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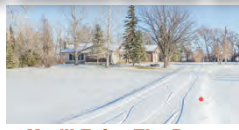
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VOLUME 10 EDITION 48
THURSDAY,
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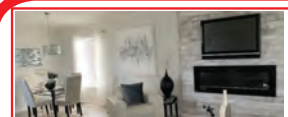
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Provincial champs

TRIBUNE PHOTO BY JO-ANNE PROCTER
The Stonewall Rams junior varsity girls won the Manitoba High School Athletics Association AAA volleyball provincial championship last Saturday after defeating Jeanne-Sauve Olympiens in three sets. See page 23 for full story.

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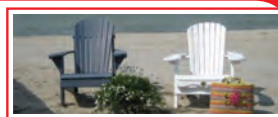
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Bonding like brothers with former Blue Bomber Mo Leggett

By Jennifer McFee

At first glance, it might seem like an unlikely pairing.

But a former Bombers player has formed a brotherly bond with a local man he visits at the Stonewall hospital.

Mo Leggett earned accolades during the five years he played defence for the Winnipeg Blue Bombers. Now he's tackling a career shift through his work with Services Beyond Support. The Winnipeg-based organization employs support workers to assist challenged individuals in hospitals, homes and rehabilitation centres.

In September, Leggett began meeting with 35-year-old Michael Obsniuk during his prolonged stay at the Stonewall hospital. When he was four years old, Obsniuk was diagnosed with Prader-Willi Syndrome, a genetic disorder that impacts the 15th chromosome. This syndrome can affect the ability to metabolize food and to feel full, along with a long list of other areas.

The well-known athlete spends four days per week with Obsniuk, working long shifts and resting at the hospital.

"For me, it never started as a job. I

came to Stonewall previously at the local school for a Winnipeg Blue Bombers Manitoba campaign and I thought it would be interesting to come back here," said Leggett, who has homes in both Winnipeg and Atlanta.

"I'm here almost every day. It's 20 hours with Michael and then I go home for four hours to eat and shower. When I come back, I always bring him a healthy snack. I have a pillow and a blanket and a foam mattress here, so when he sleeps, I sleep."

When the duo is together, it's impossible not to notice the amusing banter and inside jokes that they share.

"Every now and then, I feel like we're twins. His mom told me that some people actually have trouble with Michael. But Michael's harmless. He's an angel," Leggett said.

"He actually grew on me a lot. It's never a dull moment and he's as petty as I am, so we go back and forth trying to mess with each other. It's kind of like a sibling relationship. It's very entertaining. He loves me but he won't admit it."

As for Obsniuk, who is a participant in The Company of Friends supported by Innovative Life Options, he said



TRIBUNE PHOTO BY JENNIFER MCFEE

Michael Obsniuk, his mom Kim and former Bombers player Mo Leggett are familiar faces at the Stonewall hospital.

he likes Leggett best when he brings him snacks.

"I miss him sometimes, but not as much as some other people," Obsniuk teased with a smile.

While Leggett is on hand to assist Obsniuk, he feels that he also benefits from the arrangement.

"Michael has been opening my eyes about different things. He keeps me sane. He helps me a lot with my patience," he said.

"I can't see myself doing anything

else outside this profession other than sports. I've tried and it doesn't fit with my personality."

The American athlete also expressed appreciation for the hospitable atmosphere around him.

"The Stonewall hospital and the entire town make it a good work environment," said Leggett, who has become a familiar face at the local Subway and Cravings restaurants.

He also notes that Services Beyond

Continued on page 7

Brighten Up this Holiday Season

Make a donation
in memory of a
loved one to the



Place a paper ornament on the Memory Tree in their honour.

Please join us for

TREE DECORATING

Friday, December 6th, 2019 • 5:00 – 7:00pm

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419 Main Street, Stonewall

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South West District Palliative Care, Inc.

Box 1282 Stonewall, MB ROC 2Z0

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An Evening of Remembrance

Sunday, December 1

Something Beautiful Cafe, 307 Main St., Stonewall
7:00 pm

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

South West District



Presented by

South West District Palliative Care

Please RSVP by Nov 29 or for more information

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Lights for those we love



TRIBUNE PHOTO BY EVAN MATTHEWS

Nancy Dumas, left, Callan McNaught, middle, and Lois Borkowsky stand in front of the South West District Palliative Care tree just after the lights were turned on for the annual tree-lighting ceremony last Friday. The tree is standing outside of the Teulon & District Senior Resource Centre (54 Main St.). Donations are taken year-round in order to raise funds for palliative care equipment, with the organization most recently purchasing electric stretchers — one for Teulon and one for Stonewall — in congruence with the Interlake Eastern Regional Health Authority's ambulance service. The total amount of funds raised at the parade could not be confirmed by press time. In addition to raising funds, the tree lighting is an opportunity for local residents to remember and celebrate the memory of lost loved ones over the holiday season by tagging the tree with the name of the person they choose to honour. South West District Palliative Care volunteer Nancy Dumas said the organization plans its annual fundraiser out of compassion for the seniors. While many around the region celebrate the holidays with family and friends, many others experience sadness and hardship. Acknowledging the fact that these people are not alone is one of the main goals, she said.

A century worth celebrating



TRIBUNE PHOTO BY JO-ANNE PROCTER

Rum and ribs are what this 100-year-old birthday boy wanted for dinner at Pizza Den in Stonewall on Nov. 19. Norman Nelson toasted his hundred years with a few of his favourite people and celebrated with family and friends at a larger party in October. Nelson has lived in Woodlands for the past 10 years and has also called Ashern, Petersfield, B.C. and Winnipeg home. Nelson drove a truck for North American Van Lines, loves to tell jokes and drinks all kinds of rum. Pictured left to right: Chris Scrivener, Norman Nelson, Nancy Hoosier, Jean Marshall and Ivan Hoosier.



20/20 VISION

This is the year to crystalize your life goals, to be fierce in pursuit of your passion, to step out and make it happen. That's right! your "some day" is here.

Truth is, your "some day" always has been here but your vision in pursuit of that which you wanted was skewed and somewhat blurred. The culprit? your paradigms. What is a paradigm? Paradigms are a multitude of habits that have us conditioned. These habits have almost exclusive control over our behaviour and if you think about it, almost all our behaviours are habitual.

What happened to us in pursuit of "some day"? We set good goals in 2019, we made meaningful promises that we would spend more time with our families, with those we love, we even promised that we would exercise more, that we would eat better, that we would love ourselves more, that we would stand up for ourselves, that we would "once and for all" quit our addictive behaviours, that we would save more money, that we would..... that we would.... that we would....

But we never arrived. Why? Well, it's because of our paradigms. Listen, life is on autopilot and goals and dreams give way far too often to outside circumstance. It's a well-known trap called the "knowing-doing gap". That is, we know what we want to do but when it comes time to do it, we stall. Why? Well, we are stuck with paradigms that are not serving us nor growing us.

In other words, it's like a case of nearsightedness where we only see what is in front of us and for the most part, we are comfortable. Seems like a good place to be, but is it? Trouble is, if we are not stretching or seeking more for our lives, we stop growing. Stalemate and we stall, never reaching our full potential as human beings. And then the toxic inner dialogue rages and the anxieties suffocate us... "I am not enough", "I don't fit in", "that's impossible", "that's for someone else, not me" and so on.

Paradigms rob people of fully understanding who they really are and what is truly possible for them. You see, you are a marvelous, brilliant human being gifted with an imagination and an intellect. You are a unique and individualized expression of life and have gifts to offer that are unique only to you. When we understand our paradigms, our perception shifts and everything in our world changes.

Close that knowing-doing gap, purge the toxicity, step into your greatness, be fierce in your pursuit with crystalized vision and make 2020 your best year ever!

It's not who you are that holds you back.... it's who you think you're not.

As a speaker, author, consultant, coach and mentor Daphne Shepherd works to provide actionable strategies in life that empower and provide clear vision so that you can be the best version of yourself.

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Dec 1 to Dec 20
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 at the Stonewall Branch of SI Regional Library
 \$1 per vote—vote for your favourite
 All proceeds to Christmas Cheer Board

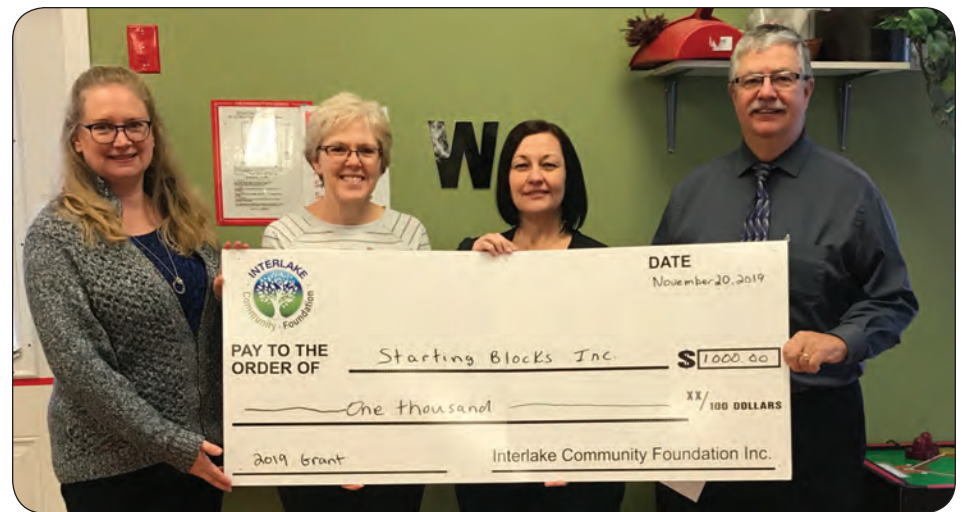
Friday Dec 6 | 5-8:00PM
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BREAKFAST WITH SANTA
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 Santa visits 9am-11am
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THANKS FOR STAYING LOCAL
 Visit our Local merchants for all of your Christmas shopping this season!
 THANK YOU to all of the community groups for great Christmas events!

Funds for sun shade



TRIBUNE PHOTO SUBMITTED

Interlake Community Foundation executive director Tracy Holod, left, and chairman Bob Beck, right, presented a cheque valued at \$1,000 to Starting Blocks staff Barb Kaminski and Nikki Kisbey.

By Jennifer McFee

Summers will be even more pleasant at Starting Blocks now that a brand new sun awning has been installed on the back of the building.

The child-care centre received a \$1,000 grant from the Interlake Community Foundation for the project.

“Our old one was all dry and rotten. It’s important because it provides

shade for the kids. It gets pretty hot in the backyard, so it’s a cooler spot to hang out,” said assistant director Nikki Kibsey.

“Once we knew we were getting the grant, we were able to get it done. The grant covered all the materials and then we did the labour separately. We had Prairie Shutter and Shade do it, and they did an excellent job.”

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Stonewall Teulon Tribune

Loaf and Honey faces hurdles with cheese production

By Jennifer McFee

A culinary company with local roots is facing a situation that's not so sweet.

Loaf and Honey, made up of husband-and-wife team Dustin Peltier and Rachel Isaak, has spent the past three years trying to find a way to continue the legacy of a raw milk cheese made in Manitoba for more than 100 years.

The centuries-old recipe travelled across the ocean from France in 1893 and then across the country from Quebec in 1918. Since then, the Monk-style cheese has been made at the Trappiste Monastery in Holland, Man.

There, the monks made more than 9,600 wheels of cheese each year using a labour-intensive process. Distributed through a local wholesaler, this cheese remained a delectable ingredient for decades in the kitchens of many families and chefs, including Peltier and Isaak.

Since the monks were aging out of cheese production, Peltier and Isaak embraced their entrepreneurial spirit and asked the monastery's expert, Brother Alberic, if he would take on a protégé. Brother Alberic agreed, and the pair spent the next year learning how to make the history-infused cheese. They wrote up a business plan, built a commercial dairy processing facility and began production. Their product underwent testing by the Department of Agriculture, but they are yet to receive permission to proceed.

Last week, the pair announced that they have no more funds to continue trying to produce their prairie tradition cheese using raw milk.

"This is not only our story; it's the story of how artisanal food production across the province is being cut down by fear of liability. Governmental departments refuse to assume any risk, and our food culture is the blander because of it," they wrote in a press release. "This is the story of how the Department of Agriculture has brought us to our knees."

Since raw milk can contain bacteria that's not suitable for human consumption, the aging process is important.

"Regulations across Canada dictate

that when batches of raw milk cheese are tested as too high in bacterial count, the cheese-maker must age the cheese for more time, where the aging process naturally produces microbes and cultures that lower the bacterial count and render the cheese delicious rather than dangerous," the release stated. "It's how the raw milk cheese industry works across Canada. And in Europe. And in the U.S.A. But we came to find that it is not how it works in Manitoba anymore."

Peltier told the *Tribune* that they invested \$65,000 to build their own cheese plant and buy equipment since the Department of Agriculture indicated that they couldn't just rent out a commercial kitchen to make their product.

"We have also spent more than \$20,000 on testing requirements that, had we been able to test at the U of M, it would have cost us around \$2,000. We have had to discard or roughly \$50,000 worth of product," he said.

"In that \$50,000, there were many batches that if we were allowed to age longer — a practice that happens in our industry — they would have been good to sell. Although we passed their required tests on numerous occasions, we were told we did not pass them good enough or we made changes so those tests didn't count."

Loaf and Honey's catering business has been financing their cheese company, making funds very tight for the past few years. Dustin's parents Garry and Silver are also involved with some daily operations of the cheese company, which allows Peltier and Isaak to continue with their catering.

"It's like we're being punished for



TRIBUNE PHOTO BY TAMARA LENTZ

Rachel Isaak and Dustin Peltier of Loaf and Honey say they have no more funds to continue producing traditional raw milk cheese.

doing it the right way — and it's not just us. There are a lot of other small processors that are dealing with sliding regulations or interpreting regulations differently," Peltier said.

"Nobody is able to make a go of it or you have to have such deep pockets as a processor to fight through and sift

through all the regulations to be able to get ahead."

A spokesperson from the department of Agriculture and Resources Development provided a statement about its role and requirements.

Continued on page 9

Christmas Dinner Invitation

Are you an individual who will be alone Christmas day?
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Please join us for a **FREE** traditional

Christmas Dinner

December 25 at 11am-2pm

Anglican Church of the Ascension Hall
435 1 Ave N, Stonewall

Register early no later than December 15 by contacting:

John and Bev at (204) 996-3875
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If you would like to volunteer or provide food donations for this dinner please call or email the above.

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Coarse
Language;
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PG

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(CLOSED TUES) AND WED-THURS DEC 11-12**



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Loss of family farms fall on government

By Evan Matthews

It's here. Farmers' mass exit from the beef farming industry has begun.

Beef farmers in the Interlake have started to sell off cattle. As they've said over the last number of weeks, Winnipeg Livestock Sales — cattle auctions located at Highway 6 and Highway 236 — have had some of its biggest sales over the last decade.

In addition, look no further than this newspaper's (*Express Weekly News*) advertisements, as four different families in the Ashern area have been advertising "complete herd dispersals" as we've reached the end of the farming season.

This is 100 per cent indicative of these farmers not coming back to the industry for another season.

That's it. They're done.

One of those farmers is Greg Vince. Fortunately for Vince, he said he and his wife had already been leaning toward retirement, so their family isn't being hit as hard as others.

However, he confirmed the straw that broke the camel's back — or the cow's back, in this case — was as described by *The Tribune* over the last season: extreme drought conditions, followed by excessive moisture; culminating in a massive feed shortage and absolutely zero relief.

The kicker is zero leadership from the Manitoba provincial government on this issue.

Premier Brian Pallister met with the Prime Minister Justin Trudeau a couple weeks back, and the "crisis" — as labelled by a minimum of 12 rural municipalities — did not even make the meeting's agenda.

Pallister has said nothing on the is-

sue publicly.

The previous Manitoba Agriculture Minister Ralph Eichler had said repeatedly, "We understand," and "We're committed to making farming work for our locals long-term," as well as saying on the flip side, "farming isn't for the faint of heart."

He was right about one thing: farming isn't for the faint of heart.

But he was wrong in saying the government understands and is committed to helping. There has been zero relief funds in the form of AgriRecovery handed out or even discussed as an option.

After a conveniently timed cabinet shuffle post-election, the new Agriculture Minister Blaine Pederson has said nothing in relation to Interlake farmers and their struggle, as the region was hit as hard or harder than anywhere else in the province.

Which brings us here, to the Winnipeg Livestock Sales record numbers, and the Lundar/Ashern region seeing the first of its beef farmers exiting the industry.

Typically in life, actions speak louder than words.

So, despite saying "We understand," and "We're committed," the actions of the Manitoba Conservatives actually show, "We aren't committed at all."

Which leaves local people wondering, what could possibly be the motivation for decimating the family farm, and forcing Manitobans to make drastic choices?

It's not a secret, on the political spectrum, Conservatives are typically financially oriented more so than other parties.

Which begs the question: is the family farm no longer generating enough

for the provincial government to be motivated and/or interested in keeping them alive?

The only outcome one could surmise is the Manitoba Conservatives would rather see big business, large-scale farming operations, come in and take over the industry.

Why else would the government be willing to watch a localized rural industry die?

These farmers who are selling their herds, they're just the first bout.

Will more farmers begin to sell? All predictions point to, yes.

Will those who sell remain in the communities they've called home for generations? We don't know.

Will these communities survive long-term without beef production? Not without major economic shift, such as more focus on tourism.

What will these former-farmers do now for careers, for income?

If the government cared about the farmers and their path forward, the situation would be far different. The actions do speak louder than words in this case.

Soon, there will be a gap in the Manitoba beef production industry, and only a select few will have the resources to fill the gap.

Those select few will undoubtedly include big businesses.

The cards are on the table, and the outcomes are becoming more and more clear.

If this isn't the case, a public comment from the Premier or the Minister of Agriculture is in order.

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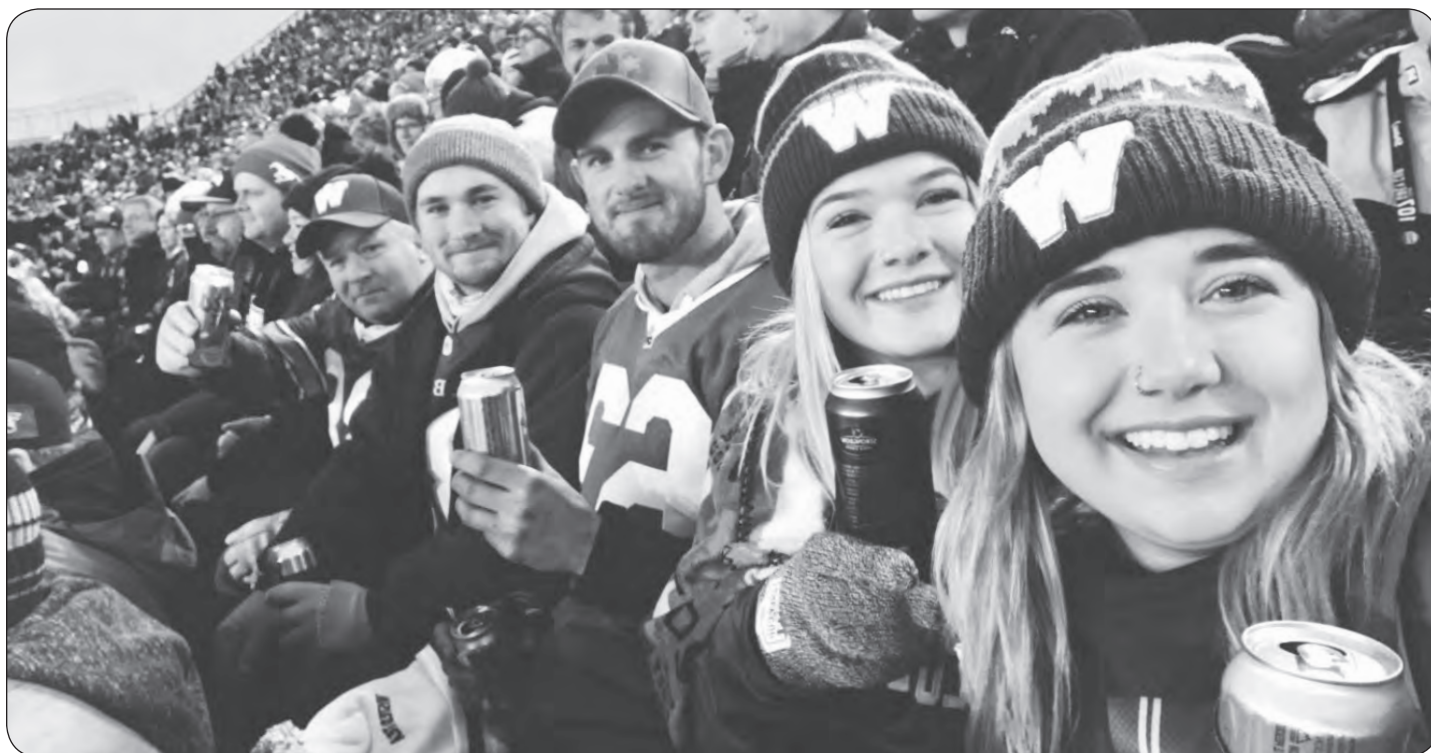
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TRIBUNE PHOTO SUBMITTED

The Winnipeg Blue Bombers ended a 29-year drought by winning the 107th Grey Cup final Sunday night, beating the Hamilton Tiger-Cats 33-12 at McMahon Stadium in Calgary. Fans bundled up and showed off their blue and gold gear with temperatures hovering just over 0 degrees Celsius across the country, including Calgary, for the 2019 Grey Cup championship game.

> BONDING LIKE BROTHERS, FROM PG. 2

Support is always hiring.

"It's a support service that does companion care, respite, hospice. The service is wide-ranging, depending on the certifications that you have. If you don't have the certification, then they do a great job of helping you get it. You don't usually see your coworkers because you're at different locations, but there are chances for you to meet up together and get to know each other," he said, adding that many staff members vie for the chance to work with Obsniuk.

"It's also a testament to Michael because we all want to do it. We get to create our own schedules. We are definitely looking for staff to work all the way from Portage la Prairie, Brandon, Steinbach, Emerson, Selkirk, all over."

For more information about Services Beyond Support, visit www.servicesbeyondsupport.com.

Consumers urged to take precautions when shopping online

Submitted

The Consumer Protection Office wants to ensure consumers have information on how to safely shop online during the busy holiday season including Cyber Monday on Dec. 2.

Before entering any financial information online, consumers should ensure they are using a secure site. A secure site usually has an icon of a lock in the locked position at the bottom of the screen and a web address beginning with <https://> as the "s" indicates the site is secure.

Consumers should research a com-

pany before making a purchase, as this can reveal if others have had problems with the seller. Contacting an organization such as the Better Business Bureau may also provide information about a company's reputation. Before paying, consumers need to check the terms and conditions of the purchase and confirm the final price.

Even if consumers take steps to protect themselves while shopping online, they may still encounter difficulties with a transaction. The Consumer Protection Act helps online shoppers by:

- protecting against the unauthorized use of credit card information,
 - limiting a consumer's liability to \$50 when credit card information is used without proper authorization,
 - providing the opportunity to cancel an internet sale if the seller fails to deliver goods or services, and
 - requiring credit card companies to reverse or cancel a credit card charge if the consumer was entitled to but did not receive a refund from the vendor.
- Visit http://manitoba.ca/justice/cp/cpo/info/shopping_safely_online.html for more tips on protection

while online shopping. By knowing the rules and understanding their rights, consumers will enjoy safer online shopping experiences on Cyber Monday, during the holiday season and year-round.

For more information, shoppers are encouraged to contact the Consumer Protection Office at 204-945-3800, 1-800-782-0067 (toll-free) in Manitoba, via email at consumers@gov.mb.ca or visit the website at www.gov.mb.ca/cc/cpo.

Legislation introduced that would prohibit consumption of cannabis in public areas

By the Manitoba government

The Manitoba government has introduced legislation that would prohibit consuming all non-medical cannabis products while in public areas, complementing existing provisions focused on smoking and vaping in public, Justice Minister Cliff Cullen announced Friday.

"With a growing number of cannabis products becoming available in the marketplace, our government is taking a strong legislative stance against consumption in public areas,"

said Cullen. "This helps reduce the risks associated with public intoxication and impaired driving, while encouraging Manitobans who choose to use these products to do so at home safely and responsibly. Most of all, we want to ensure the use of these products is not normalized or encouraged among young people."

Bill 5 would amend The Liquor, Gaming and Cannabis Control Act to prohibit public consumption of edibles, extracts and topical cannabis products. These products are expect-

ed to become available in Manitoba in December 2019, once authorized by Health Canada.

Similar provisions for smoking and vaping cannabis are included under The Smoking and Vapour Products Control Act, and public consumption of alcohol has been prohibited in Manitoba for nearly 100 years.

There are some cannabis products that do not have an intoxicating effect. The amendments include provisions to exclude them from the public consumption prohibition via regula-

tion. Medically authorized cannabis for treatment of a medical condition is also exempted.

The legislation would come into effect upon proclamation.

The minister encouraged Manitobans to be informed about responsible cannabis use by visiting www.cml-kml.ca/.

Additional information about laws, regulations and other provisions related to non-medical cannabis is available at <https://gov.mb.ca/cannabis/index.html>.

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> Fish tales?

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sanarn@mymts.net



Just leave the sturgeon in the water

Welcome, fishers.

Last week I met a chap by the name of Bruce MacDonald who transports folks in wheelchairs with a handy van and he had a fishing story for us. He was an unassuming sort, accommodating and just the kind of man you would expect might make a good guide — fishing or otherwise.

Well, many years ago that's just what he was doing at Minaki, Ont., at a lodge. During the course of one summer, lodgers told him of an experience where a group of boating anglers came across a seven-foot sturgeon floating just below the water's surface in the last moments of its life. They manoeuvred their boat over it and were able to get a rope behind its gills. They drew it up and, upon examination, saw it had sucked up a rock that was lodged in its mouth. They towed it to a large rock outcropping close to one of the men's cottage and pulled it out of the water. That proved to be a nauseating mistake.

The next weekend found our group back at Minaki boating toward that guy's cottage and the rock where they had left the huge sturgeon. As they caught sight of the rock, they could make out a long grey mass covered with birds feasting on what had been the sturgeon. They also caught the horrific stench of its rotting flesh. Unable to stand the smell, they turned the boat around and headed back to Winnipeg. In town, they contacted authorities who sent people out to retrieve the sturgeon's head. They were able to get the inner ears of the fish and, using a laboratory method, were able to determine its age. That was little consolation to the unfortunate cottage owner who had his place close to the rotting fish. He couldn't get near it for weeks!

Just before freeze-up, I happened upon Jeremy Malanik fishing with his son Nathaniel off the Selkirk waterfront pier. Jeremy was a tall, full-bodied guy with rounded

cheeks defined by a short light brown moustache and goatee. His genial nature was in contrast to his rapid, accurate manner of speech. He was having a great day, though, having caught two master catfish and a very expensive new rod and reel to boot!

I happened to be in Gimli last weekend and stopped in at Kris's Fish and Chips Restaurant for one of their superb-tasting all-you-can-eat fish and chip specials. As I sat eating, a very happy-go-lucky chap with a head kerchief, who I assumed ran the place, went from one table to another shooting the breeze with customers. When I went to pay, he walked behind the till and, as I squared my tab, he asked if I fished. I tried to stifle a smile as I showed him our newspaper's card. He fell silent as he read it then broke into a huge smile.

Shaking my hand, he said, "Oh, have I got a fishing story for you. I'm Scott McNabb and my helper here is Allynne Johnson."

Not long ago, he revealed, he was fishing off the Gimli pier. Wanting to talk to some friends, he stood his rod against the water-break wall. Minutes later, he heard a grating, rattling sound and turned to see his new rod ride up and over the wall to disappear down into the thrashing waves below. He was not going to lose that expensive rod! He took his clothes off down to his shorts, climbed to the top of the wall and dove down into the 20-foot deep water. When his head broke surface, he could hear friends and ob-



TRIBUNE PHOTO SUBMITTED

Allynne Johnson and Scott McNabb holding their catch of "rubber fish" from the wall of Kris's Fish and Chips.

servers clapping and cheering him on. He laughed waving back at them.

The waves were angry and churning, pushing him this way and that, but he caught his swimming stride and went after the handle of his rod that was bobbing above the waves. He swam strong and caught his rod as it flipped from a wave into the air. He stroked for shore one-handed with the other trailing, clinching his rod. Even though the waves and current were tossing him viciously about, he could tell by the quivering of his rod he had a fish on the line. His feet found the sand at the beach shore. He stood up, walking to dry land dripping wet in his shorts. He turned to the water and began reeling in his catch. A silvery flash tumbled down the crest of a wave and he knew he had a big bass.

His friends again cheered him on, collecting his clothes then they all went to his place for supper. He put the bass in a pan in the fridge and, as the evening went on, every once in a while they could hear a strange noise. They searched the house until his twin brother passing the fridge heard the sound inside. He opened the door and saw the bass had flopped out of the pan and now lay on top of a bowl of salad. That fish was soon filleted!

Till next week, good buddies. Bye for now.

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> LOAF AND HONEY, FROM PG. 5

"Manitoba Agriculture and Resource Development is responsible for overseeing the safety of food processed in provincially permitted establishments. This may require a processor to demonstrate that their process results in safe food. The province does pay some initial testing for the producer upon start-up, and surveillance testing on finished products. All testing is completed at a third-party, accredited lab," the spokesperson said.

"It's important to note that cheese made from milk that has not been pasteurized to kill pathogens poses a greater risk to consumers and has been linked to numerous food borne illness outbreaks. A consistent, validated production process must be followed, which includes lab testing at a third-party accredited lab. If a producer is able to meet all the appropriate standards and consistently produce a safe product, they are free to sell their product to the public. The department takes all matters regarding food safety very seriously."

Looking ahead, Peltier and Isaak plan to move forward with making a modified version of the traditional cheese using pasteurized milk.

"We're going to make it the same way that we make the other cheese," Isaak said. "It will be the same idea but we'll be making it with Stoney Brook's milk, which is an organic milk out by Steinbach that is not homogenized."

They're also looking at producing a ricotta cheese, but

they need to build up enough demand to make it worthwhile.

So far, the couple hasn't had the chance to speak with Brother Alberic about the situation since the monastery has shut down in the last two weeks and he is currently in the process of moving.

For anyone who feels compelled to show support, Peltier and Isaak suggest writing letters to the Department of Agriculture to express their opinions.

"There is potential that the new minister could be more willing to work with small processors," Peltier said. "We're trying to get sitting at the table and sorting things out. That's the frustrating part."

For more information about Loaf and Honey, visit www.loafandhoney.com or follow the business on Facebook or Instagram.

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Sweet afternoon fundraiser



TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Thursday the Rosewood Lodge Recreation Department, the Adult Day Program and the Stonewall & District Health Centre Ladies Auxilliary held their annual fall tea at the Stonewall Legion Hall. Guests were treated to homemade pie, desserts, coffee and tea while funds were raised through a bake sale and a brown bag auction. Clockwise from left: Margarete Moulden, Carrie Munro, Sheryl Steinhthorson-Taylor, Lauren Lamb, Diane Lehmann and Kris Langlois.



Tuesday, December 3

Warren Collegiate Choir & Quarry Choristers

7:30 p.m. at Warren United Church

Thursday, December 5

Quarry Choristers

7:30 p.m. at Teulon Lutheran Church

Wednesday, December 11

Teulon Collegiate Band - 7:00 p.m.

Woodlands School - 2:00 p.m. & 6:30 p.m.

Thursday, December 12

Stony Mountain School - 2:00 p.m. & 6:30 p.m.

Quarry Choristers

7:00 p.m. Argyle Community Centre

Monday, December 16

Mallard School - Keystone Colony - 7:00 p.m.

École Stonewall Centennial School - 7:00 p.m.

(location TBD)

Tuesday, December 17

École R.W. Bobby Bend School, Grade 1 and 2

English - 2:15 p.m. & 7:00 p.m.

Lightly School - Clearwater Colony - 7:00 p.m.

Rock Lake Colony School - 7:00 p.m.

Wednesday, December 18

Balmoral School - 2:15 p.m. & 7:00 p.m.

École R.W. Bobby Bend School, Grade 1 and 2

French Immersion - 2:10 p.m. & 7:00 p.m.

Teulon Elementary School

1:30 p.m. & 7:00 p.m. at Teulon Hall

Brant-Argyle School - Concert and Lantern Walk

2:00 p.m. & 6:00 p.m.

Grosse Isle School

2:00 p.m. & 7:00 p.m. at Grosse Isle Hall

Warren Elementary School

2:00 p.m. & 7:00 p.m.

New Haven Colony School - 7:00 p.m.

Thursday, December 19

Rosser School - 1:30 p.m. & 7:00 p.m.

at Grosse Isle Hall

Concord Colony School - 7:00 p.m.

Prairie Blossom Colony School - 7:00 p.m.

January 15

- Stonewall Collegiate Band and Choir - 7:00 p.m.

DEER HEAD COMPETITION
at
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Armstrong council emphasizes readiness for emergency

Emergency can strike any time

By Evan Matthews

The RM of Armstrong is not messing around when it comes to its Emergency Measures Organization (EMO).

The RM hosted another EMO volunteer update meeting on Thursday, Nov. 21 at the Fraserwood Hall, according to Reeve Susan Smerchanski.

"It was a general overview of emergency preparedness and basic knowledge of our EMO program requirements, roles and responsibilities," said Smerchanski.

"We also reviewed our Sept. 7 emergency simulation."

Back in September, the RM simulated an emergency in which a transport truck carrying 10,000 litres of propane flipped in the Fraserwood community and began leaking propane out of its ruptured holding tank.

This time around, the discussion largely centred around personal responsibilities, 911 information, civic addressing, 72-hour emergency kits, vehicle emergency kits, Emergency Response Information Kits (ERIK), and the restructuring of the RCMP detachments in the region.

"The Arborg RCMP detachment is now responsible for the RM of Armstrong, too, with backup from the Gimli detachment if need be," said

Smerchanski, adding it's not just up to RCMP and local fire departments in times of need.

"The RM of Armstrong is a huge geographical area, and we continue to strive for local volunteers from all areas. It's the grassroots people who are best familiar with their areas and their knowledge is invaluable in an emergency situation."

Communication, training and education of the RM's volunteers and residents are key to a successful program and being prepared for any emergency, according to Smerchanski.

"With the ever-changing environment we live in, there is now so many more challenges we face besides fires and flooding," said Smerchanski.

"Extreme weather conditions create much more concern," she said, pointing even to the October winter storm and what could have been.

Though the RM's volunteer contingency continues to grow, Smerchanski said the group continues to recruit new volunteers.

The RM's plans for 2020 include volunteer and council training, committee and EMO program meetings, as well as more hands-on activities, exercises, and simulations.

"PLEASE PAY IT FORWARD AND SPEAK TO FAMILY, FRIENDS AND NEIGHBOURS."



TRIBUNE PHOTO SUBMITTED

The Armstrong RM continues to work on EMO procedures as (left to right) Reeve Susan Smerchanski, volunteers Joanne Findlay, Pat Stein and Tanya Mischak and (behind) municipal emergency co-ordinator Don Emes gathered on Nov. 21.

"We all have an important role to play and the RM of Armstrong council has a strong commitment for public safety and working together," said Smerchanski.

"We sincerely appreciate all of our volunteers who have taken on leadership roles and the many others for their interest, support, dedication and commitment."

With communication being key to success, Smerchanski issued a request to the RM's residents.

"Please pay it forward and speak to family, friends and neighbours about emergency preparedness and how we can all make a difference," she said.

For more information or to register as a volunteer, call the RM of Armstrong office at 204-278-3377.

Province to eliminate Sunday and holiday shopping restrictions

By the Manitoba government

The Manitoba government wants to eliminate provincewide restrictions on Sunday and holiday shopping, while allowing municipalities the authority to regulate retail businesses within their jurisdiction, Finance Min-

ster Scott Fielding announced Friday.

"Manitoba is currently the only western province that restricts retail businesses from operating on Sundays and holidays," said Fielding.

"Many Manitobans support allowing businesses to set their own hours,

and we want to give Manitobans more freedom and flexibility on when they buy groceries."

Fielding introduced The Retail Business Hours of Operation Act (Various Acts Amended or Repealed), which would no longer require retail businesses to close after 6 p.m. on Sundays and certain holidays. This would also bring retailers more in line with certain businesses currently exempt from the act, such as pharmacies, liquor stores, casinos and restaurants.

"We committed to these changes in our election platform and 100-Day Action Plan to level the playing field for our local retailers so they can better compete with businesses exempt from current rules and 24-7 online retailers," said Fielding. "It's time to modernize our outdated and com-

plicated shopping laws, and remove approximately 40 regulatory requirements to reduce red tape for businesses."

Under the proposed legislation, municipalities would have the authority to pass bylaws should they prefer to keep some restrictions in place. The province would work with municipalities to help develop bylaws if needed. The province would also make changes to The Liquor, Gaming and Cannabis Control Act, which would allow municipalities flexibility to regulate the hours liquor or cannabis is sold.

The minister noted the current rules will remain in place until the legislation passes. He noted the province will maintain status quo on Remembrance Day closures and retail workers' provisions for Sundays.



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Christmas Craft Fair brings hundreds to Teulon



TRIBUNE PHOTOS BY EVAN MATTHEWS

Teulon's Winterville Christmas Craft Fair hosted by the Teulon Farmer's Market saw 50 vendors with their handmade goods participate, and roughly 1,700 customers come through the doors last weekend. Organizer Darci Loehmer said the funds raised help to run the Teulon Farmer's Market year round, including paying for insurance. In addition, they raise funds for the Christmas Cheer Board and the Green Acres Art Centre (via 50/50), with \$450 raised. Some of the vendors included, left to right: Kelsey Courtney, right, founder of Kreation by Kelsey and specializes in custom handmade clothing and accessories for "fun or special occasions"; LeVerne Tucker of The Last Dance Ranch owns a small farm and focuses on ethical production of small batch skin care and fibre products using farm-raised and locally sourced goods; Emily Turnbull of Prairie Sun Beeswax sells a large variety of beeswax candles.

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CHRISTMAS HAMPERS

Do you are someone you know need a hamper this Christmas? Please be advised that Christmas Cheerboard hampers can be ordered from now until December 13th. Hamper pick-up will be December 21st. Please call 204-467-7370 to order a hamper. Requests for hampers need to be made every year even if a hamper was received in previous years because lists aren't carried over.

CHRISTMAS CHEER BOARD

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

SERVICE CLUBS - Serving our Communities

Stonewall Teulon
Tribune

<div><div><div>Royal Canadian Legion Branch No. 52</div><div></div></div><div><div>Reg. Dues are \$45/year Members 70+ \$40/year</div><div>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. The legion meeting is the 2nd Tuesday of the month at 8 pm at Stonewall Legion Club Room.</div></div></div>	<div><div><div>South Interlake Ag Society</div></div><div><div>Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year</div><div>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.</div></div></div>	<div><div><div>Teulon Women's Institute</div><div>Phone 886-2216</div></div><div><div>Fee: Nominal membership may apply</div><div>Motto: "Home and Country"</div><div>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.</div></div></div>	<div><div><div></div></div><div><div>1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca</div><div>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.</div></div></div>	<div><div><div>Quarry Toastmasters</div></div><div><div>Brenda 467-5088</div><div>We have moved. Come join us for a visit or two. Quarry Toastmasters will be at the Chicken Chef in Stonewall 7:15-8:45 pm on Tuesday night. Our group helps you with speaking in front of people, grow's confidence, how a meeting should be run. We have an agenda, slow steps to get you to do speeches. We support each other and we also have fun.</div></div></div>	<div><div><div>Kin Clubs of Stonewall</div><div>Motto</div></div><div><div>"Serving the Communities"</div><div>Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships.</div><div>Kinsmen President Martin Mailman 204-467-8359 Kinette President Jean Burchuk 204-467-2925</div></div></div>					
<div><div><div>Teulon & District Agricultural Society</div></div><div><div>Lana Knor, President 467-0740</div><div>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.</div></div></div>	<div><div><div>Interlake Community Foundation, Inc.</div><div>204-467-5634</div><div>www.interlakefoundation.ca</div></div><div><div>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.</div></div></div>	<div><div><div>Stony Mountain Stonewall Masonic Lodge #12</div></div><div><div>Call 204-467-2788 for Information</div><div>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 it's 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.</div><div>Monthly Meetings 2 B 1 ASK 1</div></div></div>	<div><div><div></div><div>Stonewall Ladies Auxiliary</div></div><div><div>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.</div></div></div>	<div><div><div>South Interlake Seniors Resource Council Inc.</div><div>Darcy or Corinna @ 467-2719 sisrc@shaw.ca</div></div><div><div>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.</div></div></div>	<div><div><div>The Liliane Baron South Interlake Breast Cancer Support Group</div><div>Claudette 886-2393 Joyce 467-2473</div></div><div><div>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.</div><div>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.</div></div></div>					
<div><div><div></div><div>Knights of Columbus Stonewall</div></div><div><div>Jesse Nugent 204-294-7170 \$40/member/year</div><div>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.</div></div></div>	<div><div><div>South Interlake 55+ Inc</div></div><div><div>467-2582 www.si55plus.org \$20/member/year si55plus@mts.net</div><div>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.</div></div></div>	<div><div><div>Stonewall & District Lions</div><div></div></div><div><div>Shohn Godin 622 Centre Avenue, Stonewall 229-6476</div><div>Motto: "We Serve"</div><div>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 are every 4th Wednesday of the month at 7:15 pm September thru June.</div></div></div>	<div><div><div></div><div>Independent Order of Odd Fellows Stonewall Lodge #49</div></div><div><div>Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca</div><div>Yearly nominal membership fee 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.</div></div></div>	<div><div><div>Stonewall & District Health Centre Ladies Auxiliary</div></div><div><div>Marg Bond 467-8732</div><div>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.</div><div>Meetings are held the first Monday of each month at Rosewood Lodge.</div><div>New members welcome.</div></div></div>	<div><div><div>Grosse Isle Women's Institute</div><div>Phone 204-467-9376</div></div><div><div>Motto: "Home and Country"</div><div>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.</div></div></div>					
<div><div><div>Warren Horizons District Lions Club</div><div>President: Irene Tully 204-375-6522</div></div><div><div>Meetings are held the first and third Wednesday of each month at the Warren Fire Hall</div><div>Sept. thru June.</div></div></div>						<div><div><div></div><div>Warren & District Lions President Stu Bangle 204-467-1844</div></div><div><div>"We Serve" 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.</div></div></div>				
<div><div><div>Unity, Steps of Courage (AA)</div></div><div><div>United Church, 369 1st Ave., N., Stonewall Fridays at 7:30 pm Info Call Bryce 204-430-6787</div></div></div>										

Elf on the Shelf promotes shopping local

By Jennifer McFee

Keep your eyes peeled while you're out and about this Christmas season.

The Elf on the Shelf is making surprise appearances around town over the next few weeks as part of a festive new initiative spearheaded by the *Stonewall Teulon Tribune*.

"Every Christmas we try to do some kind of fun community promotion that brings awareness to the businesses and services in the community while at the same time helping the retail businesses during this giving time of year," explained Stephanie Duncan of the *Tribune*.

"Elf on the Shelf is a big hit with all the young kids, so we thought we would make a fun month of it by having the elf hide at various businesses and services in our community. Every day, the elf will be at a different business or service that's participating."

Nearly 30 businesses and services are participating in the holiday hoopla. From now until Christmas, each edition of the *Tribune* will contain a four-page section with a clue for every day of the week to

help readers figure out where they can spot the elf.

"The more businesses they visit to find the elf, the more chances they have to win some great prize packs," Duncan said.

"They have to take a photo of the elf within that business on the specific day and email it to elfontheshelf@stonewallteulontribune.ca and then they are entered to win. It's one photo per business per person."

Each participating business contributes a prize worth \$50, which will be bundled together into four weekly prizes. There will also be a grand prize of \$500 Stonewall Chamber Christmas Bucks, which is fun money that can be spent at any of the participating chamber member businesses.

"It's all about educating the public and the readers on the businesses and services we have in the community," Duncan said.

"We're hoping to bring everyone together for something fun this holiday season."

For more information, contact the *Tribune* at 204-467-5836.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Take a photo of Elf hiding at participating Stonewall businesses and enter to win over \$2,000 in prizes this December.

Stonewall comes alive with annual holiday events

By Jennifer McFee

It's beginning to look a lot like Christmas, especially with all the holiday events to mark on your calendar.

The Stonewall Chamber of Commerce is once again organizing the Stonewall Comes Alive weekend, which kicks off with the Festival of Lights Santa Claus Parade on Friday, Dec. 6 at 7 p.m. along Main Street.

"We usually have over 40 floats that take part and they're all lit up. There are thousands of people that come out in the street to see our parade — not just from Stonewall but from the surrounding communities and even Winnipeg," said Stephanie Duncan, vice-president of the Stonewall Chamber of Commerce.

"It's a lot of fun and a beautiful display of lights. We usually have some



TRIBUNE FILE PHOTO BY JO-ANNE PROCTER

The Festival of Lights Santa Claus Parade kicks off the Stonewall Comes Alive weekend on Friday, Dec. 6 at 7 p.m. along Main Street.

horses, as well as big trucks, groups walking and cars full of music and lights. Best of all, there's a special visit from a surprise guest from the North Pole at the end. He's the highlight of the whole event."

To warm up during the evening's festivities, be sure to drop by the parking lot of Southside Service for a

bonfire complete with a marshmallow roast and hot chocolate, sponsored by Firewood Manitoba.

It's also an ideal time to stock up on Christmas gifts for all the names on your list.

"The businesses are open," Duncan said, "and many of them stay open after the parade for people to get some Christmas shopping done."

Then on Saturday, Dec. 7 from 8 a.m. to noon, Breakfast with Santa will take place at the Stonewall Legion, sponsored by the Stonewall Kinsmen Club and

Stonewall Legion. Adding to the excitement, Santa will make appearances between 9 and 11 a.m.

Later that day, a free screening of *The Grinch* will take place at Flicks Cinema, sponsored by the Stonewall Lions. Show times start at 1 and 3 p.m., and moviegoers are asked to bring a tin for the food bank.

As another anticipated aspect of the holiday season, the 12th Annual Festival of the Wreaths will be ongoing at the Stonewall branch of the South Interlake Regional Library from Dec. 1 to 20.

"The library encourages all the businesses and services in the area to decorate a wreath and bring it down to be displayed at the library. Then the public can come in and vote," Duncan said.

"It costs \$1 per vote for their favourite wreath, and those proceeds go to the Christmas Cheer Board. The businesses tend to get very competitive with their wreaths and they try to collect lots of vote money for the Cheer Board. It's a lot of fun and great to see so much effort put in by the businesses and organizations in our community."

For those who would like to enter a float in the parade, please contact Christy Brown at the Stonewall Teulon Tribune office by calling 204-467-5836 or drop by in person at 74 Patterson Dr. Float entries will be accepted until Wednesday, Dec. 4.

Christmas Open House

Nov 28-30
Open Late Thurs & Fri
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 Come in & enjoy a hot refreshment
 • Housewares • Candles
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ALL ARE WELCOME

Fine-art book captures a glimpse of prairie life



TRIBUNE PHOTO BY LANA MEIER
Dion Manastyrski showcases his book *Prairie Sunset*.

By Jennifer McFee

They say a picture is worth a thousand words.

Then if you add personal quotations from first-hand interviews and well-researched archival information, you'll discover that history can come to life before your eyes.

That's the case with *Prairie Sunset: A Story of Change*, created as a labour of love by Dion Manastyrski.

Manastyrski grew up on a small farm in Saskatchewan with roots that extend back to Eastern Europe, where his grandparents lived before they crossed the ocean to homestead in the Canadian prairies.

He left the family farm when he was 18, but his prairie upbringing planted a seed of interest that continued to blossom over the years.

Over time, the farm he grew up on was sold to another family, who lived in it for a number of years.

"When they moved out, a bigger farmer bought it and then the house was abandoned. This was happening all over the place because the bigger farmers typically don't have anybody living in these houses. They're often older, smaller houses but they're perfectly good," said Manastyrski, who now lives in Victoria.

"Our house was built more than 100 years ago by my grandfather. For me, it was a great mystery that these buildings would be left abandoned. These are solid houses, and there are places all around the world where a house like that would be a treasure."

In addition, he noticed that the situation was similar for most of his childhood neighbours.

"I was amazed at how quickly things were changing and how all things I had grown up with were gone," he said.

"We're losing an amazing way of life on a modest-size family farm surrounded by people all throughout the community."

After his family's home was abandoned, Manastyrski continued to



The book paints a picture of prairie life through stunning photos and first-hand quotes.

travel back to explore the area. In 2003, he began photographing old rural sites throughout Manitoba, Saskatchewan and Alberta with a photo book in mind.

He embarked on about eight trips to the rural prairies. About halfway through, he decided that he needed to interview people to enhance his project.

"I wanted their words to tell the story because I decided that I didn't want this to be just a photo book," he said.

"I didn't anticipate this, but there are 200 quotes from all the people I talked to that make up the body of the book. They start in the early pioneer years and they flow through time. They cover different topics, so it's broken up into different themes — settlement, survival, the difficult early years, the development of community."

He further bolstered the book with archival materials, mainly from Manitoba.

"There are about 50 documents and photos from archives. They help to show more about the past way of life," he said.

"There are two citation pages in the back that describe what each of the photos are and where they're from. It turns out a number of those photos are from the Interlake region of Manitoba."

Manastyrski worked slowly on the project over the years and eventually opted to crowd-fund its publication through pre-sales.

"I raised over \$40,000 to independently publish it. I put together a team of professionals including editor, designer and technical people because I wanted to create a beautiful book about the prairies," he said, adding that the book was printed and bound by Friesens in Altona.

"I didn't realize how much interest there would be. Now the book has seen three printings and more than 6,000 copies have been sold."

The high-quality 240-page hardcover book features an inlay photo on the front cover that was applied by hand and many other artistic details.

"By working on this project, I wanted to capture the story of what the rural life was like, the story of the homesteaders and the decades that followed," he said.

"I started the photo book because I was just completely fascinated with exploring these places. It was kind of shocking to me that people once cared about these places and now they're just lost and forgotten. I wanted this book to capture a way of life that is quickly disappearing."

Currently, Manastyrski is travelling across Canada on tour with his book while also working on his next photo book project.

For more information about *Prairie Sunset: A Story of Change*, visit www.prairiesunset.ca or follow the Facebook page for the book.

Continued on page 19

Christmas Open House

Thursday December 5
Open 10am - 8 pm

Drop in after the parade Fri, Dec 6

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Santa makes his debut at Holiday Magic Parade of Lights

By Evan Matthews

The Teulon Holiday Magic Parade of Lights, sponsored by Kozy's Productions, had 40 floats in 2019, according to organizer Debbie Kozyra. No prizes were handed out this year, as the parade is about "spreading community Christmas cheer." This year's festivities were treated to a balmy -1 degree Celsius, some of the best-ever weather for the parade. An estimated 1,500 people lined the parade route.

The Christmas Cheer Board collected \$350 along the parade route, with another \$450 coming out of the 50/50 draw at the Winterville Christmas Craft Sale on Saturday, totalling \$800 to date. Donations are still being accepted at Kozy's, L.J. Baron Realty, Big Way, Sunova, Teulon Senior Resource Centre and the Teulon Library until Dec. 10. If donations come in after the 10th, participating organizations will ensure that the money will get where it needs to go.



TRIBUNE PHOTOS BY EVAN MATTHEWS





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Elf on the Shelf

CHRISTMAS CONTEST

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204-467-8218

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204-467-5321

Stonewall Home hardware
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204-467-5589

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204-467-7333

ROCKWOOD Motor Inn
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204-467-2354

stonewall chiropractic centre
425 Main St, Stonewall
204-467-5523

Elf is hiding in these local businesses

Elf will move throughout the business community each week

How to play:
USING CLUES BELOW WITH THE ADVERTISERS ON THIS PAGE, FIGURE OUT WHAT BUSINESS ELF IS HIDING IN, TAKE A PHOTO OF ELF AT THE LOCAL BUSINESSES AND EMAIL YOUR ENTRY TO Elfontheshelf@stonewallteulontribune.ca (one entry per business).
Deadline Wednesday at midnight.

- USE THE CLUES BELOW AND THE ADVERTISERS ON THIS PAGE TO FIND WHERE HE IS HIDING THIS WEEK
- Thursday** Elf is cuttin' a rug!
 - Friday** Find Elf hanging out at the Den
 - Saturday** Bizarrely enough, Elf is hanging out with Fred & Barney
 - Sunday** Elf is delivering a trophy to the Ladies League
 - Monday** The Reeve needs help decorating the Christmas tree
 - Tuesday** Find Elf riding on his new set of wheels
 - Wednesday** For whom the bell tolls, come & find Elf and more in a titled building where two flags fly



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204-467-8384

Stonewall Pharmacy Ltd.
333 Main St, Stonewall
204-467-8385

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204-467-2081

sunova
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204-467-5574

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 December 11th



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Teulon lends a helping hand

Submitted

The TCI Helping Hands Committee collected 27 shoeboxes for this year's Operation Christmas Child Shoebox Campaign.

Through a Samaritan's Purse initiative called Operation Christmas Child, donors fill shoeboxes with hygiene items, school supplies and toys. The filled boxes are sent to impoverished children around the world, including Central America and Africa, regardless of gender, race or religion.

Some of these children have never received a Christmas gift before.

The Helping Hands Committee holds this campaign annually. Every-

one in the community can help out by collecting items throughout the year and either filling out their own shoeboxes or donating items to TCI to fill shoeboxes. School supplies can be purchased during back-to-school sales, summer toys (like skipping ropes, etc.) can be purchased at end-of-season sales, stuffed animals can be purchased on sale the day after holidays, and so on.

Arborg-based Interlake Eastern Regional Health Authority paramedic Kathy Kozminski-Kirby organized pickups for the IERHA's EMS staff, with help from paramedic Terrell Kerbrat and Braydon Harder.



TRIBUNE PHOTOS BY BRENDA BAWDON

TCI Helping Hands Committee with IERHA ambulance attendants.



Helping Hands members helped Interlake Eastern Regional Authority staff Kathy Kozminski-Kirby, Terrell Kerbrat and Braydon Harder load the ambulance.

> PICTURE, FROM PG. 13

Prairie Sunset: A Story of Change by Dion Manastyrski is available at multiple retailers throughout the Interlake and other nearby areas:

- Stonewall – The Grande Bazaar
- Teulon – Stacey's Blossom & Boutique
- Gimli – Diamond Beach
- Ashern – Happy Planet Hub Pet-roCan Gas
- Eriksdale – Co-op store
- Arborg – Co-op store

- Selkirk – Home Hardware
- Morden – Pembina Hills Art Council Gift Shop
- Winkler – Parkside Home Hardware
- Pilot Mound – Pilot Mound Pharmacy
- Crystal City – Crystal City Health
- St. Pierre-Jolys – St. Pierre Pharmacy
- Morris – Valley Super Thrifty Pharmacy

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

**It's the
BLACK FRIDAY
WEEKEND
CRAFT SALE**
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List of vendor products...

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- Watches • Mary Kay Cosmetics • Solar Lights • Sweet Legs • Norwex • Honey • Jams • Jellies • Knitting
- Sewed Items • Pickles & Relishes • Borscht • Perishky
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Record**

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BIZ
BLACK FRIDAY
WEEKEND**

Rosser students weigh in on the art of baking bread

By Jo-Anne Procter

Rosser Grade 3 and 4 students spent Nov. 19 learning all about bread.

An activity that tied in with many aspects of the Manitoba curriculum as it turned out to be a lesson in history, culture, science, mathematics and food security.

Teacher Sheila Anderson invited Suzanne Gessler, owner and head baker of Pennyloaf Bakery in Winnipeg, to share her knowledge and love of baking with students and volunteer parents and grandparents.

Gessler designed the lesson, provided the ingredients and baking tools used to bake bread from scratch.

Once students washed their hands and rolled up their sleeves, Gessler discussed the history of bread. She informed students that bread has been in existence for 30,000 years. She identified breads unique to cultural groups around the world including tortillas, bagels, bannock, pita and baguettes.

Students learned the value of measurement, exactness, time and temperature. They measured and weighed, took the temperature of the water, kneaded and shaped loaves.

They learned about yeast, a microbe that feeds on sugar. Enzymes in yeast ferment sugar forming carbon dioxide and ethanol. The carbon dioxide makes the bread rise.

They flipped and folded the bread, watched it rise and baked it.

Anderson who has taught cooking to her students was happy with the results of the day.

"I feel excited about the opportunities for cooking with our class, involving families in the community, and reaching out to experts in their field," Anderson told the *Tribune*.

"I have received positive support and feedback from parents regarding



Rosser students and volunteers baked 28 loaves of bread.



Mackenzie Boonstra, left, and Ashlyn Huard mix the dough.

the cooking we've done as a class."

Pennyloaf Bakery that is located at 858 Corydon Ave. specializes in baking authentic old-world-style sour-



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND SHEILA ANDERSON
Gessler prepared the dough before it was cut for the students to form their loaves.



Rosser Grade 3 and 4 students learned how to bake bread with Pennyloaf Bakery's Suzanne Gessler.

dough breads that are brought to life over a few days with a slow natural fermentation process and baked in a custom-built wood-fired oven.

Each student and volunteer went home with their loaf of bread and the recipe so they can bake bread anytime they feel the knead.

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FOOD
STORE

Farmer's Casserole

Recipe adapted from Better Homes and Gardens

Cook time: 50-55 minutes

Servings: 6

Nonstick cooking spray

3 cups frozen shredded hash brown potatoes

3/4 cup shredded Monterey Jack cheese

1 cup diced cooked ham, cooked breakfast sausage or Canadian-style bacon
2 green onions, sliced
4 eggs, beaten
1 1/2 cups milk
1/8 teaspoon salt
1/8 teaspoon black pepper
2 jalapenos, seeded and chopped
Heat oven to 350 F.

Coat 2-quart, square baking dish with nonstick cooking spray. Arrange hash browns evenly in bottom of dish. Sprinkle cheese, ham and green onions over hash browns.

In bowl, combine eggs, milk, salt, pepper and jalapenos. Pour egg mixture over hash brown mixture in dish. Bake, uncovered, 50-55 minutes, or until knife inserted near center comes out

clean.

Let stand 5 minutes before serving.



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> FAITH



Teulon United Church
11:15 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net



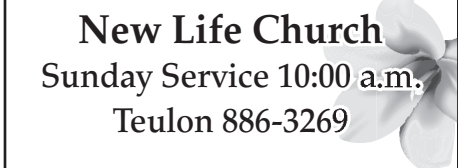
Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)
www.stonewallunited.ca



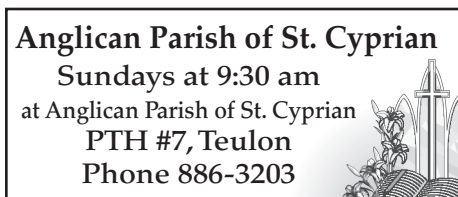
St. Peter Lutheran Church
Anglican Parish of St. Cyprian
Sunday Service - 9:30 am
PTH #7, Teulon
886-2159



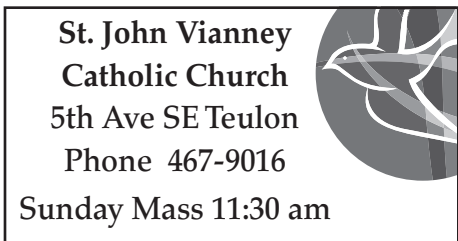
Interlake Full
Gospel Assembly
Teulon
Sundays at 11:00 am
Phone 886-2680



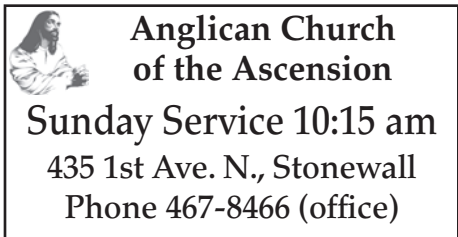
New Life Church
Sunday Service 10:00 a.m.
Teulon 886-3269



Anglican Parish of St. Cyprian
Sundays at 9:30 am
at Anglican Parish of St. Cyprian
PTH #7, Teulon
Phone 886-3203



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



Anglican Church
of the Ascension
Sunday Service 10:15 am
435 1st Ave. N., Stonewall
Phone 467-8466 (office)



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

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Rev. Mona Denton ~ Ph: 204-334-5426



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Sunday Worship 10:30 a.m. at
Sunova Auditorium, Quarry Park
Interpretive Centre, Stonewall
Phone 467-2870
www.alivefamilychurch.ca

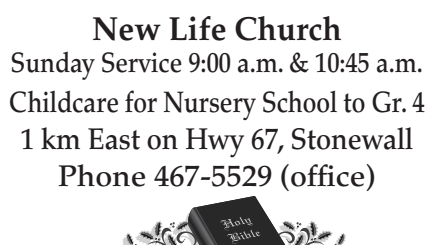


Warren & Meadow Lea
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Alt. Sundays at 10:30 am

Call 322-5752 for location of service.

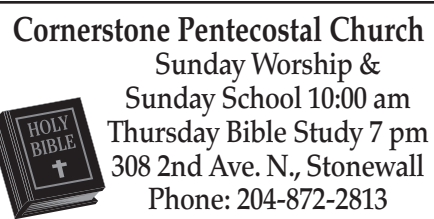


New Life Church

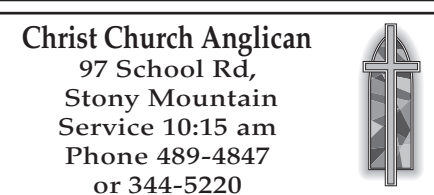
Sunday Service 9:00 a.m. & 10:45 a.m.
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)



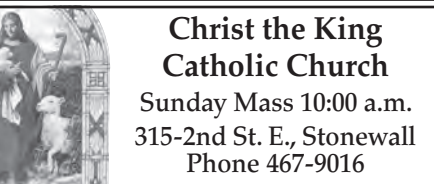
Woodlands
Gospel Chapel
Service 7 p.m.
Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 383-5372



Cornerstone Pentecostal Church
Sunday Worship &
Sunday School 10:00 am
Thursday Bible Study 7 pm
308 2nd Ave. N., Stonewall
Phone: 204-872-2813



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

The Reign of Christ

The Sunday next before Advent, this year November 24th, was celebrated as Christ the King, or the Reign of Christ Sunday. The gospel lesson appointed in the Revised Common Lectionary was Luke 23:33-43, the Crucifixion of Jesus. Not exactly a time in Jesus' life that many would find kingly, even with the initials inri – a latin acronym for Jesus of Nazareth, King of the Jews, inscribed on the cross above his head. Jesus' utterance while wearing a crown of thorns and elevated on the cross many would also find less than kingly, **"Father, forgive them; for they do not know what they are doing."**

This prayer for forgiveness is consistent with Jesus' life and teaching. To a paralytic, to a woman scorned by the crowd, Jesus says your sins are forgiven. When asked for a model of prayer by his disciples, Jesus puts at the heart of the prayer "forgive us our sins as we forgive those who sin against us.

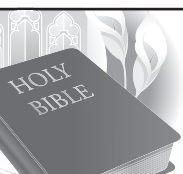
What is it about forgiveness that makes it a kingly proclamation and worthy of prime instruction for subjects to follow? Forgiveness has the power to free and transform relationships that have gone off the rails, the power to restore and heal relationships that are otherwise doomed. Without forgiveness we take into the future our wounds and brokenness.

Jesus prayed to forgive the soldiers, the people, the leaders, the criminals, you and me. Forgiveness is the quality of divine kingship that defies every human instinct for revenge and frees us to begin again. One act of forgiveness pays forward through our lives one forgiving act after another. One naked encounter with forgiveness, even before we repent, can melt the hardness.

It is only through forgiveness that God's kingdom will come into our lives, and only through forgiveness we can enter into eternity healed and restored. Jesus did tell his disciples that they have the power to forgive or not to forgive, but through example and instruction indicates that forgiveness is necessary to experience the kingdom of God.



Submitted by the Reverend James Bardsley
Anglican Church of the Ascension, Stonewall
Member of Stonewall and Area Ministerial



Church of the
Annunciation
Woodlands
Service
12:00 noon

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

Balmoral United Church
Sundays 9:30 am
Phone 467-9070
teulonpastoralcharge@mymts.net

Immanuel Lutheran
Church (LCC)
Service 10:00 am
Childrens Sunday School
after Worship
Inkster & King Edward, Winnipeg
632-6911

To participate in this monthly section please call 467-5836

Activities for Seniors in Your Area



December 2019 Calendar of Events!

Activity Centre • 374 – 1st Street West
For newsletters, visit www.si55plus.org

Clip & Save

December 2019	
Dec 2 Painting Class with Gail @ 12:30pm	Dec 13 Quilter's Corner @ 10:30am
Dec 2 Afternoon Cribbage Tournament @ 1:00pm	Dec 18 One Stroke Painting @ Noon
Dec 3 Book Club @ 9:30am	Dec 19 Centre will be Closed Until Jan 2, 2020
Dec 3 Hop, Drop & Shop @ 10:00am	January 2020
Dec 4 One Stroke Painting @ Noon	Jan 2 Centre Re-opens
Dec 4 Accumulative Cribbage Tournament #4 @ 7:00pm	Jan 3 Texas Hold'em @ 1:30 pm
Dec 5 Shopping @ St. Vital Mall @ 9:30am	Jan 6 Afternoon Cribbage Tournament @ 1 pm
Dec 5 BINGO @ 1:30pm	Jan 9 Shopping Trip to Kildonan Place @ 9:30 am
Dec 5 Ukulele Jam @ Something Beautiful @ 7:00pm	Jan 9 Ukulele Jam @ Something Beautiful @ 7 pm
Dec 8 WSO The Snowman – pick up @ 12:30pm	Jan 10 Quilter's Corner @ 10:30 am
Dec 11 Christmas Dinner & Entertainment @ Noon	Jan 14 Tai Chi Class Begins @ 1:30 pm
Dec 12 Casino Trip – Club Regent @ 10:00am	Jan 15 Luncheon @ Noon
	Jan 23 Ukulele Jam @ Something Beautiful @ 7 pm



Christmas Dinner

Wednesday, Dec 11 @ Noon
Entertainment by Southern Flavor
Advance Tickets Required!
Available @ 55 Plus Activity Centre
Call for tickets 204-467-2582



PAINTING CLASS with Gail

CHRISTMAS BALLS

Monday, Dec 2nd 12:30pm – 3:30 pm
Register Early! Limited Seats
Call 204-467-2582



MONTHLY BINGO

Thursday, December 5 1:30 PM
Additional Seasonal Prizes!
Everyone Welcome!



UKULELE JAM

Thursday, December 5 @ 7:00 pm
Something Beautiful
(307 Main Street, Stonewall)
All levels welcome! Learn from your peers!
Call 55 Plus for More Information!



TAI CHI CLASS - BEGINNER LEVEL

Instructor: Antonia Cesari
Starts Tuesday, January 14
1:30 – 2:30 pm • 10 Week Session
Call 55 Plus to Register!



AFTERNOON CRIBBAGE TOURNAMENT

Monday, December 2nd @ 1:00pm

**** Individual Play ****
\$5.00 @ the door
Cash prizes ~ Door prizes ~ 50/50 Draw
Next Tournament: January 6!



BUS TRIPS

Dec 5 – Shopping @ St. Vital
Dec 8 – WSO – The Snowman
Dec 12 – Casino – Club Regent
Jan 24 – Winnipeg Police Museum
Mar 4 – MTC: The New Canadian Curling Club
(Early Deadline – January 10)

Registration Required! Call 55 Plus!

Next Travel Club Meeting:

Fri, Dec 6 @ 10:30am - New Members Welcome!

ACTIVE WELLNESS CLUB

Festive Fitness Classes! December 2 – 17
Watch for Class Schedule on the
55 Plus Website: www.si55plus.org
& Facebook Page: SI55Plus



Season's Greetings

From the South Interlake 55 Plus Board of Directors and Staff
Our office will be closed December 19, 2019 to January 1, 2020
Re-opening on Thursday, January 2, 2020



For more information call 204-467-2582

South Interlake Seniors Resource - Stonewall 144-622 Centre Avenue - Lions Manor, Entrance 4.

SUPPORT SERVICES FOR SENIORS

- Driver/Escort Program • Equipment Lending Service • Meals on Wheels
- Lifeline • ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy) • Home Hair Care Service
- Resource information/Form Assistance

www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

SISRC HAS REVISED OUR COMMUNITY HEALTH AND SENIORS RESOURCE GUIDE. THEY ARE AVAILABLE FOR PICK UP FROM OUR OFFICE. THEY ARE FULL OF GREAT LOCAL INFORMATION AS WELL AS GOVERNMENT INFO AND CONTACT NUMBERS.

THERE WILL BE NO "POTLUCK PLEASURE AND FELLOWSHIP" IN DECEMBER

The next dinner will be

Tuesday, January 21st, 2020 @ 5:00

Church of the Ascension Parish Hall 435 – 1st Ave. N.

For transportation, please call 204-467-2234 or 204-467-8613

E.R.I.K

E.R.I.K. is an Emergency Response Information Kit developed by a community Advisory Council, established in response to community concerns regarding the availability of adequate information in emergency situations. All area emergency groups have endorsed this program. Once completed, the kit provides the necessary information for emergency personnel to respond quickly to your situation. Emergency Responders will look for this kit on your fridge!

WHO SHOULD USE THE KIT?

The kit is ideal for seniors, chronically ill person or those who live alone. You may also want to take a copy of E.R.I.K. and your complete Health Care Directive with you when you are away on a trip.

* It is important to update the information form as your information changes.

* The Christmas Season is a good time to update your ERIK with your family! E.R.I.K. kits are available at your local Senior Resource office.



From the Staff and Board of Directors
of South Interlake Seniors Resource,
We wish you a Merry Christmas and a
Happy and Healthy 2020!

The Seniors Resource Office will be closed
from December 24th, re-opening January 2nd.

For more information call 204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • FRIENDLY VISITOR
- DRIVER ESCORT • INFORMATION/FORM ASSISTANCE • ADOPT A GRANDPARENT
- DROP IN CENTRE AREA
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

Footcare clinic, Community Volunteer Income Tax Program, Exercise Program, Monthly Seniors Birthday Club, Mobility Aids, (E.R.I.K.) Emergency Response Information Kit, Victoria Lifeline, Volunteers for different services such as Friendly Visits and Telecheck, resource Information, housekeeping, transportation, mobility aid equipment for loan. Fundraising activities throughout the year.

Monthly Birthday Bingo Club and whist tournament
last Thursday of each month.

"Celebrating Seniors in Action"

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall wins first-ever provincial volleyball title

By Brian Bowman

The Stonewall Collegiate Rams made history last Saturday

For the first time in the school's history, Stonewall won a MHSAA provincial volleyball championship.

The Rams can proudly call themselves this year's MHSAA junior varsity girls' AAA provincial volleyball champions.

"It was awesome," said Rams' head coach Shae Johnson Monday evening. "The girls were smiling from ear to ear at school today. They're pumped up and I'm really proud of all of them. I'm super excited about it. I'm not even a teacher yet and I've won a provincial championship, so this was huge."

Stonewall capped off a fantastic season with an outstanding performance in the final Saturday against the Jeanne Sauve Olympiens.

The Rams won the exciting match 2-1 by scores of 25-18, 13-25, 18-16. Stonewall showed a ton of poise in that nerve-wracking third set.

"Oh my goodness, I think I had a heart attack in that last set," Johnson joked. "It was so close and it showed how much volleyball is a mental game. The girls had such a strong mental game and they were able to pull through."

This Rams' team was a very special group of girls.

"I have never met a group of girls so dedicated to a sport and also so dedicated to their studies and to their school," Johnson said. "They are such an all-around great group of girls. They genuinely wanted to be at practice and they had fun at practice. They wanted to be at all of the games and they wanted to get consistently better. They were a really special group of athletes that you don't come across every year. It was really awesome to

coach them."

Stonewall reached the final after sweeping the Linden Christian Wings 2-0 (25-22, 25-9) in a semifinal match-up.

"We didn't play down to the other team's level," Johnson said. "Linden Christian were a strong team but they had their good games and their bad games. Our girls stayed really positive in that second set and it kind of showed. They kept the momentum throughout the set."

In a quarter-final game, Stonewall swept the Niverville Panthers 2-0. The Rams won a wild first set 29-27 and then secured the win with a 25-13 victory in the second set.

Stonewall, ranked No. 5, started the playoffs with a dominating 2-0 win over No. 12 R.D. Parker Collegiate. The Rams won sets by scores of 25-6 and 25-20.

The Rams finished first in their four-team pool after posting a perfect 3-0 record.

Stonewall started pool play with a 2-0 (25-22, 25-18) win over the Westgate Wings last Thursday. The Rams then posted 2-1 victories over Virden (21-25, 25-19, 16-14) and Linden Christian (25-23, 22-25, 15-11).

Meanwhile, the Rams' Charli Reimer was named the provincials' most valuable player while Grace Fines and Alex Clark were selected as all stars.

"I think that they were on for the whole tournament," Johnson said. "They're contributing members to our team. Charlie hits the ball like I have never seen a JV girl hit a ball and Alex and Grace are such awesome, consistent, positive members of the team. I think they might have played every single set this year and they are such great role models, especially for the Grade 9s coming up."

"They are just an awesome group."



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stonewall Collegiate Rams are the 2019 MHSAA AAA junior varsity girls' volleyball provincial champions. Pictured back row, left to right: Curtis Grieve (coach), Sarah Shewchuk, Maya Olson, Nadia Shultz, Emerson McAuley, Reese Loewen, Maddie McRae, Charli Reimer, Reese Deprez and Shae Johnson (coach). Front row: Kyra Swanson, Rena Kathler, Grace Fines, Alex Clark, Sarra Jackson and Ava Pool.



The Rams' Charli Reimer was named the provincials' most valuable player.



Gracie Fines, left, and Alex Clark were both named provincial all-stars.

Stonewall junior curling team keeps rockin'

Staff

For the second time in three weekends, Stonewall's Team Bijl won a major junior men's curling bonspiel.

On Nov. 17, Bijl soundly defeated Team Krahn from Morris 7-2 with brothers on each team facing each other (Johnny Trinke on Team Bijl and Luke Trinke on Team Krahn team) at

the Pembina U18 Junior Bonspiel.

Team Bijl won in just five ends to take the championship and another nice cash prize.

The bonspiel attracted 16 junior men's teams.

Team Bijl had a hard fight in the round robin, being behind in all three games, but fighting back hard to win

all three to advance to Sunday's playoffs.

After a quick win in the quarter-finals, Team Bijl then faced Team Ehnes with Stonewall's Autumn Good, coached by John Good, in the semifinals.

Team Bijl kept on a roll and won again to advance to the finals.

Just two weeks ago, this young team won the Manitoba Junior Curling Tour's U21 Quality Inn Winkler Junior Classic, featuring 12 junior men's teams. Team Bijl won the championship and the \$600 winnings.

Team Bijl plays in Stonewall Men's Tuesday League as club members.

Rams ready to compete at MHSAA AAA varsity boys' provincials

By Brian Bowman

The Stonewall Collegiate Rams varsity boys' volleyball team has played in a lot of big games this season.

But their biggest one to date will come Thursday afternoon at the MHSAA AAA provincials.

The Rams are excited to be able to compete against the top AAA teams in the province.

"Our goal every year is to see if we can qualify," said Rams' head coach Owen Nishi. "We had a pretty rough start to the year but the guys have made a ton of improvements over the year from where we started."

"The provincials are going to be a tough go for us but we'll just be happy to be there and compete."

The eight-team provincials will break up the teams in two pools of four. Stonewall begins action Thursday (1 p.m.) against the Linden Christian Wings and then will need their morning coffee as they take on the Neelin Spartans Friday at 8:30 a.m.

The Rams will battle the Dauphin Clippers later that day at 12:15 p.m. to wrap up pool play.

The Rams lost 3-0 to the Shaftesbury Titans in their WWAC Tier 2 championship last Thursday in Stonewall.

On Nov. 12, the Rams defeated the John Taylor Pipers 3-2 in a provincial qualifier in Stonewall. John Taylor ear-

lier defeated the St. James Jimmies to earn the matchup with Stonewall.

"It was a tough game," Nishi admitted. "It went five sets but we managed to pull it out so that was a good thing. We've always been hot and cold in our games. We don't always get off to the best start but the boys managed to finish strong. There were a couple of sets that should have gone our way in that game."

Stonewall finished its regular season in first-place in their four-team WWAC Tier 2 league after posting a solid 8-1 record.

"That was really good for us and we're pretty happy with that," Nishi said. "Being in Tier 2, we basically played three other teams all year so we got to know the other three in our conference pretty well."

The Rams' roster this season features five Grade 12 players and seven Grade 11s. Those senior players are great leaders on the court.

"We're definitely going to be losing our emotional and vocal leaders on the court in the Grade 12s," Nishi said. "They have been with the program for several years and they have learned a lot. They do a good job leading the guys on the court so they will definitely be missed."

The future, though, looks bright for the Rams' varsity boys' volleyball



TRIBUNE PHOTO SUBMITTED

The Stonewall Collegiate Rams varsity boys' volleyball team will be competing at the MHSAA AAA provincial championships this week. Stonewall enjoyed a very good season, including posting an 8-1 record in league play. Pictured, back row, left to right: Myles Fotty, Hunter Olson, Dasek Sobkow, Liam Proven, Noah Harold, Ethan Enns, Tyler Hogg and Mr. Nishi (coach). Pictured, front row, left to right: Dylan Zacharias, Sam Warkentin and Aidan Mulvihill.

team.

"We do have talent coming up," Nishi noted. "They need to mature a bit in terms of volleyball but talent-wise,

I don't think we're going to be losing too much. We have some players from Derrick Wall's (junior varsity) team coming up so that should be good."

Wildcats impressive at MHSAA A/AA junior varsity girls' volleyball playoffs

By Brian Bowman

The Warren Wildcats had a great run at the MHSAA A/AA junior varsity girls' volleyball provincials.

Warren reached the final before losing 2-0 to the St. Paul's Barons last Saturday. St. Paul's won by set scores of 25-14 and 25-19.

The Wildcats had advanced to the final after defeating the Major Pratt Trojans 2-0 (25-22, 25-14) in a semifinal contest.

In a quarterfinal game, Warren slipped past the Killarney Raiders 2-1 (21-25, 25-14, 15-12).

The Wildcats started pool play last Thursday with a 2-1 loss to the Glenboro Panthers (25-19, 19-25, 13-15) and then swept the Prairie Mountain Predators 2-0 by scores of 25-18, 25-23.

Warren wrapped up pool play with a 2-0 (25-16, 25-14) win over the Carberry Cougars to finish first with a 2-1 record.

In boys' provincial action, Warren was defeated 2-0 (17-25, 14-25) by St. Paul's in a first-round playoff game.

The Barons wound up defeating the Cougars in the third-place game.

Warren opened pool action with a



Ayssa Procter, left, and Abby Cassidy were named tournament all-stars.

tough 2-1 loss to the Immanuel Christian Falcons. Immanuel Christian won by scores of 25-22, 13-25, and 15-9.

The Wildcats were then defeated 2-1 (24-26, 27-25, 6-15) by the Landmark 96ers. Warren wrapped up pool play with a 2-0 (17-25, 20-25) loss to the MacGregor Mustangs.



TRIBUNE PHOTOS BY CANDACE PROCTER

The Warren Wildcats' junior varsity girls' volleyball team were finalists at the MHSAA A/AA provincials this past weekend. Back row, left to right: Tyler Oliver (coach), Tessa Grywinsk, Jazmyn Carr, Lexie Carriere, Alyssa Procter, Abby Cassidy, Helen Alexander, Andrea Schutz (coach); front row: Aliyah Allary, Chloe Lange, Naomi Good and Ella Masszi.

Stonewall Jets come out flying against St. James Canucks

By Brian Bowman

It's very rare for a hockey game to be decided just 13:39 into a contest.

But that's what happened between the Stonewall Jets and St. James Canucks last Friday.

Stonewall stormed out very quickly to a 4-0 lead on their way to a solid 5-1 win in Manitoba Major Junior Hockey League action.

"That was nice to kind of get the monkey off of our back," said Jets' head coach Brock Couch. "We had a not so good of a feeling leaving St. Vital on Thursday night so that was good for the boys to get right back at it."

"We just had to play defence after that but St. James came back hard."

Jets' forward Caron Ouellette started the scoring barrage 5:26 into the game and then Marcus Dewey made it 2-0 just 25 seconds later.

Brandon Kochen put the Jets up 3-0 a mere 13 seconds after that and then Stonewall led 4-0 when Chance Dickenson tallied at 13:39 of the opening period.

St. James' Adam Thurbeck scored the lone goal of the second period and then Stonewall's Keevan Daniels-Webb closed out the scoring in the third.

Curtis Beck was very good in goal, making 39 saves for the victory.

Beck now has a 6-6 record with a 2.84 goals-against average and .921 save

percentage.

"He's kept us in games and he's been one of the main reasons that we have been able to win close games," Couch said. "(Friday) night, we had 11 minutes in penalties in the second period, whether it was officiating or they were warranted, we just took a lot of penalties and we had to kill them off. He made some big saves so that was awesome."

Last Thursday, the Jets lost 6-4 to the first-place St. Vital Victorias.

St. Vital erased a 3-2 second-period deficit with four-straight goals, including three to start the third period.

"It was small moments of the game, turnovers on our blueline cost us and (the puck) ended up in the back of our net," Couch said.

Branden Storey, Daniels-Webb, Dewey and Jaytey Towle scored for Stonewall.

Daniels-Webb also had two assists while Towle had a two-point night.

Cedric Chenier (three), Jesse Gibbons, Kevin Lamb and Devan Vercaigne had the Vics' goals.

Beck stopped 25 St. Vital shots.

Forward James Maxwell made his debut with the Jets and had an assist in the game. Maxwell has Junior "A" experience with several teams over the past three seasons.

"He's a good kid with a good head on his shoulders," Couch said. "He's



TRIBUNE PHOTO BY LANA MEIER

The Jets' Keevan Daniels-Webb had a goal and two assists against the Canucks in Stonewall's 5-1 home win Friday night.

local and he helps our top guys. He compliments Keevan Daniels-Webb's style of play and he makes us deeper as a team. You can take some of those guys that were in the top six and they just beef up our bottom six. It's easier to roll four lines now. It's a shame to let some of the younger guys go but it is what it is.

"We're looking forward to kind of solidifying this roster. Working with

it, and just building on it."

In other off-ice news, the Jets recently acquired Matthew Lehmann from the St. Boniface Riels in exchange for the rights to goaltender Josh Bond.

Lehmann, 18, is a 6-foot-4, 220-pound forward from Carman.

Stonewall will visit the last-place River East Royal Knights on Friday (7:30 p.m.) and the Raiders Jr. Hockey Club Sunday (2:30 p.m.).

Vautour, Faulkner lead Mercs to road win

Staff

Usually when an opposing team has a player score four goals against you, it results in a loss.

But that wasn't the case for the Warren Mercs on Saturday in Morden.

Redskins' forward Mike Rey scored four times but it wasn't enough as the Mercs cruised to an 8-4 South Eastern

Manitoba Hockey League victory.

But Rey wasn't the only player to have a huge game.

Warren's Riley Vautour scored twice and added three assists while Chase Faulkner netted a hat trick. Vautour is now tied for seventh in league scoring with three goals and nine points in four games. Rey also has nine points

so far this season.

Johnny Lazo had a goal and two assists and Mitch Hansen chipped in with a goal and a helper. Trent Genyk scored the Mercs' other goal.

Hayden Dola made 35 saves for the win.

With the victory, Warren now has nine points to sit tied for first place

with the Carman Beavers in the seven-team league. Carman, however, has played one less game.

The Mercs are back in action this Saturday (8 p.m.) when it hosts the Redskins. It is the first of three straight home games for Warren.

**Stonewall
Jets Player
Profile**

#10

Brendan Labossiere

Forward, shoots right, 5'10" 170 lbs Born 1999

*Come out to
support the Jets*

Upcoming Games

Friday, Nov. 20
Stonewall Jets at River East
at 7:30 p.m. River East Arena

Sunday, Dec. 1
Stonewall Jets at Raiders Jr.
at 2:30 p.m. Seven Oaks SportsPlex

Wednesday, Dec. 4
Pembina Valley at Stonewall Jets
at 7:30 p.m. VMSC

U18 Lightning on both sides of lopsided games

Staff

The Interlake Lightning were on both ends of lopsided games last weekend.

Interlake earned a weekend split with a dominating 9-3 victory over the Norman Northstars in Manitoba U18 AAA Hockey League action Sunday afternoon in Teulon.

Ashton Fisher, with a pair, Matthew Vandel and Carl Ingalls scored first-period goals for the Lightning.

Interlake's Karson King and Norman's Derek Kelvisto traded goals early in the second before Fisher and Vandel tallied in the second.

Aiden Bruce and Mark Hamrlik scored for the Lightning in the third while Brady Krentz and Roger Houle

replied for the Northstars.

Dominic Jacobson made 30 saves for the win.

On Saturday, the Lightning had a real stinker of a game with an 8-0 road loss to the Winnipeg Bruins.

Winnipeg, which held period leads of 2-0 and 6-0, received goals from Jody Bielik (two), Ashton Romaniuk, Dakota MacIntosh, Matt Yakubowski, Jack Kaiser, Aidan Hyra and Miguel Bovier.

The Lightning, now 9-10, will host the Eastman Selects on Wednesday and the Southwest Cougars Friday in Teulon. Both games start at 8 p.m.

Interlake will then play the Winnipeg Wild on Sunday at the Bell MTS Iceplex. Puck drop is 1:45 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Lightnings' Ashton Fisher scored a hat trick against the Norman Northstars last Sunday in Teulon.

Stonewall playing solid hockey during three-game winning streak

Staff

The Stonewall Collegiate Rams are playing some great defensive hockey during their three-game winning streak.

On Monday, the Rams blanked Pierre Elliott Trudeau 4-0 at the East End Arena.

Cody McMillan led Stonewall with a

pair of goals while Tristan Shore and Lucas Singh also tallied.

Jackson Kummen earned the shut-out.

Last Friday, the Rams skated to a solid 5-1 win over the St. John's Ravenscourt Eagles in Stonewall.

SJR took a 1-0 lead on a goal by Euan Bohn but it was all Stonewall after

that.

The Rams' Kaiden Kendal and Shore scored in the second period and then McMillan, Adrian Klimpke, and Brody Stovin tallied in the third.

McMillan and Klimpke finished the game with three points apiece while Stovin had two points.

Kummen earned the win in goal.

With the two victories, Stonewall improved its record to 4-7 in the Winnipeg Free Press Division standings.

The Rams will hit the road for a pair of games this week. Stonewall will be in Sanford Wednesday (4 p.m.) and then will play Glenlawn Collegiate Thursday (4:15 p.m.) at the St. Vital Arena.

Experience of a lifetime



TRIBUNE PHOTO SUBMITTED

Bryston Jira of the Stonewall Blues PeeWee hockey team had a rare opportunity of leading the Winnipeg Jets on to the ice and then stand alongside the players on the blueline for the two national anthems before a game against the Colorado Avalanche on Nov. 12. Jira, whose favourite player is Jets' captain Blake Wheeler, said "it was a great experience, one I'll never forget." He was the winner of a Scotia Skater Contest that his dad entered him into.

Lightning hammer Pembina Valley Hawks

Staff

The Interlake Lightning Bantam AAA hockey team played a great road game on Saturday - and they were rewarded for their efforts.

Interlake hammered the Pembina Valley Hawks 7-3 in Rosenort.

Lightning forward Hayden Wheddon had a fantastic game, scoring three goals and adding two assists.

Rylan Slatcher was also very good with two goals and two assists.

Ty Woods and Darian Sinclair also scored for the Interlake. Nicholas Leclair had two assists in the game.

Zachary Dyck (two) and Carter Sotheran replied for Pembina Valley.

Dawson Cowan made 35 saves for the victory.

With the win, Interlake improved its league record to 4-7-0-1.

The Lightning will have a tough

test against the 13-0 Winnipeg Warriors this Saturday at Notre Dame Arena. Game time is 2:30 p.m.

On Sunday, Interlake will play the Central Plains Capitals in Portage la Prairie. Puck drop is 1:15 p.m.

In U17 Prep action, Interlake was defeated 7-1 by the Winnipeg Bruins.

Alexander Kaczorowski scored a second-period goal for the Lightning, assisted by Evan Calder.

Paison Butler (two), Andrew Thevenot, Lucas Gillson, Braeden Bzovy, Michael Tanchak and Austin Peters scored for the Bruins.

Hayden Myskiw made 34 saves in the losing cause.

Interlake will host the Eastman Selects this Thursday at 7:30 p.m. in Stonewall. The Lightning will then visit the Selects on Sunday at 1 p.m.

Frost-Hunt receives memorial award

By Ty Dilello

Local softball phenom Rikki Frost-Hunt of Stonewall received the prestigious Ashley Neufeld Memorial Award from Softball Manitoba this past weekend at the Sport for Life Centre in Winnipeg.

Softball Manitoba annually presents awards to players, coaches, managers, administrators, executive members, umpires and builders for outstanding performance or contribution to the game of softball.

Unfortunately Frost-Hunt was unable to receive the Ashley Neufeld Memorial award in person due to prior commitments but her coaches Brenda and Denis Woods accepted on her behalf.

Ashley Neufeld was a softball player from Brandon who lost her life in a tragic accident back in 2009 while playing for her college team at Dickinson State University in North Dakota. Today, in addition to the memorial award in her name, a softball complex in Brandon is also named after her.

"I am beyond honoured to have been chosen as a recipient of the Ashley Neufeld Memorial Award," said Frost-Hunt. "I had to start from the bottom and build myself up after my surgery to where I am now playing the sport I

love once again. This experience really showed me that no matter how far our dreams are, they really are possible.

"I would like to thank all of my coaches, and especially Denis and Brenda Woods and the Softball Manitoba Academy coaches for their continuous support in and outside of the softball world, as well as the Neufeld family for their continuous support to the sport I love."

Frost-Hunt began playing softball in her hometown of Stonewall as a young child and hasn't looked back since.

"I first started playing softball here in Stonewall when I was only four years old. All the other little girls from around town came together to form the Stonewall Pink Flamingos. Many of us worked our way up over the years to play for the Interlake Phillies competing with teams from Manitoba and across Canada and the U.S.A. With the Phillies unable to form a team at my age level the last few years, I've also had an opportunity to play for the Angels and most recently the Thunder," Frost-Hunt said.

"The players I have met as teammates and competitors have become some of my closest friends. This became very apparent last season when

an accident on the basketball court resulted in my need for ACL reconstruction surgery and ending my softball season as a player. Knowing I needed in some way to remain on the diamond, I accepted an offer as assistant coach with the U16 Phillies.

"Growing up in the Interlake created a tighter-knit community around me and a stronger sense of belonging for me in the softball world. Living in a small town allowed my coaches to be either my friend's dad or my dad's friend. This close softball world allowed for tons of practice and extra reps with coaches as well as friends, really giving us Interlake girls an edge when competing with the city, even though we were usually short on numbers."

Injuries haven't stopped Frost-Hunt as she is looking forward to getting back on the ball diamond this spring and she's also excited to be joining the coaching ranks as well.

"This year I am rostered on the Manitoba Thunder, a competitive team in the city, and I am looking forward to the opportunities that will arise with this organization. Last season was cut short for me after my ACL reconstructive surgery; however, this season I am eager to get back into the swing of



TRIBUNE PHOTO SUBMITTED
Rikki Frost-Hunt, right, with coach Denis Woods taken this summer.

things and regain confidence and skill on the diamond," she said.

"I am attending the University of Manitoba in the Faculty of Science with hopes to pursue a career as an orthodontist. I also hope to continue coaching young females into fierce athletes on the softball diamond in my spare time this summer."

Klimpke's team surges to U21 provincial berth

By Ty Dilello

Stonewall's Emerson Klimpke picked up their U21 Provincials berth this past weekend out in Beausejour after defeating Winnipeg's Brett Walter 4-3 in Sunday night's berth final.

Klimpke won three straight games to qualify to have two chances to win their berth. Although they lost the first berth game to St. Vital's Jordon McDonald, Klimpke bounced back over Walter to punch his ticket to next month's Dauphin provincials.

"Overall this past weekend tested our fight and will as a team. I believe It made us stronger as a team, due to our determination to stay hungry. It was a grind, mentally and physically. The guys came out firing and rattled off three quick wins and we found ourselves in the 1v1 game against McDonald. We were laying two on McDonald's last rock but he drew to the lid for the win, which dropped us to the second berth game against Walter," Klimpke said.

"The game against Walter started slow as no one wanted to take that unnecessary risk, as it was a stalemate 1-1 after five ends of play. We forced in six to make it 2-1 Walter, but then

bounced back in seven with a deuce to make it 3-2 Klimpke. Again we forced in eight for a 3-3 tie. With hammer, we blanked nine, and scored our single point in ten to secure the provincial berth to Dauphin."

Team Klimpke will be back on the ice this weekend as they will be competing at the MJCT Tour Championships at the Assiniboine Memorial Curling Club in Winnipeg. The Tour Championships features the top ten junior teams competing in a tune-up for the upcoming provincial championships in Dauphin.

In addition to their success last weekend, Team Klimpke has made the finals of three MJCT events so far this season, winning the Don Baldwin Memorial Bonspiel.

"We are looking forward to making the trip to Dauphin for my last junior provincials," said Klimpke. "We will compete with the provinces best as we look to make a little noise while doing so."

Moosehorn's Talyia Tober didn't fare as well as Klimpke in Beausejour as their run was ended in the berth losing to the Arah Davies rink 6-3. Tober will now need to go through the Win-



TRIBUNE PHOTO SUBMITTED

Team Klimpke of Stonewall picked up their junior provincials berth this past weekend in Beausejour. Left to right: lead Jayden Rutter, second Tim Johnson, third Reece Hamm, skip Emerson Klimpke and coach John Loxton.

nipeg regionals to clinch her provincial berth.

In other curling news, Winnipeg Beach's Tanner Horgan reached the quarterfinals of the WCT Sunova Spiel in East St. Paul this past week-

end before falling to William Lyburn. On the women's side, Abby Ackland (with Marquette's Sara Oliver) also qualified for the playoffs but fell in the quarterfinals to Darcy Robertson.

Proven wins Top Female Softball Player award

By Ty Dilello

Stonewall native Loren Proven received a major award as the Top Female U19 Softball Player by Softball Manitoba at the Sport For Life Centre in downtown Winnipeg on Nov. 23.

Softball Manitoba annually presents awards to players, coaches, managers, administrators, executive members, umpires and builders for outstanding performance or contribution to the game of softball.

"When I first found out that I won this award I couldn't comprehend what I was reading. I feel incredibly humbled to be the recipient this year, especially when I think about all the amazing players I have played with and competed against for the better part of my life. Manitoba has many incredible players who I respect so much and take inspiration from. To even be considered for an award like this is an absolute honour," Proven said.

"I could never have earned this award without the amazing coaches, teammates and opportunities from the past thirteen years and they all shaped me to be who I am today. Most importantly, I am incredibly thankful for my parents and all the sacrifices that they have made for me to play. They have always been my biggest supporters and I know that I never could have even be considered for this award without them."

Proven grew up playing softball in the Interlake from the time she was very young and has always had a strong love for the game.

"For as long as I can remember, softball has been a part of my life as both my mom and dad loved the sport so they encouraged me to play at a very young age. As a kid I grew up playing in the Stonewall Minor Ball organization. There were great coaches, facilities and a ton of opportunities for kids to play. Most of my best friends played, so it made coming to the diamond special and fun. Being able to play with my friends and come together as a group has always been my favourite part of the game," recalls Proven.

"It was an easy decision to try out for the Interlake Phillies in U12, as it was the natural next step to play 'A' ball. Since my time playing with the Phillies, I have played for the Manitoba Angels (two seasons in U19) and the Manitoba Thunder (one season U19). Both experiences allowed me to be able to work hard and play in great environments that helped me improve my mechanical skills and leadership skills on and off the diamond.

"I have found that being a catcher has allowed me to step into a leadership role. My experience playing on the Thunder this past season was one that I won't forget. My teammates, coaches and the organization created a very welcoming environment for a new player in the club. I think all these factors really came together to contribute to our success both as a team and in my individual play this past season."

After Proven had completed high school, she took her softball talents to Queen's University in Kingston, Ont., to play for their school team.

"Playing ball for Queen's has really been the best of both worlds for me. I get to continue playing ball at a high level while working towards a bio-mechanical engineering degree. Our league starts and finishes in the fall, which really allows me to put all my focus on softball when it's softball season and then on school when the season wraps up. In my rookie year, I was lucky, as the team was looking for a catcher, so I have gotten the chance to start my past two years," she said.

"There have also been opportunities in Kingston working with the 'Junior Gaels' Program, where our



PHOTO BY IAN PROVEN
Stonewall's Loren Proven received the Softball Manitoba Top Female U19 Player of the year award

team mentors at a winter camp for kids from ages five to 12. It has been really rewarding to give back to the community here, and I am grateful to be getting more coaching experience with a variety of age-groups. This team has become my family away from home. Having some close friends on the team make it a lot easier to be so far away for most of the year. I feel very fortunate to have had the chance to work towards a professional degree at a great university, while still being able to play the sport I love."

Going forward now, Proven is currently considering her options in the sport and is also thinking of perhaps becoming a coach to the younger generation of female players that are coming out of our province.

"This season is still up in the air if I am going to play as I have been looking for a full-time job for this summer, which makes travelling away for tournaments or having a heavy game and practice schedule difficult. However, I have been as-

sistant coaching in the Phillies organization for the past three years, so I am intending on getting my full coaching certification for the upcoming summer. I am hoping to be able to put a lot more time and energy into teaching and giving back to the game in my community," she said.

"I think that it is very important for there to be a female on the bench with girls' teams not only to coach but to also be a positive role model. I know how much I benefited from having female coaches while playing and want to do the same for the kids going through the program now. I have completely caught the coaching bug and I can't wait to see where that takes me in the future."

Cockerill earns 2019-20 European Tour playing card

Staff

Aaron Cockerill's amazing golf story got even more amazing last week.

Cockerill earned a partial exemption on the European Tour for the 2019-20 season.

The Stony Mountain product finished seventh overall at last Wednesday's sixth and final round of the tour's final qualifying tournament in Tarragona, Spain.

Cockerill carded a 2-over 73 in his first round and then fired very impressive rounds of 66, 69, 67, 68, and 69 in front of his parents who made the trip overseas.

The 27 year old Cockerill was 16 under for the tournament, nine strokes behind winner Benjamin Poke of Denmark.

"I'm just excited," Cockerill told the Canadian Press. "I thought I'd probably be a little bit more emotional. I'm happy it's done with. It's a stressful week, especially when it's as close as it is."

Golfers played 252 holes over various weekends with just 25 European Tour cards available.

Cockerill hopes to continue his success at the next level and is very excited to be offered the rare opportunity for a Canadian to compete on the European Tour.

"I think my game will transfer maybe even better to more difficult golf courses," Cockerill said. "The world ranking points, the purses, the schedule, it's a massive difference. It's probably the second biggest tour in the world behind the PGA Tour, right?"

"I'm super excited to play. Other than the PGA Tour it's probably the best tour you can play."

Cockerill spent the past three years on the Mackenzie Tour-PGA Tour Canada after a four-year stint at the University of Idaho.

The 2019-20 European Tour season begins this Thursday through Sunday at the Alfred Dunhill Championship in South Africa.

Cockerill then expects to compete at the AFRASIA BANK Mauritius Open on Dec. 5 before heading Down Under for the Australian PGA Championship in Gold Coast on Dec. 19 before returning to Manitoba for Christmas.



TRIBUNE PHOTO CHUCK RUSSELL/PGA TOUR CANADA
Aaron Cockerill has defied the odds once again as he earned a European Tour playing card for the 2019-20 season. Cockerill finished last Wednesday's sixth and final round at the tour's final qualifying tournament tied for fifth, putting him well inside the top-25 cutoff for a full card. Cockerill was 16-under for the tournament, nine strokes behind winner Benjamin Poke of Denmark.

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Sudoku Answer

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It is difficult to find the words that can adequately express thanks to our families, friends and many people we have met as we faced several challenges this past year. Cancer has taught us that we are loved by many more people than we could ever have dreamed. While in the hands of God and modern medicine we learnt recovery is a process that takes time, patience and the support of great people. You great people know who you are and all we can say is thank you for your prayers, expertise, kind thoughts, gifts, cards and many acts of kindness that have supported, comforted and encouraged us. It has been a year now since our Whipple and Knee Replacement surgeries and we are both doing very well. Thank you everyone.

-Love and peace,
Barry and Merle

ANNOUNCEMENT

CARDS OF THANKS

Words can't express our gratitude to everyone for all the support you have shown to us in this trying time in our lives. Special thanks to ALL at the Stonewall Hospital for always going that extra mile to help us; to Ken Loehmer for his expertise; and to each and every one for their care, compassion and sympathy in the visits, cards, flowers, calls and goodies. It is much appreciated and will always be cherished. Thank you immensely!

-The Lawrence Kiesmen family
Audrey, Melanie, Crystal and Alan,
Jodean and Scott, Blair and Colleen,
Derrick and families

ANNOUNCEMENT

IN MEMORIAM



Bill Peltz
In Loving Memory of
our son, Dad, grandpa, brother, uncle
Bill
who left us suddenly
on November 27, 2015

There will always be a sadness,
And often a silent tear;
But always special memories,
Of days when you were here.

-Lovingly remembered by Mom, Tracey,
Ashley, Keegan, Samara, Lachlan, Sophia,
Mark, Lisa, Jason, Ryan, Nicole and Ben

OBITUARY

Della Mae Campbell (Bozowy)

December 25th, 1944 – November 24th, 2019

Peacefully, with her husband at her side, Della Mae Campbell, lost her battle to cancer at the Stonewall Hospital on November 24th, 2019.

Della is survived by her husband Ken; her children Brian (Barb), Kevin (Tina) and Teresa; her grandchildren Vincent (Danielle), Lisa, Lorne, and their mother (Kathy), John, Kurtis and Kristine; sister Verna Turner and many nieces and nephews and very special long-time friend Peter Mott. Della was predeceased by her father John Bozowy in 2007 and her mother Anne Bozowy in 2011.

Della was born in Winnipeg, Manitoba and moved to Stony Mountain in 1952 at age 8. She soon met her childhood sweetheart Ken and they married November 12th, 1960.

Through strong will and determination, Della went back to Red River College and obtained a graduate certificate in accounting. She spent her working career in that field, in numerous places within the government. She made many friends in her various positions and spent many years exchanging recipes with many of them.

Della's favorite place to hang her hat so to speak was Steep Rock, Manitoba. Della and Ken spent a lot of their spare time relaxing and entertaining family and friends at their place.

The family would like to thank CancerCare Manitoba, Dr. Venter, the Stonewall Hospital and its staff for their care provided to her.

A celebration of life will be held on Friday, November 29, 2019 at the Heritage Arts Centre, Quarry Park, 166 Main Street, Stonewall at 1:00 p.m.

In lieu of flowers, please donate to a local animal shelter fund.

kl
KEN LOEHMER
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OBITUARY

Helen Trick

October 22, 1918 – November 18, 2019

Peacefully in her sleep, after a long and active life, Helen Trick passed away in Stonewall Hospital on November 18, 2019, almost a month after her 101st birthday. She was very ready to rejoin her husband Dick, son John, parents Jack and Ethel, all her brothers and sisters, and many other friends and family who had gone before. She will be mourned and missed by son James, daughter-in-law Anne, daughter Margaret and son-in-law Bob Sullivan, as well as grandchildren Leah (Geoff) Roth, Rob (Amber) Sullivan, and great-grandchildren Jazmyne, Hayden and Jordyn Sarota-Sullivan and Lillian Roth, and also cousins, many nieces and nephews and friends.



Helen was born in 1918 in the Tecumseh area to Jack and Ethel Sheldon, the middle child of seven. In her teenage years she met Richard Trick and they married in 1941, between his garrison duty in Jamaica and his deployment to Hong Kong. After Dick's return at the end of the war, they took over his family's farm and raised a family of three, while breaking land for agriculture and building a registered Holstein herd. Those were busy years looking after kids, livestock, a huge garden and farmyard, but Mom could always make time to sew and craft. She was an accomplished seamstress and made clothing for the family and herself, and sewed doll clothing, table linens, aprons, curtains, and many other items. She enjoyed baking, too, and we were the happy recipients of tarts and pies, cakes and cookies, puddings and other treats right up into her 90s.

In 1966, Mom and Dad relocated from the farm to the town of Stonewall where Mom continued her hobbies, adding gardening, bowling, bus trips and attending the United Church. She made new friends and saw more of her extended family, and many of them would gather at the Stonewall Chicken Chef each Tuesday for pizza. She also thoroughly enjoyed her time with grandchildren Leah and Rob, and spent many hours sewing for them, baking with them, reading to them, and letting them help her in the garden. After Dad's passing in 1996, Mom was able to do some travelling with the family. She was 79 when she rode Space Mountain in Disney World and enjoyed taking cruises over the next several years. Those trips were wonderful opportunities for the whole family to spend time together and created memories that will last forever in our minds.

In 2003 Mom moved to Lion's Manor and enjoyed closer ties with sister Doris, sister-in-law Glen, and cousin Ruth, as well as other family and many friends that she made. There were bus trips and bingo and card games and musical events and many other activities that kept her busy and it was hard to catch her in her suite. She thoroughly enjoyed the weddings of her grandchildren and spending time with her four great-grandchildren. She celebrated her 90th, 95th, and 100th birthdays in style. Unfortunately, her health began to fail and she spent the last two months in Stonewall Hospital prior to her passing.

The family is grateful to Michelle Loehmer and the Home Care staff, who made Mom's life more comfortable and enjoyable over the past number of years, and to the Stonewall Hospital staff, who were kind and attentive during her admission. Special thanks go to Audrey and Ken Klimpke, faithful neighbours and friends, and nieces Joyce Lyndon and Bernice Semeniuk who for many years helped Mom with shopping and getting to the Pizza Gang and other gatherings. Thank you too to the family and friends who were able to pop by and visit or who kept in touch over the years with calls, cards, or notes.

A Celebration of Life will be held at 2:00 on Saturday, November 30, 2019 at MacKenzie Funeral Chapel in Stonewall.

In lieu of flowers, please consider a donation to a charity of your choice.

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OBITUARY

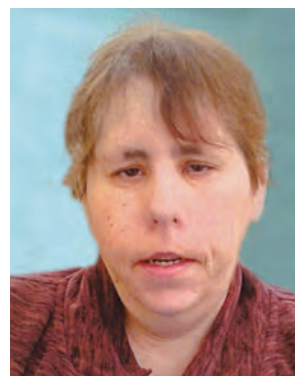
Pauline Rose Marie Tourond

April 22, 1967 – November 18, 2019

Pauline was the youngest of eight children. She was born at St. Boniface Hospital and lived in Sundown, Manitoba until she moved to Stonewall when she was 14. She graduated from Stonewall Collegiate and worked at Stonewall Taxi and Miller's Restaurant, for many years she worked at Stony Mountain Penitentiary shredding paper. Pauline started joining us at Community Living in 1989. In 1996 Pauline lived in Winnipeg and then British Columbia, returning to Stonewall in 2002.

Pauline is survived by her cat Coral, her brother Paul from Germany, sister Bev from Winnipeg as well as her daughter, Melissa who lives in Saskatchewan.

Pauline enjoyed life and had a twinkle in her eye. In her later years when she was mostly confined to a wheelchair, she loved to



talk on the phone, watching TV and socializing with her friends. She leaves behind many friends in Stonewall. Her family asked for Pauline to be buried in Stonewall so her friends could visit her grave when they miss her.

Memorial Service will be held on Thursday, November 28, 2019 at 1:00 p.m. at MacKenzie Funeral Chapel, Stonewall.

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OBITUARY



Laura Ledochowski (nee Ferris)
March 10, 1932 – November 23, 2019

It is with deep sorrow and heavy hearts that we announce the peaceful passing of our beloved mother and grandmother, Laura, age 87, on Saturday, November 23, 2019 at her home with her daughter Roxane, and her granddaughter Jennifer, at her side.

Mom will be lovingly remembered by her husband, George; her daughter, Roxane (Craig), and their children, Kristen (Kirk), Jennifer, Wesley (Brenna), Michelle (John), and Brayden (Mackenzie); her son, Ross (Sonya), and their children, Kaila, Kailen, and Rye; and her son Rodney (Diana), and their children, Jade (Garrett), Jake, and Jacey. Dearly missed was her son, Roger, who passed away in 2016. A faithful caregiver, Mom brought great comfort to Roger throughout his 57 years. Mom was predeceased by her parents, John and Lily; her brothers, John, Mike, Willie (Doris), Frank

(Jean), Joe (Florence), George, and Fred (Helen); and her sisters Rosie (Fred), Elsie (Mike), and Ida (Bill). Saddened by her loss are cherished sisters-in-law Myrtle and Helen Leduchowski, as well as many nieces and nephews who were all so special to her.

Born in Eriksdale, Mom spent the early years of her life in the Chatfield area before moving to Winnipeg at age 16. She later lived in Vancouver for a year, working as a telephone operator, before returning home to Chatfield to marry Dad, November 6, 1954. They ran Ledochowski Store until they moved it to Teulon with their four children in 1970. They soon established G & L Restaurant and Cardinal Lounge. Mom became a household name throughout the Interlake for her borscht and perogies, which loyal customers continued to talk about long after they sold the restaurant in 1986. Mom took the idea of a family restaurant to heart, and many staff became lifelong friends.

Known widely for her hospitality, Mom served postgame meals to Dad, Ross, Rodney, and generations of Teulon Cardinals following every home game up until their final season, 2014. She shared her legendary talents (and her closely guarded secrets) for cooking, baking, canning, and barbecuing with Roger and Roxane, as well as several of her grandchildren.

A devoted mother and grandmother, Mom always made time for baseball and hockey practices, games, and tournaments, never hesitating to tell umpires and referees exactly what she thought. Curling with Roxane over the years always brought her such joy. She rarely missed a performance, fundraiser, or special occasion, finding ways to celebrate them even as her health declined. A passionate sports fan, she often watched curling, hockey, and baseball on TV, rooting for her favourite teams and athletes. Mom looked forward to her weekly BINGO nights spent with her good friends, and she fondly recalled her treasured trips with her nephew, George and Judy Ferris.

Helping others was Mom's calling. It was impossible to leave Grandma's without being fed or accepting a goodie bag, soup, or preserves to take home. She always put others first, as even in her final days with us she worried about her loved ones' well-being and dear friends' health more than her own. She proudly gave a lifetime of service to Chatfield Women's Institute, Kinettes, and Teulon Hunter Memorial Hospital Auxiliary.

We extend a heartfelt thank you to Mom's palliative and home care providers, especially Dr. Graham and Dr. Rezazadeh, for their compassion, kindness, and support. Mom was forever grateful for her son-in-law, Craig, who checked in on her daily and supported Roxane as Mom's primary caregiver. We appreciate all those who visited Mom, including all her friends at Gateway Manor, as she thoroughly enjoyed your time together. Special thanks to Father Barry Schoonbaert and Mom's neighbour, Andre, for their spiritual guidance. Our sincere gratitude to her Godson, Dennis and Debbie Holowka, who together handcrafted her urn.

A memorial service will be held in celebration of Mom's life on Saturday, November 30, 2019, 1:00 p.m. at Teulon-Rockwood Centennial Centre. Because Mom was such an avid sports fan, please feel free to wear your team's apparel in her honour.

Mom believed in the spirit of giving. We will gratefully accept donations of nonperishable food items or children's toys in support of Teulon & District Christmas Cheer Board. (Donation bins will be set up in the hall.)

Special thanks to Ken Loehmer for his professionalism, thoughtfulness, and compassion.

In lieu of flowers, donations in memory of Laura may be made to CancerCare Manitoba Foundation, 1160 – 675 McDermot Ave., Winnipeg MB. R3E 0V9.

MOM

Your life was a blessing.
Your memory, a treasure.
You are loved beyond words,
And missed beyond measure.

kl
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OBITUARY



Victor Dola

Victor Dola peacefully passed away with family by his side on November 20th, 2019 at the Arborg Hospital.

Victor was born January 10th, 1933 at the home place in Pleasant Home, MB. He was the youngest of 10 children of John and Mary Dola (Tyluk). He was predeceased by his parents and nine siblings. He is survived by his wife of 66 years, Elsie (Pawluk); sons Randy (Eileen), Robbie (Patti); grandsons Michael (Nicole), Sean (Michelle), Dustin, Devin (Jillian); great-granddaughters Hannah and Claire and great-grandson Everett.

Dad grew up in Pleasant Home and attended Prout School until grade 6. He worked on the family farm until he took a job with John Watsko who taught him to operate heavy equipment. He then worked for Red River Builders and helped build the floodway and Highway 75 to the border and constructed many roads in the Interlake.

After marrying Elsie in 1953, he took over the family farm. They worked hard and grew the farm with their two sons. He enjoyed and spent many hours fixing, inventing and building things. He loved being outdoors and spent many hours cutting wood to be used for his wood stove. He loved hunting, snowmobiling, curling and tractor pulling. He obtained his private pilot's license and enjoyed flying up to the cabin on the Bloodvein River.

Dad and Mom enjoyed camping, taking many trips in their motorhome to Texas, Vegas and California and going to every country music festival in the area.

He enjoyed spending time with his grandchildren and great-grandchildren. He lived a life full of love and laughter and left his family with memories they will cherish forever.

The family would like to thank the staff at House of Hope and the Dr's and staff at Arborg Hospital for all their kind and compassionate care.

Funeral Service was held in the Teulon – Rockwood Centennial Hall, Monday, November 25, 2019 at 10:30 a.m. Interment followed at Holy Rosary Cemetery, Winnipeg Beach.

Pallbearers were sons Randy, Robbie, grandsons Michael, Sean, Dustin and Devin. Honorary Pallbearers were Alvin Prysizney, Roger Bouvier and all his nephews and nieces.

In lieu of flowers, donations may be made to Arborg Hospital or CancerCare.

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OBITUARY



Malcolm James Ross (Bud) McRae
June 21, 1929 - November 23, 2019

On November 23rd, 2019 at the age of 90 years, Dad passed away peacefully with his family by his side, at Lundar Personal Care Home.

Bud was predeceased by his parents Bill and Mina McRae; his sisters Mildred (John), Jeannine (Lee) and sister-in-law Yvonne; his brothers Ken (Betty), Johnnie and brother-in-law Wilfred; his mother and father-in-law Donald and Grace MacMillan and brother-in-law Hughie.

Dad is survived by his wife of 64 years Donalda and his four children Debbie, Murray (Charlene), Bonny (Wayne) and Terry (Susan); grandchildren Ashley (Kris), Whitney (Justin), Meagan (Kyle), Brandi (Tyler) and Sara; great-grandchildren Eden, Reagan, Clarke, Stetson, Chet, Brynlee and Harper; extended great-grandchildren Kallie and Baylee, Dekkar and Max; sister Bernice; brothers Andy, Archie (Edna); sister-in-law Marie; and numerous nieces, nephews and all other relatives.

Thank you to the staff at Lundar Personal Care Home. You have all been so good to dad and our family. We are forever grateful to you all.

A memorial service will be held on Thursday, November 28, 2019 at 1:00 p.m., at Meadow Lea Community Centre.

In lieu of flowers donations may be made to Meadow Lea United Church, c/o: Tammy Matthews Box 52 RR1, Marquette, Manitoba, R0H 0V0.

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