowman

The Interlake Thunder did a lot of winning on the football field on their way to a perfect season and a league championship.

They also did a lot of winning at the recent Rural Manitoba Football League's awards banquet.

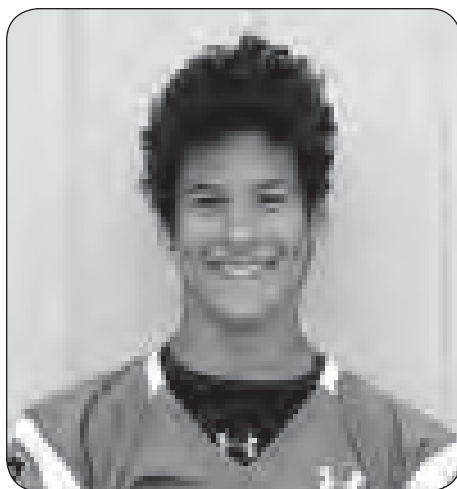
The Thunder's Gabe Simard of Fisher Branch was named the league's top offensive lineman while Graeme Perrie of Stonewall was selected as the league's Rookie of the Year.

The 6-foot, 295-pound Simard was a dominating force on the Thunder offensive line this past season while Perrie rushed for 645 yards and nine touchdowns.

Perrie also had 158 yards receiving and a TD.

Interlake's nominees for major awards were Colton Nedotiafko (most outstanding player - offence), Colton Meisner (most outstanding player - defence and Norris Aitken Memorial Award), James Crate (most outstanding player - defensive line), Tanner McCallen (most outstanding player - special teams), and Cordell Sumner (Parker Guy Memorial Award).

Interlake also had 13 players who will play on Team East at the all-star game in the spring: Meisner, Brandy Linklater, James Crate, Benjamin Olafson, McCallen, Eric Zotter, Ne-



Graeme Perrie



Gabe Simard



TRIBUNE PHOTO BY LANA MEIER

The Thunder's Graeme Perrie of Stonewall was selected as the Rural Manitoba Football League's Rookie of the Year.

mard, Sumner, Josh Charison, Brady deLaroque, and Karsen Karish.

dotiafko, Graeme Perrie, Gabriel Si-

Jets knock off Knights, lose to Raiders

By Brian Bowman

The Stonewall Jets had a chance to compete against the best - and worst - teams in the Manitoba Major Junior Hockey League last weekend.

The Jets salvaged a split in those two games after defeating the last-place River East Royal Knights 5-2 on Sunday in Stonewall.

The Jets outshot the Knights 55-22 as Andrew Swan posted the victory.

"I wouldn't call it as dominant as the shots looked," said Jets' head coach Brock Couch. "They're a hard-working team. They always work hard no matter what they're doing. If we don't show up the way we can, they hang around. I wouldn't call it our best effort with our guys but maybe it was the product of the hard battle that we had on Friday."

Aiken Chop, with his team-leading 11th goal of the season, and Braden Groot, on the power play, scored first-period goals for Stonewall.

"(Aiken) is definitely dangerous around the net," Couch noted. "He's got a really good shot, good release, and that's what he's out there for us, to score goals."

Keevan Daniels-Webb and Carson Ouellette (on the power play) tallied to give the home side a 4-0 second-period lead.

Austin Thorarinson replied for River East midway in the middle frame and then the Knights' Colin McKay tallied to make the score 4-2.

Groot added his second goal of the game while the Jets were on the power play at 6:20 of the third period. Chop finished the game with three points.

Stonewall was 3-for-5 with the man advantage while River East was 0-4.

On Friday, Stonewall let a 2-0 first-period lead slip away in a 3-2 road loss to the first-place Raiders Jr. Hockey Club.

"It was nice to see us give them another close game," Couch said. "The boys were really upset after that one because we let it slip away in the dying seconds of the game."

Chance Dickenson and Chop scored to give the Jets a 2-0 lead just 10:52 into the game.

The Raiders' Dawson Anderson answered with a power-play goal at 19:35 of the first period and then Conner Grunsten added an even-strength marker midway in the second.

Elisha Bambridge then potted the game winner at 19:57 of the third.

"All we had to do was battle it out to get to the overtime and scrape a point," Couch lamented. "It was disappointing but, all in all, it was a good effort."

It was the second goal the Jets gave up in the final minute of a period during the game.

Curtis Beck made 31 saves in the losing cause.

Stonewall played a rare Tuesday game against the Ft. Garry/Ft. Rouge Twins but no score was available at press time.

The Jets, 7-5-2 heading into that game, now have 16 points to sit in sole possession of fifth place.

Stonewall will play at the Pembina Valley Twisters this Saturday at 7 p.m. and then will host the St. James Canucks next Wednesday (7:30 p.m.).

Wildcats enjoying banner year on volleyball court

By Brian Bowman

For the second consecutive year, it's been a banner season for volleyball at Warren Collegiate.

Three of their four teams have earned berths into provincial championships. The Wildcats junior varsity girls' team will be competing this weekend in Morris while the two varsity teams will hit the court the following week vying for provincial titles.

That's pretty impressive for a small school like Warren, isn't it?

"It's been spectacular," said Tyler Oliver, who is the head coach of the varsity girls and also helps out with the junior varsity girls' squad. "It's been great and unfortunately our JV boys lost in the semifinals in three sets to the eventual winner."

"We were close to having a sweep for WCI but three out of four is pretty

darn good."

The volleyball programs at Warren Collegiate have never been stronger.

"I don't see it letting up in the near future," Oliver said. "Our grassroots at Warren Elementary, Woodlands, and Grosse Isle should take some credit for all of the hard work that they do as well."

Warren's varsity girls' team has probably the best chance of the three squads to bring home a gold medal. They have been outstanding all season and have six players - Jaycee Turner, Hannah France, Alex Chester, Payton Janke, Laura Brad, and Grace Goodman - selected as all stars.

Madelyn Boonstra, who is injured, was named as an honourable mention all star.

The Wildcats punched their ticket to provincials after winning a qualifier



TRIBUNE PHOTO BY JO-ANNE PROCTER

Bren Hunter, left, and Asa France were selected as MHSAA 'AA' boys all stars.



TRIBUNE PHOTO BY TAMMY BOONSTRA

The WCI varsity boys earned a berth into the provincials, back row, Mark Hnatuk, Gunner Arksey, Mackenzie Buors, Connor Olschak, Hunter Sholdice, Gerrit Boonstra, Lane Bond; front row, Braxton Carriere-Schick, Riley Buchanan, Bren Hunter, Ryan Peltz, Asa France and Johnathon Minaker.



TRIBUNE PHOTO BY ROBBIN TURNER

Wildcats MHSAA 'AA' all-star volleyball players, back row, left to right, Alex Chester, Jaycee Turner, Laura Brad, Grace Goodman; front row, Hannah France, Payton Janke and Madelyn Boonstra.

last Saturday.

Warren went 3-0 in pool play and then swept Springs Christian 2-0 (25-21, 25-16) in the final.

The Wildcats' varsity boys' team, meanwhile, earned a berth into the provincials after finishing with a 2-0 record at their three-team provincial qualifier.

Their squad had two players - Bren Hunter and Asa France - selected as all stars as well as Connor Oleschuck

received an honourable mention.

On an individual note, Oliver was very deservedly selected as the varsity girls "AA" coach of the year for his stellar work with the team.

"That was very nice," he said. "It's nice to be honoured like that and we definitely don't coach for awards and things like that, that's for sure."

"I don't need recognition but it was definitely nice to get it."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Tyler Oliver was selected as the MHSAA varsity girls 'AA' coach of the year.

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#11-15 Keith Consens Dr., Stonewall. \$285,500. 2 bdrm., main floor hardwood, vaulted ceiling in living & dining room, 2 gas fireplaces, attached garage. Low condo fees. Immediate possession avail. Ph 204-467-8261 or 204-461-3630.

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Age 55+ Apartments -INWOOD SENIORS LODGE bachelor & 1 bedroom suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: inwoodm@highspeedcrow.ca

APARTMENT FOR RENT

2nd floor suite for rent at 166 Dufferin Ave. in Stony Mountain. 2 bdrm., 1 bath. \$850/mo. plus utilities (water is included in rent). Email info@adrproperties.ca

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> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



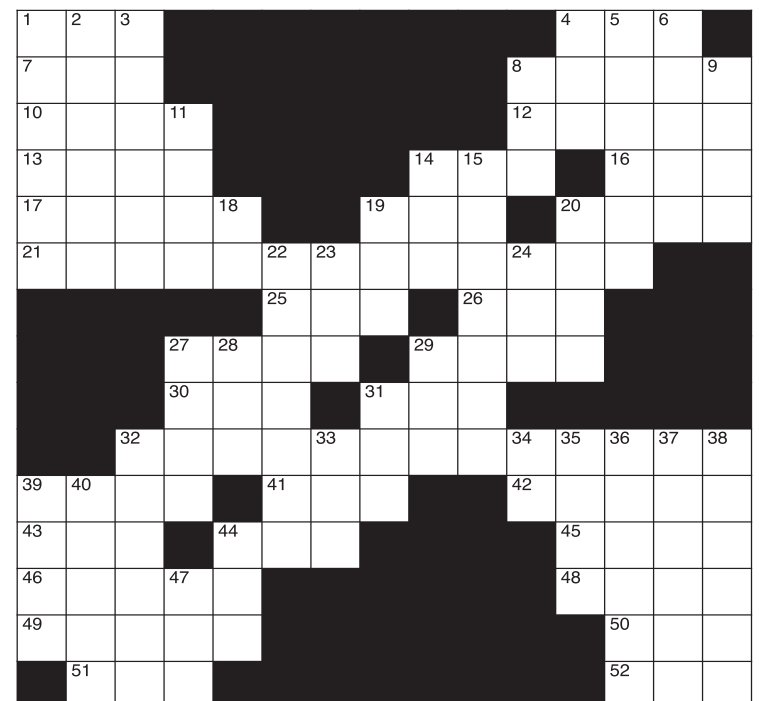
CROSSWORD

CLUES ACROSS

- Scottish lawyer (abbr.)
- ___-bo: exercise system
- When you hope to get there
- Jewish spiritual leader
- Long, pointed tooth
- Hillsides
- Scandinavian god
- Keyboard key
- Indian title of respect
- The end
- Shaft horsepower (abbr.)
- Domesticated animals
- The gridiron
- Disfigure
- Central processing unit
- Get in ___: fight
- Jacob ___, US journalist
- One point north of due west
- He said, ___ said
- Where people live
- Sheep noises
- The ocean
- Packers' QB Rodgers
- One who buys and sells at the same time
- Place to get cash
- Dog's name
- Aviation enthusiast
- Plant of the lily family
- Larval crustaceans
- Brooklyn hoopster
- Military force ready to move quickly (abbr.)
- Make an effort

CLUES DOWN

- Set back



- Flat
- Place to gamble
- Dark liquid
- Mortified
- Famed movie critic
- Corpuscle count (abbr.)
- Egyptian goddess
- Type of garment
- Extremely high frequency
- More peppery
- The big game (abbr.)
- Single Lens Reflex
- In addition
- In the company of
- Order's partner
- Upon
- Dazzles
- Baseball stat

- The 17th letter of the Greek alphabet
- Helps little firms
- Arrested
- Haw's partner
- Expresses surprise
- Stumblebums
- Align relative to points on a compass
- LA ballplayer
- Showing disapproval toward
- "Diamonds & Rust" singer
- Protects the wearer's body
- Yes vote
- British Air Aces

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WANTED

Young chicken farmer looking for egg cartons. If you are interested in recycling please drop off at the Tribune office in Stonewall at 74 Paterson Drive.

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Employment Opportunity

Workplace Education Manitoba (WEM) is seeking individuals to facilitate and instruct Essential Skills in our Selkirk WEST Centre and potential workplaces in the Interlake region. The successful candidate will help learners connect the skills they are learning to practical application in the workplace.

We are looking for multiple CONTRACT INSTRUCTORS

Desired experience includes:

- Essential Skills instruction (with a reading and writing focus)
- Strong computer skills
- Adult learning facilitation, assessment and recording
- Experience in working with multi-skill, multi-level groups.
- Experience customizing and building lesson plans with a workplace goal in mind.

Our WEST Centres are based on adult learning principles – for those that understand and relate to this instruction and facilitation – this work is for you.

We will be having an information evening on Wednesday November 28th at 6:30pm. At 511 Robinson Avenue in Selkirk. If you are interested in learning more about WEM and these opportunities, please email irc@wem.mb.ca to register for this event.

For additional information please visit our website at www.wem.mb.ca

Deadline is November 28, 2018

MORTGAGE SALE

The land and building known as 8433 Hwy 8, RM of St. Andrews, Manitoba, legally describes in Certificate of Title No. 2893540/1 as: W 1/2 of NW 1/4 6-15-4 EPM EXC FIRSTLY: WATER CONTROL WORKS PLAN 9787 WLTO AND SECONDLY: ROAD PLANS 6678 WLTO AND 23538 WLTO will be sold by public auction by a Licensed Auctioneer on Wednesday, December 19, 2018 at 10:00 a.m. at Gray's-Carter's Auction, 655 Logan Avenue, Winnipeg, Manitoba.

The vendor is informed the home upon the subject property is a single family bungalow style dwelling, approx. 1040 sq. feet; 3 bedrooms; on a site approximately 73.02 acres; has a full basement; combination of dual and triple pane PVC windows; vinyl siding; combination of laminate and vinyl flooring; no garage; some older out buildings.

Property taxes in respect of the Land are paid up to the 31st day of December 2016. The property taxes assessed for 2018 were \$2,936.92. Outstanding taxes to October 5, 2018 are \$6,314.76

Prior Charges: none

TERMS OF SALE

Deposit of \$20,000 in cash, money order or certified cheque payable to Grantham Law Offices, and the balance according to the conditions to be announced at the time of sale. **This sale shall be subject to a reserve bid in the approximate amount of \$183,200.00, with the exact amount to be announced at the time of sale.**

Further information may be obtained from:
Robert C. Hunter, Solar Mortgage Corporation
ph: 204-467-2788
GRANTHAM LAW OFFICES
Lawyers & Notaries Public
P.O. Drawer 1400
Stonewall, Manitoba R0C 2Z0
Telephone: 467-5527



RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY BUILDING INSPECTOR

The R.M. of Woodlands, located approximately 40 km north of Winnipeg, is accepting applications for a part-time Building Inspector.

The Building Inspector is responsible for buildings under Part 9 of the Manitoba Building Code. This part time position requires a sound knowledge of the Manitoba Building Code, Manitoba Plumbing Code, and Municipal Zoning By-law. The incumbent will be required to complete building permit applications, perform all plan examinations to ensure conformance with the applicable Codes and carry out site inspections to ensure compliance. Excellent interpersonal, oral, written, computer, and organizational skills are a prerequisite.

The applicant must have a minimum of 3 years related experience and be certified in Part 9 building inspection, or eligible for certification by the Manitoba Building Officials Association Inc. Applicants willing to complete the required post-secondary courses and obtain certification may also be considered. Applicants must possess a valid driver's license and suitable automobile, and must be physically capable of performing the duties and functions of the job (ie, kneeling, standing, climbing stairs and ladders, entering confined spaces, etc.).

The complete job description is available upon request.

Please apply by email to planning@rmwoodlands.ca, giving full particulars as to education and experience. Applications must be received by November 30, 2018.

We thank all applicants for their interest but advise that only those considered for interviews will be contacted.



TENDER CALL TOWN OF STONEWALL RESIDENTIAL WASTE SERVICES

Sealed tenders, marked "Residential Waste Services Tender", shall be received by the Town of Stonewall, 293 Main Street, Box 250, Stonewall, MB, R0C 2Z0, for the collection, removal, recycling and disposal of residential waste.

The successful contractor shall be responsible for:

- collecting and removing landfill, yard and recyclable waste as prescribed under the Town's Waste Management By-law from all residential premises in the Town of Stonewall on a weekly basis;
- collecting and removing landfill and recyclable waste as prescribed under the Town's Waste Management By-law from Town owned facilities on a weekly basis;
- delivering the prescribed recyclable waste to a recovery centre pursuant to the Municipal Recycling Support Program provided by the Multi-Material Stewardship Manitoba, and;
- hauling the landfill waste to a licensed waste disposal facility established and operating in compliance with The Environment Act and the Waste Disposal Grounds Regulations;
- hauling the yard waste to an approved community compost facility and/or to a licensed waste disposal facility established and operating in compliance with The Environment Act and the Waste Disposal Grounds Regulations;

Contract to be a two (2) year term commencing January 1st, 2019.

A copy of the Tender and Contract specifications may be obtained from the Town of Stonewall website at www.stonewall.ca

DEADLINE FOR THE SUBMISSION OF TENDERS IS 4:00 PM, FRIDAY, DECEMBER 7TH, 2018.

Doug Steinke
Works & Operations Supervisor
Town of Stonewall
Phone: 204- 467-7990 | Cell: 204-513-5525
Email: wosuper@stonewall.ca

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or e-mail [stonewood
elkranch@mymts.net](mailto:stonewood
elkranch@mymts.net)**ANNOUNCEMENT****BIRTHDAY****Happy 1st Birthday Aubrey**
-Love Mom, Dad and Jase**ANNOUNCEMENT****BIRTHDAY****Alice MacMillan**
Happy 90th Birthday
November 22, 2018Wishing you many more
Years of good health and happiness!
-With love from
your family**ANNOUNCEMENT****CARDS OF THANKS**The Stonewall & District Health Centre Ladies
Auxiliary and the Rosewood Lodge residents
acknowledge with sincere appreciation, your
generous donation to our annual craft sale,
bake sale and tea which was held on Novem-
ber 15, 2018. Winners of the raffle were: Norma
Ridgeway – quilt; 2nd Christy Brown – small
quilt; 3rd – Laurie McDonald, gift basket. The
event was very successful and we thank you
for your continued support.**ANNOUNCEMENT****CARDS OF THANKS**It is with sincere gratitude the family of Bob
Appleyard acknowledges the support given
to help Dad through his journey of declining
health and passing. To Dr. Graham, Bev Hidle-
baugh and the Teulon Home Care team, Mi-
chelle Loehmer and the Stonewall Home Care
team, we thank you for excellent care and un-
derstanding of Dad's needs; to the Stonewall
Hospital staff for the comforting care during
his hospital stays. Many thanks also to Ken
Loehmer and staff and to the Balmoral Hall
Board ladies for catering the memorial service.
To family, friends and neighbours, your kind
words, visits, cards and shared memories were
very much appreciated. Dad wished to live out
life in his own home and with everyone's help
we accomplished this.-Sincerely, Glenn and Valerie Appleyard,
Linda and David Tyerman,
Lorna and Dale Baker
and families**ANNOUNCEMENT****BIRTHDAY****Happy 102nd Birthday**
On November 22nd
Mom (Dot) Irwin
Love you much!-From son Ron,
grandchildren and great-grandchildren**NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
RURAL MUNICIPALITY OF ROCKWOOD**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 7th day of December, 2018, at the hour of 10:00 AM, at Rural Municipality of Rockwood, Council Chambers, 285 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
151200	SE 1/4 18-14-1 EPM EXC FIRSTLY: NLY 1200 FEET OF WLY 1200 FEET SECONDLY: SLY 261 FEET OF WLY 1558.19 FEET AND THIRDLY: ELY 405 FEET OF WLY 1158.19 FEET OF NLY 405 FEET OF SLY 666 FEET - 0136 E PR 323 ROAD 80N	L - \$244,000 B - \$35,400	\$7,903.81
334000	ELY 576 FEET PERP OF WLY 1680 FEET PERP OF SLY 680 FEET PERP OF SW 1/4 7-16-3 EPM - 12046 E ROAD 91N	L - \$39,500 B - \$58,900	\$4,812.12

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 Rural Municipality of Rockwood as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 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 costs.

Dated this 18th day of October, 2018.

Managed by:

Chris Luellman
Chief Administrative Officer
Rural Municipality of Rockwood
Phone: (204) 467-2272
Fax: (204) 467-5329**Book your
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with an
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**ANNOUNCEMENT
IN MEMORIAM**



Terri Allard
March 8, 1947 – November 29, 2016
Oh how we wish she was here today,
To see all the blessings we have;
Yet somehow you know that she is,
Guiding us on our paths.
-Lovingly remembered by husband Don;
Daughters Alberta and son Jayson (Joleen);
Granddaughters Malia, Jaz and Kat

**ANNOUNCEMENT
IN MEMORIAM**



Jason Kirk Sinclair
January 18, 1971 – November 23, 2015
We think of you today,
We thought of you yesterday,
We will think of you tomorrow.
We think of you in silence,
And try not to show how much it hurts
To have lost you,
Only those who loved you know.
-Mom and Dad,
Kim, Cal and Lori, Trevor and Joanne,
nieces and nephews

**ANNOUNCEMENT
IN MEMORIAM**



Robert Peltz
In Loving Memory
of our beloved son, brother, uncle
Robert
who left us suddenly
on November 19, 1983
There will always be a sadness,
And often a silent tear;
But always special memories
Of days when you were here.
-Lovingly remembered by Mom,
Mark, Lisa, Tracey, Nicole, Ben,
Ashley, Keegan, Jason, Ryan, Lachlan
And Sophia



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