

VOLUME 8 EDITION 47

Stonewall Teulon Tribune

THURSDAY,
NOVEMBER 23, 2017

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Remembering
loved ones

TRIBUNE PHOTO BY NATASHA TERSIGNI

Callan McNaught adds a place card to Teulon's South West District Palliative Care memory tree Friday night.

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

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Stonewall collecting for Koats for Kids

By Jennifer McFee

It's time once again to clean out your closets for a great cause. The human rights groups at Stonewall Collegiate Institute and Ecole Stonewall Centennial School are collecting children's winter items for Koats for Kids. Community members can drop off jackets with working zippers, as well as ski pants, toques, mitts, boots and any other items to help keep kids warm during the chilly months. The items can range from infant

sizes up to small adult sizes for larger kids. Donations should be as clean as possible, although United Way will also wash and sort the contributions. "We never turn away anything," said Chelsea Meier, one of the staff organizers. "Koats for Kids definitely has a lot of need to fill. If we can contribute to just a part of it, then it's worth it." Donations can be dropped off until the second week of December at both schools.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Members of the SCI Human Rights committee is collecting gently used outerwear for Koats for Kids. Pictured left to right: Davia Georgison, Jayden Lockhart, Annika Brown and Dana Murphy.

Pelvic Floor Therapy ^{♀♂} Educational Seminar

Do you Leak when you cough, sneeze or laugh?
Do you have to run to make it to the bathroom on time?
Are you experiencing any pelvic girdle pain?
Do you have a prolapse?

All of these issues are common however are not normal and can be treatable.

Please come to a **free 1 hour** educational session on pelvic floor physiotherapy and how it can help you.

Topics will include: Urinary Incontinence, Pelvic pain and Prolapse

When:
Wednesday November 29th, 10:00AM

Where:
Odd Fellows Club, 374 1st St. W, Stonewall, MB

inmotionnetwork.ca



TRIBUNE PHOTO BY JO-ANNE PROCTER
Bently, the main greeter at Quarry Pets in Stonewall, celebrated his 12th birthday last Friday in style. The popular labrador has been welcoming shoppers and visitors to the store since 2009. Bently and owner Nicole Nagy shared treats and cake with customers in honour of his special day.

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Interlake-Eastern RHA announces the formation of its new foundation

Submitted

Residents in Interlake and Eastman areas will benefit from a new health foundation that improves the process for donations to health care and better engages with donors across the region.

Interlake-Eastern Health Foundation officially launched on Nov. 16 with a special event held at the Gaynor Library in Selkirk that was attended by donors, foundation and board directors, local leaders and media.

"We look forward to offering out support to work with community members, existing auxiliaries and foundations, as a partner, towards making our region a better place and to ensure excellent, sustainable health care for everyone in our communities," says foundation executive director Pam McCallum. "The Interlake-

Eastern Health Foundation aims to surpass the expectations of both our communities and staff by embracing a culture of philanthropy to benefit health care."

With an area of 61,000 square kilometres, Interlake-Eastern RHA is one of Manitoba's largest health regions, home to 126,000 residents, 10 hospitals and 16 personal care homes that provide general and specialized care to a diverse patient population.

The foundation is committed to improving the quality of life in Interlake-Eastern communities through health-related philanthropic support. They provide financial support to all of the region's facilities and programs to enhance its dedicated patient care.

For more information on how to donate, please visit www.iehfc.ca.



TRIBUNE PHOTO SUBMITTED

Left to right: Pamela McCallum (executive director), Ted Lewis (board member), Kelly Cook (board member), Bill Bodman (board member), Cyndi Typliski (board member), Dr. Dan Lindsay (board member), Brent Wynnyk (donor), Dr. Alan Lagimodiere (MLA for Selkirk), Steve Day (board member), Tracey Epp (board member) and DJ Sigmundson (board member). Missing from the photo are Cyndie Mitchell, Dave Cain, Ernest Stefanson and Brian Magnusson.



Tuned in halfway?

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Restart is an amazing new feature from Fibe TV that lets you watch a show already in progress from the beginning or watch for up to 30 hours after the show started.

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Mild temperatures for Wonderful Winterfest weekend



Excited children and their families lined the parade route on Friday for Teulon's Holiday Magic Lights parade. The annual event kicks off the holiday season and gets residents into the Christmas spirit. Volunteers along the parade route collected \$600.55 in donations for the Teulon and District Cheer Board. Left photo: brothers Aidan and Austin keep warm by the Main Street bonfire following the parade. Right photo: Santa Claus himself was the grand finale of the Teulon parade.



Teulon-Rockwood Firefighter Captain Taras Derbowka hands out candy along the parade route.



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Charison's Turkey Hatchery had a few local birds join the parade this year.



The Teulon 4-H Club got into the holiday spirit with their Christmas tree float.

Live Nativity

saturday, december 2
2-6pm • boonstra farms
follow the star signs
east of stonewall on hwy 67

meet the live animals • ride the hayride • warm up by the bonfire • visit the village market
enjoy hot chocolate & a cookie • experience the wonder of meeting baby Jesus in the manger

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Submissions for Just Watch Me contest now being accepted

By Jeff Ward

The annual video competition of business profiles that aims to provide exposure to entrepreneurs with disabilities is now open for submissions and will be judged next month.

Just Watch Me was started to increase the visibility of entrepreneurs with disabilities and ongoing health conditions in the business community while encouraging people with disabilities to consider self-employment.

Susan Bater is the manager of the entrepreneurs with disabilities program for Community Futures Manitoba and Saskatchewan and is in charge of overseeing the contest. She explained that the contest is also designed to tell the success stories of rural entrepreneurs and to create a space in which

their efforts are celebrated. Right now the contest is open for business profile submissions, which is the first of two submissions applicants will fill out. The second, and basis for the contest, is a video submission that is no longer than three minutes in length and explains the business as well as showcasing who the owner is and opens Dec. 4. The grand prizewinner will receive a \$1,000 cash prize.

"We know that people with disabilities are generally under employed," said Bater.

"They are job ready and have the skills and education but sometimes the demand of a 9 to 5, 40 hours a week is just too much. Some people have to schedule their day around medical needs or appointments; oth-

ers are hindered by health conditions. But having their own business means they can schedule their work life around those issues."

Bater explained that the contest has been a hit since it began in 2011 and even entrepreneurs that haven't won have benefited from the exposure of their business profile on the Just Watch Me website.

She said that, in many cases, even the exposure of these businesses within their own community has been ben-

eficial, as other members of the community might not have known they even existed.

"I think the success comes from how genuine the stories are and it's the entrepreneurs telling them themselves. They're putting themselves out there on the internet and we do get messages even internationally sometimes because of that reach," said Bater.

Those interested in submitting a business profile and becoming a contestant can do so by visiting justwatchmentcontest.ca.

"WE KNOW THAT PEOPLE WITH DISABILITIES ARE GENERALLY UNDER EMPLOYED."

Province strengthens focus on family violence prevention

Submitted

The Manitoba government is strengthening its fight against family violence, Families Minister Scott Fielding and Sustainable Development Minister Rochelle Squires, minister responsible for the status of women, announced this past Monday.

The ministers advised the Family Violence Prevention Program (FVPP) will transition to the Status of Women Secretariat from the Department of Families and Squires will chair a new ministerial committee mandated to co-ordinate a government-wide approach to ending gender-based violence.

"In 2015, Manitoba had the second-highest rate of police-reported intimate partner violence in Canada at almost twice the national rate," said Fielding. "Aligning these areas will strengthen the comprehensive network of supports and services available to families across the province. The secretariat plays a lead role in developing government policies to address gender-based violence and we want to leverage that expertise to give this program greater attention."

FVPP provides funding to 33 community-based agencies including emergency shelters, residential second-stage housing, women's resource centres and specialized programming for women, men and children affected by family violence, as well as a 24-hour crisis line.

"Given my strong personal commitment to eradicating gender-based violence, I'm honoured to lead this program and bring together all of these initiatives," said Squires. "I look forward to building on the collaborative work we have already established across government and continue to offer a co-ordinated, efficient slate of services."

The Status of Women Secretariat is mandated to work across departments and currently chairs an inter-departmental committee on gender-based violence with representatives from the departments of Justice; Health, Seniors and Active Living; Families; Education and Training; and Indigenous and Northern Relations. It also co-chairs the Federal-Provincial-Territorial Task Team on Violence against Women.

The secretariat operates the provincial website www.gov.mb.ca/stop-theviolence/index.html and oversees the Manitoba Women's Advisory Council (MWAC), with membership from communities across the province to represent women's issues and concerns. Each year, the secretariat and MWAC are involved in public awareness initiatives, such as the 16 Days of Activism against Gender-Based Violence during Domestic Violence Pre-

vention Month in November and the Dec. 6 sunrise memorial for the National Day of Remembrance and Action on Violence against Women.

The province will ensure community-based agencies and service providers remain supported during the transition with minimal disruption, the ministers said. More information about FVPP is available at www.gov.mb.ca/fs/fvpp.



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<p>LAST DAYS: WED & THURS NOV 22 & 23 AT 8:30 PM</p>	<p>DADDY'S HOME 2</p> <p>Not Recommended For Young Children</p> <p>PG</p>
<p>FRI-SAT-SUN-MON NOV 24-25-26-27 (CLOSED TUES) AND WED-THURS NOV 29-30</p>	<p>FRI-SAT-SUN-MON DEC 1-2-3-4 (CLOSED TUES) AND WED-THURS DEC 6-7</p>



AT 8:00 pm
EACH NIGHT

Ben Affleck
Gal Gadot
Henry Cavill
Jason Momoa

Not Recommended For Young Children: Violence

PG



AT 8:00 pm
EACH NIGHT

Johnny Depp
Daisy Ridley
Judi Dench
Willem Dafoe
Kenneth Branagh

PG

Tribune



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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

Ice fishing season has begun

Once again, fellow fishers, welcome. Even though we find ourselves quickly switching from open water angling to ice fishing, a few of our brothers have given us some great boat fishing stories, which perhaps we might enjoy before going on to winter ones.

One such brother is Scott Penner, a young, jovial guy from Ritcher. He told of a time when he and some friends went boat fishing on Crow Duck Lake and the water became a very hazardous place.

It was a fine, warm morning when they started. There wasn't a breath of wind. A low, brilliant sun reflected off the languid water. They tied their two boats together and began catching and releasing one pickerel after another. They passed food and drinks back and forth, laughing and joking. It was a good time. Then just before noon, dark, grey, low clouds began appearing in the north. The cloud bottoms looked alarming, rolling and twisting as they made their way over the men. Scott and his buddies began casting worried glances at each other.

Suddenly, gusting winds began battering their boats about. The winds got stronger, tearing at the men and spinning both boats unbelievably in a circle. Frozen in fear, they hung on as Scott spied a small beach beside a cliff on shore. With the whirlwind blinding them, they cut the lines holding the boats together and pushed their motors to full power heading for the small landing. Then in just minutes, the black clouds overhead now sent thick bolts of lightning to the water. Cracking thunder surrounded them as torrential rain began slamming



TRIBUNE PHOTO BY ARNIE WEIDL
Tim Hiebert on the Red, our first ice fisher, with a pickerel catch.

down on them. Winds tore at them and rain lashed them as they reached shore. Scrambling out of their boats, they ran for an overhang in the cliff. They crowded together, sheltered but cold.

In time, the storm passed and they emerged looking skyward, bewildered, trying to comprehend the nightmare that had just gripped them. The storm clouds glided south, letting the blazing sun bathe them in warmth. Now these anglers, being outdoorsmen, got a grip on the situation. They bailed out their boats, draped their clothes on some short trees and went right back out fishing again in their shorts.

I was talking to Norman Gudbjart-

son of Gimli the other day and the topic of not knowing what to do about the abundance and sometime waste of whitefish in Lake Winnipeg came up. He said he was talking to David Monkman, from Princess Harbour north of Bloodvein, who said there are so many whitefish in the bays up his way "you could walk across the harbour on them." Well, maybe a worthwhile market can be found for them someday.

Upstream of Selkirk, I met a grey-haired, athletic, likable, self-effacing fellow from Winnipeg, Herbert Grosshans. He gave us a wonderful story that illustrates how just because you're an outdoors person who loves boat fishing, that doesn't mean you won't get seasick.

He and his buddies were fishing on Big Whiteshell one day and the waves were pretty high with lots of cross wind. The boat was being tossed about something awful to Herb's great discomfort and his pal's teasing. Even though he was sick, he persevered and caught the first fish, a 44-centimetre walleye that required "the jeering section" to pony up a loonie each. The crew continued fishing, catching a few that Herb put on the string at the end of the boat between seasick retches. When it was time to quit, poor Herb wasn't fast enough. Before he could lift the string of fish, his friend gunned the motor, turning the fish into mush with the prop! When Herb lifted the mangled string of fish, he got even sicker.

Each day now, more of us are roaming the seven-inch thick ice on our

Continued on page 8

Tribune

The Selkirk Record

The Winkler Morden Voice

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TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

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Sweet success at annual fundraising tea



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stonewall & District Health Centre Ladies Auxiliary hosted their annual fall tea with the help from Rosewood Lodge Activity and Adult Day Program staff and volunteers at the Stonewall Legion last Thursday. Coffee and desserts were served and a bake sale and brown bag auction brought in funds that will be added to the amount raised at other fundraisers held throughout the year. Funds raised will be donated to the Rosewood Lodge courtyard improvement project and to the Stonewood Place adult day program. Left photo, from left to right: Heather Corbett, Carol Nichol, Dorothy Palmer and Marg Bond. Right photo: Carrie Munro, Pat Bergner, Kim Ritz, Sheryl Steinhorsen-Taylor, Darlene McMaster, Judy Keating and Diane Lehmann.

Independence for commercial fishers announced

Submitted

The Manitoba government has passed legislation required to lift the monopoly of the Freshwater Fish Marketing Corporation (FFMC), clearing the way for commercial fishers to market their own catch starting Dec. 1, Sustainable Development Minister Rochelle Squires announced recently.

"Our government promised fishers a new flexible fish marketing system and now any person who meets the requirements can obtain a fish dealer or fish-processing facility licence," Squires said. "Our commercial fishers

are an important part of Manitoba's economy. Fishers will now be able to greatly enhance their earning potential by marketing the fish they catch across the country or around the world."

A fish dealer licence will authorize a person to purchase fish from a commercial fisher and allow them to process and sell fish both inside and outside Manitoba. The operator of a custom fish-processing facility will require a fish-processing facility licence, and commercial fishers will

continue to have the right to process and sell fish caught under the authority of their commercial fishing licence. Fishers will now be able to explore new markets and take control of their own income and enterprise, but they also have the option to continue selling their fish to the FFMC.

New reporting requirements for fish dealers and fish-processing facility licence holders are included in a new regulation. These requirements will help ensure the sustainable management of fish stocks and reduce the

black market trade in fish products.

More detailed information, including the new regulation, application forms for fish dealer and fish-processing facility licences and acceptable reporting formats, is available on the department website at www.gov.mb.ca/sd.

Selkirk Black Friday
Craft & Gift
SALE
Sat. Nov 25
9:30am-4:00pm
Memorial Hall
Ph: 204-785-1618
For information

Be a part of the
Festival Of Lights
Santa Claus Parade
Friday, December 1st
To enter your float contact Christy at
204-467-5836 or info@stonewallchamber.com
Brought to you by the Stonewall Chamber of Commerce

Baker's Boutique
Sterling North's 11th Annual
BAKE SALE
Friday, December 8th 10am - 4pm
Saturday, December 9th 10am - 3pm
STONEWALL LEGION - 459 MAIN STREET, STONEWALL
• Bistro serving light lunch, coffee, and cinnamon buns
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A portion of all proceeds will be donated to
STARS

RM of Rockwood puts Teulon Curling Club's future in jeopardy

By Natasha Tersigni

Questions are arising regarding the structural integrity and the future of the Teulon Curling Club from an unlikely source: the RM of Rockwood.

For the past three years, the Town of Teulon and the RM of Rockwood have been partners in the Teulon-Rockwood Recreation Commission. The commission is responsible for all recreation facilities in Teulon and helps to manage the programming. The board is made up of both Teulon and Rockwood residents and council members with funding for operations coming from the Town of Teulon and the RM of Rockwood.

Council members discussed a letter that was sent by Rockwood to Teulon saying that the Rockwood council is not in favour of the Teulon-Rockwood Recreation Committee spending any more capital on the Teulon Curling Club at the Teulon council meeting on Nov. 14. The letter goes on to state that funding should be stopped until a full audit is done on the building and presented to both councils. Following the audit, a decision can be made on the viability and future of the building.

Rockwood also made a request to the South Interlake Planning District (SIPD) to inspect the Teulon Curling Club. The SIPD concluded that the outside stairs leading from the second-floor lounge are unsafe and that the stairs need to be boarded up at the bottom until they are repaired or replaced. The SIPD has also requested access to the interior of the building to complete a thorough inspection.

In order to operate the second-floor lounge, there still needs to be a second exit, which would be impossible without using the exterior staircase. While closing the second-floor lounge does not close the entire curling club, still allowing the ice sheets to be used, it does greatly impose on the events that the curling club would be able to host including bonspiels, socials and other revenue generators for the club.

"The curling club is on par to bring in as much revenue to the recreation commission in fees as minor hockey, Interlake Lighting and the Teulon Skating Club combined. It will be the largest revenue generator (this year) and largely covers the operating

expenses. It goes to show that one group is contributing just as much as three other user groups to one other facility," said Coun. Michael Ledarney, who added that he is disappointed with the actions taken by Rockwood council.

"WE KNOW THAT PEOPLE WITH DISABILITIES ARE GENERALLY UNDER EMPLOYED."

"I have written correspondence from the (RM of Rockwood) Reeve (Jim Campbell) that they don't want any more money spent on the curling club and now they have gone and told SIPD to go ahead and inspect our stairs, which could put the curling rink into jeopardy."

Teulon Coun. Danny Hutchinson is questioning whether or not Rockwood council is using this as a catalyst to discontinue the entire Teulon-Rockwood Recreation Commission.

"I don't know if they are fully aware the implications of what they are doing. It seems like they want to shut the curling rink down because they want to shut down the curling rink. There is no justification and I think we need to have a frank conversation about where they are headed with this," said Hutchinson.

"Do they want to dismantle the entire commission? Is that the end game here? I think we need to ask them these questions. Right now, we get these little bits and pieces of information and it is not coherent. Where are we going? What are we doing? Are we

just being frozen out?"

A resolution was passed at the council meeting to meet with the entire Rockwood council in January to discuss this letter and the future of the recreation commission. The resolution also states that council will continue to support the recreation commission in how they choose to spend their funding without input from either council. In the meantime, Teulon council will ask a local carpenter to look at the stairs and see if repairs can be made so the current curling season will not be affected.

"We need to make it clear that we support our user groups. I think we need to sit down and figure out where this is going because this is totally unclear where the RM is headed with this. We have a vague letter with not a lot of detail as to why these things are being said," added Hutchinson.

"We need to figure out what is happening because, as far as I am concerned, we are looking into the abyss with no game plan here."

Other Teulon council news:

- Council reported that there has been plenty of interest in their Teulon-Rockwood Fire Commission Request for Proposals (RFP) for architectural and engineering services to create and design plans for the new Teulon Fire Hall. The RFP was released at the end of October and all submissions are to be submitted to the town by Nov. 30.

- Council approved the purchase of a snow blower for \$5,846.

S O U T H I N T E R L A K E
GARDEN CLUB

Winter Arrangement Workshop
By Tammy from Stonewall Florist
Thursday, Nov 30 - 7:30pm
Parochial Hall in Stonewall

\$15/person Please RSVP by Nov 26
Please RSVP on FB or by calling 204-467-2235
Bring an appetizer or desert to share. Beverages will be included.

**KINDERGARTEN REGISTRATION WEEK**

Monday, November 27th to Friday, December 1st, 2017

INTERLAKE SCHOOL DIVISION requests that all parents who plan to register their child for a kindergarten program in the next school year visit their local school during normal school hours of Kindergarten Registration Week. Kindergarten programs are offered at Teulon, Balmoral, Stony Mountain, Rosser, Argyle, Warren, Woodlands and École R.W. (Bobby) Bend School in Stonewall.

Argyle School offers a divisional Multi-level Learning program with all day Kindergarten every day. Please contact the Argyle School Principal (204-467-2683) for details regarding this program.

French Immersion Kindergarten will be offered at École R. W. Bobby Bend School.

Children who will reach their fifth birthday by December 31st, 2018 are eligible to attend Kindergarten. A document providing proof of age is required.

Stonewall Teulon
Tribune
NEWS TIPS
Call 467-5836

**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 6th. Hamper pick-up will be December 16th. Please call 467-7370 to order a hamper. Requests for hampers need to be made every year even if a hamper was received in previous years because lists aren't carried over.

Christmas Cheerboard

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

Volunteers will be collecting spare change along the parade route on December 1st.

> GET FISHING, FROM PG. 6

pothole lakes, slow-moving rivers or creeks to ice fish. How exciting. Tim Hiebert sure was.

I found him on the Red River last week with a nice mess of pickerel. He held them up for me and I took his picture as I congratulated him on being the first ice angler with a catch to be put in our article this season. Good for you, pal.

As I leave you for this week, it might be of interest that I've noticed fairly smooth ice on Shoal Lake, the Red River and Gull Lake by Stead with rough ice off most beaches on the south Lake Winnipeg basin.

Bye now.

Black Friday Capital of Manitoba

**Selkirk Biz BLACK FRIDAY WEEKEND**

**Friday, Nov. 24
Saturday, Nov. 25
Sunday, Nov. 26**

• St. Andrews • St. Clements • West St. Paul • Selkirk

Tree lighting honours loved ones, raises funds



TRIBUNE PHOTOS BY NATASHA TERSIGNI

The South West District Palliative Care (SWDPC) launched their annual Memory Tree campaign on Friday prior to the start of Teulon's Holiday Magic Lights parade. The annual campaign is a fundraiser for the SWDPC, where community members can make a donation and place a card on the tree in memory of a loved one. Donations will be accepted at the Teulon and District Seniors Resource Council, where the memory tree is located, until Dec. 15. Left photo: Ruth Morrison places a card in memory of her late husband Garry Morrison. Right photo: South West District Palliative Care volunteer Lois Borkowsky hands out hot chocolate and cookies to parade goers last Friday.

Hwy. 6 among 25 locations in Manitoba with new road condition cameras

By Jeff Ward

Six road condition cameras are now active along Highway 6 in an effort for the provincial government to help provide drivers with up to date conditions before they head out on the highway.

Manitoba Minister of Infrastructure Ron Schuler announced last week that 25 new cameras were added to strategic locations throughout the province. Winter driving can be a dangerous affair and the goal of these cameras is to help travellers know what they're getting in to before they leave the house.

Locations along Highway 6 that now have active cameras include Williams River, Devils Lake, junction of PTH 6 and PR 236, St. Laurent, Fairford and Ponton and can be accessed via the Manitoba 511 website or mobile app.

"The cameras are strategically placed along roadways in the prov-

ince to provide motorists and maintenance crews with a visual representation of road conditions. The number of cameras will be increased over time to bring more drivers another option to check road conditions," said Minister Schuler.

The cameras do not stream live video but instead take and upload a photo every 10 minutes to both the mobile app and website. Live video streaming is cost prohibitive according to Schuler and with the cameras costing \$7,000 each and \$22,000 if equipped with a station, a balance had to be struck between cost and the value of the service.

The hope is that drivers armed with this information can make more informed and safer decisions on whether or not travel on the highway is necessary.



TRIBUNE PHOTO SUBMITTED

Road condition cameras on Highway 6 at St. Laurent will provide drivers with a new photo every 10 minutes to arm them with info on whether highway travel is safe.

DEER HEAD COMPETITION

at
Gunton Greenwood Memorial Hall
Saturday, Dec 2nd, 2017
Scoring by Manitoba Big Game Trophy Association
Adult & Youth Categories
Entry Deadline is 8 p.m.
Info call Tony Balian 886-2886

Head Drop off: 4-8 pm (or anytime to Terry Hartle 886-2319)

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POT IS \$3259.50 AS OF NOV 15/17

Breakfast with Santa ~ Sat. Dec 2 ~ 8am-noon

Sponsored by Stonewall Kinsmen & Stonewall Legion

ALL ARE WELCOME

To Churchill, with love

By Jennifer McFee

The community of Churchill helped a local family wade through an unfathomable loss, and now that same family aims to support the struggling northern town.

Last summer, five-year-old Danica deLaroque was involved in a canoeing accident on the Churchill River, along with her little brother Connor and her dad Donnie. Emergency workers poured their heart and soul into saving the Grosse Isle girl, but she succumbed to the situation.

For Toni deLaroque, Danica's mom, she'll always cherish the kindness of the Churchill community — and she wants to show them that they are not forgotten, even though the rail line is out.

In a tangible show of support, deLaroque is organizing 80 Christmas hampers and a community supper for the people of Churchill.

"We haven't forgotten our friends to the North," she said. "When we lost Danica, they lost Danica. They grieved over her too."

She remains forever connected to the northern town, and she felt compelled to help its residents during their own hard times.

This recent initiative began when deLaroque answered a phone call from her friend Belinda Fitzpatrick, who owns and operates the Tundra Inn in Churchill. She had received an offer from Natural Habitat Adventures for 1,000 pounds of free freight as a way to give her business a bit of a break. Instead of taking advantage of the offer for her own benefit, Fitzpatrick reached out to deLaroque to figure out a way to help the entire Churchill community.

Within a few days, they amassed an incredible amount of food to ship to the north, and Natural Habitat increased its offer to a total of 1,500 pounds of free freight.

Winnipeg Harvest and Winnipeg Specialty Meats donated plenty of food for the project. Adding to the bounty, the food package also included a sizeable donation of lentils, beans and peas.



TRIBUNE PHOTO BY MONICA BALDWIN
Grosse Isle students are collecting food, toys and clothing for the community of Churchill in memory of Danica deLaroque.

In addition, deLaroque bought about 100 pounds of turkey and ham for the cause through her non-profit organization Danica's Village, set up in honour of her sweet daughter.

This week, Fitzpatrick's restaurant staff is volunteering to cook up healthy soups, chili and pasta dishes, which will be frozen and added to the Christmas hampers. Sig's Grill in Stonewall donated the bowls and lids to pack up the pre-made meals.

To support the project, a Churchill company donated 80 chickens for the hampers and turkeys for the community dinner, which will be held in Churchill next month.

For the rest of the goodies to fill the Christmas hampers, deLaroque is collecting donations of food, toys and clothing.

To transport the items, Calm Air has donated 6,000 pounds of freight from Thompson to Churchill, and Gardew-

Continued on page 13

Stonewall council appointments



TRIBUNE PHOTO BY JENNIFER MCFEE
Stonewall Mayor Lockie McLean stands alongside Walter Badger, who has been named deputy mayor for the upcoming year.

POLICY NO. 1.2 - SCHEDULE "A"	
BOARDS AND COMMITTEE APPOINTMENTS	
NOVEMBER, 2017 TO OCTOBER, 2018	
FIRE COMMITTEE: (2)	Councillor Clive Hinds Councillor Jeff Levesque Alternate: Mayor Lockie McLean
STONEWALL & DISTRICT HEALTH FOUNDATION BOARD (1)	Mayor Lockie McLean Kevin Beresford
STONEWALL & DISTRICT HANDIVAN COMMITTEE (1)	Deputy Mayor Walter Badger
PLANNING DISTRICT: (2)	Deputy Mayor Walter Badger Councillor Clive Hinds Alternate Councillor Sandra Smith
WEED CONTROL DISTRICT: (1)	Councillor Clive Hinds
LIBRARY BOARD (2)	Councillor Sandra Smith Andrew Robert
MEMORIAL PARK: (2)	Councillor Sandra Smith Councillor Jeff Levesque
STONEWALL HERITAGE COMMITTEE (7)	Councillor Jeff Levesque Jana Williams, Cheryl Willis, Joyce Rose, Allison Mankewich, Allan Webb, Kim Ritz, Simon Thomas, Catherine Precourt
ROCKWOOD ENVIRONMENTAL ACTION COMMITTEE TASKFORCE (R.E.A.C.T) (1)	Councillor Sandra Smith
STONEWALL & DISTRICT RECREATION COMMITTEE (2)	Councillor Jeff Levesque Deputy Mayor Walter Badger
CAPITAL REGION COMMITTEE	Deputy Mayor Walter Badger
WASTE MANAGEMENT PROGRAM COMMITTEE	Councillor Clive Hinds Councillor Jeff Levesque
EAST INTERLAKE CONSERVATION DISTRICT	Councillor Clive Hinds Ray Friesen Alternate Mayor Lockie McLean
COMMUNITIES IN BLOOM	Councillor Sandra Smith Asta Johannesson
AGE-FRIENDLY COMMITTEE	Deputy Mayor Walter Badger
INTERLAKE TOURISM ASSOCIATION	Councillor Jeff Levesque Alternate Deputy Mayor Walter Badger
WILLIAM KURELEK PARK COMMITTEE	Councillor Sandra Smith Councillor Jeff Levesque
SENIORS BUILDING COMMITTEE	Mayor Lockie McLean Councillor Sandra Smith
COMMUNITY FUTURES EAST INTERLAKE	Ross Thompson

Santa Clause is coming soon to Stonewall

By Jennifer McFee

The countdown is on until jolly old St. Nick comes to town for Stonewall's much-anticipated Santa Claus parade.

"On Friday, Dec. 1 at 7 p.m., the annual Festival of Lights Santa Claus Parade will travel down Main Street, blanketed by bundled up kids of all ages watching the brightly lit floats go by," said Stephanie Duncan, vice-chair of the Stonewall and District Chamber of Commerce, which runs and sponsors the parade.

"Be sure to wait till the end of the parade too for a special visitor from the North Pole!"

The annual event aims to encourage activity in local streets while also keeping people in town over the weekend.

"You can come out and see the many businesses lit up along Main Street. Many of the businesses will stay open, serve hot chocolate and have special promotions," Duncan said.

"We would love to see people Christmas shopping over the weekend. Several retailers are taking part in a Shop Local Santa Bucks program that starts on Nov. 30 to encourage local spending in our communities. You can enter to win during the month of December and the winner will receive \$2,000 in Santa Bucks that can be spent at the participating businesses."

This year's parade will once again

feature a judged competition for the best commercial and the best non-commercial float, with the winner in each category receiving a trophy and \$75 cheque.

"Last year, we had 40 floats. We hope to have that and more this year," Duncan said. "The parade isn't just Stonewall businesses; it draws businesses from the South Interlake and even some from Winnipeg."

The deadline for parade entries is Friday, Nov. 24. To enter, contact Christy at 204-467-5836 or info@stonewallchamber.com.

Another highlight of this year's parade will be bonfires with a marshmallow roast and hot chocolate in the parking lot of Southside Service. Sponsored by Firewood Manitoba, this event runs from 4 to 8:30 p.m.

At the South Interlake Regional Library, tree decorating will take place from 5 to 7 p.m. As an initiative of the Southwest District Palliative Care, community members can make a donation in memory of a loved one to place an ornament on the tree.

Also at the library, the 10th annual Festival of the Wreaths runs from Nov. 27 to Dec. 22. Members of the public can support their favourite wreath for \$1 per vote, with all proceeds going to the Christmas Cheer Board. In addition, Parade-goers are encouraged to bring their spare change for the Christmas Cheer Board to collect



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER

Santa Claus will make his debut down Stonewall's Main Street Friday night when the Festival of Lights parade kicks off at 7 p.m.

along the parade route.

"It's easy to park and walk to our events and it's a comfortable, safe environment," Duncan said. "There's lots of local community support and it will be a great time for the kids."

The festivities continue on Saturday, Dec. 2 starting with Breakfast with

Santa at the Stonewall Legion from 8 a.m. to noon, sponsored by the legion and the Stonewall Kinsmen Club.

Then Flicks Cinema will offer free screenings of *Despicable Me 3*, rated G, with movie times at 1 and 3 p.m. Movie-goers are asked to bring a tin of food to donate to the food bank.



TCl students lend a helping hand

TRIBUNE PHOTO BY BRENDA BAWDON

The Helping Hands Committee at Teulon Collegiate Institute has had a busy couple months since the school year started.

In October, the students attended WE Day and also hosted a Halloween for Hunger food drive for the Teulon Food Bank. They collected an impressive 687 food items weighing 728 pounds, surpassing their collection efforts from last year when they amassed 648 items weighing 516 pounds. In November, they collected 40 boxes for the Operation Christmas Child Shoebox Collection. Each box is filled with toys, school supplies and hygiene items, destined for children in Central America and Africa who have never received a Christmas gift in their lives.

Rockwood appointment of boards and committees

Staff

South Interlake Planning District:
Reeve Campbell, Coun. Hidlebaugh.
Alt. Councillor Pinchin
South Interlake Regional Library:
Coun. Goudy, Citizen Member Tracey Berg
Rockwood-Rosser Weed Control Board: Coun. Goudy and Willis
Community Futures - Northeast Interlake: Reeve Campbell
Partnership of the Manitoba Capital Region Committee (Mayors & Reeves): Reeve Campbell
Stonewall-Rockwood Fire Department Committee: Coun. Pinchin and Matheson
Stony Mountain Fire Department

Committee: Coun. Pinchin and Goudy
Teulon-Rockwood Fire Department Committee: Coun. Pinchin and Willis
Stonewall & District Handi-Van Committee: Coun. Matheson. Alternate: Coun. Goudy
Teulon & District Handi-Van Committee: Coun. Hartle and Citizen Member Rodney Campbell
Rockwood-Woodlands By-Law Enforcement Officer / Animal Control Board: Coun. Goudy and Pinchin. Alternate: Coun. Matheson
Stonewall Rockwood Emergency Management Board: Coun. Willis. Alternate: Reeve Campbell
Teulon-Rockwood Waste Disposal Grounds: Coun. Willis and Matheson
Environmental Waste Committee: Coun. Matheson and Willis
Eastern Interlake Conservation District (EICD) (2):
Grassmere Creek: - Coun. Goudy; Alternate: Coun. Matheson; and Citizen Member John Tataryn
Netley Creek / Wavey Creek: - Coun. Willis; Alternate: Coun. Hartle; and Citizen Member Bruce Bond
Stony Mountain Recreation Committee: Coun. Hidlebaugh. Alternate: Coun. Pinchin
Balmoral Recreation Board: Coun. Hartle. Alternate: Coun. Goudy

Teulon-Rockwood Recreation Commission: Coun. Hartle, Citizen Members Bev Kiel, Bonnie Benn and Lyle Willis
Association of Rural Municipalities - Capital Region (ARM): Reeve Campbell. All councillors on a rotating basis
Rockwood Quarry District Planning Advisory Committee:
Reeve Jim Campbell, Coun. Goudy. Citizen Member: Doug Carter
Interlake Municipal Recreation Association (IMRA): Coun. Pinchin. Alternate: Coun. Willis
Cartier Regional Water Co-op Inc. Coun. Hidlebaugh, CAO Chris Lullman
Interlake Tourism Association: Coun. Goudy
Teulon Rockwood Foundation Community Health Committee: Coun. Hartle and Willis
Age-Friendly Stonewall Committee: Coun. Hidlebaugh
Rockwood-Stonewall Parks Committee: Reeve Campbell and Coun. Goudy
Economic Development Committee: Reeve Campbell and Coun. Hidlebaugh
Stony Mountain Penitentiary Advisory Committee: Reeve Campbell. Al-

ternate: Coun. Matheson
Red River Basin Committee: Coun. Goudy
Grosse Isle Townsite Sub-Committee: Reeve Campbell and Coun. Matheson
Operating Advisory Committee - Magellan: Coun. Hidlebaugh. Citizen Members Kevin Molter and Ron Gendzelevich and Alternate Member: Bill Ammeter

RM OF ROCKWOOD STANDING COMMITTEES (COUNCIL PORTFOLIOS)

Policy:
Coun. Hidlebaugh and Coun. Hartle
Committee of the Whole
Public Works and Infrastructure:
Coun. Matheson, Alternate: Coun. Goudy. Committee of the Whole
Protective Services: Coun. Pinchin and Alternate Councillors Matheson, Goudy & Willis
Utilities: Coun. Hidlebaugh and Coun. Pinchin
Personnel: Committee of the Whole
Finance: Coun. Hartle
Recreation Committee: Coun. Hartle and Hidlebaugh. Alternate Councillors: Willis and Pinchin
The first person named is the chairperson.

**Saturday,
November 25,
9:30 am-3 pm**

**It's the
BLACK
FRIDAY
WEEKEND
CRAFT
SALE**

Over 30 Crafters



Memorial Hall
JEMIMA ST. (NORTH OF CHRISTIE AVE)

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Stonewall to proceed with strategic plan

By Jennifer McFee

Stonewall council has approved a proposal from HTFC Planning and Design to develop a strategic plan for the Town of Stonewall. The work plan proposes to begin this month and wrap up in early 2018, spanning approximately 10 weeks.

Five different companies bid on the project and HTFC

scored highest on the town's selection matrix, which included consideration of the proposed cost, as well as the firm's experience, references and understanding of the project. HTFC bid \$8,950 plus GST.

In other council news:

- The Town of Stonewall will hold a public hearing on Dec. 6 at 7 p.m. to consider a bylaw to close the employee benefit reserve fund and transfer the remaining funds to the town's general reserve.
- At a special meeting of council on Nov. 15, council discussed the lagoon debenture. Council passed first reading to set a 20-year debenture in order to lock down financing at a lower interest rate than the 5.5 per cent that was used in the initial calculations for the project.
- Later in the week, Stonewall Mayor Lockie McLean noted that council will need to discuss marijuana legislation in the near future. A head shop has already received approval to set up as a commercial entity in the town.

"It's an approved commercial entity, but just because it's a

Continued on page 19

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> TO CHURCHILL, FROM PG. 10

ine has offered to bring the goods to Thompson from Winnipeg.

In January, Polar Industries will transport additional goods from Winnipeg to Gillam, and then Remote Area Services will pull it on a flex track from Gillam to Churchill. Due to the outdoor transport method, all of the food items for this shipment will need to be able to withstand being frozen along the route.

The Grosse Isle students are collecting food, toys and clothing. Donations can also be dropped off at Warren Tire, Inview Insurance in Stonewall or Winnipeg Harvest.

For those who prefer to make a monetary donation, deLaroque is also collecting cash to purchase miss-

ing items.

"Winnipeg Harvest is not just for Winnipeg; it's actually for all of Manitoba. We also shipped up a couple hundred pounds of cereals, cookies and crackers from Winnipeg Harvest to the school program in Churchill," she said.

"In Churchill, it's so dire that kids are going to school just so that they can get some food. Kids aren't taking sick days because they're so worried about eating."

Anyone who would like more information or to make a cash donation can contact deLaroque at 204-396-6784 or toni.delaroque@grainscanada.gc.ca for e-transfers.

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*Savings are an average and are based on energy rates in effect November 1, 2017. Your savings will vary depending on your home and heating needs.



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** On approved credit. Certain terms and conditions apply. See store and Account Agreement for full terms. November 23-29, 2017 only.



NOV 27 to DEC 22

10th ANNUAL FESTIVAL of the WREATHS

at the Stonewall Branch of SI Regional Library

VOTE FOR YOUR FAVORITE \$1 PER VOTE

All proceeds to Christmas Cheer Board

FRIDAY DEC 1 7PM

FESTIVAL OF LIGHTS SANTA CLAUS PARADE

on Main St | Stonewall

SPONSORED BY THE STONEWALL & DISTRICT CHAMBER OF COMMERCE

Remember your spare change for the Cheer Board

DEADLINE for Parade Entries: Monday, Nov. 27

CONTACT Christy at 204-467-5836 or info@stonewallchamber.com

FRIDAY DEC 1

JOIN US FOR BONFIRES 4:00PM - 8:30PM

marshmallow roast & hot chocolate
In the parking lot of Southside Service
SPONSORED BY FIREWOOD MANITOBA

TREE DECORATING 5:00PM - 7:00PM

Make a donation in memory of a loved one.
at the SI Regional Library
BROUGHT TO YOU BY SOUTH WEST DISTRICT PALLIATIVE CARE

SATURDAY DEC 2 8AM-NOON

BREAKFAST WITH SANTA

at the Stonewall Legion

SPONSORED BY STONEWALL KINSMEN CLUB AND STONEWALL LEGION

SATURDAY DEC 2 1PM & 3PM

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DESPICABLE ME 3 (RATED G)
MOVIE TIMES 1PM & 3PM

at Flicks Cinema

SPONSORED BY THE STONEWALL LIONS CLUB

Bring a TIN for the FOODBANK

THANKS FOR STAYING LOCAL

Visit our Local merchants for all of your Christmas shopping this season!

THANK YOU to all of the community groups for great Christmas events!

This advertisement brought to you by the Stonewall and District Chamber of Commerce

SCI Passing on the Cheer



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Collegiate Leadership group is hoping for a spike in their fundraising efforts at their fifth annual Passing on the Cheer recreational volleyball tournament. The tournament planned for Dec. 8 will include Grade 5-8 students, men, women and co-ed teams with games being played from 3:30 p.m. until midnight. Entrance fees and non-perishable food items will be donated to the Stonewall and District Christmas Cheer Board for their annual food and toy drive. There will be music, food and a variety auction throughout the evening. The \$20 entry fee and the donation of a non-perishable food item or unwrapped toy, will get players a souvenir T-shirt and several games of volleyball. Deadline to enter is Nov. 30 and teams can enter by contacting Curtis Grieve at 204-467-5539 or cgrieve@isd21.mb.ca.

NOVEMBER 26

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Free Little Libraries open for business in Interlake

By Natasha Tersigni

To help make reading more accessible for community members, South Interlake Regional Library (SIRL) has introduced five new Little Free Libraries to local communities.

The Little Free Library is an international initiative where communities set up small book shelters in public spaces for people to take or leave books. With no library card required and no restrictions on the hours of operations, the Free Little Libraries help to make reading accessible to everyone. SIRL was able to grow the initiative locally with funding made available through the Interlake Community Foundation from federal Canada 150 grants.

On Nov. 13, a grand opening was held for SIRL's first Free Little Library, which was placed in Teulon a few months ago. The library is located in front of the Green Acres Art Centre (GAAC) and has already been well received by residents.

"The concept is that this is an out-reach bookshelf for us. It in no way replaces the bricks and mortar library but it helps get books into people's hands. They may not have the time or the opportunity to come to the library, this way they can come at their own convenience and grab a book. It is great for the kids because what



MP James Bezan, left, reads a book with Zuri Cook.

we noticed at our Little Free Library in Rosser, all of our children and junior books are gone," said SIRL head librarian Darlene Dallman.

"These are hugely successful and in many urban places such as Winnipeg, Toronto, Ottawa or New York. They are charted and tracked through the Little Free Library organization so anyone who searches or visits these communities will know where they are. It is a great way to exchange books."

Along with the Teulon location, there are Free Little Libraries located in Rosser outside of the RM office, in Grosse Isle near the community mail-



TRIBUNE PHOTOS BY NATASHA TERSIGNI

A grand opening for Teulon's Free Little Library located at the Green Acres Art Centre (GAAC) was held on Nov. 13. Pictured left to right: SIRL head librarian Darlene Dallman, Selkirk-Interlake-Eastman MP James Bezan, Zuri Cook, GAAC vice-president Lori Benn and Teulon Coun. Danny Hutchinson.

boxes and one planned for Stonewall and Balmoral. The libraries were built by the Manitoba Institute of Technology Youth Build program and then decorated by SIRL staff.

All the libraries have guest books and patrons are asked to sign the book

and write down what they would like to see more of in the library. Along with taking books, residents are also encouraged to leave books they no longer read. For more information on the Free Little Library, initiative go to www.littlefreelibrary.org.

Plastic bag round up complete



TRIBUNE PHOTO BY JO-ANNE PROCTER

In just five years, Ecole Bobby Bend School Green Team is responsible for keeping 129,402 plastic bags out of landfills. This year, the Bag Up Manitoba - Plastic Bag Round Up was a community effort with Association for Community Living (ACL) members joining in the collection of bags. ACL sorted and counted 16,700 bags, which were added to the Green Team's 24,500 bags. Bag Up Manitoba is a learning opportunity to tackle issues around plastic bag overuse and waste. The plastic bags will be used for recycling into frisbees, bird houses, planter boxes and benches for participating schools. This year, the school will receive a bird feeder for their collection.

HOLIDAY

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THANK YOU
for
Shopping Local!

Las Vegas heroes fly to Manitoba for support social

By Jennifer McFee

The power of positivity prevails among four women whose lifelong friendship blossomed out of catastrophic circumstances.

Last weekend, Jody Ansell reunited with the three women who saved her life during the recent Las Vegas mass shooting.

Jolene Bennett, Caryn Sherman and Christina Wright flew to Manitoba to attend a support social for Ansell at the Inwood Memorial Hall on Nov. 18.

During the night of the shooting, Bennett and Sherman, friends who live in Las Vegas, picked up Ansell who had been shot in the arm. Since the shooter was still firing at the crowd, the women drove to a nearby helicopter hangar to seek refuge.

At that point, Wright, a 21-year-old nurse from Arizona, kept Ansell stable until she could be safely transported to hospital. Wright had also been at the outdoor country music festival where the shooting took place, and she ended up in the helicopter hangar amid a crowd of about 25 to 30 people.

For Ansell, the bond that formed between them that night will remain unbreakable.

"These three women are the reason I am here today," she said, "and I am so very thankful, incredibly grateful and unbelievably blessed."

To honour the lives of the 58 people who lost their lives in the shooting, Ansell created a 58-candle tribute in the shape of a ribbon.

Trevor Ewankiw, master of ceremonies and DJ for the social, read out the



Jody Ansell's heroes gave her a custom-made bracelet with all of their initials on the back.

names and ages of each person while all four women lit the candles in an act of remembrance. Then the crowd paused for 58 seconds of silence as a tribute to those who didn't make it home.

With a heart full of gratitude, Ansell would like to express her appreciation for everyone who helped her — both in Las Vegas and right here at home.

"I wanted to say thanks to all my friends, family and communities for all their love and support, my husband for his quick arrival to Vegas, and him and my two amazing kids for all their love and care," she said.

"I want to thank God for keeping Jan and I safe and helping us return home to our loved ones, and to my Daddy that was with me that night who helped to show me the way."

She also expresses gratitude for the generous donations and tireless efforts to host the social. Ansell extend-



TRIBUNE PHOTOS SUBMITTED

From left: Jody Ansell, Jolene Bennett, Christina Wright and Caryn Sherman lit 58 candles in honour of the Las Vegas shooting victims.

ed a special thanks to Trevor Ewankiw for his "amazing talent and big heart" and to Lynn Hainstock and everyone else who made the evening possible.

Ansell plans to maintain her connection to the three women who saved her life — with a visible reminder right on her wrist since her heroes

brought her a custom-made bracelet with all four women's initials etched onto the back.

"We're hopefully going to get matching tattoos someday," Ansell said. "These are my angels, my heroes and my forever friends."

Community shows support for Jan Lambourne

By Jennifer McFee

Local community members rallied to show support for Jan Lambourne, who is now back home recovering after being seriously injured during the mass shooting in Las Vegas.

On Nov. 4, crowds of supporters packed the Teulon Rockwood Centennial Hall for a support social that featured 61 silent auction prizes worth more than \$200 apiece, plus nine grand prizes.

Lambourne and her family can't say thank you enough for all the love, support, encouragement and generosity. She shared a heartfelt message with the *Tribune* to communicate to the community:

"To Justin Uhart, all three hospitals, medics, doctors, nurses and staff who all helped save my life and put me on the road to recovery and made it possible for me to come home. To my loving family, amazing friends, therapists and awesome community who have showered us with love and have helped me physically and mentally through this horrible nightmare. To everyone who reached out Manitoba-wide and beyond. My husband and son's work union and fellow co-workers, my friend Jody, for her consistent strength, love and support. All now family, bonded for life. WE WILL NOT LET HATE WIN!!"



TRIBUNE PHOTO SUBMITTED

The community came together to show support for Jan Lambourne at a social held at the Teulon Rockwood Centennial Hall on Nov. 4.

Boot camp fundraiser to support Churchill hamper project

By Jennifer McFee

A local fitness instructor will be working up a sweat in her efforts to support the community of Churchill.

Sarah Todd is inviting the community to attend a boot camp fundraiser on Saturday, Nov. 25 at 9:45 a.m. at Centennial School. People of all fitness levels are welcome to participate in the event, and 100 per cent of the proceeds will go towards the Churchill Christmas hamper project. The suggested donation is \$10 plus any unwrapped food or toy donation.

The cause is close to Todd's heart for two reasons. First, she grew up in Churchill before moving to Stonewall in 1990. Second, her son was a classmate of Danica deLaroque, who died after being involved in a canoeing accident in Churchill last summer. Toni deLaroque, Danica's mom, is arranging to send food, toys and clothing to Churchill for 80 Christmas hampers, and Todd felt compelled to get involved.

"I still have friends who live in Churchill, and I've been trying to collaborate with them since the train went out. I wanted to do something, but days turned into weeks and weeks turned into months," she said.

"Then I read on Facebook that Toni was doing all these hampers and that she had freight secured, and I thought that I can do this right now."

For anyone who would like to attend Todd's one-hour boot camp, she recommends bringing a yoga mat, water bottle and indoor runners. People can also bring weights if they'd like, but body weight is another acceptable option.

"Because it's a fundraiser, it will be a fun boot camp. It won't be super hardcore. I don't want people to be scared to show up, so they should know that it will be fun and inclusive," said Todd, who hosts weekly boot camps through Continuing Education.

"In all my classes, especially when I know I'm going to be having new people, I offer many, many modifications — everything from low impact to more advanced modifications so everyone can find it challenging yet fun."

GORP bars will also be available for purchase, with 100 per cent of the profits going towards the hamper project.

For more information, visit www.sparkfitnessandnutrition.ca.



TRIBUNE PHOTO SUBMITTED

All are welcome to attend Sarah Todd's boot camp fundraiser on Nov. 25 to raise funds for the Churchill hamper project.

> STRATEGIC PLAN, FROM PG. 12

head shop that doesn't give them the right to sell marijuana in Stonewall," he said.

"It's something that probably turns off a lot of people, and I can fully understand that, but it's not something that town council can have any authority to say they can't locate in Stonewall."

Looking ahead, he said that legaliza-

tion will create a fundamental change for society across the entire country.

"I'm happy to know that we will have that authority when it comes to the sale of marijuana. I think we'll know more about it in the next few weeks," he said. "I have no idea what my fellow members of council are going to say about it, so that's going to be one interesting discussion."

An Evening of Remembrance
 Sunday, December 3
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3/4 cup milk or buttermilk
1 can corn kernels, drained
2 medium jalapeno peppers, seeded and diced
1 medium jalapeno pepper, thinly sliced

Heat oven to 375 F.

Line rimmed baking pan with foil and set lightly sprayed baking rack in pan. Cut bacon crosswise into thirds and lay out bacon strips on rack, being careful not to overlap slices. Bake 10-12 minutes, or until bacon has just begun to crisp. Remove from oven and drain on paper towels. Increase oven temperature to 400 F.

In large bowl, stir together flour, cornmeal, baking powder, salt and cheese until well mixed.

In small bowl, whisk eggs until frothy and stir in melted butter, honey and milk. Add milk mixture to dry ingredients and stir until combined. Fold in corn and diced jalapeno and reserve.

Lightly spray or butter 12-cup muffin tin and line each cup with two slices of bacon. Evenly divide muffin batter into cups, filling about three-fourths full and top with remaining bacon and sliced jalapeno. Bake muffins 20 minutes, or until golden brown, using toothpick to test doneness. Let cool briefly, remove muffins from tin and serve while still warm.

Six ways to bust through the weight loss plateau

Trust me when I say I know what it's like. I remember thinking, "I'm never going to lose this weight!"

"I was so fixated on the number on the scale, and that only kept me frustrated, discouraged, and worst of all stuck. I finally took a step back and realized I needed to change my mindset and my focus if I ever wanted to move forward.

Yes, I wanted to lose the weight I had gained, but the most important thing for me was to be healthier and feel better. I knew a quick fix was not the answer because I didn't just want to lose the weight - I wanted to keep it off, so I didn't have to focus on losing the weight ever again. I knew it needed to be a lifestyle change. I wanted to look and feel healthier, not just be thinner.

There are many reasons for hitting a plateau or getting off to a slower start than we'd like. Everyone is different at the rate they lose weight and where they lose it, and it's really easy to get discouraged.

The bottom line is that if you continue to keep your new healthy habits in place, you can see results. Most people get discouraged and give up too soon - before they ever have a chance to see the results they want.

"I just can't lose weight" or "I'll never reach my goal weight" are things we tell ourselves.

But it's not true - we just tend to give up when it doesn't happen within our desired time frame.

If you can change your focus to getting healthier, making better food choices and exercising smarter, you will do more for yourself than obsessing over the number on the scale. For example, if you aren't getting enough sleep, have a high level of stress, and you're eating a fair share of processed foods, you're going to have an uphill battle losing weight.

By addressing it from a 'taking better care of yourself' perspective, the rest tends to fall into place. While we can't always control the number on the scale we can control how we take care of ourselves.

Six strategies that can help you bust through your plateau:

1. Focus on eating the healthiest, most nutrient-dense foods you can. Think 'real food, not foods with a list of ingredients you can't pronounce. The more healthy whole foods you eat (with

It happens to all of us at some point - the dreaded plateau

plenty of protein and healthy fats), the less room you'll have for higher calorie processed foods. When you give your body what it needs, you'll have fewer cravings for empty calories and 'junk food.'

2. Reduce stress, and get enough sleep. When you're under stress and/or you're not getting enough sleep, the stress hormone cortisol is elevated, and this can hinder weight loss. When you're tired, you're also more likely to eat more (studies show people consume up to 25% more calories when they're tired). This usually comes in the form of sugary snacks and drinks and/or processed foods.

3. Mix up your workouts. Adding resistance training is key if your goals involve reshaping your body. Avoid doing the same routine week after week. Our bodies adapt rather quickly to new stresses put on it, so by switching things up you will see results quicker.

Doing cardio-only exercise is not going to work long term and can actually stall your weight loss efforts. It's good to change your routine every 30 days or so.

4. Increase the time, frequency and/or intensity of your workouts. If you've stopped seeing results, it's also good to look at how often you're working out as well as the length and intensity of your workouts. If you've been exercising three days a week, it's probably time to bump it up to four or five to start seeing results again, or do longer workouts on the third or fourth days.

Also, check in with yourself - are you giving it 100% or just 'showing up' most days?

5. Food Journal or tracking. While I don't focus a lot on calorie counting, it can be helpful to have an approximate calorie goal range. If you're stuck with your weight loss progress, this is a good time to evaluate your food intake and choices. It's not always the case that your calories need to be lower; If you've been eating too few calories, weight loss can stall too.

Try playing with the numbers and see what works. If you go too low, you're going to lose muscle, which is not what you want as that will affect your metabolism negatively. I like apps for tracking food - my favorites are Fit bit and Myfitnesspal.

6. Don't skip meals. This is a biggie. Clients of mine that skip breakfast and eat a small portion for lunch actually find that they start losing weight when they start eating regularly. This makes perfect sense because our bodies keep track - so if by late afternoon you haven't had



enough to eat, you're going to be really hungry and make less healthy choices. This is what happens when you 'diet' and you feel like you've done great until around 3 p.m. and then you're starving, eat everything in sight and don't understand why you can't control your appetite. Your body needs real food on a regular basis. Eat breakfast, lunch and healthy snacks when needed and don't wait until you're too hungry to have something to eat.

Bonus Tip: Be sure you're drinking plenty of water every day. Water helps with digestion and elimination. Water intake is an important element of our overall health, and it can be helpful for weight loss too.

If you're feeling a little discouraged, focus on the positive and how you're making better choices. Slow and steady is the way to go for long-term success.

There could be other underlying conditions including hormonal imbalances that can hinder weight loss, so it's a good idea to seek a health care practitioner that deals with this, such as your physician, naturopathic doctor or functional medical doctor.

Promise yourself you are not going to give up. You are in this for the long haul, and you're worth it.

Disclaimer: The information provided is for general education purposes only and should not replace the advice provided by your health care practitioner.

Always check with your health care provider before starting a new diet or exercise routine.

Christina Hooper, certified personal trainer and coach

Backcountry Fitness & Conditioning
www.Backcountryfitnessandconditioning.com

World Diabetes Day hits home for R.W. Bobby Bend students

By Natasha Tersigni

Unhealthy lifestyle, too little exercise and too much sugar does not cause Type 1 diabetes.

The fact is Type 1 diabetes is caused when the body's immune system attacks the beta cells of the pancreas making the organ unable to produce enough insulin to regulate the body's blood sugar levels. As it is an autoimmune disease, it is not something that can be prevented.

To help teach their peers the truth behind their disease, two École R.W. Bobby Bend School students used World Diabetes Day on Nov. 14 to share their story. Students and staff wore blue to recognize the day and heard from Grade 2 student Olivia Benson and Grade 1 student Bryson Sullivan on how they manage their Type 1 diabetes.

Bryson was diagnosed last year with Type 1 diabetes after showing all the textbook signs of having the disease.

"For two nights, Bryson was going to the bathroom and drinking water like crazy and kept asking me to fill his water bottle. I Googled it and Type 1 diabetes was the first thing that came up. We were lucky in the fact that his symptoms were very pronounced. In a lot of children, the change will happen slowly so you won't really notice it, and by the time the diagnosis does happen, the child is very sick; life-threatening sick," explained Bryson's mother Leah Hansen, who hopes with better education and awareness of the disease people will understand what Type 1 diabetes really is.

"Bryson can do everything anyone else can. He doesn't have diabetes because he had too much sugar. He doesn't have it because he doesn't exercise. He has it because it is an autoimmune disease that attacked his beta cells. It is nothing he did or anything he can change."

While the disease is serious and there is no cure, it can be managed through close monitoring of blood sugar and diet. Bryson just received a patch that will make it easier for him to monitor his sugar levels and eliminate the need for multiple pokes of his fingers. As he gets older, Bryson will become a candidate for an insulin pump which would then eliminate the need for multiple daily injections of insulin.

Though there are a few restrictions when it comes to diet and exercise, for the most part, children and adults with Type 1 diabetes can do anything physically that anyone else does. During the day, when Bryson does not have access to his insulin shot, his diet is restricted to what is packed

from home, but with the right adjustments of his insulin, he can enjoy the same treats as any other child his age, including Halloween candy.

"With physical activity, the only restriction would be if their blood sugar is low and then they would have to sit out and have a treatment, which would be a bit of candy. There will be no limits to what he can do physical activity wise; there are famous hockey players that have Type 1 diabetes," added Leah.

For Bryson, World Diabetes Day was a chance to talk with his class about Type 1 diabetes and how he and his mom manage the disease.

"There is no cure, but there are ways to manage it. Even with all these tools, everything affects your blood sugar including the weather, what you eat, how you feel that day or if you're sick. It is something that has to be constantly checked and monitored and there will always be fluctuations in blood sugar levels," said Leah.

The school will be hosting a hotdog sale with all proceeds being donated in December to D-Camps, an organization run by Diabetes Canada that gives children with Type 1 diabetes the opportunity to go to camp while under the care of trained medical professionals.



TRIBUNE PHOTO BY NATASHA TERSIGNI

For École R.W. Bobby Bend School students Olivia Benson, left, and Bryson Sullivan, World Diabetes Day on Nov. 14 was an opportunity to teach their peers on what it is like to live with and manage Type 1 diabetes. Staff and students wore blue to recognize the day and bring awareness to the disease.

worship *with us*

> FAITH

Will your light shine this Christmas?

Does Christmas seem more like a deadline than a holiday? Has the materialism drowned out the magic? What if I told you there were epic clues in the manger scene that could unleash the true joy of Christmas throughout your entire life?

Let's look at the star. It's a point of light that can be seen from a million miles away. It adds beauty to an otherwise dark and dismal night. Even our closest star, the sun, illuminates our path, warms our day, pulls beauty out of every colour and sustains all variety of life.

God used a star to guide people to Jesus. A tiny light drawing people to a bigger better light. John writes that "The true light, which gives light to everyone, was coming into the world."

The world is dark. Turn on the

news. Greed, murder and corruption are everywhere. People are losing hope. Teens are turning to drugs and suicide. We need more light in the darkness.

What if the plan of Christmas was to make us a source of light? For us to shine bright for others? For us to be that little light to draw people to a bigger better light? Jesus said "I am the Light of the world, he who follows Me will not walk in the darkness but will have the Light of life." Do you have the Light of life? If not, today is a good day to invite Jesus in. He isn't about crazy rules. He says "Let your light shine." Light and love should flow naturally.

We work at the Stonewall Drop In. Over the last nine months, we've seen students shine their light. Helping others. Serving the community. Epic stuff. Thank you for



partnering with us to serve them. Recently my wife and I had twins. People have been at our house daily bringing meals and helping out. This is a great town. Stonewall has some amazing light. We love how you let your light shine! For more Christmas clues, e-mail callpaul@gmail.com.

Paul Emmer
Servant to Others
Stonewall Youth Drop In Centre

Public hearing held for proposed Woodlands Waste Transfer Site

By Natasha Tersigni

With increasing operational costs of the current Woodlands Waste Disposal site, the capacity of the landfill running out and new provincial government regulations in place, Woodlands council is considering changing the landfill into a waste transfer station.

A public meeting was held on Nov. 15 at the Warren Hall to discuss the implications of turning the current disposal site into a waste transfer station. The Woodlands Waste Management committee — including RM of Woodlands CAO Adam Turner, Woodlands Coun. Orval Procter, Woodlands



TRIBUNE PHOTO BY NATASHA TERSIGNI

RM of Woodland's Coun. Orval Procter discusses the option of turning the current Woodlands Disposal Site into a waste transfer station during a public meeting held at the Warren Hall on Nov. 15.

Coun. Lorna Broadfoot, Woodlands public works employee Ken Gratton, Woodlands finance officer Leah Brown and LUD of Warren Committee member Ray Walker — have been working to come up with solutions for waste management in the RM.

More demand has been put on the Woodlands site, which is almost at capacity following the closure of the Argyle site. The decision to put more money into the site to extend the life by 10 years or to make the switch to a transfer site needs to be made in the next few months.

The Woodlands Disposal Site licence needs to be renewed by July 1, 2019. To apply for the renewal there needs to be upgrades made to meet new provincial requirements. Even if those upgrades are made, given the new policy and the space at the site, the landfill in Woodlands would last approximately ten more years.

"Our biggest issue right now is not complying with regulations. Our biggest concern is we are running out of capacity at our site," said committee member Orval Procter, who added that the recommendation is to turn the current site into a waste transfer site similar to Rockwood's Winfield Transfer Station.

"We need to decide in the next couple of months where we want to go because our landfill is filling up fast."

If the site does turn into a waste transfer station, services will not

change for the residents. The biggest difference is that the garbage will need to be hauled to a landfill such as the Progressive or Brady Road sites.

There is a bigger emphasis on separating items including metals, electronics and recyclables such as paper and plastics at a waste transfer station. With items being sorted it is easier for provincial stewards such as Recycle My Electronics Manitoba, Recycle Everywhere Manitoba and Multi-Material Stewardship Manitoba to collect the various items. The garbage that is left would need to be hauled to a landfill.

Even with the additional hauling charges, figures presented at the meeting show turning the site into a waste transfer site would be a better financial decision for both the RM and individual ratepayers.

If the Woodlands site were to remain as a landfill, the projected costs to the RM over the next four years are: \$483,500 (2018); \$187,170 (2019); \$190,913 (2020) and \$194,731 (2021). If the Woodlands site was to become a transfer station the costs to the RM are projected at: \$37,200 (2018); \$37,702 (2019); \$38,702 (2020) and \$39,476 (2021).

To convert to a transfer station, a taxpayer with a \$200,000 property assessment will see an average increase of \$18.12 to their tax bill for the next four

Continued on page 23

Attention Kids...



What's *Your* Christmas story?

Choose any of the topics and create your unique story.

1. Is it more fun to give or receive gifts at Christmas?
2. How does your family celebrate Christmas?
3. Write your own version of "The Night Before Christmas."
4. Five things I could do to help someone less fortunate on Christmas
5. The funniest Christmas joke I ever heard
6. What kind of technology should Santa use in his sleigh?
7. What family traditions will you keep for your family when you are older?

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Email: santa@stonewallteulontribune.ca
 or mail to Box 39, Stonewall, MB R0C 2Z0



ParticipACTION 150: Downhill skiing, I am number 1

By Natasha Tersigni

Unless it is being first in the buffet line, I am hardly ever first at anything. All that changed this week thanks to *gasp* cold temperatures and lots of snow.

For the first time since Heather Campbell-Dewar and husband Gary Dewar purchased the Stony Mountain Ski Area back in 1988, they were able to open the hill on Nov. 19. That beats their previous opening day record, Nov. 22, 2014, by three days.

Now what got me super excited, given my high-faluting status as a member of the local press corps, was that I got the insider scoop on the story. Not only was I first on the hill, the earliest it has ever been open, but I also got to lay the first tracks, which I have been told is a big thing in the skiing world.

I have skied here and there throughout the years, but that by no means qualifies me for being anything other than a bunny hill expert. I am a big fan of the Stony Mountain Ski Hill, but my main workout out on the hill over the years has been walking down and snapping pictures in the freezing cold for a few hours. But Nov. 19 was different.

For ParticipACTION 150 activity #68 Downhill Skiing, I strapped on a pair of trusty rentals and plummeted down the hill. No, my life insurance policy does not cover death by ski jump, so I opted out the trick park portion of the runs.

For a smaller hill, you certainly get a workout. The challenge with it being steep and short is to maximize your run time with the short amount of room you have by being as technically sound as possible. For me, that meant tucking the ski poles under my arms, closing my eyes and praying when I opened them I would be at the bottom of the ski hill with zero broken bones. To my surprise, the plan worked.

Although gravity worked in my favour, downhill skiing does provide quite the workout. After a while I traded in the skis for my trusty Nikon and snapped pictures of some real skiers and snowboarders with actual skill.

The good news is, I am well over half way through my list. The bad news, I have just over a month left. Keep those invites coming to natasha@stonewall-teulontribune.ca.



TRIBUNE PHOTO BY HEATHER CAMPBELL-DEWAR

Natasha Tersigni was able to lay down the first tracks of the season at Stony Mountain Ski Area with Camryn Dewar, left, following close behind on Nov. 19.

> WASTE TRANSFER SITE, FROM PG. 22

years. To remain as a waste disposal site, that same taxpayer will see an average increase of \$68.85 to their tax bill for the next four years.

While most residents in attendance at the meeting seemed receptive to making the change to a waste transfer station, council members are hop-

ing for more input from the public. A resolution will need to be passed by council in the next couple of months and RM of Woodlands residents are encouraged to contact the RM office or speak directly with a council member. All contact information can be found at www.rmwoodlands.info.

Record-setting snowboard run



TRIBUNE PHOTO BY NATASHA TERSIGNI

Snowboarders and skiers hit the slopes on Nov. 19, marking the earliest opening day for Stony Mountain Ski Area owners Heather and Gary Dewar in their 29 years of operations. Last year, opening day was Dec. 18. Before this record-setting date, the earliest the Dewars were able to open the hill was Nov. 22 back in 2014. To celebrate the early season kick-off, Matthew Schmuellen, left, and Gage Lambert were some of the first riders of the season.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Boys win Tier 2 title, earn berth into 'AAA' provincials

By Brian Bowman

The Stonewall Collegiate Rams' varsity boys' volleyball team defeated the John Taylor Pipers with a WWAC Tier 2 title on the line last week.

And they beat them again with a provincial berth at stake on Monday.

The Rams should be feeling pretty good about themselves as they won their two biggest games of the season to date and now get to see how they match up against the best "AAA" teams in the province later this month.

Stonewall punched its ticket to the provincials after an impressive 3-1 (25-16, 22-25, 25-17, 25-23) victory.

Last Thursday, the Rams bucked the Pipers 3-2 in a five-set thriller - winning the fifth set 15-12 - to claim the WWAC Tier 2 championship.

"We've definitely improved a ton since the beginning of the year," said Rams' head coach Owen Nishi. "I told the boys that if you would have told me that we'd be here at the beginning of the year, I'm not sure I would have believed you but the boys improved quite a bit over the course of the year."

The Rams showed plenty of composure in the league final. After winning the first two sets 25-17 and 25-15, Stonewall dropped the next two by identical 25-20 scores.

"We got a little mentally down in the third (set), and that's something that we have been battling all year, the mental aspect of the game," Nishi noted. "But they stuck with it and the fourth set was a little bit better. Even though we lost it, it was a better set than the No. 3. We held it together long enough and served tough in that fifth and managed to pull it off."

Stonewall also managed to pull off a 3-1 league semifinal win over Portage earlier last week. The Rams won the match by scores of 14-25, 25-9, 25-20, 25-23.

"That was a competitive game and a good battle for us," Nishi recalled. "It set us up nicely to compete well in the final."

The Rams will have one more chance to show off their improvement as they compete at the MHSAA "AAA" provincials in Brandon from Nov. 30 to



TRIBUNE PHOTO SUBMITTED

The Rams' varsity boys' volleyball team defeated the John Taylor Pipers Monday night to earn a berth into "AAA" provincials.

Dec. 2.

All of the teams and schedule had

not been finalized as of Tuesday's press deadline.

Rams a Cinderella story in varsity girls' volleyball

Stonewall earns berth into provincials

By Brian Bowman

After finishing their regular season with an 0-10 record and missing the playoffs, the Stonewall Collegiate Rams varsity girls' volleyball season wasn't exactly a successful one.

But after three straight interzone victories — and now a berth into the MHSAA "AAA" provincials in Brandon later this month — it's turned out to be one of the better Cinderella success stories in recent memory.

"They have come together so much lately in the last few weeks," said Rams' coach Jaclyn Risk Monday afternoon. "They have been working their butts off and everything is finally coming together."

Stonewall punched its ticket to the provincials after sweeping the Churchill Bulldogs 3-0 last Thursday in Winnipeg.

The Rams, who won by scores of 25-

15, 25-12, and 26-24, trailed 24-18 in that third set but benefitted from the stellar serving of Lauren Proven.

"We played excellent," Risk said, noting the Rams made very few mistakes in the match. "We came out really strong at the beginning of the game, communicating, and pretty much getting free balls."

The win over Churchill was an impressive one. So, too has been the Rams' improvement over the course of this season. Stonewall lost eight players due to graduation from last year's squad.

It may be an old cliché, but this team is definitely peaking at the right time. The Rams are doing a lot of the little things right, which resulted in key wins over St. James and John Taylor, to set up the match with Churchill with a provincial berth at stake.

"We have been doing everything so

much better," Risk insisted. "Defence, reading the ball properly, reading the ball on a free ball, not missing serves, attacking when we get good sets, and just smart plays altogether."

The Rams' vast improvement has been across the board with each and every player. But a handful of girls - Rikki Frost-Hunt, Hunter Lupyrypa, Sarah Fines, Amber Schneider and Proven - have really stepped up their play and have been major contributors to Stonewall's recent success.

"These girls have demonstrated strong skills and leadership to the rest of the team both on, and off, the court," Risk said. "Sarah has been killing it on the court with her hits and jump serves."

"Hunter is an amazing blocker and someone we count on to go up against those tall players or players with a high vertical. Rikki has been a great attacker and blocker for us (and) she has also done some setting as well."

The Rams' offence has really been

clicking with the strong player of Schneider.

"Amber Schneider, our setter, has been having the best three games of our season so far," Risk said. "She has been making smart plays while being aggressive when (in the) front row."

"It's been really nice to see these girls come together, and to not give up on the goal that they have had since the beginning."

The MHSAA "AAA" provincials take place Nov. 30 to Dec. 2 in Brandon. Stonewall hopes to continue its success in their final action of the season.

"We want to keep up the intensity that we've been playing with the last few weeks," said Risk. "We want to make sure that we're staying on our level and not getting down to other team's levels."

"We've been playing like a team and they have been so focused trying not to make errors and making smart decisions."

Stonewall slips past St. James with late goal

By Brian Bowman

The Stonewall Jets had some rare time off from game action last Sunday.

And they deserved that time off after defeating the St. James Canucks 4-3 on Friday evening in Stonewall.

Tied at 3-3 in the third, Andrew Bayduza scored the game winner at 16:07 of the period.

Stonewall, which held period leads of 2-1 and 3-2, benefitted from a pair of goals from Chance Dickenson and another by Kyle Doak.

Wyatt Kemball, with a pair, and Adam Thurlbeck replied for St. James.

Hunter Ploszay made 37 saves for the win.

Last Thursday, the Jets were outscored 7-5 by the St. Vital Victorias.

Riley Beauchemin scored the game winner with 39 seconds left in the third and then Dylan Stockl added an

empty-net goal.

The first period was a wild one with the two teams combining for seven goals.

Lucas Neufeld, Chase Faulkner, Brendon Burnett and Ryan McMahon scored for the Jets while Beauchemin, Troy Brown and Curtis Brule, on the power play, replied for the Vics.

The second period was much quieter as Stonewall's Stephen Mackenzie and Brown traded goals.

Kevin Lamb started St. Vital's comeback with a power-play goal at 9:43 of the third.

Curtis Beck made 29 saves in the loss.

The Jets, now 12-6, have just one game this week and it takes place Thursday against the last-place River East Royal Knights in Winnipeg. Game time is 7:30 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Jets' forward Chance Dickenson scored twice in his team's 4-3 victory over the St. James Canucks last Friday in Stonewall.

Lightning losing streak snapped at six games

By Brian Bowman

There is no quit in the Interlake Lightning Midget Provincial hockey team.

Trailing 3-1 in the third period on the road against the Parkland Rangers, Interlake scored three unanswered goals in a very deserving 4-3 victory on Sunday.

Dylan Fontaine continued his strong play for his new team, scoring the game winner with just four seconds remaining in regulation time.

Earlier in the period, the Lightning's Dan Paseschnikoff and Corey Soorsma (on the power play) tallied to tie the score at 3-3.

Parkland's Carter Cockburn opened the game's scoring with a power-play goal midway in the first period but Interlake's Jordan Wood tied the score at 17:15 of the opening period, assisted by Shane Bear.

That tie was short-lived, however, as Kevin Chrisp replied just 12 seconds later.

The Rangers increased their lead to 3-1 with Garrett Hrechka's second-period goal.

Rhys Bremner (two assists), Wood and Fontaine each finished the game with two points.

On Saturday evening, the Lightning

ran into a real buzz saw with a 7-1 road loss to the talent-laden Brandon Wheat Kings.

Brandon came out flying, grabbing a commanding 4-0 lead just 14:02 into the game.

Rylan Thiessen and Mason Kaspick scored just 14 seconds apart early in the opening period and then Jared Twerdoclib and Brett Paddock made it 4-0.

Paddock's goal came on the power play.

Lynden McCallum put the home side up five goals with a second-period tally and then Twerdoclib and McCallum scored in the third to put Brandon ahead 7-0.

Interlake finally scored at 19:36 of the third period as Eric Krywy tallied, assisted by Paseschnikoff and Hunter Halcrow.

The Lightning were 0-for-6 with the man advantage while the Wheat Kings were 1-for-3.

Interlake (5-12) will now be home for three straight games.

The Winnipeg Wild (16-2) will be in Teulon on Saturday (7 p.m.), followed by the Southwest Cougars (7-10-0-1) Sunday (2 p.m.) and the Yellowhead Chiefs (8-10) on Dec. 1 (7:30 p.m.).

Royals crown Mercs with strong third period

By Brian Bowman

The Warren Mercs played a really strong second period against the Winkler Royals on Sunday.

Unfortunately, their first and third periods left something to be desired.

Warren scored all four of its goals in the second frame in a 6-4 South Eastern Manitoba Hockey League loss in Winkler.

Chad Unrau, on the power play, and Mark Hildebrand scored for Winkler in the first period but the Mercs answered nicely by scoring four of the five goals in the middle frame.

Brock Genyk, Bryn Lindsay and Dylan Hykawy scored to give the Mercs a 3-2 lead and then Winkler's Brett Harder and Warren's Reid McLeod traded goals.

In the third, it was all Royals as Harder (two) and Cody Friesen tallied. Harder had four points in the game while Hildebrand and Lindsay each added three points.

Matt Krahn made 54 saves for the win.

The Mercs (2-2) are back in action Friday when they host the Carman Beavers (2-2) at 8 p.m. On Saturday, Warren will visit Notre Dame (1-2-1) for a 7:30 p.m. matchup.

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Field of Dreams

By Brian Bowman

It's rare for a Manitoba-born player to play any type of college ball in the U.S.

It's even rarer when that baseball is at the Division I level.

But that's the level where Stonewall's Ryan Humeniuk will be playing at next season as he makes the transition from Indian Hills Community College in Iowa to the University of Louisiana-Monroe Warhawks.

The baseball will be better – and the weather, too.

"It's very exciting," said Humeniuk, 19, a second-year centerfielder with Indian Hills. "It's something that I have been working towards since I was 14, 15 years old. I have been working towards becoming a D I athlete and it's kind of a stressful process with all of the decision making."

In his second season at Indian Hills, the game has started to slow down for Humeniuk. He began his collegiate career in the nine hole but eventually moved up to the leadoff spot and No. 2 in the batting order.

Humeniuk feels that he is more than ready to compete at the Division I level.

"I'm more than excited to get down there," he said last week. "(Junior college) baseball is very competitive but Division I baseball is a whole another animal to tackle. The pitching's better, the other hitters are better, and everything is faster. The game speeds up."

The Warhawks' coaching staff has a good eye for talent. And they'll be get-

ting a really, really good player – and an exceptional young man – in Humeniuk.

"Coach (Joel) Mangrum came up and saw me in Iowa about three, four weeks ago," Humeniuk noted. "He came up and checked me out. I worked out for him and he really liked me. He wanted to get me down there, so we booked a visit and I was pretty flattered with everything down there."

Louisiana-Monroe has struggled in the past with wins and losses but is excited with the new coaching staff that they have brought in. Warhawks' head coach Mike Federico is expected to produce a winning team at Louisiana-Monroe.

"I think the program is on the upswing," predicted the 6-foot-2, 195-pound Humeniuk. "They had a tough season last year but I think it's going uphill, for sure."

"Their coaches have done some really good things in the past and now they're coming together at Monroe. At their separate schools, they have all done really good things."

Louisiana-Monroe's baseball program is expected to make some significant upgrades to their facilities by the time Humeniuk makes it down south.

He's excited to be part of the new era of Warhawks' baseball and is hopeful to get as much playing time as possible.

"They told me that they want a guy that can come in and impact the program immediately," Humeniuk said, noting he hit an impressive .333 with



TRIBUNE PHOTO SUBMITTED
Stonewall's Ryan Humeniuk will be playing Division 1 level college baseball for the University of Louisiana-Monroe Warhawks next season.

five home runs and six triples last season. "Starting spots are never guaranteed. You have to work for that and prove yourself. I'm going there with the mindset that I came here with.

I'm going to work as hard as I can and perform to the best of my ability. "And if I do that, I'll have a very, very good chance of starting by spring time."

Prystupa pots OT winner for Warren in WSHL action

By Brian Bowman

Nick Prystupa was the overtime hero for the Warren Collegiate Wildcats last Thursday.

Prystupa scored the game winner in OT to lift Warren to a 6-5 home victory over Louis Riel in Winnipeg High School Hockey League action.

Warren led 5-2 midway in the third period but Louis Riel stormed back to score three consecutive goals.

Jayden Allary had a fantastic game for Warren, scoring four goals and adding two assists. Prystupa finished with two goals and an assist while Reid Weatherburn and Owen Tataryn each had two helpers.

Graeme Bytheway earned the win in goal.

On Nov. 14, Warren was downed 7-3 at home by Murdoch Mackay.

The Wildcats led 3-2 in the second period but Murdoch Mackay scored a pair of goals late in the period and added three more in the third.

Weatherburn scored a first-period goal for Warren and then Wyatt Hagen and Kyle Melo tallied 40 seconds

apart in the middle frame. Justin Wiersema (two), Tyler Van Zwol (two), Mathew Howlett, Rivers Thomas and Bryce Skelton scored for the winners.

Warren hosted Leo Remillard on Tuesday but no score was available. The Wildcats will wrap up play this month when they host Sisler next Tuesday. Game time is 4:15 p.m.

Meanwhile, the Stonewall Collegiate Rams lost 6-0 on the road to College Jeanne Sauve on Nov. 14.

CJS, which scored twice in all three periods, received goals from Brady Ahlbaum, Ryan Clapham, Noah Paluck, Christian Hince, Dylan Keyes and Austin Leonard.

Stonewall played at Kildonan East this past Tuesday but no score was available. The Rams will then play St. Paul's 2 on Friday (4 p.m.) at the Bell MTS Iceplex.

The Rams' next home game is next Wednesday when Kildonan East visits Stonewall.

Puck drop is 4 p.m.

Manitoba Hockey Standings														
MANITOBA JUNIOR HOCKEY LEAGUE														
GP	W	L	OTL	PTS	GF	GA								
OCN Blizzard	23	16	5	2	34	89	72							
Winkler Flyers	24	17	7	0	34	90	56							
Steinbach Pistons	23	16	6	1	33	116	63							
Portage Terriers	23	15	6	1	32	90	55							
Virden Oil Capitals	20	14	6	0	28	98	58							
Neepawa Natives	25	13	10	2	28	98	89							
Selkirk Steelers	23	12	8	2	27	87	83							
Winnipeg Blues	24	11	10	3	25	82	86							
Swan Valley Stampers	20	7	10	3	17	52	72							
Dauphin Kings	24	4	18	1	10	52	114							
Waywayseacappo Wolverines	25	2	22	0	5	50	156							
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE														
GP	W	L	OTL	PTS	GF	GA								
Raiders Jr. Hockey Club	19	16	1	2	34	78	36							
Charleswood Hawks	18	11	4	3	25	43	32							
Stonewall Jets	18	12	6	0	24	59	46							
Transcona Railer Express	19	11	6	2	24	69	55							
St. Vital Victorias	18	10	8	0	20	62	67							
St. James Canucks	19	9	9	1	19	57	53							
Pembina Valley Twisters	18	9	9	0	18	73	70							
Ft. Garry/Ft. Rouge Twins	18	7	11	0	14	52	53							
St. Boniface Riel	18	6	11	1	13	53	65							
River East Royal Knights	19	1	17	1	3	28	97							
KEYSTONE JUNIOR HOCKEY LEAGUE														
GP	W	L	OTL	PTS	GF	GA								
Peguis Juniors	12	11	1	0	22	86	26							
Arborg Ice Dawgs	12	8	3	1	17	54	36							
Fisher River Hawks	14	1	13	0	2	28	122							
North Division														
GP	W	L	OTL	PTS	GF	GA								
OCN Storm	11	7	3	1	15	72	48							
Cross Lake Islanders	11	5	6	0	10	77	51							
Norway House North Stars	11	1	9	1	3	36	122							
South Division														
GP	W	L	OTL	PTS	GF	GA								
Selkirk Fishermen	14	10	1	3	23	76	39							
Lundar Falcons	12	7	2	3	17	54	43							
St. Malo Warriors	12	6	4	2	14	53	38							
North Winnipeg Satellites	13	5	8	0	10	50	61							
SOUTH EASTERN MANITOBA HOCKEY LEAGUE														
GP	W	L	OTL	PTS	GF	GA								
Altona	4	4	0	0	8	22	13							
Winkler	4	2	2	0	4	18	20							
Morden	3	2	1	0	4	13	7							
Carman	4	2	2	0	4	16	15							
Warren	4	2	2	0	4	20	14							
Notre Dame	4	1	2	1	3	12	19							
Portage	5	1	4	0	2	11	24							
AAA MIDGET HOCKEY LEAGUE														
GP	W	L	OTL	PTS	GF	GA								
Wild	18	16	2	0	32	98	36							
Brandon	18	16	2	0	32	100	43							
Bruins	18	14	3	1	29	77	55							
Eastman	19	14	4	1	29	83	59							
Pembina Valley	18	10	6	1	22	60	58							
Thrashers	21	10	10	1	21	69	86							
Parkland	18	8	8	0	18	62	70							
Yellowhead	18	8	10	0	16	60	62							
Southwest	18	7	10	1	15	56	65							
							Kenora	18	6	10	0	14	51	63
							Central Plains	18	5	10	1	13	52	67
							Interlake	17	5	12	0	10	46	85
							Norman	19	0	18	0	1	48	113
AAA CITY MIDGET HOCKEY LEAGUE														
GP	W	L	OTL	PTS	GF	GA								
Monarchs	11	11	0	0	22	84	16							
Hawks	10	7	3	0	14	57	33							
Selects	10	6	4	0	12	53	36							
Sharks	9	4	4	1	9	24	34							
Warriors	11	4	7	0	8	34	57							
Lightning	13	0	13	0	0	19	95							
AAA BANTAM HOCKEY LEAGUE														
GP	W	L	OTL	PTS	GF	GA								
Hawks	15	13	2	0	26	121	36							
Monarchs	14	12	1	1	25	90	30							
Sharks	12	10	1	0	21	64	24							
Selects	11	9	2	0	18	77	24							
Lightning	18	6	12	0	12	53	101							
Warriors	13	0	12	0	1	24	83							
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE														
GP	Reg W	Reg L	T	OTW	OTL	Pts								
Westman Wildcats	11	6	2	-	1	2	16							
Eastman Selects	13	7	5	-	-	1	15							
Winnipeg Avros	10	4	3	-	3	-	14							
Yellowhead Chiefs	9	6	2	-	-	1	13							
Central Plains	10	5	4	-	1	-	12							
PV Hawks	11	5	5	-	-	1	11							
Interlake Lightning	12	-	12	-	-	-	-							
MANITOBA HIGH SCHOOL HOCKEY														
Winnipeg Free Press #2 Division														
GP	W	L	OTL	PTS	GF	GA								
Shaftesbury	9	7	2	0	21	36	24							
Sanford	7	5	1	0	17	26	10							
Glenawn	9	4	2	1	16	41	31							
St. Paul's 2	5	3	0	0	13	16	9							
Steinbach	7	4	2	1	13	29	23							
J.H. Bruns	10	4	3	5	0	13	35							
College Beliveau	7	4	3	0	12	29	26							
Fort Richmond	8	2	3	1	11	28	29							
Westwood	10	2	4	2	11	36	45							
Kildonan East	6	2	2	1	8	26	23							
College Jeanne Sauve	6	2	3	1	7	19	16							
Stonewall	10	2	8	0	6	18	40							
West Kildonan	8	1	6	0	5	14	36							
MANITOBA HIGH SCHOOL HOCKEY Price Division														
GP	W	L	OTL	PTS	GF	GA								
Murchison MacKay	10	9	1	0	27	44	22							
Pierre Elliott Trudeau	11	7	4	0	21	38	28							
Leo Ramilliar	8	6	1	0	20	41	19							
Louis Riel	10	4	4	2	14	33	38							
Linden Christian	9	4	4	1	13	28	31							
John Taylor	10	4	5	1	13	33	30							
Lorette	9	3	6	0	5	25	44							
Warren	10	1	8	0	5	34	49							
Sisler	7	0	5	0	4	23	38							
STATS AS OF TUESDAY, NOVEMBER 21														

Thunder scores with its annual awards banquet

Staff

The Interlake Thunder capped off another very successful season with its annual awards banquet last weekend.

Players from all over the Interlake were recognized for their outstanding efforts on the football field.

"We had a great awards ceremony and, afterwards, I was really struck by the spread of communities our award winners came from," said Midget Thunder head coach Mitch Obach in an email.

The Midget Thunder award winners included:

- MVP - Joe Rosser, Selkirk
- Top Offensive Player - Colton Nedotiafko, Fraserwood
- Top Defensive Player - Colton Meisner, Moosehorn
- Top Special Teams Player - Joe Rosser
- Lineman of the Year - Gabe Simard, Fisher Branch
- Rookie of the Year - Connor Henry, Warren
- Impact Player - Aden McLean, Lockport
- Charlie Cooke Memorial Leadership Award - Carter Becker, Stonewall

The Midget Football League of Manitoba banquet is this Thursday in Winnipeg and the Thunder has three finalists up for major awards.

Rosser is a finalist for the President's Trophy (league MVP) while Meisner was nominated for the top defensive player award.

Nedotiafko, a standout running back, is up for the league's top offensive player. The Thunder will also have six players named to the league all-star team and six to the all-rookie team.

The Thunder Bantam award winners included:

- Most Outstanding Offensive Player - Graham Perrie
- Most Outstanding Defensive Player - Andrew Perrie
- Most Outstanding Lineman - Jesse Preteau
- Thunder Impact Player - Brady deLaroque

Senior Girls awards went to:

- Most Outstanding Offensive Player - Maddison Siwicki
- Most Outstanding Defensive Player - Isabelle McDonald
- Most Outstanding Lineman - Ocean Leveque
- Thunder Impact Player - Kaleigh Orr



Top Offensive Player
Colton Nedotiafko (middle)



MVP and Top Special Teams Player
Joe Rosser with his dad



Charlie Cooke Memorial
Leadership Award Carter Becker



Impact Player
Aden McLean (middle)



Senior girls award winners, left to right: Most Outstanding Offensive Player - Maddison Siwicki, Most Outstanding Lineman - Ocean Leveque, Thunder Impact Player - Kaleigh Orr, Most Outstanding Defensive Player - Isabelle McDonald



Top Defensive Player
Colton Meisner



Rookie of the Year
Connor Henry



Bantam award winners, left to right: Most Outstanding Defensive Player - Andrew Perrie, Thunder Impact Player - Brady deLaroque, Most Outstanding Offensive Player - Graham Perrie

Junior Girls award winners were:
 Most Outstanding Offensive Player - Zoe Oughton
 Most Outstanding Defensive Player - Skyler Funk
 Most Outstanding Lineman - Melody Debreuil
 Thunder Impact Player - Caralyn Stafiniuk

PeeWee winners included:
 Most Outstanding Offensive Play-

er - Caralyn Stafiniuk
 Most Outstanding Defensive Player - Jackson Doak
 Most Outstanding Lineman - Melody Debreuil
 Thunder Impact Player - AJ Van Haute

Atom winners were:
 Most Outstanding Offensive Player- Trey Naherney
 Most Outstanding Defensive Player

- Tytan Johnson
 Most Outstanding Lineman - Maddox Brau
 Thunder Impact Player - Lance Hudson
 Thunder Cruncher players included Mason Coutu, Xavier Lavallee, Tristan Henry, Colton Corbel, Mark Stroppa, Ashton Chase, Magne' Hogg, Dante Murdock, Layne Noren, Leighton Chartrand, Dustin Campbell and Rhet King.

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Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

HOUSES FOR RENT

For rent - Stonewall. 3 bdrm. bung., double det. garage. Avail. Dec. 1st. \$1200 per month plus utilities. No smoking, no pets. Susan McKillop, Remax Town and Country 204-467-8000.

2100 sq. ft., 3 bdrm., 2 bath, double garage, fenced backyard, in Stony Mountain. \$1500 per month, plus utilities. Avail. Dec. 1st. Call 204-794-6232.

HOUSES FOR SALE

One only. 1584 sq. ft. showhome. Fall special. \$199,000. Now only \$189,000. 9 ft. walls, 3 bedroom, 2.5 baths. Maple kitchen with island & walk-in pantry. Covered veranda. Tripane windows & fir plywood construction & James Hardie siding. For more information visit wgiesbrechthomes.ca or 204-346-3231.

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SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Emaciation
6. Exchequer
10. Sacs where fungi develop
14. First letter of the Hebrew alphabet
15. Unexplored waters
17. Berkeley athletes
19. Norse giantess
20. Crater on the moon
21. Resembles velvet
22. Pearl Jam's debut album
23. Hair-like structure
24. Turfs
26. Put in advance
29. First son of Lot
31. Native American language
32. Furry family member
34. Vedic God of fire
35. Genie
37. German city
38. Acquire
39. Cambodia currency
40. A person from a Balkan republic
41. More simple
43. Bleats
45. "The other white meat"
46. ___ student: learns healing
47. 04492, town in Maine
49. Paddle
50. Airline once owned by Howard Hughes
53. Big 10 athlete
57. Inflammation of the intestine
58. Key's comedic partner
59. Chamomile and black are two
60. Distress signal
61. Assn. for translators

CLUES DOWN

1. Measures engine speed (abbr.)
2. Wings
3. Founded a phone company
4. Upon
5. Superhigh frequency
6. Colorless liquid
7. Hostelries
8. ___ fi (slang)
9. One who accompanies
10. Where rockers play
11. "___ the Man" Musial
12. Waxy cover on some birds' beaks
13. Software that monitors for malicious activity (abbr.)
16. Becomes less intense
18. Lyric poems
22. Touchdown
23. From end to end
24. ___ Claus
25. Jedi Master Kenobi
27. Fencing swords
28. Famed child psychiatrist
29. Gossip
30. S-shaped lining
31. '___ death do us part

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

33. Bar bill
35. Placed over a vowel to indicate sound
36. Steve Martin was one
37. Low paid educator (abbr.)
39. One who rampages
42. Backbones
43. "Friday Night Lights" director
44. Anno Domini
46. One-time Yankees sensation Kevin
47. Fermented grape juice
48. Peruvian province
49. Former Braves outfielder Nixon
50. Entertainment award
51. Feeling good
52. Greek god of war
53. Famed NYC museum
54. Of the ears
55. Select
56. Friend to the carrot

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HELP WANTED

The Royal Canadian Legion Branch #52 - Part-time bartender, must have the Serving It Safe or Smart Choices card. Required for evenings and weekends. Drop off resumes at 459 Main Street or email rcl52@shaw.ca

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

Overland Truck Outfitters is looking for an employee to install truck accessories, training is provided and the successful applicant will have full time employment. Drop off a resume at 102 Aviation Blvd. St. Andrews.

HELP WANTED

Part-time DJ required. Phone Bruno 204-467-2354 or email brunolab@live.com

Full time restaurant waitress. Experience preferred. Contact Sheri at Rockwood Motor Inn 204-467-2354.

Part time kitchen help required 3 days a week at Sig's Grill, Stonewall. Experience preferred. Call or email Peter 204-227-9303 or peteryrjang@gmail.com

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CRAFT SALES

7th Annual Bake & Craft Sale. Sat., Nov 25, 2017, 9 a.m. - 3 p.m. Holy Eucharist Hall, 500 Pacific & Sophia, Selkirk Mb. Ukrainian lunch served.

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THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Committee of the Whole Meeting of Council has been changed:

From: Wednesday, December 27, 2017 starting at 9:00 a.m.
To: Wednesday, December 20, 2017 starting at 9:00 a.m.

Council,
Rural Municipality of Rockwood



TOWN OF STONEWALL NOTICE OF PUBLIC HEARING

REGARDING EMPLOYEE BENEFIT RESERVE FUND CLOSURE BYLAW NO. 07-17

A BYLAW TO CLOSE THE EMPLOYEE BENEFIT RESERVE FUND

The council of the Town of Stonewall has scheduled a public hearing at the Council Chambers located at 293 Main Street in Stonewall on the **6th day of December, 2017 at 7:00 PM** to consider a bylaw that will close the Employee Benefit Reserve Fund and transfer the remaining funds to the Town of Stonewall General Reserve.

A written objection may be filed with the Chief Administrative Officer, at the Town Office located at 293 Main Street prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the Bylaw.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of proposed Bylaw 07-17 are available at the municipal office at 293 Main Street and on the municipal website at: www.stonewall.ca.

Dated at the Town of Stonewall this 8th day of November A.D. 2017, and issued pursuant to Section 168(2) of The Municipal Act.

Wally R. Melnyk
Chief Administrative Officer
Town of Stonewall
204-467-7979



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 **8th day of December, 2017**, 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 - \$190,100 B - \$38,100	\$7,790.03
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 - \$59,300	\$5,169.62

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 23rd day of October, 2017.

Managed by:



Chris Luellman
Chief Administrative Officer
Rural Municipality of Rockwood
Phone: (204) 467-2272
Fax: (204) 467-5329

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OBITUARY

Donald Robert Last



Donnie Last passed away on Sunday, November 19, 2017 at Rosewood Lodge, Stonewall after struggling with complications from Parkinsons.

"Uncle" Donnie was born on December 15, 1930 to Phillip and Gertrude Last (Good). He was born and raised on the family farm north of Argyle along with his sister and brother. Later in life Donnie moved to Lion's Manor in Stonewall but continued to farm with Elbourne and Murray until he was 82. Leisure time was filled with lots of curling, which he loved. He also loved to golf at Inwood with his buddies.

After the passing of his siblings and their spouses (Bill and Ethel Buchanan, Elbourne and Jean Last) Donnie continued to be surrounded by his nieces and nephews. Joining in all the family gatherings in his quiet way. Uncle Donnie was always a very special guest.

Donnie is survived by seven nieces and nephews. Brenda (Brian) Morash, Janice (Cliff) Harrison, Bruce (Gwen) Buchanan, Sheila (Ken) Cooper, Leona (Blaine) Nichol, Donna (Walt) Stewart and Murray (Beth) Last, as well as his special friend Lil.

Uncle Donnie had requested there be no service. Anyone wishing to make a donation in his memory, may do so to Parkinsons Foundation, 200 Woodlawn St., Wpg., MB., R3J3H7 or a charity of their choice.

Thank you to Dr. Kerr Graham, the Stonewall Hospital, Betel Foundation PCH, and Rosewood Lodge.

Ken Loehmer
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

ANNOUNCEMENT

CARDS OF THANKS

We would like to thank our son Carl and his helpers for the wonderful 60th Anniversary party they put on for us. Thank you to all our friends and relatives that came from near and far, for all the cards, gifts, flowers and phone calls.

God Bless you all.

-Alfred and Ingeborg Fortin

ANNOUNCEMENT

CARDS OF THANKS

Cheyne - Many thanks for cards, baking and phone calls I received since the loss of my granddaughter Carley.

Your thoughtfulness is much appreciated.

-Elma Cheyne

ANNOUNCEMENT

IN MEMORIAM



Jason Kirk Sinclair

January 18, 1971 – November 23, 2015

We miss you yesterday, today, tomorrow
And forever.

Every second, minute, and hour of each day
And the months in the last two years
And forever.

God Bless you son.

-Love Mom and Dad,
Kim, Cal and Lori,
Trevor and Joanne and family,
Jennifer and the fur babies,
And your son Devin

Your memory will live forever
Engraved within our hearts

EMPLOYMENT OPPORTUNITY



EXECUTIVE DIRECTOR NOVA HOUSE INC.

Reporting to the Board of Directors, the Executive Director is responsible for the effective and efficient operation of Nova House's shelter services according to the planned direction of the Board of Directors and in accordance with all associated agreements, protocols, policies, regulations and by-laws.

KEY DUTIES AND RESPONSIBILITIES

- Leads and supervises Nova House employees and ensures that proper accountability measures are in place
- Maintains knowledge of best practices in the field of counselling, family violence and general management
- Ensures the organization has the structure, processes and tools in place to accomplish its work
- Prepares, implements and monitors the operational plan and budget and ensures the consistent implementation of financial procedures within the organization
- Maintains a positive profile in the community with service networks and community donors
- Ensures a robust network of support is available to the shelter residents
- Works collaboratively with the Family Violence Prevention Program, Manitoba Family Services, and Manitoba Housing and Community Development, educational institutions and others to support strategic development in the field

QUALIFICATIONS

- A degree in social services or a relevant discipline and 3 years experience
- 2 to 3 years experience in a supervisory or managerial role
- A thorough knowledge of issues affecting Indigenous women and children
- A satisfactory Criminal Record Check, Child Abuse Registry Check and Adult Abuse Registry Check
- Knowledge of Collective Agreements and working in a unionized environment
- Knowledge of Addiction and Mental Health issues

Please submit your resume by **December 16, 2017** to:
BOARD OF DIRECTORS SELECTION COMMITTEE
Email: boardofdirectors@novahouse.ca

Only those selected for an interview will be contacted.

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TREATMENT WORKER

Interlake School Division invites applications for a part-time (4.5 hours per day) Treatment Worker position at Stony Mountain School.

Employment to commence as soon as possible. Applicants must be at least 18 years of age.

Qualifications:

- Para-educator diploma or equivalent.
- The ability to work independently and as part of a team.
- Non-violent crisis intervention or Weavas training.

Please direct applications, including complete resume and three references by November 30, 2017 to:

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



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OBITUARY



Kenneth Belbin

October 31, 1931 – November 17, 2017

After a lengthy and courageous battle with cancer, Ken passed away peacefully on November 17th at the age of 86 surrounded by family and very special friends.

He is survived by his partner of 42 years Dorothy Simonson; Dorothy's daughter Bev, husband Terry and their son Kyle; his sister Lois of California and daughter Donna of Portage la Prairie. He will be greatly missed by the Simonson family, nieces and nephews, friends and neighbours.

Ken was predeceased by brothers (Jack) John, Mervin, Hugh; sister Marjorie and parents Etta and Bill Belbin.

Ken was born October 31, 1931 and was raised in Portage la Prairie, Manitoba. From an early age he had a talent for repairing machines and made that a lifetime career. He worked as a heavy equipment mechanic until he was 80 years old; his knowledge of equipment was invaluable to customers for the companies that he worked for over the years. He worked for Construction Equipment in Winnipeg for many years.

Ken and Dorothy moved to Grosse Isle from Winnipeg, and it has been their home since 1985. He had wonderful neighbours who enjoyed his company and friendship.

Ken had a great sense of humour and a talent for making any story into a combination of jokes and comedy. He loved to entertain, and visitors were never disappointed. Ken's humorous one liners will always be remembered and cherished.

Ken's family would like to thank the doctors and nurses for their care and compassion.

A memorial service to celebrate and remember Ken will be held on Friday, November 24, 2017 at 1:00 p.m. at the Grosse Isle Community Hall. Private interment will be held at Hillside Cemetery in Portage la Prairie in the spring.

In lieu of flowers, donations can be made to Southwest District Palliative Care, Box 1282, Stonewall, Manitoba R0C 2Z0 or CancerCare Manitoba Foundation, 1160-675 McDermot Ave, Winnipeg, Manitoba R3E 0V9.

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



OBITUARY



Trudie Makin

We are extremely saddened to announce the passing of Trudie Makin at 99.1/2 years young on Friday November 17TH, 2017 at Rosewood Lodge, Stonewall, her home for the past 18 months.

She was born on May 9, 1918 in Banbury, Oxfordshire, England, just a short distance away from the famous "Banbury Cross", the eldest of seven children. Her mother died when Trudie was 13 years old and shortly after she went to live with her widowed aunt in Birmingham.

In 1937 she met Roy, her future husband. She was on a carousel at a fair when he saw her and fell instantly in love. They were married in 1938 and their only child, Julie, was born in 1939.

Julie emigrated to Canada in 1957 to join her future husband and Trudie and Roy followed in 1960.

After living in Winnipeg for 7 years she moved to Ottawa with Roy when he was transferred to the British High Commission and they resided there for 18 years. Being the wife of a British diplomat she was kept very busy entertaining and attending official functions and she loved it. She also enjoyed the challenges of new homes and had five of them while she was there.

They retired back to Winnipeg to be with the family in 1985. After living in Winnipeg for 9 months they moved to Sanford, then Oakbank and finally settling in Grosse Isle in 1994. After Roy passed away in 2008 she then lived with her daughter and son-in-law in Grosse Isle until entering Rosewood Lodge in May, 2016.

She is survived by her daughter, Julie, (Al), grandson Mark (fiancée Doreen), granddaughter Deb (George), great granddaughter Sam (Jesse), great great grandsons Vincent and Jensen and former daughter-in-law Shirley.

She will be greatly missed also by extended family in England.

We would like to thank Dr. Graham and all of the care workers and wonderful staff at Rosewood Lodge who looked after Trudie; especially the last few days. It gave the family total peace of mind knowing she was in such good hands.

Cremation has taken place. A private family service will be held in Stonewall

Donations in Trudie's memory may be made to the Rosewood Lodge Ladies Auxiliary, 513-1st Avenue North, Stonewall, MB. R0C 2Z0 or to a charity of your choosing.

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