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VOLUME 7 EDITION 47

Stonewall Teulon

Tribune

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TRIBUNE PHOTO SUBMITTED

The Oughton family thanks their heroes who came to the rescue during a recent medical emergency.

Heartfelt thanks

By Jennifer McFee

Life can change in a heartbeat. Few people know that better than the Oughton family, who are still reeling from a traumatic incident that nearly took the life of their beloved mother.

On Friday, Nov. 4, 71-year-old Lorraine Oughton of Stonewall embarked on a weekend getaway to Grand Forks with her daughters Lana and Laurie, son Dale and granddaughter Cara McCullough.

They planned to spend two nights together in the States to do a little shopping, enjoy time together as a family, and dine in the great restaurants of North Dakota.

On the Saturday evening, they sat down to a meal at the Toasted Frog, their favourite restaurant in Grand Forks.

"We all ordered our meals and we were having the best time," Dale said. "My sisters and I are always joking around, and my mom was in her glory with three of her kids and her granddaughter there."

But then things took a turn for the tragic when Lorraine suddenly went

Continued on page 5

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



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Feathers flying again at Northern Goose processing plant

By Natasha Tersigni

While it may have only been for one day, the Northern Goose processing plant in Teulon is back to being operational after a seven-year hiatus.

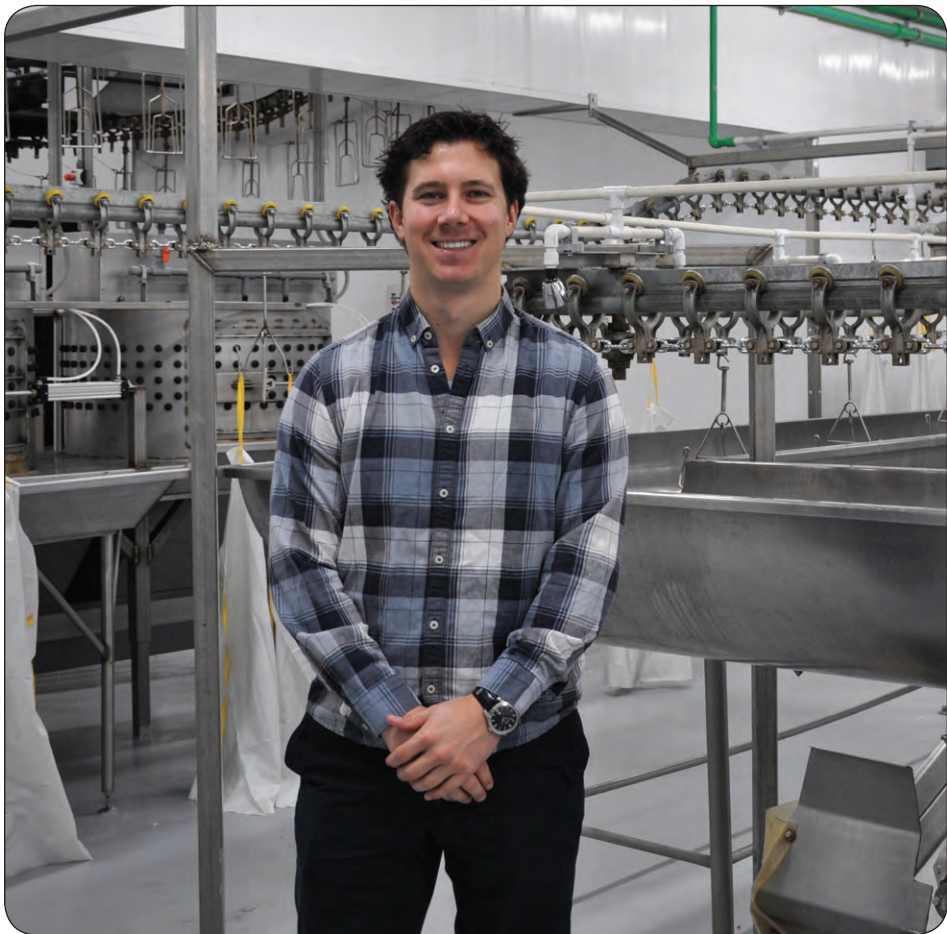
Last week, the plant ran a test run of all their goose processing equipment for a one-day kill of 600 birds. The slaughter was to help local Hutterite colonies process the remaining birds for the season, as well as to ensure that all equipment is running properly.

Northern Goose was purchased by Bryan and Alex Pryde, Toronto-based feather and down producers, back in 2012 with the hope of being fully operational in both meat and feathering processing by 2014. After a number of delays, including signing an in-

dustrial use permit with the Town of Teulon, meeting South Interlake Planning District (SIPD) requirements, renovating the building and processing equipment and receiving a permit from the Canadian Food Inspection Agency (CFIA), the plant's open date was pushed back several times.

With delays this spring, including not receiving CFIA approval, the plant was not able to open on time and local Hutterite colonies had to find alternative buyers for their birds. Last month, it was discovered that the producers might not be able to sell all their birds in time, so the Prydes decided to see if they could process the remaining birds as a test run.

Although the plant does not have a CFIA permit yet, birds still can be



TRIBUNE PHOTO BY NATASHA TERSIGNI
After many delays since purchasing the plant back in 2012, Alex Pryde, co-owner of Northern Goose processing plant in Teulon, finally had a chance to turn the machines on to test the processing centre on Nov. 17. Pryde expects the plant to be in full operation by June, pending approval by the Canadian Food Inspection Agency.




“I’m a mother of three young kids and the wife of a self-employed dairy farmer, so I understand the path to financial freedom isn’t always smooth. There are huge triumphs and challenges being self-employed and being a parent. Life isn’t cheap! I love being able to help people overcome the bumps in the road and get themselves back on the right path.

I make a difference to my members every day, and it’s really rewarding!

– Chantelle Grenkow, Stonewall branch

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processed with a provincial permit. After scrambling to get their permit from SIPD and the province, along with having council approve a one-time extension on their conditional use permit to allow processing in November, machines at the plant were fully operational on Nov. 17.

“It was slow but a very good learning experience for us,” said Alex, who added many governmental bodies came together in a short amount of time to ensure that the plant could process the 600 birds.

“The province really came to bat for us. Just to be able to organize all the inspections and all the audits to be able to operate, it was very impressive, along with the support from the town. They approved an extension to our conditional use agreement, which has us only operating from June to October. The town also took the opportunity during our test run to come in and ensure the sewer testing and monitoring equipment is working.”

With the successful test run in the books, there is just a matter of getting approved by CFIA before the plant can be back in business.

“We are expecting to have CFIA approval before June. I am tentative to try and project an exact date, and our expectation is to have it before the spring season. We are moving forward with a plan for an entire season next year,” said Alex, who added that when the plant is open between June to October, it will bring 45 new jobs to the town.



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Stonewall looks to borrow \$3.2 million for lagoon expansion

Residents will have the option to pre-pay a lump sum amount of \$1,467

By Jennifer McFee

The Town of Stonewall is seeking to borrow \$3.2 million, and residents can rest assured that it's not just money down the toilet.

Rather, it's an investment in a wastewater treatment lagoon expansion project that will increase hydraulic and organic capacity and provide necessary phosphorus removal.

At an open house event on Nov. 16, a small crowd gathered at the Heritage Arts Centre to learn about the project. Although nobody pooh-poohed the idea, several people took advantage of the opportunity to ask questions of the experts.

Stonewall's wastewater treatment lagoon was originally built in 1972, and it expanded 20 years later with a new secondary cell.

Then in 2012, Tetra Tech conducted a feasibility study for upgrading alternatives and cost estimates for the Town of Stonewall. They determined that the capacity needs to be expanded for future growth and upgrades are needed to meet new discharge limits of one milligram of phosphorus per litre.

They considered several alternatives, and in the end, the study preferred a facultative lagoon with alum addition for phosphorus precipitation. This choice stemmed from factors such as availability of land, setback requirements, capital costs and life-cycle costs.

Travis Parsons of the Manitoba Water Services Board was on hand to explain the role of the Crown corporation, which assists municipalities to develop sustainable water and wastewater works while also providing grants to complete the projects.

Earlier this year, the Water Services Board requested that Tetra Tech complete pre-design, environmental approvals and final design.

For the expansion, they're looking to create a new primary cell north

of the existing lagoon. This project will require piping upgrades, a new access road, a new truck dumping station, an alum addition building and a phosphorus-settling cell. The new primary cell will provide a 40-year expansion



Stonewall Mayor Lockie McLean



Travis Parsons of the Manitoba Water Services Board for organics, as an additional 20-year capacity for hydraulic volume.

Through this system, much of the bio-solids will naturally precipitate out. By adding alum, it will allow the additional solids to settle out while also reducing the phosphorus to the required 1 mg/litre. The advantage of this system is that it minimizes the amount of chemicals that need to be added.

The Water Services Board is hoping to have environmental approvals in place by the spring with the final design completed and financing in place. The goal is to be tender-ready by March 2017.

Mayor Lockie McLean broke down the costs for the project, which include the purchase of the 169.9-acre parcel of land (\$870,989); prior engineering costs (\$117,498); the feasibility study, EAP, final design

drawings and tender specifications to be 50-50 cost-shared with the Water Services Board (\$107,500); and lagoon upgrading and expansion work, including construction, contingencies and engineering (\$4.6 million).



TRIBUNE PHOTOS BY JENNIFER MCFEE

A small crowd gathered at the Heritage Arts Centre on Nov. 16 to learn about Stonewall's lagoon expansion and upgrade project.



The expansion project would create a new primary cell north of the existing lagoon.

In total, the estimated cost for the project is \$5,695,987, and the town is seeking to borrow \$3,200,987. To offset the amount they need to borrow, the town plans to use revenue from the capital levy reserve (\$195,000) as well as a grant from the Manitoba Water Services Board (\$2.3 million). The town has also applied for grants from the Small Communities Fund (\$3,066,666.66) and the Clean Water and Wastewater Fund (\$3.45 million).

Council considered several options on how to calculate the local improvement tax. In the end, they opted for a per-parcel charge so that all parcels would be charged equally.

Residents would have the chance to prepay an estimated lump sum of \$1,467 or they could also opt to finance the costs over a 20-year period with an estimated per-parcel payment of \$122.76 each year. If property owners opt for prepayment, they will save \$988.20.

"If we can get this project done quickly — meaning by early 2018 — we hope to tap into an additional 25 per cent of the project cost from the

federal liberals," McLean said. "That's our goal."

The town used the worst-case scenario to calculate the funds required. However, if the project receives additional federal or provincial funding, the amount of borrowing will be reduced.

"If we can get the project moving and get it done quick, we can tap into a better interest rate than we used to calculate this, which is 5.5 per cent," McLean said. "Interest rates are low right now, but there's no saying what they're going to be in a year or two years."

Council will host a public hearing on Dec. 21 in the town hall at 6:35 p.m.

Then council will give first reading to a borrowing bylaw and forward the bylaw to the Municipal Board.

If 10 per cent or 25 potential taxpayers object, the Municipal Board will hold a public hearing. The Municipal Board might then approve or amend the bylaw with or without conditions. Alternatively, the Municipal Board might reject the bylaw and advise the town of their decision.

"IF WE CAN GET THE PROJECT MOVING AND GET IT DONE QUICK, WE CAN TAP INTO A BETTER INTEREST RATE."

Winterfest dazzles shoppers

By Natasha Tersigni

Hundreds of eager holiday shoppers packed into the Teulon-Rockwood Centennial Centre on Friday and Saturday for the 20th annual Winterfest Craft Sale.

With 50 vendors selling homemade products, there was something available for each of the 1,500 customers that came to the sale over the weekend.

Santa Claus was a very busy man, as Sweet &


Wild Photography had 225 visits and pictures with the man in red. Brother and sister Hannah and Joshua Robins played their violins for the crowd and raised \$500 for the Teulon and District Christmas Cheer Board.

Throughout the weekend, members of the Teulon and District Lions Club and the Teulon Collegiate's Helping Hands volunteered at the event taking admission and selling silent auction and 50/50 tickets.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

A customer closely examines a pair of earrings at Rosie's Practically Perfect Purses booth. This year, the Winterfest Craft Sale had 50 vendors selling a wide variety of homemade products.



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Two-month-old Ben Skinner had his first visit with Santa Claus at Sweet & Wild Photography's Winterfest booth.



Hannah Robins, above, and her brother Joshua raised \$500 for the Teulon and District Christmas Cheer Board playing the violin throughout the weekend.

Heartfelt thanks to heroes who saved Stonewall woman

Continued from page 1

completely silent. They didn't know it in the moment, but she had choked on a piece of filet mignon. Going from bad to worse, the severity of the aspiration led to a heart attack.

"While there were no words, we could tell by her facial and body expressions that there was something severely wrong. It all happened in seconds, and while many things are blurry from that night, the feeling of terror and panic I experienced remains extremely clear," Dale said.

"Right after that, she went somewhat limp and her arms fell to her side, which would've been as a result of her heart attack while aspirating."

Laurie laid her mother down on her side on the restaurant floor. Someone else yelled out to call 911, while Lana called out into the restaurant to see if anyone knew CPR.

Seconds later, three people rushed to their sides to provide expert assistance: Nancy Friesen-Vokey, an ER nurse at St. Boniface Hospital; Shane Wasylow, a restaurant server who is training to become a firefighter; and Cody Boyle, an American medical student.

"Within seconds, Nancy was at my mom's side performing CPR," Dale said. "Then Shane took over for Nancy and she turned her focus to working with us because we were traumatized — the person we love the most is lying on the floor with no heartbeat."

Their three "angels" in the restaurant were unable to get a pulse, but paramedics arrived at the restaurant in four minutes and they were able to get a heartbeat on the way to the hospital. Two police cars rushed the rest of the family to the hospital to be by Lorraine's side.

"When we arrived in the emergency room at Altru Hospital, we were all under the impression that our mom was gone," Dale said. "We were inconsolable."

The doctor told them the news that Lorraine was resuscitated in the ambulance on route to the hospital, but she had been without a heartbeat for more than seven minutes, which

meant there was no oxygen flowing to her brain.

"They still didn't know at this point that she had choked. The piece of meat was still lodged, but in all of the CPR action, it must have moved a bit because it stopped obstructing her airway," Dale said.

"When they went to intubate her, they couldn't get the tubes down her throat. They realized that there was a piece of steak lodged in her esophagus, so they got it out."

Lorraine spent five days in the intensive care unit. She couldn't speak for the first four days, but on Day 3, she was able to open her eyes and squeeze her family's hands.

"In that entire time, we weren't sure if there was brain damage or if other organs were damaged due to the lack of oxygen," Dale said.

"But our mother is a warrior. She has been through a lot and she is so strong. When she was able to open her eyes, her eyes give enough of her facial expression that we knew that there wasn't going to be brain damage."

Lorraine was eventually moved out of the ICU to another hospital room with 24-hour care where she had a nurse assigned to her due to the gravity of her situation. Then on Thursday, Nov. 17, she was released from the hospital. Dale picked her up and brought her to Laurie's home in Stonewall, where she continues to recuperate. Home care is being set up to help with the recovery process.

Although the CPR was necessary to save her life, it caused several broken ribs that have been quite painful for Lorraine. She also developed pneumonia due to fluid in her lungs, which were damaged by the choking. As a result, Lorraine had to have drainage tubes implanted on each side of her body to remove the fluid.

In the spring, the Oughton family plans to host a thank-you party for their heroes with visits in both Winnipeg and Stonewall. They have invited the three bystanders who performed CPR, as well as the restaurant owner and staff members from Altru Hospital.

"We are so lucky. How do you thank someone who saved your mom's life? We want to host our Grand Forks neighbours in our community in the spring and they can see how well mom is doing by then," Dale said.

"She's got a long road of recovery in front of her, but by then, she'll be somewhat back to what she was before this all happened."

Based on his experience, Dale encourages everyone to get medical insurance every time they leave Canada, even for quick trips across the border.

"I also have to thank Tracey Malone at One Insurance, which is where my mom bought her travel insurance. Tracey Malone has been angel in this too. She reached out immediately and has walked us through the process. I can't say enough good things about Tracey and her company," he said.

"You never think this is going to happen to you. Tracey Malone is a very strong advocate in liaising back and forth with the insurance company, which is in Toronto. She deserves recognition for everything that she has done for our family."

He also expresses his thanks to all the friends and family members who have been calling and sending messages throughout the ordeal.

"Flowers were being delivered to the hospital room. The hospital staff even put their money together and bought my mom a beautiful bouquet of flowers," he said.

"I can't say enough about the nurses and the care she received at Altru

Hospital. They treated her like she was their own mom. The care was absolutely outstanding and second to none."

Going forward, Dale also plans to advance his CPR training and encourages others to do the same by calling the Heart and Stroke Foundation at 204-949-2000. He has been employed by the Heart and Stroke Foundation for the past two months as the director of development for Manitoba and Saskatchewan. Although he has minimal CPR training, he is grateful that there were three medically trained professionals within three feet of them.

"It's different sitting around the table and discussing these situations and then actually living it. You never think it's going to happen to you," he said. "It just goes to show you how fast a situation can change. Cherish the times you have with your family because you can never, ever take life for granted."

Forevermore, his family will be struck by a lasting sense of gratitude for the help of strangers, who will always remain in the hearts of his entire family.

"They have given us a gift. Every birthday that my mother celebrates now, we are going to raise a glass to our heroes," he said.

"The people of Grand Forks are our neighbours, and they saved our mom's life. Words cannot express how grateful we are."

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Local angler shows pity for fisherman friend

Welcome to my fishing pals.

It seems our first cold snap and snow has spurred many of us on to get our winter fishing gear ready. It's only human nature to be apprehensive about the coming winter, so let me and a new young fishing friend of ours, Dallas Morrisseau of Lac du Bonnet, get you into that wonderful cozy mood of ice shack angling.

Here's what happened to him in his shack last winter. With bright sunlight streaming through the windows of his wooden shack, there was the comforting smell and warmth from wood crackling in its small stove. Subdued music from the radio filled the shack. Dallas, a soft-faced youth with long brown hair that fell over his forehead, sat on a bench on one end of the hut holding a short rod whose line disappeared into the water of his ice hole.

On a similar wall bench across from him sat his buddy Jaden Maki, who also fishing. Their heavy snowmobile boots clunked on the wood floor as they shifted about. Setting his rod on the floor, Dallas stood up and went to the window, looking out across the sun-bathed flat ice pack that reached out to the distant dark shoreline. Other shacks dotted the icescape. Pickup trucks lazily bounced from one place to the other.

Then he heard a slight scraping sound. He looked down to see his rod slowly migrating across the floor toward the ice hole. Dallas sprang forward, grabbed his rod, instantly sensed there was a small fish on his hook. He reeled in and, sure enough,



TRIBUNE PHOTO SUBMITTED

Steve Froese of Altona with a trophy walleye he caught by Sugar Island on the Red.

a little pickerel popped free of the water. Jaden teased Dallas about his inability to catch a "real" fish.

That stopped sharply as a loud splashing pierced the shack and a huge thrashing jackfish flew up half out of the ice hole water, completely swallowing the tiny pickerel. With lightening reaction, Dallas grasped his line and dragged the jack up onto the shack floor. After he caught his breath, he turned to Jaden and simply smiled sarcastically while pointing to his prize saying, "Come on. Try and beat that."

See, winter's great.

Now, let's get back to open water

fishing. Down along the Red river-bank last week I met Shawna Osueke and her fiancé, Steve Froese from Altona. They were sitting in lawn chairs, all bundled up, casting questioned glances at the ends of their rods, which had not given a signal all day that the fish here were hungry.

Incidentally, Steve is no relation to the Froeses who gave us the story a month ago about having his or her rod stolen. Anyway, Steve had a story for us that went like this.

He was boat fishing on the Red by

Continued on page 7

Tribune

The Selkirk Record

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New Life Church prepares to host live nativity

Boonstra Farms will transform their barn into a stable Dec. 3 from 2 to 6 p.m.

By Jennifer McFee

The Christmas story will soon come to life at a live nativity organized by New Life Church.

On Saturday, Dec. 3 from 2 to 6 p.m., Boonstra Farms will transform into a scene from Biblical times for the anticipated event.

Pastor Andrew Dyck said that they didn't host a live nativity last year, but two years ago, more than 500 people turned up for the family-friendly event.

"The reason we call it a live nativity is because there are no models. It's all actors, so it gives a real vibrant feel of how it would be to enter into a little village and into a market," he said.

"To see something like that in person can be a very powerful experience in the Christmas season."

Adding to the authenticity, Ricklyn Farm Petting Zoo will provide live animals for the nativity scene.

"We're going to have a bonfire and hot chocolate outside in addition to a village market inside with the animals and different merchants. We have it all set up like a market scene from Bethlehem and Bible times," Dyck said.

"Then we also have a stable where you can see the nativity scene with Jesus and Mary and Joseph and the Wisemen and everything that we think is very important for Christmas. We'd like to make sure



TRIBUNE FILE PHOTO

Boonstra Farms, east of Stonewall, will transform their barn into a stable for a live Biblical nativity scene on Dec. 3.

that everyone has a chance to come and experience that."

And people do come from near and far to immerse themselves in the historical setting.

"We've had people drive even a couple hours from different towns to come and see the live nativity," Dyck said. "It draws a lot of people out, so we're really excited about having it. Hopefully even more people will come and experience the live nativity."

Since the event is early in the holiday season, Dyck hopes that it will be a good way to start off the Christmas celebrations.

"It's the day after the parade here in Stonewall, so that whole weekend is a great way to help to really get into the Christmas season — and especially to have lots of things to do as a family," he said. "We want the live nativity to be part of that."

> GET FISHING, FROM PG. 6

Sugar Island and, like this afternoon, wasn't catching a darn thing. What hurt more was he could see the guys around him catching all kinds of fish. Finally, a neighbouring angler took pity on him and trolled over to him, telling him to try putting the tail part of a white rubber twister onto a bright jig for bait. He did and in no time caught the beautiful 34-inch walleye you see in our picture for the week.

Our next story isn't really a fishing story but it's funny.

I was slowly idling around the Winnipeg Beach harbour complex in Old Red last Friday. In the still overcast morning, coming up to a park area, I noticed a pickup truck with one of those Northwest Territories white licence plates in the shape of a bear on

the front bumper. Rolling past, I saw a tall fellow walking his big old yellow lab beside the water. I drove over and introduced myself, asking if the truck with the NWT plate was his. "Yeah," remarked a soft-spoken chap with a warm smile who said he was Ernie Brown from nearby Sandy Hook.

"You're not going to try to steal it, are you?" he joked.

"No, but it's unusual," I said.

"For sure," Ernie laughed. "It's an inside joke up north that if you have a plate like that, you have to go to a guy who knows how to weld up a steel frame and bolt it to your bumper or the minute you get down south to Alberta or B.C., someone will try to tear it off your vehicle for a souvenir."

Wow. Bye for now.

The Workers Compensation Act Review

The Workers Compensation Act Legislative Review Committee 2016 is asking Manitobans to help steer the direction of the workers compensation system into the future.

From November 15, 2016 to February 15, 2017, we will accept your submissions at:
Online: wcbactreview.com
Fax: 204-954-4968

Questions?
Email: info@wcbactreview.com
Phone: 204-954-6203
Manitoba Toll free: 1-877-358-0495

Committee Members:
Michael Werier, chairperson
Chris Lorenc, representing employers
Anna Rothney, representing workers
Ken Sutherland, representing the public interest

**The Workers Compensation Act
Legislative Review Committee 2016**
PAST, PRESENT AND FUTURE

Manitoba 

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at Boonstra Farms

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Inwood students continue to bake a difference

By Jennifer McFee

When they started mixing together ingredients for a fundraising bake sale, Inwood School students never imagined that their efforts would make such a huge international difference.

Last school year, teacher and counsellor Gail Postlethwaite encouraged the Grade 5 to 8 students to participate in the WE Bake for Change initiative to fundraise for Free the Children's WE Villages projects. For this project, groups host a bake sale to raise funds to support developing communities globally.

Under the supervision of their homeroom teacher, the students spent two days preparing sweet treats for the bake sale during the week leading up to Valentine's Day. After that, they sold the goodies for two noon hours.

Since they are a small school of 47 students from kindergarten to Grade 12, they set a reasonable fundraising goal of \$75.

"In the end, we generated \$94, which is always wonderful when you can surpass what you had expected to achieve," Postlethwaite said.

"So we submitted that in our year-end review and stressed that raising \$94 is a difficult thing to do when you're in a small school and there are lots of groups raising money for other initiatives."

Postlethwaite returned to their class-

room and asked them which pillar they would like their money to support. They chose the clean water and sanitation pillar, but they had trouble identifying a specific country. They turned to WE Schools co-ordinator Olivia Rollo for assistance, and she sent them information about three different countries. The students reviewed the information and then voted in favour of supporting Ecuador.

Then at the very end of the school year, Postlethwaite received an email from Rollo, who announced that the Inwood group was the recipient of the Baking a Difference Award, which means that their chosen country of Ecuador would receive an additional \$5,000 towards clean water and sanitation in addition to the \$94 that the students had raised.

She shared the news with the middle school students about half an hour before they left school for summer holidays.

"That was a pretty exciting way for them to leave school knowing that they had made that much of a difference," Postlethwaite said.

With the first-hand knowledge that it's a piece of cake to make a difference, the Inwood students were excited about this year's WE Day youth empowerment event, held on Nov. 18 at MTS Centre.

Inwood School was one of more than 2,200 schools that hosted bake

sales last year, raising a total of over \$330,000 for We Bake for Change.

In addition to participating in We Bake for Change, Inwood students

have collected enough money to support 25 Christmas dinners at Siloam Mission, up from 20 dinners last year.

Alzheimer telehealth session Transitioning to Long Term Care

By Jeff Ward

The second telehealth session presented by the Alzheimer Society of Manitoba will help families navigate the complicated and sometimes stressful process of placing their loved ones in a personal care home.

The Transitioning to Long Term Care session will take place Tuesday, Nov. 29 from 6:30 to 8 p.m. in several Inter-

lake communities including Ashern Lakeshore General Hospital, Arborg & District Hospital, Gimli Community Health Centre and the Peguis Health Centre, Selkirk & District General Hospital, Stonewall & District General Hospital, Winnipegosis & District Health Centre.

Telehealth connects presenters through live video conferencing in 45 locations across the province followed with a Q&A period.

Interlake-Eastern Regional Health Authority occupational therapist and community health worker Kate Gei-

ger will be presenting three steps in the process of moving a loved one to a personal care home (PCH).

Geiger said step one of her talk deals with the preparation in choosing a PCH, how to apply and understanding the environment of the care home. The second step involves tips for the move into the home itself and how to make the transition as stress-free as possible.

"The third part is all about the ongoing support once your loved one is settled in," said Geiger.

"There are still quite a few expecta-

tions on family members at this point in the process. With Alzheimer's, the family is the only real connection for the staff at the [PCH] to understand who this person was in their life. You as the family member are the source of continuity with them. You need to play your role."

Geiger explained that "playing your role" means letting staff know more about the person who's moving in — what were they like, what music did they enjoy, what was their favourite food, things like that. Staff at PCHs

Continued on page 9

Teulon students spread holiday cheer across the globe

By Natasha Tersigni

To ensure that children across the world will have some holiday cheer, students and staff at Teulon Collegiate once again took part in Operation Christmas Child Shoebox.

For the eighth year in a row, the TCI Helping Hands Committee participated in the Canadian-based humanitarian aid organization Samaritan's Purse initiative. The non-profit charity collects shoeboxes filled with hygiene items (hair elastics, barrettes, T-shirts, socks, washcloths, soap, toothbrushes, combs and brushes), school supplies (pencil crayons and pads of paper) and toys and then sends them to improvised children around the world in time for Christmas.

This year, the school's Helping Hands committee was able to collect enough items to fill 42 shoeboxes that were loaded into Arborg-based Interlake-Eastern Regional Health Authority paramedic Kathy Kozminski-

Kirby's ambulance on Nov. 17. Every year Kozminski-Kirby organizes the pick up in the Interlake area for Samaritan's Purse.

"This is such a great project that we have been doing for a number of years and it just keeps growing. Last year, we were able to collect 30 boxes and every year we have been increasing our number. It is great to know we can make a difference in a child's life," said Helping Hands teacher Lesley Philippot, who added that after the students learn about the initiative, they are always eager to lend a hand.

"We show videos to the classes and explain to students how these items will be going to children in need across the world. It is great with the videos to see the children receiving the shoeboxes and seeing the excitement on their faces really encourages our students to do their part in helping with the cause."



TRIBUNE PHOTOS BY BRENDA BAWDON

Last Thursday, students and staff from TCI loaded up Kathy Kozminski-Kirby's ambulance with shoeboxes that will be sent to children in need so they have something to open on Christmas morning.



TCI Helping Hands members Samantha Morin handing shoeboxes to Piper Lussier.

Coffee House musicians



TRIBUNE PHOTO BY NATASHA TERSIGNI

Friends and family packed into the Oddfellows Hall in Stonewall last Friday to hear local musicians perform at the Country Coffee House. Talent that graced the stage throughout the evening included Robert Heide and the Occasionals, pictured above along with Sydney Lockhart, Sean and Patty Fisher, Jamie Rumley, Alvin Unrau and Billous Shadow. Organizers are planning for another show in March.

> ALZHEIMER, FROM PG. 8

want to make their residents as comfortable as possible, and Geiger believes families can play a significant role in helping that along.

Geiger knows that visits can be difficult for some families and the pain of not being recognized by their loved one is depressing. But the point of the session is to embolden families to be as involved as they can be because it does help the resident enjoy their time more.

"I think what you're aiming for is to make this transition as smooth as possible and for there to be as little confusion as possible. Families have

to remember that they have the capacity for new learning but someone with Alzheimer's doesn't. So to be dropped into a new situation like this can be very stressful, and we don't want that," said Geiger.

Anyone interested in registering for the session is encouraged to go to alzheimer.mb.ca for more information. Walk-ins are welcome.

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

Christmas Cheerboard

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

Premiere of new Métis TV series this weekend in St. Laurent

By Jeff Ward

A special sneak-peek of the new TV series *Au Pays des Michifs* will take place this weekend at the St. Laurent Recreation Centre, and the creators hope to see residents come out and experience the series they were so integral in helping create.

The series is eight 30-minute episodes that will air on Canal D in the spring of 2017. It captures an entire year of hunting, trapping and fishing adventures by the Métis people of St. Laurent.

Series producer Patrick Clement said that the series is a rare and in-depth glimpse into the heart of one of the most vibrant Métis communities in North America and he is extremely excited and proud to be able to show off their finished product. Clement said that two of the eight episodes will be screened for attendees during the premiere on Saturday, Nov. 26 at 6 p.m.

"It's truly an authentic look into the lives of these people and how they live," said Clement. "The people were so warm and inviting and were very receptive to having us film everything that they do. A lot of reality television tends to invent a reality or dramatize things that aren't dramatic. But for us everything was so raw — this is exactly what life is like."

Clement said that during production, the film crew had Mother Nature on their side and were able to shoot incredible scenes of hunting deer, elk and even a bear. Fishing trips took in great hauls of pickerel and northern pike, and the spring time excursions produced many suckers. Last year, when the *Tribune* spoke with Andre Clement, the other producer on the project, he said that one of the concerns was how the weather would cooperate. The team could potentially spend days getting footage of nothing, but thankfully the case was the opposite.

Patrick Clement explained that one of the things he hoped to accomplish with this series was to give a deep, informative look at Métis culture and life — a way for younger generations across Canada to look at the beauty of the culture and learn from those who still have deep ties to their elders. Alongside that goal was the attempt to help immortalize Métis culture so that it would never be lost or forgotten.



TRIBUNE PHOTO SUBMITTED

Edgar Bruce, Cyrus Smith, Jules Desjarlais, Norbert Langelier and Gerry Bruce share a meal and discuss Métis culture and heritage during filming of the eight-episode television series set to air on Canal D, which is available on Bell Media, next year.

gotten.

"We wanted to make sure that we punctuate each episode with historical facts that relate to the Red River Resistance. The series is narrated in Michif by Jules Desjarlais, who is a Métis of St. Laurent, who also helped facilitate access to the families we follow in the series," said Clement.

This will be the only opportunity to view this series before it premieres on television, and Clement hopes to see many residents of St. Laurent come by and celebrate the project as a community.

"A LOT OF REALITY TELEVISION TENDS TO INVENT A REALITY OR DRAMATIZE THINGS THAT AREN'T DRAMATIC. BUT FOR US EVERYTHING WAS SO RAW — THIS IS EXACTLY WHAT LIFE IS LIKE."

KINDERGARTEN REGISTRATION WEEK

Monday, November 28th to Friday, December 2nd, 2016

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, 2017 are eligible to attend Kindergarten. A document providing proof of age is required.



TRIBUNE PHOTO SUBMITTED

Danny Chartrand, Roy Chartrand, Julien Chartrand and Earl Chartrand are all smiles after a big catch of fish as they film an episode of *Au Pays de Michifs*.

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Saturday, Dec 3rd, 2016
Scoring by Manitoba Big Game Trophy Association
Adult & Youth Categories
Entry Deadline is 8 p.m.
Info call Tony Balian 886-2886

Recycle sale offers unique finds for student shoppers

By Natasha Tersigni

Students at Stony Mountain School got a jump on their holiday shopping last week at the Earth Club's annual recycle sale.

After collecting items from the school and community, Earth Club leaders set up the sewing room as a one-stop shop for all the school's holiday shopping's needs and to help teach the students the importance of recycling and reusing items.

Every student had the opportunity to scour the sale for unique treasures, some even finding Christmas presents for their siblings or parents. As

well, volunteers offered a wrapping service to ensure the gifts will be kept a secret until Christmas morning.

"Our annual recycle sale is just a great way to instil reusing and recycling for the students. They have a good time shopping and it is always held at this time of the year so they can participate in holiday shopping for gifts if they want to," said Earth Club leader Sharon Baker.

"All the items are priced fairly low and all the money we raised goes back into the Earth Club for activities in the future."



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Grade 1 students check out the book section at the Earth Club's annual recycle sale held Stony Mountain School last week.

Men lucky to be alive after 'a remarkable rescue'

By Lindsey Enns

Volunteer firefighters say two men are lucky to be alive after they became trapped in a trench that collapsed while they were digging a septic field in the RM of St. Andrews last week.

St. Andrews Fire Department Chief Ken Peacock said it took volunteer firefighters from both St. Andrews and West St. Paul nearly 90 minutes to help dig both of the men out of the trench along Poplar Road last Tuesday afternoon.

Firefighters helped dig the men out by hand and with shovels while a man operating an excavator held a wall of dirt back to prevent it from falling into the nearly 12 foot deep hole.

"Everything was there at the right time ... there was an excavator only two doors down," Peacock said. "How often does that happen for them to get over there and start digging?"

Local RCMP and STARS Air Ambulance were also called to assist with the rescue.

"When we arrived, we witnessed tremendous efforts on behalf of two of the volunteer fire departments," STARS flight paramedic Grant Therrien said. "Hats off to them. They were the real heroes in this case."

Therrien when on to say "it was quite a remarkable rescue."

"The limbs of the one individual were completely incased in this wet mud and so it was quite an operation," he said. "They just didn't know if he was going to survive."

Peacock said both men were later transported to a Winnipeg hospital by land ambulance with minor injuries.

Therrien said he believed both men were from the St. Andrews area but no emergency personnel were able to confirm their identity.

Throughout the entire process, Therrien said both of the men were in good spirits and that some of their family members and friends had showed up on scene.

"They were just anxious to get out and to get back to their family and friends," he said. "There was a lot of concerned eyes watching this whole thing."

Therrien, who has been a paramedic for 20 years, said he's never encountered anything like this in Manitoba before.

"Obviously they didn't anticipate that the dirt walls were going to come crumbling in," he said, adding this incident is a good reminder to anyone

who works at a job site about the hazards involved. "It's important to be careful and use any safety equipment you can."

Peacock said some residents still don't realize that they are not a full time fire department and that their crew of 24 members volunteer their time and have full time jobs.

"A lot of people think we're here 24/7 but we're not," he said, adding while they were trying to dig out the two men, another call came in regarding a possible structure fire so they had to split the crew. "A lot

of them stayed to continue on with that we were doing."

Peacock said they have attended 293 calls so far this year.

"This year has been a bad year," Peacock said. "We've been to everything from ice water rescues to structure fires."

Saturday, November 26, 9:30 am-4 pm
It's the BLACK FRIDAY WEEKEND
CRAFT SALE
Pictures with Santa
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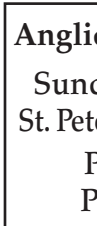
> FAITH



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11:15 a.m. Teulon
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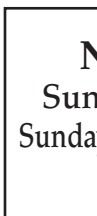
Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca




Anglican Parish of St. Cyprian
Sundays at 10:00 am at
St. Peter Lutheran Church
PTH #7, Teulon
Phone 886-3203



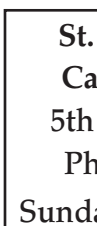
Interlake Full Gospel Assembly
Teulon
Sundays at 11:00 am
Phone 886-2680



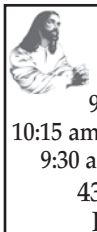
New Life Church
Sunday Service 10:30 a.m.
Sunday school for all ages 9:30 a.m.
Teulon 886-3269




St. Peter Lutheran Church
Sunday Service - 10:00 am
PTH #7, Teulon
886-2159



St. John Vianney Catholic Church
5th Ave SE Teulon
Phone 467-9016
Sunday Mass 11:30 am



Anglican Church of the Ascension
9:30 am - Traditional Service
10:15 am - Choral Service & Sunday School
9:30 am - Wednesday Morning Prayer
435 1st Ave. N., Stonewall
Phone 467-8466 (office)




Grosse Isle and Rosser United Church Services
Rosser Sunday 9:45 am

Lilyfield United Church
Rd. 68 & Sturgeon Rd.
Service 9:30 a.m.
Phone 344-5426




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Sunday Worship 10:30 a.m. at
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Phone 467-2870
www.alivefamilychurch.ca



Warren & Meadow Lea United Church Services
Joint Services
Alt. Sundays at 10:30 am
Call 322-5752 for location of service.



New Life Church
Sunday Service 9:00 & 10:45 a.m.
Sunday Morning Classes
9:00 a.m. - All Ages
10:45 am - Nursery - Gr. 4
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)




Woodlands Gospel Chapel
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Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 467-5109



Cornerstone Pentecostal Church
Sunday Worship &
Sunday School 10:30 am
Youth Nights - Sundays 6 pm
Thursday Bible Study
& Kids Club 7 pm
308 2nd Ave. N., Stonewall
Phone: 467-9797



Christ Church Anglican
97 School Rd,
Stony Mountain
Service 10:15 am
Phone 489-4847
or 344-5220



Christ the King Catholic Church
Sunday Mass 10:00 a.m.
315-2nd St. E., Stonewall
Phone 467-9016


Walking in Weariness

How's life? It's a common question we hear from friends, family, that annoying co-worker who wants to know everything. Often our reaction is "i'm good" when down deep we know life is pretty hard. We feel pride built up inside or we are simply not comfortable letting out what's really going on. Maybe life is a struggle. Maybe you feel as though everything is going wrong. The hurts and pains of life is piling up and you feel nothing but weariness. In 1 Peter 5:7 we are given some great wisdom. "Cast all your anxiety on him because he cares for you". WOW! Take a moment and let this verse sink in. First off, we can rid ourselves from not just some of the anxiety that weighs us down but all of our anxiety. Whatever worries you in life you can give to God. There is nothing you are going through that God doesn't care about and won't help you with. Secondly we discover an attribute of God that needs to be shared. God cares about you. He cares about your needs, he cares about your hurts, he cares about your struggles, and he cares about your sickness. You do not need to worry about a thing in life because there is a good God who is willing to care for you. The question is this; will you put your trust in him? Will you cast your cares upon him? Not the type of casting we find in fishing but the type where you let go. Will you give him your anxieties of life. I challenge you to do so. Cast all your cares on him. Allow your life to become a little lighter. You do not have to walk in weariness. No you can walk in rest and relief knowing that God will take upon your anxieties as you cast them on him.




Nathan Young

Balmoral United Church
Sundays 9:30 am
Phone 886-2382
teulonpastoralcharge@mymts.net



Stony Mountain United Church
12 Main St., Stony Mountain
Phone 344-5426

St. Joseph's Roman Catholic Church
Sunday Mass 8:30 am
Stony Mountain
Phone 467-9016



Immanuel Lutheran Church (LCC)
Service 10:30 am
Childrens Sunday School during Worship
Inkster & King Edward, Winnipeg
Rev Richard Beinert 632-6911



Church of the Annunciation Woodlands
Service 12:00 noon

To participate in this monthly section please call 467-5836

New florist and boutique shop blossoms in Teulon



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stacey-Lee Gard recently opened Stacey's Blossom and Boutique at 43 Main St. in Teulon. Gard offers a full-service flower shop and a boutique that carries a wide variety of unique items including women's clothing, jewelry, accessories and home décor products.

By Natasha Tersigni

Spreading her entrepreneurial roots across the Interlake, Stacey-Lee Gard has set her sights on Teulon to open her second floral and boutique shop, Stacey's Blossom and Boutique.

Gard, who hails from Fisher Branch, has spent the past four years there growing her business. After searching for another town to open a second location, Gard chose Teulon for its community atmosphere and central location. The shop at 43 Main St. has

been open for just over a month and is already receiving positive feedback from a strong customer base.

"I love Teulon and I really like this location. It is close to Fisher Branch and I am able to provide service now further into the Interlake," said Gard.

"The town has been awesome and so open. We have had a ton of residents come in and welcome us to the community. I could not have asked for a better reception."

At both locations, her stores offer a

full-service flower shop that includes custom-made arrangements perfect for any occasion. Deliveries to many Interlake communities are also offered including from Warren to Gimli, as far north as Fisher Branch and everywhere in between.

On the boutique side, the store offers a wide variety of unique items including women's clothing, jewelry, accessories, home décor and gourmet candies and sweets.

"It is pretty much the same business we have in Fisher Branch. Here in Teulon, the layout of the store is a bit better just given the newer build-

ing," said Gard, adding that the same products are available at both locations for the most part.

Gard is gearing up for the holiday season, and specialty items are now available including holiday-themed flower arrangements, Christmas decorations for the home and seasonal candies and sweets.

Stacey's Blossom and Boutique in Teulon is open Tuesday to Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 3 p.m., with a plan to extend the hours in the near future based on customer feedback. For more information, call 204-886-2661.

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Annual parade kicks off holiday season in Teulon

By Natasha Tersigni

With above-seasonal temperatures and a touch of falling snow, it was the perfect evening last Friday for the annual Holiday Magic Lights Parade in Teulon.

Community members lined Main Street to watch passing floats and collect candy from parade entries. The most anticipated float of the night was Santa Claus, who keeping with tradition, came at the very end.

Volunteers walked along the parade route and collected \$658.13 that will be donated to the Teulon and District Christmas Cheer Board.



TRIBUNE PHOTOS BY NATASHA TERSIGNI



French fries all around



TRIBUNE PHOTO BY CHRIS GAMBLE

Warren Elementary kindergarten and Grade 1 students enjoyed french fries after harvesting over 200 red potatoes from the school garden in October. Teacher Rachel McWilliam started the garden with last year's kindergarten class to teach the students about the food chain and where their food comes from. LJ's Grill in Warren cooked the fries for the students.

ARE YOU THINKING ABOUT CHRISTMAS SHOPPING YET?

 Stonewall Teulon Tribune

Local artist hooks recognition from Pacific Salmon Foundation

By Jennifer McFee

A former Stonewall resident's artistic talents have spawned impressive results in a competition hosted by the Pacific Salmon Foundation.

Each year, the charitable organization works with Fisheries and Oceans Canada to produce a salmon conservation stamp, and artists are invited to submit images in a nationwide competition.

This year, they selected Nick Laferriere's acrylic painting entitled "Passing the Torch" to be represented on the stamp, which anglers must purchase and affix to their tidal water licence in order to catch salmon. It was his first time entering the B.C.-based competition after he moved west last fall.

However, the recognition is nothing new for Laferriere, who won a similar competition in Manitoba to have his artwork featured on a stamp that was used on 2014 provincial licences.

Laferriere's brightly coloured painting provides a visual journey of the fragile life cycle of Pacific sockeye salmon. The 19.5-by-27-inch piece took more than 100 hours to complete.

"The Pacific Salmon Foundation does a lot with where the salmon spawn," said Laferriere, who now lives in the mountains just outside of

Golden, B.C.

"There are these tiny little rivers and creeks, and they're very vulnerable. So even a rock slide — which happens all the time in the mountains here — will completely block off the river and then the salmon can't spawn in that river anymore."

For Laferriere, he dove into uncharted waters to work with paints, since his usual medium is pencils.

"Previously, I won the stamp competition in Manitoba with pencil," he said. "Recently, my grandfather passed away and I inherited all his paints and brushes, so I just started painting. He was probably my biggest inspiration growing up. This latest piece that I finished is only the second painting that I've done."

In addition to being a full-time artist, Laferriere also works as a fishing guide in the Arctic at a lodge situated on Great Bear Lake in the Northwest Territories.

Although he took art classes while he was a student at Stonewall Collegiate Institute, Laferriere has honed his talents by diving deeply into his artistic endeavours.

"If you put your mind to anything, you can do anything," he said.

The Pacific Salmon Foundation



TRIBUNE PHOTO SUBMITTED

Nick Laferriere's painting "Passing the Torch" will be featured on the 2017 B.C. Saltwater Fishing licences by the Pacific Salmon Foundation.

strives to conserve and rebuild Pacific salmon populations. All income from the salmon stamps is invested in salmon restoration and enhancement throughout British Columbia.

The organization will also raise funds by selling prints of Laferriere's winning painting, which will be available through the Pacific Salmon Foundation's website at www.psf.ca.

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Tribune

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(Tax receipts will be issued for donations \$10.00 and over)

St. Laurent business centre open for new tenants

By Jeff Ward

With the St. Laurent Business Centre offices now available to rent, the economic development officer (EDO) for the municipality is hoping to see small business owners take advantage of the space to help develop a future expansion.

The business centre sits across Highway 6 from the RM office and has four vacant offices ready to be rented out. Tiffany Desjarlais, the EDO for St. Laurent, said that the business centre is quite beautiful inside and that the space is perfect for entrepreneurs and small businesses to move into.

Three of the four offices have big picture windows that look out onto the community and the fourth has a set of patio doors that can be used as a private entrance. The offices share a conference room as well as a kitchenette.

Desjarlais said that renting the offices out has a double benefit for the municipality because not only does it mean that businesses are settling in town, but the income from the rentals can be used to help fund the future \$2.5 million expansion of the centre. That expansion is an estimated three to five years away and would add an

additional space that will become the Metis Heritage Centre as a companion to the business centre.

"I know that council and our funders are really happy with the plan and with the study," said the EDO.

"There is no one in there right now, and we are hoping to get tenants soon because it does help achieve our overall vision for the centre. Once the expansion happens for the heritage centre, the office with the patio door will be removed, but that won't happen for quite a few years."

Allowing tenants to rent the office space is the next step in the overall vi-

sion that Desjarlais mentioned. As the income from the office space comes in, it does get easier to get grants for the building's expansions. That income shows that there is interest in the space and that not just the municipality is investing in it. Business owners who move in will be helping a great deal in the future expansion of the centre.

Desjarlais said that every applicant will need to fill out reference and credit checks and that they will need to sign a lease. Anyone interested can go down to the RM office or call ahead to ask questions at 204-646-2259.



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Stonewall to get radio frequency water meters

Stonewall council news in brief

By Jennifer McFee

A project to upgrade all of Stonewall's water meters is flowing along smoothly.

The cost to upgrade the entire town's system to radio frequency meters is approximately \$860,000. However, CAO Doreen Steg learned about some additional provincial funding that was available for this type of project.

The town was successful in receiving the grant, which will cover half the costs, or \$430,000. The remaining \$430,000 will be recouped through gas tax money that the town will get back from the province in 2016 and 2017.

The radio frequency meters will eliminate the need for meter readers to come to the door. These new meters are expected to produce more accurate calculations, resulting in fewer

inconsistencies than the previous system.

In other news:

- The town will address concerns from the recent public hearing for the proposed zoning bylaw and then schedule another public hearing on the topic.

- Tim Comack spoke with council about options for a portion of the Ventura development that is zoned for multifamily use. He will send written information and pictures to the CAO, and council will review the op-

tions and get back to him with their feedback.

- Council plans to take a closer look at the maintenance costs and location of a proposed splash pad that the Kinsmen would like to build and gift to the town. The topic will be discussed further at an upcoming committee meeting.

- The town purchased a well pump motor that could be used for backup in case the main pump goes down.

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The countdown begins:

Goodness, there are only **five weeks left!** Time is going by fast. To ensure that you're ready on time, everything has to be planned out perfectly. The clock is ticking and there is plenty to do. Here is the second in our installment of five weekly to-do lists to help you organize all your festivities.

- Sort out the Christmas decorations and buy whatever is missing
- Buy a decorative Christmas elf and plan all the mischief it will get up to
- Establish your holiday menu, taking into account the allergies and religious traditions of your guests
- Start combing the flyers and newspaper
- Make your grocery lists for Christmas dinner and party menus
- Buy the ingredients for dishes that can be cooked in advance
- Take photos for the Christmas cards
- Prepare the gift exchange (name draw, theme, and budget)
- Make a list of the wines and spirits that you plan to serve

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Grosse Isle students illustrate peace

By Jo-Anne Procter

Unique visions of peace were illustrated through posters submitted by Grade 7 and 8 students from Grosse Isle School for the annual Lions International Peace Poster contest.

Students in Justin Anderson's art class portrayed their concepts of peace in posters for the worldwide competition.

Grade 7 student Kaitlyn Dorsch created the winning poster earning \$100. As the winner of the local contest, Dorsch will have her poster sent to be judged at the district level that includes Lions clubs in southern Manitoba as well as parts of North Dakota and Minnesota.

The winner of that competition will then compete at the North American level with all of the clubs in the United States. The winner from there then goes on to be judged internationally.

Warren and District Lions Club member Murray Scott explained that a group of judges evaluate the posters based on artistic merit, style and evidence of thinking about the idea of peace.

Scott commended the Grosse Isle students for the quality and effort they put into their posters.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Grosse Isle students 2016 Lions Peace Poster contest winners. Pictured from left to right: Justin Anderson, Zoey Stairs, Murray Scott (Lions member), Kaitlyn Dorsch and Carlane MacFarlane.

"The posters that came in were first rate quality for this age group," said Scott. "If we have people like you coming up through the school system with an understanding of what it is to be peaceful and to have tolerance for other people in the world, that is the whole purpose of doing this exercise. We need a lot of that attitude and compassion in the world today."

Since 1988, youth

aged 11 to 13 have had the opportunity to participate in the poster contest, which encourages them to creatively express their sentiments on world peace. Each year, about 600,000 kids from 75 countries participate in this Lions initiative through schools and organized youth groups.

Grade 7 student Zoey Stairs received \$75 for her second place poster and Grade 8 student Carlen MacFarlane



Kaitlyn Dorsch's winning Peace Poster entry.

received \$50 for placing third while the other students received a certificate of participation.

To create her winning poster, Dorsch told the *Tribune* she used a dove to portray freedom, flags to represent the world and people holding hands to show peace and unity.



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Teulon keeping bags from the landfill



TRIBUNE PHOTO BY NATASHA TERSIGNI

Pictured, left to right: Ray Marquette, Joan Barten, Erica and Dave Davidson.

By Natasha Tersigni

With help from dedicated volunteers Ray Marquette, Joan Barten, and Erica and Dave Davidson, Teulon Elementary School surpassed last year's total of 81,600 bags.

The students are well on their way to claiming first prize in

the Bag Up Manitoba campaign this year. Bag Up Manitoba is a project by Take Pride Winnipeg! and MultiMaterial Stewardship Manitoba (MMSM) that encourages elementary schools across the province to collect plastic and poly bags to be recycled.

Last week, volunteers loaded a truck with 160,000 plastics/poly bags that were collected in Teulon over the past year. Green Team students spent their breaks and lunches counting and packing the bags throughout the school year.



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Tree-lighting ceremony



TRIBUNE PHOTO BY NATASHA TERSIGNI

The South West District Palliative Care (SWDPC) launched their annual Memory Tree campaign last Friday prior to the start of Teulon's Holiday Magic Lights parade. The annual campaign is a fundraiser for the SWDPC, where community members make a donation and then place a card on the tree in memory of a loved one who has passed away. So far, the campaign in Teulon has raised \$1,050 and donations will continue to be accepted at the Teulon And District Seniors Resource Council, where the memory tree is located until Dec. 16. Pictured, Iris Hohl places a card on the tree in memory of her late husband Henry.



South West District Palliative Care volunteers, left to right, Dale Reinsch, Nancy Dumas and Lois Borkowsky hand out cookies and hot chocolate at the Teulon and District Seniors Resource Council before the parade starts.

Stonewall Comes Alive

Mark your Calendars
with these upcoming events!

November 28th - December 16th
9th Annual Festival of the Wreaths
 at Stonewall Branch of SI Regional Library
 \$1 per vote - Vote for your favorite.
 All proceeds to Christmas Cheer Board

Friday, December 2 • 3 pm - 7 pm
TREE DECORATING
 Place a paper ornament on the Memory Tree at the
 South Interlake Regional Library - Stonewall
 Sponsored by South West District Palliative Care

Friday, December 2nd
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 Cheerboard
 Deadline for Parade Entries: Monday, Nov. 28th
 Contact Deborah Jensen at 204-467-9222 or djensen0421@gmail.com

Join us for Friday December 2nd 6pm - 8:30pm
Bonfires with marshmallow roast & hot chocolate
 between Chicken Chef & Red Star
 Sponsored by Rockwood Landscaping
 &
 In the Parking Lot of Southside Service
 Sponsored by Firewood Manitoba

Saturday, December 3rd
Breakfast with Santa
 8 am - 11 am
 at Stonewall Legion.
 Sponsored by Stonewall Kinsmen Club and Stonewall Legion

Saturday December 3rd
FREE Children's Movie
Secret Life of Pets (Frightening Scenes)
 at Flicks Cinema
1:00 pm & 3:00 pm
 Bring a Tin For The Foodbank
 Sponsored by the Stonewall Lions Club.

Visit our local merchants for all of your Christmas Shopping this season!
Thank you to all of the community groups for a great weekend of events!

Ruff House opens their doors to new furry friends

By Natasha Tersigni

Dog owners and their four-legged companions had a chance to experience up close the agility courses and other activities offered at Ruff House Boarding Kennel and Training Centre's annual open house held last Saturday.

urday.

Located just south of Teulon on Highway 7, the centre offers a wide variety of classes for owners and their dogs including puppy, obedience, tricks and agility classes.

During the open house, guests had

Attention Kids...



What's *Your* Christmas Eve story?

Choose any of the topics and create your unique story.

1. It was Christmas Eve and everyone was tucked into bed. The clock ticked towards midnight but I couldn't sleep.
2. This is the story of the best Christmas ever. It started when Jack ran downstairs and found an empty space under the tree where he expected his presents to be.
3. I felt sorry for the young couple who knocked at my door. The man looked very tired and the woman was about to have a baby. "I have no more room in the inn," I told them, "but you can stay in my stable."
4. I woke with a start. What had woken me? I listened hard. Yes, there it was again! Bells! I could hear jingling bells.
5. Everyone loved Granny coming for Christmas but she could be terribly forgetful.
6. As Olivia closed her bedroom curtains she looked out at the snowman she had built. It looked like he was smiling.

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Tribune
Stonewall Teulon



TRIBUNE PHOTO BY
NATASHA TERSIGNI

Despite being deaf and partially blind, five-year-old Australian toy Shepherd Ms. Chiff can still participate in the agility course. Ruff House Boarding Kennel and Training Centre owner Ruth Swardfager and Ms. Chiff demonstrate the skills that dogs can learn at the centre's classes during the annual open house held on Saturday.



of the dogs. Dogs learn from each other, so it is great to be in that group atmosphere."

Janice Chase, who was at the open house with her three-year-old dog Widgeon, noted how much better her dog is at socializing after attending the group classes.

"The change that I have seen in Widgeon since we began taking classes a year and a half ago is just amazing. She was really shy, and at first, I could barely get her through the door. Now she is running the courses without any problems. It is really great to see," said Chase.

Wilker encourages any owners who are thinking about agility courses to come out and try them, no matter the age. Wilker adds that the saying "You can't teach an old dog a new trick" is not true especially at Ruff House.

"I have a 16-year-old dog and she is crazy to learn."

For more information on Ruff House Boarding Kennel and Training Centre, visit their website at ruffhouse.ca.

the opportunity to see dogs take part in an agility course where they were led by their owners through different obstacles including tunnels and jumps.

Ruff House's agility coach Michelle Wilker said that the classes really help an owner bond with their dog.

"It builds confidence for the dog and helps to create a focus on you with your dog, so your dog learns to pay attention to you and not their surroundings. The owner is the vehicle to drive the dog around the course and you direct them with your body language or your words," said Wilker, who added that a new session of classes will begin in January.

"We do weekly sessions and the groups are divided based on the skills

Second annual We Care Walk



TRIBUNE PHOTO SUBMITTED

CJNU's own along with friends and volunteers including several from Stonewall took to the streets for the second Annual We Care Walk on Nov. 19.

In total, 11 walkers proceeded down the Higgins and Main Street area in Winnipeg to personally hand out 55 "we care" bags to those in need. Care packages included socks, mitts, gloves, scarves, personal care items, energy bars, juice and more in reusable Association of Manitoba Municipalities tote bags. This year's project yielded over \$1,000 in cash purchases and contributions for the bags.

Thanks to generous donations from parishioners from Church of Ascension in Stonewall, individuals from the Interlake, Red Apple Store in Stonewall, CJNU, Winnipeg Goldeyes and the Association of Manitoba Municipalities, the group collected double what they had in the past.

Correction

In the Nov. 17 edition of the *Stonewall Teulon Tribune*, an incorrect phone number was included in the article "Montreal Canadiens alumni coming to Stonewall."

The correct phone number for Kerry Hendry is 204-467-9618. Hendry is the chair of the Montreal Canadiens alumni hockey game, scheduled for March 9, 2017, as a fundraiser for a new splash pad that the Stonewall Kinsmen Club would like to build at Kinsmen Lake. Tickets for the alumni game against the Kinsmen Krushers are available at Sunova Credit Union, Stonewall Home Hardware and Stonewall Family Foods.

Members of the public can contact Hendry about sponsorship opportunities or for more information about the Thrill of a Lifetime, which allows two individuals to play with the Montreal Canadiens alumni team at a cost of \$1,500 each.

Funds for fireworks



TRIBUNE PHOTO SUBMITTED

Sunova Teulon branch managing partner Bonnie Benn, left, donated \$500 to Jan Lambourne of the Teulon Chamber of Commerce for Holiday Magic Weekend to help with the cost of the fireworks display.

SERVICE CLUBS - Serving our Communities

Tribune

<p>Royal Canadian Legion Branch No. 52</p> <p>\$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.</p>	<p>South Interlake Ag Society</p> <p>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</p> <p>It encompasses the needs of the three municipalities that it serves - Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.</p>	<p>Teulon Women's Institute Phone 886-2216</p> <p>Fee: Nominal membership may apply</p> <p>Motto: "Home and Country"</p> <p>The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.</p>	<p>Oak Hammock Marsh Interpretive Centre</p> <p>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</p> <p>The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.</p>	<p>Quarry Toastmasters</p> <p>Brenda 467-5088</p> <p>Quarry Toastmasters meet every Tuesday 7:15 - 8:45pm at the Stonewall Collegiate in the Library.</p> <p>We work to build up your confidence in public speaking - individually or in a group. We help you plan what to say and to have fun doing it.</p>	<p>Kin Clubs of Stonewall Motto "Serving the Communities"</p> <p>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</p> <p>Kinsmen President Chad Sheppard 204-461-2023 Kinette President Pam Norquay 204-467-9408</p>
<p>Teulon & District Agricultural Society</p> <p>Lana Knor, President 467-0740</p> <p>The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.</p>	<p>Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca</p> <p>The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.</p>	<p>Stony Mountain Stonewall Masonic Lodge #12</p> <p>Call 204-467-2788 for Information</p> <p>Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER.</p> <p>Monthly Meetings 2 B 1 ASK 1</p>	<p>Stonewall Ladies Auxiliary</p> <p>Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.</p>	<p>South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca</p> <p>SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.</p>	<p>The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473</p> <p>The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring.</p> <p>The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.</p>
<p>Knights of Columbus Stonewall</p> <p>Dave Couprie 467-9548 \$40/member/year</p> <p>The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.</p>	<p>South Interlake 55+ Inc</p> <p>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</p> <p>This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.</p>	<p>Stonewall & District Lions</p> <p>Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600</p> <p>Motto: "We Serve"</p> <p>Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.</p>	<p>Independent Order of Odd Fellows Stonewall Lodge #49</p> <p>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</p> <p>Yearly nominal membership fee</p> <p>The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.</p>	<p>Stonewall & District Health Centre Ladies Auxiliary</p> <p>Marg Bond 467-8732</p> <p>The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.</p>	<p>Grosse Isle Women's Institute Phone 204-467-9376</p> <p>Motto: "Home and Country"</p> <p>The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.</p>
<p>Warren Horizons District Lions Club President: Irene Tully 204-375-6522</p> <p>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.</p>		<p>Warren & District Lions President Stu Bangle 204-322-5381</p> <p>"We Serve"</p> <p>Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.</p>			

sports & recreation

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Lindley to join Trojans' fastball program next fall

By Brian Bowman

Tatum Lindley will have plenty of new life experiences next fall.

The 17-year-old has signed a letter of intent to attend school and play fastball for the SAIT Trojans, which are based in Calgary.

"I am excited about having this opportunity to continue playing softball at a college level," Lindley said in an email. "I sincerely want to thank all my coaches from the Phillies' organization who spent countless hours helping me develop into the player I am today."

The decision to go out of province for school and sports is not an easy one.

"Right now I am more excited than nervous about going away for school but I am sure that as the time to leave gets closer, I will be more nervous than excited," Lindley admitted. "The one good thing is that I know I am going to a college and will be playing for a softball team, where I will meet new friends and they will become my 'new' family away from home."

"I know that leaving my friends and family will be really hard, especially my parents and brother. My friends are excited for me (and they) know how much softball means to me and I know that we will keep in touch with each other. Everyone has been very supportive of me."

Lindley knows that she must continue to improve as a player in order to be successful at the collegiate level.

"I am always looking for ways to improve as a player," she said. "I will need to do some weight training this winter, continue to develop/strengthen my pitching skills, develop as a catcher and practice batting. I practice twice a week right now (for batting and pitching) and after Christmas will be adding another day of practice for skill development."

In 2015, Lindley's South Interlake Phillies' U16 team attended the nationals in Calgary. That's when she was first introduced to the Trojans' program.

"Coach George (Edwards) had a table set up and was sharing information about SAIT and the Trojans' softball program," Lindley explained. "This past summer, our Phillies' U18 team hosted the Western Canadian Championships in Winnipeg. Coach George drove to Winnipeg from Calgary and was evaluating future prospects."

The Trojans play in the Western Collegiate Softball Association and their season runs from the end of August until early October. The season is just five weeks, with at least 30 games scheduled.

The team will travel to tournaments in Regina and Saskatoon, as well as playing in the Calgary area.

Lindley, a 5-foot-10 right-handed pitcher who bats left, has grown up playing for the Phillies. She had high praise for the coaching she received over the years.

"I have had amazing coaches, like Lyle Lawrence, Curtis Fines, Blaine Shewchuk, Joe Cabral, Chris Cara, Kayla Price, and Denis and Brenda Woods," she said, noting this is her last year of minor fastpitch and has accepted a spot on the Winnipeg Lightning 99 team.

"Also, Brady Woods has been my pitching instructor for the past two years. I owe a lot of my success to these great people and the Phillies' organization."

Schooling, obviously, played an important part in her decision to head west.

"My family and I had the chance to



TRIBUNE FILE PHOTO

Tatum Lindley has signed a letter of intent to attend and play fastball for the SAIT Trojans this season.

speaking with (Edwards)," Lindley said. "He told us about the softball program at SAIT and, more importantly, discussed the different academic programs that SAIT had to offer. He mentioned that SAIT's emphasis is on academics first and then sports."

Lindley is really interested in following up with becoming an Ultrasound Technician. She noted that SAIT is one of few colleges that accept students directly from high school into their Diagnostic Medical Sonography Diploma program.

"This past October, I applied for that program and I am currently waiting to be accepted," she said. "I need to achieve 75 per cent in Grade 12 physics, math and English in order to even be considered."

"If I meet these academic requirements then I need to write an entrance test and participate in an interview. The program only accepts 22 students each year."

Softball excellence



TRIBUNE PHOTO BY LANA MEIER

Amber Schneider, right, was selected as Softball Manitoba's U16 "A" Player of the Year at last weekend's banquet. The talented pitcher posted a 22-5 record this past season with a 1.92 earned-run average. At the softball nationals in Montreal this past summer, Schneider was named the tournament's top pitcher and most valuable player. The Stonewall product has also been named to the 2017 Athlete Pool for the Canadian junior women's team.

Stony Mountain Fall Open Bonspiel winners



TRIBUNE PHOTOS SUBMITTED BY JASON DEPREZ

The Stony Mountain Curling Club held a Fall Open bonspiel last weekend with 12 teams participating. Jason Deprez's rink (far left photo) won the first event. His team included, left to right, Neal Foy, Melanie Deprez, Jason Deprez, Nicole Foy and Derrick Amy. Middle photo: Laurie Deprez, along with Kathy Allardice, Jill Proctor and Laurie Ellwood, won the second event. Meanwhile, Kurtis Bouskill, Dana Stewart, Nikki Morton and skip James Morton won the third event. Jessica Sabansky won the "Hot Shots" competition.



Wildcats headed to provincials

TRIBUNE PHOTO BY JO-ANNE PROCTER

The Warren Wildcats varsity boys' team won the 'AA' provincial qualifier last Saturday at home. The Wildcats defeated the Teulon Saints 25-15 and 25-21 in the final. Warren and Teulon now advance to the MHSAA provincials in Carman Dec. 1-3. Pictured, back row from left to right: Eagen Hamilton, Matt Fossay, Colton Gibson, Austin Holod, Bren Hunter, Adam Minaker, Ryan Peltz, Mark Hnatuk (coach); front row: Hunter Sholdice, Gunnar Arksey, Connor Oleschak, Asa France and Mitch Allen. Missing: Nick Streeter, Braxtyn Carrier, Mac Blanchard and Lucas Procter.

Ice win bronze at U.S. tournament

Staff

The Interlake Ice Bantam "AAA" girls' hockey team won a bronze medal at the 12-team All American Girls Hockey tournament in Blaine, Minn., last weekend.

Interlake defeated Thunder Bay 1-0 in the bronze-medal game. Megan Humeniuk scored the only goal of the game while Dana Beck recorded the shutout.

The Ice began action Friday with a pair of victories to finish atop their pool. Interlake defeated Anoka/Rog-

ers 5-1 as Sarah Farmer, Brenna Barylksi, Jorja Wheddon (two) and Sarah Dowsett scored for the winners.

Jaylynn Miller posted the win in goal.

In their second game, Barylksi scored four times while Beck was perfect in goal for a 4-0 shutout win over Lakeville North.

With the two wins, Interlake advanced to a semifinal game, losing 7-2 to Proctor/Hermantown. Zoe Zaretsky and Dowsett scored for the Ice.



TRIBUNE PHOTO BY BOB BECK

The Interlake Ice Bantam 'AAA' hockey team won bronze at the All American Girls' Hockey tournament last weekend. Pictured left to right: Coaches Stu Bremner, Paul Miller, Blaine Shewchuk; back row: Jaylynn Miller, Maddy Fines, Jacey Ledochowski, Brenna Barylksi, Anna Shewchuk, Megan Humeniuk, Dana Beck, Sydney Byle, Jorja Wheddon; front row, Sarah Farmer, Emma Pool, Ellen Marshall, Kenzie Bremner, Zoe Zaretsky and Sarah Dowsett.

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Midget Provincial Lightning heating up

By Brian Bowman

The weather may be getting colder outside, but the Interlake Lightning Midget Provincial team is starting to really heat up.

Interlake won a pair of games last weekend — shutting out Brandon 3-0 on Saturday and then pounding Parkland 6-2 Sunday afternoon — in Manitoba AAA Midget Hockey League action.

The Lightning had a great start against Parkland, scoring four first-period goals and then added two more in the second.

Interlake's Jack Einarson had a hat trick and an assist by the 9:42 mark of the middle frame. Erik Asselin, Corey Soosma and James Maxwell also scored for the Lightning.

Kurtis Luke, with two goals, was the only Ranger to beat Interlake goalie Riley Buhay. Buhay made 25 saves for the win.

The Lightning started their weekend with a great shutout victory over the Brandon Wheat Kings in Teulon.

Adam Swan continued his recent exceptional play by making 43 saves for the shutout.

Maxwell also had a strong game for the Interlake, scoring once and adding two assists. Maxwell

scored midway in the first period and then Corbin Mariash made it 2-0 with a power-play goal at 9:34 of the second period.

Soosma then closed out the scoring with an empty-net goal in the game's final minute.

Mariash and Rhys Bremner each finished the game with two points.

On Nov. 16, the Lightning were defeated 5-1 by the Thrashers in Winnipeg.

Andrew Hopko gave the Thrashers a 1-0 lead midway in the first period and the score stayed that way until Winnipeg's Dawson McKenzie made it 2-0 early in the third.

Interlake's Evan Klyne-Geisler cut that lead in half, though, just 1:28 later, assisted by Einarson and Bryce Krauter.

Winnipeg would then seal the win with unanswered goals from Jacy Kennedy, Duncan Pierce, and Lewis Negrich.

Swan made a whopping 57 saves for the Lightning.

Interlake, now winners of three of its past four games, will host the Thrashers Friday (7:30 p.m.) and Norman on Sunday (2:30 p.m.) to complete a four-game homestand.



TRIBUNE PHOTO BY LANA MEIER
Lightning captain Jack Einarson had a hat trick and an assist in Interlake's 6-2 win over Parkland Sunday afternoon.

Lightning battling hard



TRIBUNE PHOTO BY RICK HIEBERT

The Interlake Lightning's Loren Proven fights thru the tight checking Hawks' Kelly-Rae Zdan during MFMHL action. Interlake lost both of their games 8-1 to Pembina Valley last weekend.

Golden Novice players



TRIBUNE PHOTO BY LISA SLATCHER

The Stonewall Blues Novice '4' team placed first this past weekend at the Warren tournament. Stonewall defeated Warren 'Green' 6-1 and Teulon 'Black' 8-0 in the round robin. The Blues then beat Stonewall '2' 9-0 in the semifinals and Teulon 'Black' 7-1 in the final. Pictured, left to right, back row: Bill Abraham (assistant coach), Shawn Slatcher (head coach), Preston Grandmont, Brody Slatcher, Jarek Grantham, Lucas Abraham, Max Johnson, Landyn Rempel, Shawn Rempel (assistant coach), Mike Meier (assistant coach); middle row: Myles Murray, Zander Bassett, Lucas Appleyard, Nicolas Turner, Ethan Coutu; goalie Reis Meier.

Flyers remain winless in return to SEMHL

By Brian Bowman

It's been a tough return for the Stonewall Flyers to the South Eastern Manitoba Hockey League.

After taking a one-year hiatus to play in the Manitoba Senior Hockey League, the Flyers have received a rude welcome in their return to the SEMHL.

The Flyers now have an 0-4 record after losing a pair of games last weekend. Stonewall started play with a 6-3 home loss to Portage and then was defeated 7-2 by the Merces in Warren on Sunday.

In Sunday's loss, Warren bolted out of the gates with four first-period goals and led 4-1 after 20 minutes.

Wade Duncan led Warren with a goal and two assists while Chad Deprez, Reid McLeod, Bryn Lindsay and Brock Genyk each scored once and added an assist.

Kyle Luschinski and Trent Genyk also scored for Warren. Wes Pawluk and Brendan Luschinski each had a

pair of helpers.

Matt Varnes and Mac Johnson replied for Stonewall. Travis Bosch made 37 saves for the win.

On Friday, Stonewall was doubled by Portage at the VMSC.

Dylan Kuczek, Soren Fredrickson and Brayden MacDonald, on the power play, scored for the Flyers.

Tanner Waldvogel led Portage with two goals and an assist while Anders Strome, Tyler Moore, Jordyn Boyd, Zach Waldvogel added singles.

The Merces were also in action Friday, losing 9-3 to Carman. Pawluk and Brock Genyk scored first-period goals for Warren and then Scott Corbett tallied late in the third.

The high-powered Beavers were paced offensively by Darren Bestland, Dustin Bruyere and Aaron Lewadnik, who each scored twice and added an assist.

Scott Sisson, Mark Owen and Laurent Benjamin added a goal and assist apiece.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Merces' goaltender Cole Bolton faced a plethora of shots in Warren's 9-3 loss to the Carman Beavers last Friday.

Stonewall will host Altona (2-2) on Saturday (8 p.m.) and then will travel to Winkler to play the Royals (0-6) on Sunday (7:30 p.m.).

Warren (2-2), meanwhile, will host Notre Dame (3-0-1) on Saturday. Puck drop is 8 p.m.

Stonewall Rams win pair of WHSHL games

By Brian Bowman

The Stonewall Collegiate Rams hockey team is on a roll.

Stonewall won both of its Winnipeg High School Hockey League games last week.

The Rams made it two wins in a row after defeating the Scorpions 7-5 in Lorette last Friday. Stonewall trailed 5-3 in the third period but exploded for four goals in a 10:50 span.

Carson Ouellette led the Rams with two third-period goals and three assists while Brendan Labossiere had a hat trick. Colton Gadoury and Dylan Stocki also tallied for the winners.

Seth Mandryk had two assists. Gavin Love earned the win in goal.

Kaan Bitchok, William Gladu, Drayden Baggle, Brayden Gerard, and Nicholas Jolicoeur replied for Lorette.

On Nov. 15, the Rams won their first

game of the season with a great effort in a 3-1 victory over College Jeanne Sauve at the Dakota Community Centre.

After a scoreless opening period, Ouellette, on the power play, and CJS' Keilin Bautista traded second-period goals. Ryan Brown assisted on Ouellette's goal.

In the third, Labossiere scored the eventual game winner while short-handed, assisted by Ouellette, and then Blake McClintock scored with six seconds left in the game to ice the Rams' win.

Love earned the win in goal.

Stonewall, now 2-6-0-1, played West Kildonan yesterday but no score was known at press time. The Rams will then host the JH Bruns Broncos this Friday at the VMSC. Puck drop is 4 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

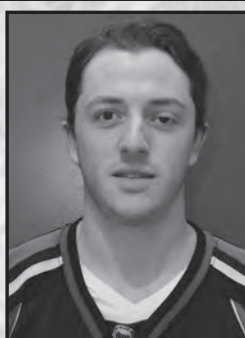
The Rams' Dylan Stocki, left, scored the game winner during Stonewall's 7-5 win over the Lorette Scorpions in WHSHL action last Friday.

Meet your Jets...

Bryce Stovin #9

Forward Born: 1997
Height: 6' 0"
Weight: 185 lbs.
Shoots: left
Hometown: Stony Mountain

Sponsored by



Stonewall Jets vs Transcona Railer Express
Tuesday, November 29
8:00 pm @ Ed Golding Arena

Stonewall Jets vs Charleswood Hawks
Friday, December 2
7:30 pm @ Eric Coy Arena

www.stonewalljets.net



Martin enjoyed officiating women's hockey nationals

By Brian Bowman

As a longtime official, Amy Martin has seen a lot of good hockey played in front of her.

But she saw the best young players in Canada compete against each other recently at the Women's U18 Championship in Regina earlier this month.

"It was my first national tournament, so that was neat," said Martin, 21, last Thursday. "It was something totally new to see and it was a really good experience."

The championship included eight provincial and regional teams, including Alberta, Atlantic, British Columbia, Ontario Blue, Ontario Red, Quebec, Saskatchewan and Manitoba.

The quality of hockey played throughout the tournament was real

good.

"The age group was Midget AAA, under 18s, and because it was the best players in all of the provinces, it definitely was quicker and smarter hockey," Martin said.

"It was pretty neat to see girls from all over the country."

Martin, who lives in Stonewall, was a linesman for three games, including Manitoba's very first contest. She said it was great to see three local players from the Interlake playing for Team Manitoba.

"It was pretty cool to see that," Martin said. "They were familiar names and I had a chance to see them on the ice. It was pretty neat to see that the Interlake is producing good hockey players."

Interlake is also producing good officials like Martin. She wants to continue to improve as an official every time she steps out on the ice.

"There is definitely room to grow and improve," she admitted. "This was my first (national) tournament and in April there is another national female tournament being hosted in Morden. I'll also be going to that one."

Martin, like many people around hockey, feels that the women's game has drastically improved over the years. A lot of girls in Manitoba are now playing the game at an elite level.

"There are more women's leagues now and higher-calibre leagues," she noted. "More girls are signing up for hockey and it's growing. It's awesome to see."



Amy Martin

Rams varsity girls' advance to provincials

Staff

The Stonewall Collegiate Rams are headed to the MHSAA "AAA" varsity girls' volleyball provincials.

Stonewall earned a berth into the provincials after beating John Taylor last week in five sets (with Brielle Cara serving seven balls in a row for the Rams as they were down 11-8 in the fifth set).

"Every player contributed to the match, whether they were playing or supporting from the bench," said Rams' co-coach Jaclyn Risk in an email. "It was probably the best game we played all season so far as the girls fought really hard."

Stonewall had several kills from Cara, Alycia Palmer, and Sarah Fines, said Risk, with many blocks coming from Deserae Laquette and Courtney Marko.

"Jenna Kendal had an exceptional game setting and moving the ball to various hitters," Risk noted. "We were able to read the (other) team and, especially their setter, very well. Brean-

na Rutledge-Mohr also did a terrific job serving and playing back row as she dug up many balls."

With that win, Stonewall played against Churchill High School the next day and won in three sets.

"Everyone was able to see the floor and the girls played really well," Risk said. "It was a win that we needed to guarantee that we would be in provincials. It was mostly a serving game with players such as Sarah Fines, Jenna Kendal, and Brielle Cara going on runs and getting quite a few points."

Again, the Rams saw some big hits from their middles - Laquette, Loren Proven and Courtney Marko - with a lot of outside kills from Fines, Cara, Alycia Palmer, Randi Frost-Hunt, and Kyra Shewchuk.

Rutledge-Mohr, meanwhile, did a terrific job serving and playing back row as she dug up many balls, said Risk.

The MHSAA "AAA" varsity girls' provincials will take place Dec. 1-3 in Winnipeg.

Jets topple Twins in MMJHL play

By Brian Bowman

The final score may have been closer than many people would have predicted, but the Stonewall Jets accomplished what they set out to do against the Ft. Garry/Ft. Rouge Twins.

They earned a victory.

Stonewall scored a pair of third-period goals to snap a 1-1 tie on its way to a 3-1 Manitoba Major Junior Hockey League road win on Sunday.

After a scoreless first period, the Twins' Zach Heisinger netted a power-play goal just 47 seconds into the middle frame.

The Jets' Garrett Bruce tied the score at 1-1 less than two minutes later with his seventh goal of the

season and then Adam Blight and Chase Faulkner tallied in the third.

Faulkner now has 11 goals to lead the Jets in scoring. Hunter Ploszay made 34 saves for the win.

With the victory, Stonewall improved its record to 12-3 and the Jets now have 24 points to sit in a tie for second place with the Pembina Valley Twisters (11-3-2).

Charleswood leads the 10-team league with an 11-2-3 record and 25 points.

Stonewall hosted St. James last night but no score was available at press time. The Jets will then visit the Transcona Railer Express next Tuesday. Game time is 8 p.m.

PeeWee tourney finalists

TRIBUNE PHOTO BY TANYA SWANSON

The Stonewall Blues PeeWee team won silver at the 2016 Behlen Female Challenge in Brandon this past weekend. Stonewall defeated Stonewall 'MC' 2-1, the Brandon Thrashers 3-0 and lost to the Weyburn Gold Wings 5-0 during the round robin. Stonewall was then defeated 4-1 by Weyburn in the final. Stonewall 'MC' meanwhile won bronze. Pictured left to right, coaches Jeff Morden, Matt Wahoski and Trevor Farmer; back row, Taylor Hudon, Taylor Morden, Ella Wahoski, Ryann Snell, Kyra Swanson; middle row Brooke Farmer, Ava Farthing, Daryn Bremner, Reghan Kirk, Alexandra Snell, Rylee Cool; front row, Danielle Munroe, Teagan Atchison and Kate Farmer.



Interlake Minor Hockey to host development clinics

Submitted

Interlake Minor Hockey will be holding development clinics for Atom and Pee wee players (male and female) run by Shoot to Score hockey.

There will be four sessions in total. Gimli will host clinics on Dec. 17 and Jan. 22 while two others will be held in Arborg on Dec. 18 and Jan. 21.

Registration for multiple sessions is currently open at a discounted price of \$40 for two sessions (Arborg or Gimli). Registration for an individual session will open up on Dec. 1 (depending on availability).

Interlake Lightning Development jerseys are also available for \$35 (if players sign up for multiple sessions or \$40 (if signed up to an individual session).

To register, individuals can select the

Interlake Minor Hockey Registrations at the top right of the Interlake Minor Hockey homepage.

Meanwhile, registration is also now open for the 2016-17 CCM Rising Stars Program at a cost of \$100. There will be an additional registration fee charged by Hockey Manitoba to cover tournament costs (last year the fee was \$85).

Players must participate in the Rising Stars Program in order to be eligible for the Rising Stars PLUS+ program.

To register, go to the Interlake minor hockey website and click the registration link at the top left of the page. Please email interlakeminorhockey@hotmail.com if you have any questions.

Manitoba Hockey Standings									
MANITOBA JUNIOR HOCKEY LEAGUE									
GP	W	L	OTL	PTS	GF	GA			
Steinbach Pistons	23	19	3	1	39	95	45		
OCN Blizzard	25	17	5	3	37	82	58		
Winkler Flyers	25	18	7	0	36	95	55		
Portage Terriers	22	16	6	0	32	94	72		
Virde Oil Capitals	25	13	7	5	31	66	68		
Selkirk Steelers	23	14	8	1	29	79	70		
Winnipeg Blues	26	11	12	3	25	87	83		
Swan Valley Stampers	21	7	11	3	17	59	79		
Neepawa Natives	23	7	16	0	14	59	92		
Dauphin Kings	22	4	15	3	11	49	87		
Waywayseacappo Wolverines	23	3	18	2	8	58	114		
MANITOBA MAJOR JUNIOR HOCKEY LEAGUE									
GP	W	L	OTL	PTS	GF	GA			
Charleswood Hawks	16	11	2	3	25	53	37		
Stonewall Jets	15	12	3	0	24	83	47		
Pembina Valley Twisters	16	11	3	2	24	74	51		
St. James Canucks	18	10	7	1	21	68	65		
Raiders Jr. Hockey Club	17	9	7	1	19	71	50		
St. Boniface Riels	18	8	7	3	19	58	64		
St. Vital Victorias	18	7	8	3	17	67	82		
Transcona Railer Express	18	8	10	0	16	61	70		
Fl.Garry/Fl.Rouge Twins	18	6	10	2	14	57	77		
River East Royal Knights	18	4	14	0	8	43	92		
KEYSTONE JUNIOR HOCKEY LEAGUE									
Central Division									
GP	W	L	OTL	PTS	GF	GA			
Peguis Juniors	12	8	4	0	16	81	64		
Arborg Ice Dawgs	11	6	5	0	12	56	49		
Fisher River Hawks	10	4	6	0	8	69	68		
South Division									
GP	W	L	OTL	PTS	GF	GA			
St. Malo Warriors	13	9	3	1	19	79	55		
Selkirk Fishermen	14	9	5	0	18	74	27		
North Winnipeg Satellites	13	5	7	1	11	51	64		
Lundar Falcons	12	5	7	0	10	48	55		
North Division									
GP	W	L	OTL	PTS	GF	GA			
OCN Storm	10	7	3	0	14	89	62		
Cross Lake Islanders	11	5	5	1	11	61	48		
Norway House North Stars	10	0	10	0	0	18	134		
SOUTH EASTERN MANITOBA HOCKEY LEAGUE									
GP	W	L	OTL	PTS	GF	GA			
Portage	4	4	0	0	8	20	10		
Notre Dame	4	3	0	1	7	18	9		
Morden	4	3	1	0	6	15	14		
Carman	4	3	1	0	6	25	11		
Altona	4	2	2	0	4	15	16		
Warren	4	2	2	0	4	20	19		
Stonewall	4	0	4	0	0	11	29		
Winkler	6	0	6	0	0	12	28		
AAA MIDGET HOCKEY LEAGUE									
GP	W	L	OTL	PTS	GF	GA			
Wild	20	15	3	0	32	96	41		
Yellowhead	20	12	4	1	28	81	59		
Thrashers	19	12	5	1	26	91	42		
Central Plains	20	12	7	1	25	81	68		
Brandon	18	11	5	1	24	67	50		
Southwest	17	10	7	0	20	59	62		
Pembina Valley	18	10	8	0	20	65	53		
Eastman	19	9	10	0	18	68	57		
Kenora	19	6	10	0	15	54	85		
Parkland	19	7	12	0	14	59	91		
Interlake	17	5	10	0	12	45	75		
Norman	20	3	16	0	7	47	130		
AAA CITY MIDGET HOCKEY LEAGUE									
GP	W	L	OTL	PTS	GF	GA			
Winnipeg Monarchs	14	14	0	0	28	80	35		
Winnipeg Hawks	15	7	5	1	17	58	47		
Winnipeg Warriors	14	7	5	1	16	65	53		
Winnipeg Sharks	11	7	4	0	14	50	41		
Eastman Selects	11	1	8	1	4	27	53		
Interlake Lightning	13	1	12	0	2	29	80		
AAA BANTAM HOCKEY LEAGUE									
GP	W	L	OTL	PTS	GF	GA			
Winnipeg Monarchs	13	12	1	0	24	85	17		
Winnipeg Warriors	13	8	4	0	17	60	41		
Eastman Selects	10	7	3	0	14	46	33		
Winnipeg Hawks	11	6	3	1	14	78	31		
Winnipeg Sharks	14	5	7	1	12	38	49		
Interlake Lightning	11	0	10	1	1	26	86		
MANITOBA FEMALE MIDGET AAA HOCKEY LEAGUE									
GP	W	L	T	OTW	OTL	Pts			
Winnipeg Avros	12	7	2	-	3	-	20		
PV Hawks	11	8	2	-	1	-	18		
Westman Wildcats	9	7	1	-	-	1	15		
Yellowhead Chiefs	12	6	5	-	1	-	14		
Eastman Selects	11	5	3	-	-	3	13		
Central Plains	10	3	5	-	-	2	8		
Norman Wild	14	2	11	-	1	-	6		
Interlake Lightning	11	-	9	-	1	1	3		
MANITOBA HIGH SCHOOL HOCKEY									
Winnipeg Free Press #2 Division									
GP	W	L	OTL	PTS	GF	GA			
Springfield	10	7	1	0	24	56	34		
West Kildonan	10	6	0	0	24	44	29		
Garden City	8	5	2	1	16	36	23		
Westwood	8	3	3	0	13	35	35		
Transcona	10	2	3	4	12	34	38		
College Jeanne Sauve	8	3	4	0	11	24	29		
Fort Richmond	8	3	3	2	11	30	34		
J.H. Bruns	11	1	7	0	9	38	61		
Lorette	8	2	5	0	8	36	37		
Stonewall	9	2	6	1	7	26	39		
STATS AS OF TUESDAY, NOVEMBER 22									

‘Obstacles can’t stop you,’ Syrian refugee tells students

By Dave Baxter

A Syrian refugee who came to Canada with next to nothing and has worked hard to create a good life for himself and others got the chance to share his story with 16,000 youth last week in Winnipeg.

Hani Al Moulia, 21, is a Syrian refugee who now lives in Regina, Sask.

He spoke during the We Day event at MTS Centre last Friday and spoke about both his struggles and successes.

Al Moulia said he grew up in Syria succeeding at school and even teaching himself subjects such as English and music, but much of that success was halted when Syria was thrust into a deadly civil war.

“The Syrian Civil War came and everything changed,” Al Moulia said while speaking to youth last Friday. “Suddenly it was too dangerous to even go outside after 7 p.m.”

The war affected Al Moulia because of his own fear, but also because he had to witness the fear of his loved ones.

“My little brother would shake when we would hear the sound of bombs falling all around us,” he said. “We became prisoners in our own home.”

Al Moulia showed images of the neighbourhood in Syria where he

grew up and how it was affected by and in many cases destroyed by war. Those images drew gasps from some in the crowd.

Al Moulia said his education was so important to him that he would often pass through “dangerous military checkpoints” to get to school and he graduated high school with a 100 per cent average in physics.

When he smuggled food into his own home to feed his family he said he was thrown in jail and in 2012 he fled to Lebanon “with only my high school diploma in my hand.”

While in a refugee camp he said his entire family lived in a small tent and because there was not a lot to do while in the camp he started using his time to help others.

“I spent a lot of time teaching English and drama to children in the camp.”

He said while in the camp he often told youth not to fear obstacles.

“I would say ‘obstacles can’t stop you because if you want to you can go around them,’” he said to a massive applause.

Al Moulia has now settled in Regina, and he said although the weather is cold, he has found the people to be “very warm.”

“For me it is the warmest place ever because people here are always



TRIBUNE PHOTO BY DAVE BAXTER

Syrian refugee Hani Al Moulia, who fled Syria in 2012, pictured above left, shares his story of both struggle and success to thousands of youth, pictured above right, during the We Day event at MTS Centre in Winnipeg last Friday.

willing to help,” he said. “For me it is home.”

Al Moulia has now been in Canada for more than 15 months and he told the crowd at We Day he has been accepted into a university engineering program on a full scholarship.

He is now also a member of Prime Minister Justin Trudeau’s Youth Council.

“There I can talk about my expe-

riences and share my knowledge, which I hope can improve life for everyone in my adopted country,” he said. “I am so, so proud to be Canadian.”

He finished his presentation by telling youth to chase their dreams

“Don’t wait until tomorrow,” he said. “In order to make a difference in your life and other’s lives start today.”

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Private sale - newly renovated 3 bdrm. 1110 sq. ft. bungalow, fin. bsmt. with dble attach. garage on 75x163 corner lot. Located on quiet cul du sac in centre of Stonewall, lge. two tiered deck, mature trees, extra driveway. Too many upgrades to list. Priced to sell \$339,000. Phone 204-467-8086.

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Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

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take a break > GAMES

SUDOKU

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

Level: Intermediate

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!

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Poets
6. Insecticide
9. Insect feeler
13. Intestinal
14. "Drum Boogie" singer
15. Region
16. Chinese automotive co.
17. Served before entree
18. Dwells
19. Boosted
21. Tells players what to do
22. Infections
23. Hoover is one
24. Expresses surprise
25. Basketball position (abbr.)
27. Fresh Prince of ___ Air
28. Hindu queens
30. Easter marshmallow treat
32. Where coaches stand
35. Women
37. Thai province
38. Drenches
40. Matters that settle
43. Not wide
44. Elaborate garments
45. Swiss river
47. South Dakota
48. Instinctive part of the mind
50. Some put this in their hair
51. French young women
53. Two legged support
55. Stimulates the heart
59. Waste matter
60. Nocturnal rodents
61. The Who anthem "___ O'Riley"
62. Old age personified
63. Remnant
64. Disband
65. Nanosecond
66. Referee declares
67. A citizen of Iran

CLUES DOWN

1. "ER" actress Leslie
2. Wings
3. Power to direct and control

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16					17					18			
19				20					21				
			22					23				24	
	25	26		27			28				29		
30			31		32		33					34	
35				36		37			38				39
	40				41			42		43			
		44					45		46		47		
48	49		50				51				52		
53		54				55					56	57	58
59						60					61		
62						63				64			
65						66				67			

4. Small freshwater fishes of Eurasia
5. Scandium
6. Earnhardt and Hunter are two
7. Two-parted
8. Foul-mouthed bear from the movies
9. Tan horses
10. Song
11. Draw blood
12. High-ranking Turkish officer
14. Determine time
17. Begets
20. Watch chain
21. Constellation representing a dog
23. Indian dish
25. Legumes
26. Romanian river
28. An auto you don't keep
29. Signs, __, delivers

30. Police Department
31. Relating to teaching
33. Sportscaster Patrick
34. A way to glide
36. Fathered
39. Statute mile (abbr.)
41. One-thousandth of an inch
42. Discounts
46. Rockers from Georgia
48. Norwegian playwright
49. Herbs
51. S. China seaport
52. Stout sword
54. Pasty
55. Fill a suitcase
56. Japanese weapon
57. Dark brown or black
58. Grain crop
60. Time used in far western states
64. Drill instructor

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Winners of the 2016 Rosser Fire Department Cash Calendar November draws are as follows: \$200 Joan Fisher; 5 - \$25 prizes were awarded to Dusty Moore, Alfred Hoas, Shane Elliot, Reg Roy and Gord Slagerman.

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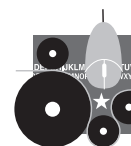
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TOWN OF STONEWALL PUBLIC NOTICE

**REGARDING A LOCAL IMPROVEMENT PLAN
BY-LAW NO. 11-16 FOR THE LAGOON EXPANSION AND UPGRADE**

The council of the Town of Stonewall has scheduled a public hearing at the Town Hall located at 293 Main Street on the 21st day of December, 2016 at 6:35 PM to present the following local improvement plan:

The upgrade of the lagoon will enable the Town to progress with future development and address the phosphorus reduction requirements of the new effluent quality standards.

This project would include the design of a new Primary cell for a 40 year design period, extension of the existing forcemain to connect to the new Primary cell, design the new cell interconnection piping, discharge piping system and outfalls, conversion of the existing Primary Cell to a Secondary Cell, use of an Alum addition system for the phosphorus removal and a new truck dump station off Road 78N. The Alum addition system will be an Alum slurry injection and mixing system, with the Alum tank and dosing pump to be located in a new building to be constructed on site. This will include access roadways, sitework, building and building HVAC. This system would be installed between the proposed Primary cell and Secondary cells to provide the most operational flexibility. This site would require a long access roadway with power and communications.

The local improvement district will include all properties, all taxable, grant-in-lieu and otherwise exempt, in the municipality other than property described in Section 21 of The Municipal Assessment Act.

The potential taxpayers for this Local Improvement Plan will be the property owners of all taxable, grant-in-lieu and otherwise exempt properties in the Town of Stonewall.

The method to be used for calculating the proposed local improvement will be a special Per Parcel rate on all rateable property, including otherwise exempt, in the Town of Stonewall.

The rate will be as follows:
1) Cash Basis (lump sum) - \$1467.00 per parcel
OR

2) Finance Basis - \$122.76 per parcel levied annually for twenty (20) years.

Property owners will be provided an opportunity to pre-pay their portion of the special Per Parcel tax following completion of the work, by a date set by council.

Anticipated Sources of funding for Lagoon Expansion and Upgrade

Capital Borrowing pursuant to Part 6 Division 2 of The Municipal Act	\$ 3,200,987.00
Grant Money	\$ 2,300,000.00
Capital Levy Reserve	\$ 195,000.00
TOTAL	\$ 5,695,987.00

The estimated amount of borrowing is \$3,200,987.00.
The maximum rate of interest on the borrowing will be 5.5%.
The term of the borrowing is to be twenty (20) years (2018 to 2037).
The estimated Annual Payment of principal and interest is \$267,856.45.

The interim financing of the borrowing shall be from the Sunova Credit Union, Stonewall Branch, at the rate of interest not to exceed 5.5% per annum.

The cost of the annual operating and maintenance of the lagoon, once expanded, shall be funded from consumer charges of the Town of Stonewall utility (water/wastewater) service.

A written objection may be filed with the Chief Administrative Officer at the Town Office, #293 Main Street, Box 250, Stonewall, MB, R0C 2Z0, fax #467-7999 and email dsteg@stonewall.ca prior to the commencement of the Hearing. At the hearing, Council will hear any potential taxpayers who wishes to make a presentation, ask questions or register an objection to the local improvement plan.

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 the local improvement plan are available at the Town Office at #293 Main Street, Stonewall, MB and on the Town website at www.stonewall.ca

Dated at the Town of Stonewall this 18th day of November, A.D., 2016 and issued pursuant to Section 318 of The Municipal Act.

Doreen Steg, C.M.M.A., Chief Administrative Officer
Town of Stonewall, 467-7979 dsteg@stonewall.ca



SCHOOL SECRETARY REQUIRED

Interlake School Division invites applications for a part-time (9 hours per week, schedule to be determined) **School Secretary** position at Stony Mountain School.

The ideal candidate will possess:

- Excellent people skills
- Minimum grade 12 education
- Strong computer and keyboarding skills (minimum 50 words per minute)
- Good accounting skills
- Previous secretarial experience
- Excellent communication and organizational skills
- Knowledge of Powerschool and CIMS programs are an asset

Applications are to include a complete resume and three references.

Please apply by November 30, 2016, 12:00 noon to:

Mr. Myles Blahut, Principal
Stony Mountain School
Stony Mountain MB R0C 3A0
Tel: 204-344-5459
Email: mblahut@isd21.mb.ca

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> MEAL IDEAS

Bistro Chicken Pasta Salad



1/3 cup (75 mL) balsamic vinegar
1 tbsp (15 mL) Dijon mustard
2 tsp (10 mL) canola oil
1 garlic clove, minced
2 cups (500 mL) whole wheat penne pasta, cooked
3 boneless, skinless chicken breasts, grilled or cooked, cut into cubes



Phone 467-5553

1/4 cup (50 mL) grated or shaved Parmesan cheese
12 cherry tomatoes, sliced in half
1/2 small red onion, sliced in rings
1/4 tsp (1 mL) ground oregano
1/4 tsp (1 mL) freshly ground black pepper
1/2 cup (125 mL) freshly chopped basil

In small bowl, whisk together balsamic vinegar, Dijon mustard, canola oil and garlic. Set aside.

In large bowl, combine pasta, chicken, Parmesan, tomatoes, onion, oregano and pepper, tossing gently. Stir in balsamic mixture and basil, tossing gently again. Serve immediately or cover and refrigerate up to two days.

Black-Eyed Pea and Roasted Garlic Salad



1 large head of garlic
1 can (540 mL/19 oz) black eyed peas,

drained and rinsed
1 large tomato, chopped
2 green onions, thinly sliced
30 mL (2 tbsp) chopped fresh dill or 10 mL (2 tsp) dried dill
1 L (4 cups) mixed spring greens
20 mL (4 tsp) canola oil
30 mL (2 tbsp) lemon juice
Freshly ground black pepper (optional)
Cut top stem end off heads of garlic to expose cloves. Wrap in foil and roast in 200°C (400°F) oven for about 40 minutes or until very soft. Let cool slightly.

In bowl, combine peas, tomato, onions and dill. Squeeze garlic cloves out into pea mixture and discard skins. Stir together to combine. Divide greens onto 4 plates and top with pea mixture.

In small bowl, whisk together oil and lemon juice and spoon some over each salad. Sprinkle with pepper, if using.

Tip: For a stronger garlic flavour, roast another head of garlic and add it to the salad.

Anger Creates Emotional Damage



"ANGER IS JUST A COWARDLY EXTENSION OF SADNESS. IT'S A LOT EASIER TO BE ANGRY AT SOMEONE THAN IT IS TO TELL THEM YOU'RE HURT."

TOM GATES

Very often when people get angry they blame someone else for making them angry. They may not have liked another person's behavior, or they feel that someone "pushed their buttons."

The truth is that we make ourselves angry, and we should be completely in control of our "buttons." Anger is a reaction, often of the "knee jerk" variety. It is not a conscious, thought out response.

When we feel anger rising within, it should be like a warning light that tells us something is not sitting well with us. The problem may lie outside of ourselves; a situation or behavior of another, but it may also be strictly about our own inner process.

Once we are aware that we are feeling anger we need to stop and assess what is really going on, rather than simply venting the emotion that has arisen.

Perhaps we are angry because someone forgot our birthday, or did

not follow through on something they said they would do. It is perfectly legitimate to let another know how we feel and why we are upset. It is also legitimate to tell them what we need.

If we think of venting anger as though we are hitting the person with a big stick, we quickly see that this is not legitimate. When we vent anger we are actually "hitting" a person with our words and emotions. All that accomplishes is to make the person withdraw from us, feeling hurt and resentful, or it causes them to "hit" back.

Escalating anger is like escalating physical violence, only with anger it is not the body that gets beaten up, but rather, the spirit. Physical bruises heal in about a week. Emotional bruises take much longer, and some may never truly heal. Children may be scarred for life if very hurtful things are said. For adults, anger may eventually destroy relationships.

Sometimes venting anger is like dropping a bomb, because it is not only the intended victim that experiences it and is affected by it. Bystanders can be hurt too.

We can certainly call another's behavior inappropriate, disappointing, unacceptable, hurtful, unfair or whatever else we might feel about it. We can be assertive and set boundaries. We just need to learn to do it without contaminating the environment with emotional pollution.

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

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who left us suddenly
on November 27, 2015
There will always be a sadness,
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Of days when you were here.
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Ashley, Derek, Keegan, Ashley, Lachlan,
Sophia, Mark, Lisa, Jason, Ryan, Nicole and
Ben

OBITUARY

Weston Neal

August 5, 1935 – November 11, 2016

Weston passed away at his Hearthstone residence in Selkirk, on Friday, November 11 at the age of 81. He was predeceased by his parents, Edward and Rachel, and by his brothers, Arthur and Harold. He is survived by his sister, Eleanor Bruce.

Thank you to his many caregivers for the excellent care that he received over the years. Cremation has taken place and a graveside service with family will take place at a later date.

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OBITUARY

Peter John Valen

May 4, 1933 - November 18, 2016

In the early hours of November 18, Dad left this earthly world to go be with those who left before him.

He is survived by his wife Lucy; his children Gordon (Edna), Murray (Norma), (Lene), Brian (Yvonne), and Gloria (Adam) and their families. Dad is also survived by his siblings and in-laws along with their families. He was predeceased by his first wife, Myrtle and their son Doug.

There will be no service.

In lieu of flowers, donations may graciously be made in honour of Dad to the Teulon & District Memory Garden or Teulon Food Bank.

OBITUARY

George Arthur Nobiss

July 8, 1924 - November 13, 2016

It is with great sorrow and heavy hearts that the family announces the peaceful passing of George Nobiss with family by his side at Seven Oaks Hospital on Sunday, November 13, 2016.

George was born July 8, 1924 in Stonewall, Manitoba. At the age of 16 he joined the army with the Winnipeg Grenadiers and fought in the Second World War in the Battle of Hong Kong.

He was wounded in battle, captured, becoming a prisoner of war for almost four years in the Japanese prison camps where conditions and treatment were unbelievable. George was very proud to have fought for his country as a Winnipeg Grenadier.

After the war he married Stella, the love of his life, and together they raised four children providing a stable and loving home. He worked for Hagberg Coal Company as a truck driver, then foreman, where he worked for 30 years until the company closed.

George was predeceased by his wife Stella in 2013 having been married for 66 years; son Lawrence in 1993; and grandson Greg Tees in 2002. He leaves to mourn and cherish his memory daughters Margaret Tees (Dave); Barbara McCulloch (Dan); son Jeff; granddaughter Brenda Tees (Phil Torchia) and great-grandchildren Cody and Riley.

In lieu of flowers, if you so desire, a donation may be made to War Amps Canada, 2827 Riverside Drive, Ottawa, ON, K1V 0C4.

The funeral service will take place on Thursday, November 24, 2016 at 1:00 p.m. at Neil Bardal Funeral Centre, 3030 Notre Dame Avenue (across from Brookside Cemetery).



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