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Stonewall Teulon Tribune

THURSDAY,
DECEMBER 3, 2015

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A fairy tale Christmas



TRIBUNE PHOTO BY NATASHA TERSIGNI

A magical morning was held on Sunday at Stonewall's Red Barn during the Stonewall Children's Centre Spirit of Christmas event. Along with a delicious pancake breakfast and a meet and greet with Santa Claus and Mrs. Claus, children had a visit from a few surprise guests including Elsa from Disney's Frozen and Batman. Brooklyn, pictured left, gets her face painted by the Princess.

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Santa and Mrs. Claus were in town checking their lists

By Natasha Tersigni

It was a very busy weekend for Santa Claus and Mrs. Claus.

On Saturday, the pair attended Breakfast with Santa at the Balmoral Community Hall. The Balmoral United Church hosted the annual event and the morning featured a pancake breakfast, face painting, crafts, and a kid's mall where presents for family members could be purchased and then wrapped professionally by elves.

On Sunday, Elsa and Batman joined Mr. and Mrs. Claus at the Stonewall Children's Centre Spirit of Christmas event. Along with enjoying a pancake breakfast, kids perused the Candy Cane Store for presents and had their pictures taken with all the characters that were present at the South Interlake Rockwood Ag Society Red Barn.



TRIBUNE PHOTOS BY NATASHA TERSIGNI

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Open house planned for Quarry Ridge Park

The public can provide input on the development at the Dec. 10 event

By Jennifer McFee

The public is invited to an open house event next week to provide input about the new Quarry Ridge Park development.

On Thursday, Dec. 10 from 6 to 8 p.m., everyone is welcome to drop by the Heritage Arts Centre for the event.

In the \$250 million development, more than 600 units are being planned for construction over the next 20 years.

"Our goal with it is to identify who in the Interlake Stonewall region is looking for the type of housing that we're planning and what type of housing are they looking for," said Tim Comack, vice-president of Ventura Land Company Inc.

"We have to understand who's interested, what they're looking for, what they can afford, and what are their needs and wants."

At the open house, the public will have the chance to provide feedback on design options.

"We have plans for three-storey apartment-style condominium buildings, plans for townhouses and plans for bungalow condos, so we need to know who fits into those. We think it's young professionals, potentially divorced individuals from town or the Interlake and also the boomer demographic, the snowbird or the cottager," Comack said.

"It will appeal to a number of people. The idea behind the open house is to survey the existing population to see what their needs are. Then we're trying to use that information to come up with a design that meets the requirements and the needs of the market — the square footages, number of bedrooms, number of bathrooms, type of amenities."

As the land developer, they will start servicing the area in the spring,

Comack said. As the builder of homes, permits will be available next fall.

"Construction is going to start in 2016, and people will start seeing sticks and bricks going up from the ground sometime in the late fall," he said.

"The price point is substantially different than what has been available in the market in Stonewall to date. Our building lots start at \$75,000 and up. We're hoping that we can provide condominiums and townhouses and bungalow condos from \$199,000 all the way up to \$399,000 range."

The open house will be held in the Fullbrook Room of the Heritage Arts Centre at Stonewall Quarry Park.



TRIBUNE PHOTOS SUBMITTED

The public can provide input on the Quarry Ridge Park development at a Dec. 10 open house event. More than 600 units are planned over the next 20 years, including apartment-style condos, townhouses and bungalow-style condos.

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Voices of War relives locals lives during Second World War

By Natasha Tersigni

Over the last two weeks, the cast of the *Voices of War* — a theatrical production created by Argyle's Settlers, Rails and Trails Museum — have been travelling to different Manitoba communities bringing local First and Second World War history to life.

The play features the stories of nine Interlake people and their personal experiences at both home and overseas during the World Wars. For the play's final two live performances, held this past weekend in Stonewall and Argyle, there were two special audience members: Roy Buchanan and Connie Henderson.

Their attendance was unique as both Buchanan, a former Brant-Argyle School cadet, and Henderson, a war bride from England, are Second World War characters in the play.

When the Second World War broke out, Buchanan was a teenager attending school in Argyle. Like many boys his age, he was too young to join the Canadian Armed Forces but still wanted to help the war effort. When Brant-Argyle's school principal started a cadet corp at the school, Buchanan and his male peers signed up. Over the course of the war, the cadets spent every Friday afternoon under the guidance of a military sergeant from Winnipeg. The cadets participated in various physical activities, practised their drill and went on scrap metal and bottle collections around the district. The metal was used by the military to make planes, ships and tanks, and the money from the bottles was donated to the Red Cross.

"School cadet corps across Canada were common during World War II. What was uncommon is that they got uniforms. The Argyle students were able to march around with these 22 rifles that they used and kept upstairs in the teacher's office," said Shayne Campbell, who wrote the play and is the museum's director. Campbell has spent the last 10 years researching Argyle community members for the museum's history book due to be released this spring. His research included interviews with both Buchanan and Henderson, and he thought it was important to include them in the play.

"I chose to include them in the play because we were trying to get a cross-section of each type of person involved in war. We wanted to portray a war bride as a civilian and immigrant to Canada. We also wanted to show how children were just as involved as adults, so the student cadet was our choice on that one."

Henderson was born in Burwash, England, and worked as a telephone operator during the war.



Brea McMahon (right), portrayed Connie Henderson, was an English war bride who settled in Argyle after the Second World War. Henderson is one of two people portrayed in the production.

After attending a dance with Canadian serviceman Andy Henderson, who was stationed in nearby Burwash, the two began dating and were able to see each other once a week when Andy was able to leave his base. The two were married in March 1944 and, shortly after, Andy was deployed overseas to France, Belgium and Germany.

When the war ended, they saw each other briefly. Then Andy was shipped back to Canada aboard a troop ship without his wife. Henderson had to wait a full year before she could travel to Canada on a ship with other war brides. When she landed in Canada, it took a four-day train ride to reach Winnipeg, where Andy met her at the train station. The pair settled in Argyle where they farmed and raised their family.

During Henderson's monologue in the play, performed by Brea McMahon, an anecdote was told on how Henderson and her family missed being hit



TRIBUNE PHOTOS BY NATASHA TERSIGNI
Amerlyn Budd (left) portrayed Roy Buchanan in the *Voices of War* production. Buchanan was a Brant-Argyle School cadet during the Second World War.

by a German long-range ballistic missile.


"When I was older, during the Second World War, I was working as a telephone operator. One particular time, I took another girl's shift at work, and it ended up saving my life. It was during the night shift when a German V2 rocket destined for London hit the row houses where my family was located. We were all lucky to not have been home that night. The entire row house was reduced to a pile of rubble."

Both Buchanan, who is now 85, and Henderson, who will be 92 on Dec. 11, enjoyed the play and said their stories were well conveyed.


"We wanted to help but were too young so cadets was our option," said Buchanan.

"It was a good play, I liked how my story was told."





The cast of the *Voices of War* will be professionally recorded for a DVD that will be released to local schools and legions in the new year. A download of the play will also be available for free.



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Winter clothing needed for Manitoban children

Donations can be dropped off at Family Foods

By Jennifer McFee

When you bundle up in your winter woolies, consider donating some warm clothes for children who might not be prepared for Manitoba's chilly weather.

For the second year, Stonewall resident Susan McKay is collecting winter clothes to send to kids in northern communities.

It all began when McKay was working in Berens River for one or two weeks per month through a nursing agency.

"There were children without proper boots and mitts and hats, so that's where the idea came from," she said.

She gathered some items herself, and her husband suggested that other people might be willing to help — and he was right.

"We got just over 800 articles that got dropped off at the house here and at Family Foods. There was even a group in Winnipeg that donated blankets

and sleepers," she said.

"We were getting blankets and mitts and hats and snow pants and coats and boots and all that wonderful stuff."

The donated items were distributed in Berens River through the daycare, as well as through various programs for babies, tots and pregnant moms.

Although McKay is no longer working in Berens River, she will once again collect winter items for the community as well as for two additional areas.

"Berens benefited hugely last year from people's generosity," McKay said. "There are two other communities — Bloodvein and Poplar River — who also have children that could benefit from warm clothing, so we're bringing those two communities in as well. There's about 1,600 people in each of those two."

Northway Aviation, based out of St. Andrews, is willing to ship the cloth-



TRIBUNE PHOTO SUBMITTED

Stonewall resident Susan McKay collected warm clothes for kids in Berens River last winter. This year, she is expanding the project to include the communities of Bloodvein and Poplar River.

Red Cross, Manitoba government launch Syrian refugee info line

News Release

Manitoba Labour and Immigration, the Manitoba Emergency Measures Organization and the Canadian Red Cross have established a help line for people wanting to assist refugees displaced by the crisis in Syria. Refugees will be arriving in Manitoba starting in early December.

Manitobans seeking information about donations or volunteering can call 1-888-662-3211 (toll-free) between 8:30 a.m. and 4:30 p.m., Monday to Friday.

Manitoba Labour and Immigration

is rolling out a comprehensive, multi-pronged strategy to provide humanitarian relief and supports to welcome 1,500 to 2,000 refugees displaced by the crisis in Syria.

Refugees will initially be housed in Winnipeg, where more settlement services are available, while options for regional resettlement are explored. Privately sponsored refugees will go to the community where their sponsor group is located, such as Altona.

For more information, visit www.manitoba.ca/refugees.

ing up north, where it will be distributed to children in need. Already, the local Lionness group has gathered some articles to contribute.

Anyone who would like to make a donation can drop it off at the Christmas tree set up in Family Foods in Stonewall. Donations are needed for boys and girls of all ages, especially for children aged 10 to 14.

"People can donate jackets, warm sleepers for babies, anything that will keep a child warm because a lot of them don't have adequate heating in their houses. It doesn't have to be new. Gently used is fine," McKay said. "Stonewall and area are really very generous people. It's really quite awesome."

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EDITORIAL > VIEWPOINTS > LETTERS



NDP can't keep promises without raising taxes: PCs

By Austin Grabish

Manitoba Opposition Leader Brian Pallister says recent promises by the Selinger government will lead to tax hikes.

Speaking to reporters last Tuesday, Pallister said high-ticketed promises outlined in the province's throne speech like creating 12,000 more child-care spaces and expanding cell service will leave the governing NDP with no choice but to raise taxes after the provincial election next spring.

"Promises come with a cost associated with them, and for Manitobans, a billion a year of new spending means a higher tax burden in the not too distant future should this government come back in," said Pallister.

Selinger wouldn't rule out a tax hike while speaking to The Canadian Press last Tuesday, but promised to keep Manitoba as one of Canada's most affordable provinces to live in.

He has faced increased pressure from the Opposition Progressive Conservatives who want him to rule out a tax hike.

His reluctance to give into the Tory pressure is likely a lesson learned from the 2011 provincial election.

At the time, PC leader Hugh McFadyen said Selinger wouldn't be able to keep his election promises without raising the provincial sales tax.

Selinger said an increase to the sales tax was a "ridiculous" idea, but then in 2013 went on to raise the tax from

seven to eight per cent.

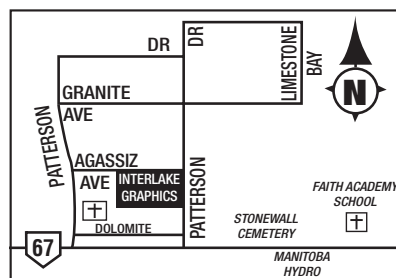
The broken promise has been a thorn in the Selinger government's side ever since as the NDP continue to fall behind in opinion polls.

Pallister also said the province's rising debt load is concerning, and cited this summer's downgrading by Moody's Investors Service, an international credit agency, which dropped the province's credit rating due to missed balanced-budgets.

"The NDP has consistently missed its targets, it has raised taxes by record amounts, and it is continuing to drive our province backwards..." Pallister said.

The provincial election is slated to take place on April 19.

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



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Rockwood news in brief

Council met Nov. 26 for its committee of the whole meeting

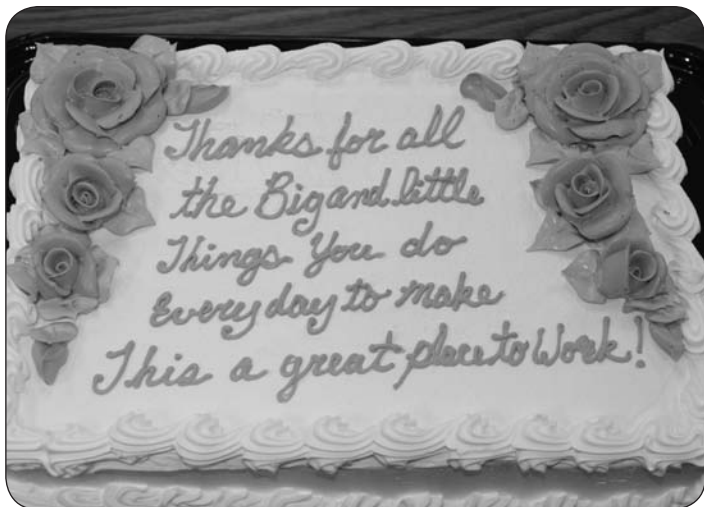
By Jennifer McFee

Road sign

At the Nov. 26 committee-of-the-whole meeting, council learned that Stony Mountain residents are requesting a road sign on Dean Way.

Tony and Debbie Pansky wrote an email to the RM reiterating concerns that there is no street name and no stop sign, and the area doesn't show up on GPS. As a result, the area could be difficult to locate for emergency vehicles.

"If it's coming onto a major road, let's get them out there



TRIBUNE PHOTO BY JENNIFER MCFEE

Assistant CAO Jonna Peltz celebrated her 29th year of working for the RM of Rockwood on Thursday, Nov. 26.

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ASAP," said CAO Chris Luellman.

Stony Mountain Community Centre

Coun. Willy Pinchin told council that the Stony Mountain Community Centre has run into a problem.

"At the beginning of the year, the rec centre decided to do the brine replacement because it was doing negative things to the whole system," he said. "The system was way off balance because somebody had added brine instead of glycol over the years. We had both of them in there so it was contaminated, so now your pH is all messed up and it's corroding things."

They now face an outstanding bill for \$17,300 due Dec. 5. If not paid, interest will accumulate at \$250 per month.

However, ice rentals are down from the begin-

ning of the year, resulting in lower revenues.

Since there appears to be no recreation grant money left to cover the costs, council will look into whether they can make an insurance claim for the work.

Highway lights

Residents have asked council to lobby for lights at highways 67 and 322. Council will write a letter to the province to make the request.

Historic photos

Next time you're in the Rockwood's council chamber, be sure to check out the local historic photos that have been framed and displayed throughout the room.

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Manitoba

AMM gearing up for 2016 provincial election

PST rebate takes centre stage

By Natasha Tersigni

During the Association of Manitoba Municipalities (AMM) 17th Annual Convention held last week in Brandon, where more than 800 municipal leaders came together to discuss issues pertinent to Manitoba communities, the 2016 provincial election took centre stage.

On Nov. 25, the AMM held the first Provincial Leaders' Debate of the 2016 Election with Premier Greg Selinger, Leader of the Official Opposition Brian Pallister and Leader of the Manitoba Liberal Party Rana Bokhari. During the debate, health care, the economy and infrastructure were all discussed, with the Provincial Sales Tax (PST) garnering the most attention.

Bokhari pledged to rebate PST taxes to municipalities. Pallister promised that if his party won the election, the PST would be lowered back down to seven per cent. Selinger did not rule out another PST increase to help cover Manitoba's growing deficit.

During the convention, AMM members also voted on resolutions that were gathered from spring district meetings and on what issues the AMM will be lobbying for during the upcoming election. The first resolution that was debated and passed was to lobby the provincial government to rebate 100 per cent of the PST that is paid by municipalities.



TRIBUNE PHOTO SUBMITTED

During the Provincial Leaders' Debate held at the 17th Annual Association of Manitoba Municipalities convention, the PST was a hotly debated issue. Left to right, Leader of the Manitoba Liberal Party Rana Bokhari, Leader of the Official Opposition Brian Pallister and Premier Greg Selinger.

"The need for municipal dollars to be returned to the hands of municipalities is a resonating theme of this convention," said AMM President Chris Goertzen in a press release.

"Municipalities pay over \$25 million each year in PST and we think that should be rebated to municipalities, just like the federal government does with the Government Sales Tax (GST). This money could go directly to municipal infrastructure where it is needed the most."

AMM Interlake District Director Trevor King, who is also reeve for the RM of Woodlands, added that it is important to continue to lobby the Province of Manitoba on the PST rebate as it is an issue that affects all municipalities in the province.

"We pay a huge amount of PST on any project that we do and we feel

that one level of government taxing another isn't fair," said King.

The RM of Woodlands sponsored resolution to lobby the Province of Manitoba to amend the Emergency Medical Response (EMR) and Stretcher Transportation Act to allow licensed trained volunteer fire departments to provide EMR services with limited outages was defeated with 54 per cent of votes against the resolution.

"I was disappointed and I thought it should have been debated more. There was one person that spoke in opposition to it and their argument was that it would put more responsibility on municipalities. I think some of the membership bought into that idea so they defeated it," said King, who added that the RM of Woodlands will continue to lobby the province themselves without the support of

AMM.

"We, as a council, feel it is important to utilize this service that we can offer."

Resolutions sponsored by Interlake municipalities to lobby the Province of Manitoba that did pass included to consider all types of composting, including direct composting, as eligible to receive Manitoba Composts Support Payments (sponsored by Town of Stonewall); to provide municipalities with maps that clearly define areas in which Manitoba Conservation deems night lighting to be a safe hunting practice (RM of Fisher); to extend the deadline to two years to apply for the Farmland School Tax Rebate (RM of Woodlands); and to revise the Canada-Manitoba Job Fund Agreement to include municipalities as eligible recipients (Town of Winnipeg Beach).

Province issues winter driving conditions reminder

News Release

Manitoba Infrastructure and Transportation advises:

- snow removal crews will be out plowing and sanding to keep provincial roads safe;
- plows will be out in affected regions as early as 4 a.m.;
- crews will be on highways while adverse weather conditions continue;
- there are 19,000 kilometres of provincial roads;
- the province has 341 pieces of winter maintenance equipment from sanders to plows;
- drivers are cautioned to be aware of snow-clearing equipment on highways and roads;
- drivers are reminded that all maintenance equipment uses flashing blue warning lights and to stay well back of all equipment;
- drivers are asked to slow down

when passing approaching snowplows in operation and not to attempt to pass a plow in operation from behind at any time;

- whether on a highway or in a community, the posted speed limit is intended for ideal road and weather conditions;
- turning on headlights, rather than relying on daytime running lights, will help other drivers see you approaching and glowing tail lights will alert drivers approaching from behind;
- in bad weather or on slippery streets, drivers are requested to slow down; and
- drive for the conditions and get to your destination safely.

Road conditions are available anytime at 511 (toll-free), at www.manitoba511.ca by following the Twitter account at www.twitter.com/MBGovRoads.



TRIBUNE PHOTO BY LANA MEIER

Drivers are being reminded to drive for the conditions and to slow down.

Fitness funding offered to physical activity leaders

Submitted

The Physical Activity Leadership (PAL) Committee recently expanded its offering of the leadership training bursary program to the entire Interlake-Eastern region. This bursary program provides funding assistance to those seeking to become certified physical activity leaders so they can offer physical activity programs in their communities. Examples of those eligible to apply for this bursary would include fitness leaders, swim instructors and sport coaches.

"This bursary program gives those individuals wanting to take the leap into a new field a good start and support to begin their new journey," says Shelly Stumph Edbom, who is certified as a group fitness leader through the PAL program. "It's especially important because physical activity brings a community together."

"We direct the younger people who would like to become swim instructors to the bursary program because it helps offset the costs of the three courses necessary to obtain that certification," says Tom Chwaliboga, recreational director for Arbog Bifrost Community Centre. "The more instructors that can be certified, the more swimming activities we can offer our community."

Diabetes, arthritis, cancer and heart disease are all illnesses that put a great deal of stress on the Manitoba health-care system, and physical inactivity is one of the major factors that lead to a patient being diagnosed with a chronic disease. Programs like this increase the number of physical activity options in rural areas and contribute to healthier communities.

The PAL committee is made up of a team of multi-disciplinary members who review the leadership training bursary applications from prospective leaders in the region. Applicants can apply to have their expenses such as course registration fees and mileage to attend the train-

ing session(s) covered up to a maximum of \$500 per year. Applicants understand that there is a commitment to offer programs as a leader within the Interlake-Eastern Regional Health Authority geographic boundary for a minimum of one year upon receipt of their bursary. Applications are accepted on an on-going basis and are reviewed by the committee monthly.



Interested applicants can visit www.ierha.ca and click "Care in Your Community" and "Community Wellness Team" and "Funding, Grants & Bursaries" or by phoning the Interlake-Eastern RHA Community Wellness Team, toll-free at 1-877-979-9355 or emailing wellness@ierha.ca.



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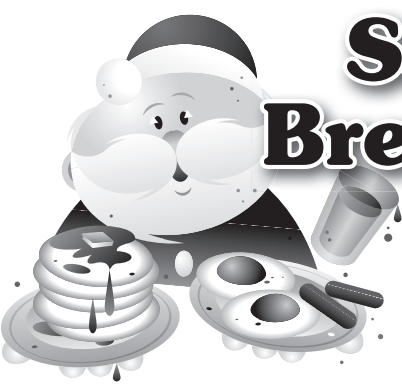
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Manitoba 

NDP pledge increased funding for child-care training and spaces

Local children's centre to benefit from increased funding for training

By Natasha Tersigni

During his November throne speech, Manitoba Premier Greg Selinger pledged to provide an additional 12,000 child care spaces in the province over the next five years.

In his announcement, Selinger spoke on the need to fund training for early childhood educators (ECE) in order for skilled and qualified people to staff the additional spaces.

Increased funding and support for training ECE is something that is much needed for staff at the Stonewall Children's Centre. With provincial capital funding, the centre was able to build their own stand-alone building in 2009 with 69 funded spaces for four infants and 65 pre-schoolers. In 2014, with an increased demand and additional provincial funding available, the centre was able to increase the number of spaces to 73 for four infants and 69 pre-schoolers, which puts the building at capacity.

With no room to add additional spaces and a long wait list of currently 55 infants and 31 pre-schoolers, the centre's director said that the additional funding promised would be beneficial to help train staff so the centre can continue to meet the pro-

vincial staffing requirements.

"In the funding announced, there is money available for training staff because that is part of government's five-year plan to help people working in the field already to receive their training. Being in a licensed centre, you have to have two-thirds trained staff. We struggle to meet that ECE requirement," Stonewall Children's Centre director Janet Goodman, who added that each of the centre's 19 staff members is currently able to receive \$400 a year in provincial money to be used for their training.

"If a person is a child-care assistant in training, they can take courses and can get reimbursed up to \$400 a year once they finish their course. The funding helps. Every course is between \$120 and \$150."

Stonewall Children's Centre is the only licensed group centre for infants and preschoolers in town. Stonewall Starting Blocks offers programming for school-aged children.

"With the growing community, including the new housing developments, there is going to be a need for more spaces. This daycare cannot open any more spots. We are at capac-



TRIBUNE PHOTO BY NATASHA TERSIGNI

Stonewall Children's Centre director Janet Goodman said additional funding from the province would help provide necessary training for staff so the centre can continue to meet provincial requirements.

ity for the amount of spaces we can offer," said Goodman.

"There are licensed family daycare homes in the community. The funding would definitely help open more spots in those facilities. If you become

a licensed childcare provider from your home, the funded spots would go there as well. They are eligible for operating funds from the province."

Funding announced for community kitchen equipment

Professional equipment helps entrepreneurs

News release

A new program will provide funds to purchase new food processing equipment in commercial community kitchens, Agriculture, Food and Rural Development Minister Ron Kostyshyn announced recently.

"There is a thriving community of small-scale food producers and processors in Manitoba," said Kostyshyn. "We want to see entrepreneurs act on their innovative ideas and develop their food products, and accessing community-based commercial kitchens in their communities can help make this happen."

The Commercial Community Kitchen Food Enterprise program will make \$100,000 in cost-shared funding available for the purchase and instal-

lation of new equipment in eligible facilities. Commercial community kitchens must be operated by non-profit community organizations and be inspected by Manitoba Health to be eligible. The minister noted that by installing new equipment, these facilities can offer food entrepreneurs who rent space more options to develop, scale up and commercialize their food products.

There are more than 20 permitted commercial community kitchens throughout the province that rent space to small-scale food processors.

"New equipment will help people who already use community kitchens make their products more efficiently and on a larger scale, but it will also attract new people to come and use the space," said Chris Hornby, manager of Teulon Rockwood Centennial Centre community kitchen. "The average person doesn't have access to a commercial kitchen or equipment, and by providing this, we're increasing the amount of food being made in Manitoba that can be sold in farmers'

Continued on page 11

Christmas Hampers

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

Christmas Cheerboard

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

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Interlake School Division news

By Jennifer McFee and Jo-Anne Procter

Stonewall Collegiate Institute resource teachers Lindsey Sturgeon and Brent Leschyson provided a presentation at the Nov. 23 school board meeting about a communication system for non-verbal learners.

PODD, or Pragmatic Organization Dynamic Display, provides a way to organize language, Sturgeon said in a phone interview.

"It's organized in the way that we string our sentences together and use language functionally. It's providing students with a wide range of vocabulary that they can access at all times. So it allows them to speak in different environments, in different types of conversations and be immersed in language fully," she said.

"It uses symbols and written word in order for them to be able to communicate and use those systems. We've started to use that here in our program at Stonewall with students who had difficulty with the language, and it's been really positive so far. We've seen a lot of growth. We've seen them start to use the communication sys-

tem and speaking and doing some of those things."

PODD can be used in a book form or as an electronic iPad version. Currently, about 15 students are using this system in the Interlake School Division, including three at Stonewall Collegiate Institute.

In another initiative at Stonewall Collegiate Institute, students are planning for the future using a tool called PATH, or Planning Alternative Tomorrows with Hope.

"This is a tool that we use to think about the future and think about all the things that we want in life. We include everybody that is our support system that will help us think about those things and what they want for us and what we want," Sturgeon said.

"We are looking at the things we want and desire from life and then boiling it down to goals and looking at how to get to those goals."

This program is open to any student, although the focus is primarily on those who might have a difficult time with transition.

"For a lot of people, especially for our

students with exceptionalities, life after school is a little bit more uncertain and scary for them. It helps us guide them and work as a team to make sure that they're getting what they want for their child," she said.

"With this visual planning tool, everything that gets put up on the board is drawn on this big piece of paper. It's this big, beautiful picture, which is really nice, especially for some of our students with disabilities who have difficulty with written language. The students get to take it home with them and look at it whenever they want and feel inspired to keep their dreams."

In other Interlake School Division news:

- Balmoral School's interim principal Dawn Fenske has been named the principal as of Jan. 1, 2016.

- Stonewall Collegiate Institute's current vice-principal Jason Cassils has been named the interim principal for the period of Jan. 1 to June 30, 2016.

- School social workers provided a presentation to the school board about their role within the Interlake School Division and in the communi-



Balmoral School interim principal Dawn Fenske has been named the principal as of Jan. 1, 2016. Fenske has taught in the division for several years, including a stint at Balmoral and most recently at Ecole Stonewall Centennial School.

ty as a whole. They enlightened trustees about a typical day in the life of a social worker, with added information about Stonewall Teens at Risk. "This is our passion," said Danielle DeGagne. "We are in this job because it is where our hearts lie. It is what we love."

> COMMUNITY KITCHEN EQUIPMENT, FROM PG. 10

markets and stores."

The minister noted the province is committed to increasing the value of food processing to \$5.5 billion by 2022 from its current \$4.95 billion, and small-scale food producers and processors who start and grow their businesses will play an important role in achieving this goal.

In 2014, the province established the Small Scale Food Manitoba working group to build and strengthen the small-scale food production and processing sector. The working group highlighted the importance of bringing together small-scale producers and processors from across Manitoba to discuss the need to formally organize.

Using funding from the Canada and Manitoba governments through Growing Forward 2, a federal-provincial-territorial initiative, small-scale producers will participate in a facilitated meeting on Nov. 24. This discussion will focus on the potential need for a formal organization and determine future activities to enhance small-scale production and processing in Manitoba.

"Small-scale producers and processors provide entrepreneurial spirit and employment in their communities," said Dr. Wayne Lees, chair of Small Scale Food Manitoba Report

group. "If this group decides to organize into an association, it will make it easier for producers and processors to create common policy and provide direction to make their wishes known to government and industry."



Interlake-Eastern
Regional Health Authority

Seeking Director Nominations

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

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

Nomination forms are available at the following:

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

Deadline for nomination submissions is December 15, 2015

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

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Interlake-Eastern
Regional Health Authority

Demandes de nominations au conseil d'administration

Les nominations sont maintenant acceptées pour le Conseil d'administration de l'ORS Entre-les-Lacs et de l'Est.

Les membres du conseil d'administration sont nommés par le ministre de la Santé et couvrent un vaste échantillon d'intérêts, d'expériences et de compétences. Chaque membre du Conseil d'administration s'engage personnellement à représenter et à réaliser les buts et objectifs de l'ORS.

Les formulaires de nomination sont disponibles aux endroits suivants :

- Bureaux de l'ORS Entre-les-Lacs et de l'Est :
24, avenue Aberdeen, Pinawa
233A, rue Main, Selkirk
- Établissements de santé et bureaux de soins communautaires de l'ORS Entre-les-Lacs et de l'Est
- Bureaux municipaux locaux
- Bureaux de bandes des Premières nations
- Formulaire à télécharger :
<http://is.gd/RHAbboardnomination>

La date d'échéance des nominations est le 15 décembre 2015

Pour toute information, composez le
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For a list of commercial community kitchens in the province visit www.gov.mb.ca/agriculture/online-resources/community-kitchens-listing.html.

Teulon Medical Clinic now accepting patients

Submitted

With the completion of major renovations, Teulon's medical clinic has reopened under the medical directorship of Dr. Michael Loudon.

Nurse practitioners Kaitlyn Yurick and Paul Tylliros are both working at the clinic, which is open Monday to Friday, and they are accepting new patients. They will continue to host a walk-in clinic on Tuesdays and Thursdays as well.

"This is the first phase of the clinic. We anticipate being able to broaden services available as we are working to attract more physicians to the area," said David Oakley, chair of the Interlake Healthcare Sustainability Committee. Oakley confirmed that a clinic manager has been hired and will begin working in mid-December to take care of day to day clinic operations.

Ron Van Denakker, CEO for Interlake-Eastern RHA, said the Teulon Medical Clinic is an excellent example of the benefits of having community members at the health-care planning table.

"We are fortunate that this planning committee includes the expertise of a number of community members,

including Dr. Loudon, who have an established track record in terms of their commitment to the long-term viability of health care in Teulon. We are all committed to sustainable rural health care and we appreciate sitting at a table with like-minded problem solvers," Van Denakker said.

The vision for the clinic is a team of care providers including doctors, nurse practitioners and other care providers, who complement one another in order to provide timely and quality health care for community and area residents.

Nurse practitioners are health professionals who have acquired a master's degree in advanced practice nursing. They provide medical expertise and health care to people of all ages and they can provide comprehensive health exams, diagnose illnesses, order and interpret diagnostic tests, prescribe medication and address reproductive health concerns. Pairing nurse practitioners and doctors in a clinic setting ensures that people have access to the most appropriate care they need to get their health-care concern addressed.

The Teulon-Hunter Memorial



TRIBUNE PHOTO BY NATASHA TERSIGNI

Nurse practitioners Paul Tylliros (left) and Kaitlyn Yurick are both working at the newly renovated Teulon medical clinic under the medical directorship of Dr. Michael Loudon.

Health District Foundation and the Interlake-Eastern RHA partnered to contribute toward the clinic renovation. The Foundation is a non-profit organization that promotes and provides financial support to activities that benefit health care in the Teulon Hunter Memorial Health district.

The Interlake Healthcare Sustainability Committee represents the Teulon-Hunter Memorial Health Dis-

trict Foundation, towns of Teulon and Stonewall, and the RMs of Armstrong, Rockwood, St. Andrews and Woodlands. The committee was created to work collectively to address long-standing issues preventing the delivery of sustainable health care in the area. It works with Interlake-Eastern RHA to identify and work towards solutions to improve the delivery of and access to health care.

Spike in road fatalities 'disturbing'

By Austin Grabish

A recent spike to the death toll on Manitoba roads has prompted Manitoba Public Insurance to remind drivers to avoid high-risk driving behaviours.

Last Friday MPI said it had noticed a 42 per cent increase in the number of road fatalities over the last three months compared to the previous five years.

Thirty-four people have died on Manitoba roads since September, which brings this year's total death toll to 71, and of that MPI says many could have been prevented.

"Of significant concern is the fact that nearly 50 per cent of this year's fatalities have occurred in the last three months," said Ward Keith, MPI vice-president of business development and communications. "Sadly, many of these fatalities have involved not using seatbelts, head-on collisions

and driver inattention.

"Speed, impaired driving, distracted driving and failure to wear seatbelts are all high-risk driving behaviours that can result in tragic outcomes."

On Monday, Selkirk RCMP Const. Paul Human said there have already been three road fatalities this year in the Tri-S area.

The last was in July when a vehicle rolled over near Scantebury. A 19-year-old Selkirk man was killed in the crash.

MPI said now that winter road conditions are here, drivers need to remember to give themselves more time and be patient while driving.

"We want everyone to arrive home safely to their families and friends and these simple reminders can make a huge difference," Keith said. "Driving safely and defensively can truly be the difference between life and death."

Stonewall Teulon
Tribune

December 17th Christmas Greetings Edition

Greeting Deadline – December 7th, 4 pm
Regular Paper Deadline – December 14th, 4 pm

December 24th Boxing Week Edition

Display Ads, Classified Ads or Announcements
EARLY Deadline – December 16th, 6 pm

December 31st First Edition of the Year

Display Ads, Classified Ads or Announcements
EARLY Deadline – December 18th, 5 pm

**Offices will be closed
December 22nd
through January 1st.
Offices will reopen
Monday, January 4th**

Happy Holidays!

Car crash survivor urged WCI students to drive safe

By Natasha Tersigni

Seventeen years ago, Heidi Cave survived a devastating, fiery crash in Abbotsford that took the life of her best friend and left her with burns to half her body and both feet amputated.

The damage done from the crash – caused by a speeding driver – left Cave, who was 23 at the time, in a coma for two weeks, followed by seven months in the Burn, Plastic and Trauma Unit at Vancouver General Hospital and then GF Strong rehabilitation centre. In between, she endured multiple surgeries.

Last week, as part of the Manitoba Public Insurance Friends for Life series, WCI students had the opportunity to hear Cave's personal story. Cave who has also published the book, *Fancy Feet: Turning My Tragedy Into Hope*, spoke to the students on Nov. 27 and urged all the students to drive safely.

On June 12, 1998 Cave was driving with her friend Betty as a passenger and was struck by a reckless driver going more than 100km/hr in a 60km/hr zone. They were pushed into a ravine, killing Betty on impact and trapping both girls in their seat belts, upside down. The car caught fire while Cave was trapped inside. Fortunately Cave was rescued by firefighters and rushed to the hospital.

After spending two weeks in a medical induced coma, Cave woke to find the full extent of her injuries. Fifty per cent of her body, mainly the lower torso, had been severely burned down to muscle and bone, she had to have both her legs amputated below the knee and several reconstructive skin surgeries. Following the seven months in the hospital, Cave then spent five months in the rehabilitation unit learning how to walk.



PHOTO BY NATASHA TERSIGNI

Author and motivational speaker Heidi Cave shared her tragic story with WCI students last week on how a reckless driver changed her life forever.

"While there was this physical devastation, there was also this emotional devastation like I have never known. I lost my good friend Betty who was like a sister to me," said Cave who told the students that her life was changed and her friend's life was taken all because of the decision two brothers

made to street race that evening.

"Many crashes can be avoided by making smarter and better choices. What happened to me wasn't just an accident, it was a thoughtless, careless choice."

The driver of the car that hit Cave and Betty was a 19-year-old male who

had a suspended license due to his previous reckless driver infractions. At the scene, while responders were dealing with the car fire, the driver switched spots with his 17-year-old brother who was in the passenger seat so he could take the blame. The police detective responsible for the investigation knew the brothers switched places based on their minor injuries but it took investigators nearly four years, including an anonymous tipper, to build a case against the 19-year-old driver. The driver pleaded not guilty and after a lengthy trial he was found guilty and sentenced to one year in prison.

Cave urged the students, who just began driving or who are in the process of obtaining their licenses, to make smart decisions when they get behind the wheel and obey the laws.

"No one starts their car believing they are going to hurt someone; that is not our intention. When we get into our vehicles and turn on the ignition we want to set aside any distractions and focus on driving. You might think you are a good driver, or will be a good driver, but you can't be a good driver if your attention is elsewhere," said Cave.

"I have turned this tragedy into a story of hope, one that I got to write about and publish. The thing is though, this tragedy could have easily been prevented."

Cave's speech was the end of a week of activities delivered by WCI's Teens Against Drunk Driving group, held in conjunction with National Addictions Week.

"MANY CRASHES CAN BE AVOIDED BY MAKING SMARTER AND BETTER CHOICES. WHAT HAPPENED TO ME WASN'T JUST AN ACCIDENT, IT WAS A THOUGHTLESS, CARELESS CHOICE."

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Fundraising success at annual fall tea

By Jo-Anne Procter

The Stonewall & District Health Centre Ladies Auxiliary, Rosewood Lodge Recreation Department and the Adult Day Program held their annual Fall Tea, Bake & Craft sale Nov. 23. As guests enjoyed a variety of deli-

cious desserts with their tea and coffee, special acknowledgement was made to a very gracious donor.

Ladies Auxiliary president Carol Nichol said that they were very touched and grateful for a monetary donation made by Dot Irwin.

Irwin, who celebrated her 99th birthday on Nov. 22, requested that her donation go towards something that would benefit the nurses.

"If it helps the nurses, it might help the patients," said Irwin.

Irwin was a nurse's aid for five years

at the old Stonewall hospital and five years at Rosewood Lodge.

"They were the happiest days of my life. I loved it."

Irwin is planning a "wing-dinger" of a party for her 100th birthday celebration.

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"All the elves were hard at work in Santa's workshop ... all but one, that is ..."
2. Write a story about Rudolph's cousin, the unknown reindeer who loves to sing.
3. If you were in charge of building the best snow fort ever, what would it look like?
4. Describe your family's holiday traditions.
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**10
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Mail or email your letter to us by Wednesday, December 9th, and we'll make sure it appears in our special section on December 17th.

Please remember to include your first name and age on your letter!

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



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Carrie Munroe and Cheryl Taylor of Rosewood Lodge Recreation Department and Adult Day program served up coffee, tea and desserts to their guests.



Dot Irwin (left) made a generous monetary donation to the Stonewall & District Health Centre Ladies Auxiliary, enabling them to purchase three chairs for the nurses station at the Stonewall hospital. Pictured with Irwin is Ladies Auxiliary president Carol Nichol and daughter-in-law Shirley Irwin.

Canada to welcome 10K Syrian refugees by Dec. 31

'There's still a lot of detail to come out on this plan,' Bezan says

By Lindsey Enns

Selkirk-Interlake-Eastman Conservative MP James Bezan says he's relieved Prime Minister Justin Trudeau has extended his plan to bring 25,000 Syrian refugees to Canada.

"Canadians were very concerned ... corners would be cut and we want to make sure we get this right," Bezan said. "We want to welcome all of these refugees in but we want to make sure that the property security screenings and health screenings are taking place and that we're using Canadian Armed Forces resources appropriately and that the housing arrangements are there for everyone that shows up."

Trudeau unveiled his plan to welcome 10,000 refugees to Canada by Dec. 31 late last Tuesday. Trudeau said the plan is to welcome 10,000 refugees to Canada by Dec. 31 and the remaining 15,000 by the end of February 2016.

The government's plan will be implemented in five phases including working closely with the United Nations Refugee Agency on security and health screening, transportation and resettlement.

Bezan said the first 10,000 Syrian refugees were screened under the Conservative government.

"The homework's already been done on them and it's just a matter of making sure that each and everyone



TRIBUNE FILE PHOTO BY AUSTIN GRABISH

Selkirk-Interlake-Eastman MP James Bezan says he's relieved Prime Minister Justin Trudeau is backing off his plan to bring 25,000 Syrian refugees to Canada before the end of the year.

of those families has a warm place to stay for the winter."

Bezan said he isn't aware of any refugees coming to Selkirk and area but added organizations and church groups across Manitoba are sponsoring refugees.

"It is a possibility but I have not been notified ... that there will be Syrian refugees coming to our communities," he said.

As the official opposition, Bezan said

Continued on page 21

Stonewall Comes Alive

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December 1st - 18th

8th Annual Festival of the Wreaths

at Stonewall Branch of SI Regional Library

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Friday, December 4th

5pm - 7pm Tree Lighting & Carolling

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Sponsored by SouthWest Palliative Care.

7pm Festival Of Lights Santa Claus Parade

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Join us for a

Bonfire

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Friday

December 4th

6pm - 8:30pm

Saturday, December 5th

Breakfast with Santa

8 am - 11 am

at Stonewall Legion.

Sponsored by Stonewall Kinsmen Club and Stonewall Legion



Saturday December 5th

FREE Children's Movie - Home

at Flicks Cinema

G 1:00 pm & 3:00 pm

Bring a Tin For The Foodbank

Sponsored by the Stonewall Lions Club.



Visit our local merchants for all of your Christmas Shopping this season!

Thank you to all of the community groups for a great weekend of events!



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Singing for children in Asia

TRIBUNE PHOTO BY JO-ANNE PROCTER

It was hard not to smile and open our wallets when Erica Lustre, from left to right, Keziah Dolorito and Michelle Ancajas with Children's Joy Foundation dropped in to the *Tribune* office last Thursday singing "Happy Thursday." The trio was spreading joy with their music and collecting for the foundation that supports undertakings that ensure child protection, welfare and development for marginal and poor Filipino children in Asia.



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Christmas cantata coming soon

Voices of Christmas features modern and traditional holiday music

By Jennifer McFee

The annual Christmas cantata is ready to ring in the holiday season next weekend with an unforgettable holiday performance.

This year's event, entitled Voices of Christmas, will entertain audiences at Stonewall United Church on Dec. 12 and 13.

In total, close to 50 people are involved in the musical of prophecy, promise and praise, said director Bambi Rutherford.

"We have the largest choir ever in 22

years with 38 people. Again, we have a six-piece combo and a whole acting crew. As always, there are people from all over the Interlake — Warren, Stony Mountain, Stonewall, Grosse Isle," she said.

"The Voices of Christmas is a transition from the voices of modern-day Christmas and how people struggle with Christmas at Christmastime. Then it goes into the ancient days and how people struggled prior to the birth of Jesus."

There's something for everybody,

with music ranging from contemporary to traditional.

"One of the opening songs is Where are You Christmas from the Grinch. It starts out very modern and then it goes into the ancient times. Of course, everybody's going to get their favourite carols and more," Rutherford says.

"It's very festive and it's a really ecumenical giving because there's a lot of different denominations involved. The music is phenomenal. It's probably one of the most difficult works we've ever done musically. It's going

"IT'S PROBABLY ONE OF THE MOST DIFFICULT WORKS WE'VE EVER DONE MUSICALLY."

to be a wonderful story. Everybody is working very hard."

Shows are scheduled for Saturday, Dec. 12 at 7 p.m. and Sunday, Dec. 13 at 2 p.m. and 7 p.m.

Tickets are available at Stonewall United Church, 369 1st Ave. N., or by calling 204-467-5469. The cost is \$15 for adults, \$7 for kids aged six to 16, and free for kids aged five and under.

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HELP International announces year three of shelterbelt program

News Release

It has been only two short years since HELP International took over the government's Shelterbelt Tree Program. In high-speed sequences, HELP ran the government's Indian Head Agro-forestry Centre and provided trees across the prairies in 2014 and 2015. Then, in January 2015, HELP purchased and developed HELP's new 160-acre tree farm just outside of Weyburn, constructing plots, roadways, water reservoir and produced a record 600,000 seedlings of the fastest growing shelterbelt varieties ready for spring 2016 field planting.

HELP has just launched its 2016 Tree Shelterbelt campaign for farms, acreage owners, towns and schools in the Prairie Provinces.

Some important things to know:

- 100 per cent of the trees HELP produces are now container roots, which is a change over the government's Indian Head bare root system. This means that the 12- to 30-inch seedlings have a solid plug of soil on the root. This innovation allows the seedlings, unlike bare roots, to be shipped and planted while dormant or in full leaf with little to no transplant set

back, unlike the greater challenges experienced with bareroot seedlings in 2015.

- HELP has kept its promise that the tree cost of \$1.50 per regular seedling for shelterbelt quantities of 300 or more trees (global order) will not see any increase now nor into the foreseeable future.

- Fifty trees or more qualify for this Shelterbelt Program. Any order of 50 trees or more is considered a shelterbelt or environmental program.

- Tree orders can be done on line by clicking on "store" to do an online tree order at www.help-shelterbelts.com. Alternatively participants can download order forms from the site and mail, fax or email the order form. HELP also takes telephone orders at 306-842-2433.

Planting Design and Field Planting Assistance:

- A town or a cluster of neighbours combining to plant 4,000 metres or more tree lines can apply for HELP assisted planting where HELP brings personnel, trees, machinery and materials to plant trees, lay plastic mulch and install grass for low-maintenance tree planting.

For more information, visit www.help-shelterbelts.com or call 306-842-2433 or 306-897-5411.

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Artist friends show paintings at Teulon library

By Jennifer McFee

A pair of prolific painters continue to draw artistic inspiration through a friendship that spans more than three decades.

Interlake artists Yvonne Dominik and Pearl Bainbridge first met while studying graphic design at Red River College. After they graduated in 1980, they both pursued careers in the craft while also continuing to practise painting as a hobby.

"We kept in touch while we were following our career path and, once in a while, we would get together with a couple other graphic designers," said Bainbridge, who lives west of Teulon.

"And then when we did get together, it was for the reason of our own fine art."

They formed a group called Individuals and hosted a few shows, Dominik added.

"We were busy living our lives, but we always would meet and discuss our art and show each other what we'd done," she said. "We've been doing that for quite a number of years and always supporting each other."

Now the painting pals are showing their work together once again as the December artists of the month at the Teulon library.

Dominik specializes in watercolour painting and photography, finding inspiration in the beauty that surrounds her Winnipeg Beach home.

"I was lucky that we moved up here. This is a perfect area to paint. There is a lot of nature and peace that you get here," said Dominik, who has taken a year off work to focus on her art.

"It's a passion. I don't know what I would do if I didn't paint. It's a part of me. I also do photography, taking photographs of different places and trying to catch light. I really focus a lot on light."

Meanwhile, Bainbridge retired three years ago and recently achieved her goal to host a joint art show with her sister, who specializes in pen and ink drawings.

Now she is working on a venture that she calls The Blossfeldt Project, inspired by book she inherited from her grandmother that showcases

the works of German photographer Karl Blossfeldt.

"His photography is amazing. It's black and white studies of plant drawings and flowers but done in a very clinical way, like a study that a biologist would do," said Bainbridge, who signs her paintings "PEVM" to acknowledge her maiden name Edwards van Muijen.

"I was so inspired by his black and white photographs. As a designer, I really appreciated the design of them and how each specimen looked almost like little sculptures. I thought it would be so neat to bring them to life in colour, so that's what I'm doing. I'm using the overall form and then bringing them to life."

To glimpse the artistic works of the long-time friends, drop by the Teulon library at 19 Beach Rd. during the month of December.



TRIBUNE PHOTOS SUBMITTED

Winnipeg Beach artist Yvonne Dominik has shown her artwork in Gimli's Mermaid Kiss Gallery for the past 10 years. She joined the Wave Interlake Artists' Studio Tour in 2015.



Teulon area artist Pearl Bainbridge, who creates artwork using her maiden name Edwards van Muijen, finds support from the Green Acres Art Group under the direction of Graham Clark. She has artwork on display at Bulrushes Gallery near Winnipeg Beach.

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1 Ballot per purchase unless otherwise specified. *Receive minimum of one ballot per purchase and/or one ballot per \$100 spent at specific businesses. Must be 18 years old to enter. Tribune employees and spouses are ineligible. Draw to take place Wednesday, January 8th, 2016. Winner will be contacted by phone.

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> 10K SYRIAN REFUGEES, FROM PG. 15

they will continue to "monitor the situation."

"There's still a lot of detail to come out on this plan," he said. "We are going to make sure the government is doing it right."

The province is also gearing up to roll out its strategy to provide humanitarian relief and supports to the 1,500 to 2,000 Syrian refugees coming to Manitoba.

"Welcoming refugees to Manitoba will require working in collaboration with all levels of government, as well as with settlement agencies and community organizations to find suitable housing and start the long-term settlement process," Premier Greg Selinger said in a release last Thursday.

Manitoba's response will be led by Manitoba Labour and Immigration with support from the Manitoba Emergency Measures Organization and will be co-ordinated through the

Manitoba Emergency Coordination Centre, where the capacity for planning, operations and communications already exists.

A team made up of representatives from several departments including housing and community development, education and advanced learning, multiculturalism and literacy, jobs and economy, health, family services, health and healthy living, and children and youth opportunities has been established, and will work with existing agencies and settlement services to ensure effective co-ordination and support for refugees.

Refugees will initially be housed in Winnipeg, where housing and services are available, while options for regional resettlement are explored. The Manitoba Housing Task Force will lead on identifying suitable housing in Winnipeg and other regions, taking into account accessibility and community support in the area. Pri-

vately sponsored refugees will go to the community where their sponsor group is located including to regional centres.

Experts are also being consulted to ensure that programs on education, health and mental health, language and interpretation, and cultural competency are being lined up so the immediate health-care, psychosocial, socio-cultural, education and employment needs of families are met. The Manitoba Immigrant and Refugee Settlement Sector Association (MIRSSA) along with settlement agencies including Welcome Place, Accueil Francophone du Manitoba, Mount Carmel Clinic, NEEDS Centre, Manitoba Start and New Journey Housing will be actively engaged throughout the process.

The Manitoba government is working with the Red Cross to establish a help line for people wanting to assist, which will be formally launched on Monday.

"The Canadian Red Cross has the resources and volunteers available

to assist the government of Manitoba in welcoming the refugees who have been forced to flee their homes in search of a better life," Manitoba Canadian Red Cross vice-president Shawn Feely said. "We are pleased that we can work with the government and the people of Manitoba to extend to the refugees that caring hand of support that is the hallmark of this province."

In September, the province committed \$1.4 million, including \$200,000 in front-line support for Syrian refugees.

"Manitobans are well-known for their kindness and generosity, and I know that together we will make a difference in the lives of those affected by the ongoing crisis in Syria," Selinger. "We want every refugee to have the opportunity to build a new life and succeed here in Manitoba."

Selinger added the province will continue to work closely with the federal government, Manitoba service partners and community groups to ensure refugees to Manitoba have the best start possible.

worship *with us*

> FAITH

Christmas Rush

We are now in the church calendar season of Advent. It traditionally was a time of waiting, anticipating and getting ready for the celebration of the birth of Jesus. A time to reflect on what Christmas means. Time to relax and connect with the holy. It still is, but often only in word not deed, for the competition for our time is much larger and more enticing now.

The stores barely let Nov. 11 pass before the Christmas rush is on. The reindeer are out of the gate and flying. The house needs to be decorated. There are lights of every description to be put up, blown up Santas and reindeer need to be anchored in place. Christmas baking needs to be done or maybe at least bought. Then there are the Christmas parties and socials to attend. The Christmas luncheons and teas come fast and furious.

We are inundated with

commercials on TV, in newspapers and radios telling us exactly what we need to have for a Merry Christmas. We go overboard buying each other gifts, which in many cases we don't need or even want. It is part of the Christmas rush.

Within the midst of all this, Advent is saying slow down, take a deep breath and make the time to be present in the moment. Let the essence of Christmas permeate your being. Not only hear the words of hope, peace, joy and love but let the meanings take hold and influence how you experience the season. Make the time to sit and chat with friends and, yes, even wish a Merry Christmas to a stranger (yes, you can still say Merry Christmas). Make the season a time for being with family, a time of finding some quiet and peace in the hustle and bustle of Christmas. It is there, but we have to take the time to let the sacred fil-



ter into our lives. It can be a time when we allow ourselves to celebrate the season in a manner that reflects back to the world when this was a time of still and peace. A time when we come aware of and into union with the Holy of the season or we can allow it to be a Christmas rush. The choice is ours.

Peace and Blessing this season.

Leonard Oracheski
Stonewall United Church
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Premier Greg Selinger cordially invites you
and your family to the annual

Legislative Building Open House

Saturday, December 12, 2015
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Please bring a non-perishable food item or an
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South Interlake Seniors Resource - Stonewall

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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.

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.

WHO SHOULD USE THE KIT?

The kit is ideal for seniors, chronically ill persons, those who live alone or who have caregivers, and others who have speech difficulties or communication barriers. 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 Seniors Resource Office
will be closed from
December 24th – January 4th**

*From the Staff and Board of Directors,
We wish you a Merry Christmas
and a Happy and Healthy 2016!*

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DECEMBER
NEXT POTLUCK
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January 19th,
2016

VOLUNTEER OF THE MONTH



Jean Marshall in Woodlands, has been volunteering with Seniors Resources for 15 years. She is a volunteer driver as well as a Cancer Care volunteer driver. She is also a valuable help to the seniors in that area with visiting, errands, day to day chores and lots of driving as well. Jean served on our board and was driving force behind the new wing of Oak Park Lodge in Woodlands. Woodlands is blessed to have someone like Jean to look out for them!

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December Calendar of Events!

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Clip & Save

Dec 1	Book Club @ 9:30 am	Dec 17	Club Regent Casino Trip @ 10:00 am
Dec 3	Bus Trip – Shelmerdine's & Whitehorse Emporium @ 9:00 am	Dec 21	Whist Tournament @ 1:00 pm
Dec 7	One Stroke Painting @ 12:30 pm	Dec 22	Cider with Santa @ 1:30 pm
Dec 8	Christmas Dinner @ 12:00 Noon	Dec 24 – Jan 1:	Office Closed/No Programs
Dec 9	FREE Bus Trip – Polo Park @ 10:00 am	Jan 4	Active Wellness – New Session Begins
Dec 10	Quarry Choristers Caroling Evening @ 7:30 pm	Jan 7	Pickleball @ 7:00 pm – Centennial School
Dec 11	Harmony Jam @ 1:30 pm	Jan 12	Luncheon @ 12:00 Noon



Quarry Choristers Caroling Evening

Thursday, December 10 @ 7:30 pm

Collection for Stonewall Christmas Cheerboard

Cider With Santa

Tuesday, December 22 @ 1:30 pm

An afternoon of Cider, Shortbread & a Visit with Santa!

EVERYONE WELCOME!!

**For More Information,
Call 55 Plus @ 204-467-2582**



Season's Greetings

**From the
South Interlake 55 Plus
Board of Directors
and Staff**

*Our Office will be closed
December 24, 2015 to January 1, 2016.*

Re-opening on Monday, January 4, 2016



BUS TRIPS:

Shelmerdine's & Whitehorse Emporium
Thursday, December 3rd

FREE Trip to Polo Park
Wednesday, December 9th

Casino Trip – McPhillip's Street Station
Thursday, December 17th

Royal Winnipeg Ballet – Nutcracker
Sunday, December 27th

*For Details and to Register Call the 55 Plus:
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INSIDE > OUTSIDE > UPSIDE DOWN

Royal Knights crown Jets

By Brian Bowman

For most of this season, the Stonewall Jets have had one of the Manitoba Major Junior Hockey league's best penalty-kill units.

But the River East Royal Knights made that PK unit look rather ordinary in a 7-3 home win last Thursday in Winnipeg.

River East scored five power-play goals — four of them coming in an 11:56 span in the first period — on their way to the lopsided win.

"They definitely capitalized on their opportunities," said Jets' assistant coach Brock Couch. "Just about every single goal on their power play came on a good screen in front and a couple (of goals) went off bodies. They just had guys around our net and the goalies couldn't see (the shots)."

The Jets are now fourth in the league in killing penalties at 81.1 per cent.

Kris Sigurdson (two), Matt Allen, and Thomas Petrick scored for River East in the first period before Stonewall's Cody Melo scored the first of his three goals in the game.

Michael Dzioba, Daniel Giles and Henry Lucas scored River East's other

goals.

Melo, who added goals in the second and third periods, also had a late-game fight. He now has five goals and eight points in 18 games.

"Every game he is in the right areas," Couch said. "They were going in for him (last Thursday). He had three good goals — all hard-working goals. He's definitely a force out there and the scoring is an extra touch."

With last week's loss, Stonewall is now 10-8-1 and has 21 points to sit in the middle of the 10-team league. The Jets battled the first-place Raiders Jr. Hockey Club this past Tuesday but no score was available at press time.

Stonewall will host the St. Boniface Riels this Friday and then will visit the Charleswood Hawks on Sunday. It will be another tough stretch of games for the Jets.

"Every game is anybody's game," Couch said. "We'll be ready for (all three) games and it was nice for the guys to have the whole weekend off. They'll come ready to play on Tuesday."

Both games have 7:30 p.m. start times.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Cody Melo scored a hat trick and had a late-game fight to finish Stonewall's 7-3 loss to the River East Royal Knights on Nov. 26.

Stonewall has Lac du Bonnet singing the blues

By Brian Bowman

The Stonewall Flyers may have started their game poorly against the Lac du Bonnet Blues, but they sure ended it in impressive fashion.

Despite surrendering a goal just 13 seconds into the game to the Blues' Pat Brincheski, the Flyers rebounded nicely to score four straight goals by the 11:19 mark of the opening period.

Stonewall then closed out the game with a very strong third period, scoring three unanswered goals in a 7-5

road victory.

Former Selkirk Steeler Damian Walack scored twice in that first period while Dan Stewart and Ryan Sholdice also tallied.

Ryan Elliot, Connor Appleyard and Matt Varnes then scored for the Flyers in the third.

Eliot led Stonewall with three points while six other Flyers finished the game with two points apiece.

Dayne Gluting led Lac du Bonnet with a hat trick. Brent Wold scored the

Blues' other goal.

Tyler Chatfield earned the win in goal.

Stonewall (2-1) will host Beausejour (2-2) this Saturday at 8 p.m.

Meanwhile, in South Eastern Manitoba Hockey League action, the Warren Mercs were defeated 7-3 by the first-place Morden Redskins last Saturday.

Trailing 3-2 after 20 minutes, Morden scored three times in the second period and then added two more in


the third.

Reid MacLeod, Kyle Luschinski and Brendan Luschinski scored for Warren in the losing cause.

Clint Olson (two), Ramsay Fehr, Tyler Groening, Tyler Peers, Blair Osiowy and Jay Fehr scored for Morden.


With the win, the Redskins maintain top spot in the seven-team SEMHL with a 6-0 record. Warren is now 1-3.

The Mercs will host Altona this Saturday at 8 p.m. in Warren.



Friday, Dec. 4
Stonewall Jets vs St. Boniface Riels
7:30 pm at VMSC

Sunday, Dec. 6
Stonewall Jets vs Charleswood Hawks
7:30 pm at Eric Coy Arena



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INSIDE > OUTSIDE > UPSIDE DOWN

Lightning losing streak reaches eight games

City midget earn a point

By Brian Bowman

The Interlake Lightning's Manitoba AAA Midget Hockey League losing streak has now reached eight games.

Interlake lost 3-2 to the Brandon Wheat Kings Saturday evening and then 6-4 to the Parkland Rangers on Sunday. Both games were played in Teulon.

In the loss to Parkland, the Rangers built period leads of 3-0 and 5-0 but the Interlake made the game interesting with four goals in an 11:29 span in the third period.

Sean Loutit, James Maxwell, Riley Vautour and Jordan Kristjanson scored for the Lightning. Arborg's Kristjanson leads the Interlake in goals scored (11) and points (17) this season.

Parkland's Bradyn Smelski iced the win with an empty-net goal with 41 seconds left in the third.

Smelski opened the game's scoring with a pair of goals while Darian Boychuk, Lane Kirk and Riese Gaber also scored for the Rangers.

Parkland outshot the Interlake 53-26, including 18-2 in the middle frame.

In the Lightning's loss to Brandon, Jaymes Knee and Carson Ransom scored first-period goal for the Wheat Kings while Brendan Kokorudz netted the eventual game winner at 19:47 of the second period.

Noah Basarab scored for the Lightning in the second period while Kristjanson potted a power-play goal in the third.

The Lightning will hope a change of scenery will result in a win or two as the club travels east this weekend for a pair of road games against the Kenora Thistles.

Interlake's next home game is Dec. 11 when the Eastman Selects visit Teulon.

In City Midget action, the Lightning earned their first point of the season after playing to a 3-3 draw with the Eastman Selects in Ste. Anne on Nov. 18.

Jordan Rogers and Declan Muys scored second-period goals for the Lightning. Tristan Prystupa tallied in the third.

Nolan Tonn had two assists while Blaze Senden also had a helper.

Riley Buhay was in goal for the Interlake.

On Nov. 21, the Lightning lost 7-2 to the Hawks and then were beaten 3-1 by the Monarchs just three days later.

Interlake (0-15-1) played the Sharks last night but no score was available at press time. The Lightning will then visit the Selects on Saturday (7 p.m.) in Ste. Anne before hosting the Sharks Sunday (3 p.m.) in Warren.



TRIBUNE PHOTO BY LANA MEIER

The Interlake's Riley Vautour (left) battles with a Brandon Wheat Kings' defenceman during his team's 3-2 loss Saturday night.

Local high school hockey teams slumping

By Brian Bowman

As temperatures have dipped here in recent weeks, so too has the play of the two local high school hockey teams.

The Warren Collegiate Wildcats had a tough stretch last week, losing a pair of lopsided games in Winnipeg High School Hockey League action.

Last Thursday, Warren was defeated 7-2 at home by College Beliveau, giving up three unanswered third-period goals.

Brendon Burnett scored a pair of second-period goals for the Wildcats.

Matt Laurin (two), Malik Gibbons, Zach Bone, Mathew Gagliarda, Cade Gillespie and Riley Young scored for College Beliveau.

On Nov. 25, Warren was defeated 8-3 by Murdoch MacKay. Murdoch MacKay trailed 1-0 in the first period but broke the game open with five straight goals in an 8:16 span.

Mason Aquin (two), Brayden Pokrant, Codey Melnyk, Zack Tessier,

Dean Loder, Kelton Schultz and Cole Smith scored for Murdoch MacKay.

Reid Weatherburn and Koby Carriere each had a goal and an assist for Warren while Ethan Fairlie had the Wildcats' other goal.

Warren, now 3-6 in the Price Division standings, played at Sisler Wednesday but no score was available. The Wildcats will then battle the Spartans again on Friday at 4 p.m. at Billy Mosienko Arena.

In Platinum Promotions Division

play, the Stonewall Collegiate Rams lost 8-0 to the Oak Park Raiders last Friday at Eric Coy Arena. No Oak Park goal scorers were available at press time. On Nov. 25, the Rams were blanked 2-0 by the Kelvin Clippers. Aaron Lemoine and Erik Urbanovich scored third-period goals for Kelvin.

Stonewall hosted Sturgeon Heights Wednesday but no score was available. The Rams will then host Oak Park next Wednesday. Game time is 4 p.m.

Stonewall Atom Blues win home tournament



The Stonewall Blues hosted an 18-team Atom tournament last weekend with two of the three home teams winning the gold and silver trophies respectively in the B-Division. Stonewall's blue team, pictured left, were undefeated in four games beating Stonewall White (on the right) 4-1 in the B-Side final. In the A-division, Lorette defeated Selkirk 9-1 in the championship game.

TRIBUNE PHOTO SUBMITTED

Locals performing well in badminton

Staff

The Interlake Badminton Club has two members — Emelia Sinclair and Christopher Wiebe — who have qualified for the Western Canadian Badminton Team Championships.

Sinclair was first on the girls' U15 — Top Team while Wiebe placed second for U17 boys — Top Team.

The playoffs were held at St. John's-Ravenscourt School on Nov. 14. There was a large number of competitors from across Manitoba vying for spots on the team.

Because the Games will be in Win-

nipeg this year, Manitoba is allowed two teams of four for both boys and girls. Both Wiebe and Sinclair are the youngest in their age groupings.

Dale Kinley of Stonewall will be one of the two coaches for the team. Team practices will be starting shortly and continue until the competition, which is Jan. 15-17 at the Winnipeg Winter Club.

Meanwhile, at the Herb Richard Open Provincial Tournament in Winnipeg, five athletes were entered from the Interlake Badminton Club and all of them won finals events.

Magic win silver at recent tourney



TRIBUNE PHOTO BY DEREK FROST-HUNT

Stonewall's Shae Mulvihill (left) and Rikki Frost-Hunt along with the Magic U16AA ringette team returned home with silver medals from the Wood tournament recently in Edmonton.

Novice flames on fire



TRIBUNE PHOTO BY ROBYN DEPREZ

The Stony Mountain Flames Novice Red went undefeated in the Portage la Prairie tournament this past weekend, bringing home gold medals. Pictured left to right, back row: Wade Byle, Jameson Honey, Evan Deprez, Matthew Penner, Scarlett Dowsett, Adria Vandersteen, Cole Swanson and Carter Holliday; front row, Liam Butcher, Mason Rainkie, Jackson Vandersteen, Devon Lillies and Connor Phillips.

Staff

The Magic U16AA ringette team won a silver medal at a recent tournament after a 6-2 loss to Waterloo in a gold-medal game.

Trailing 2-1 after one period, the Magic were unable to mount an offensive attack while being outscored 4-1 in the second period.

The Magic advanced to the gold-medal game after a convincing 7-2 win over the St. Albert Mission. The Magic needed to win by at least four goals to advance to the gold-medal game.

The team was leading 4-2 at the half and then added three unanswered goals in the second period to finish first in their pool (edging Calgary Blue in a points tie breaker).

The Magic began tournament action with a 5-5 draw with Calgary Blue after leading 3-1 at the half.

In their next game, the Magic trailed 3-2 at the half before losing 5-3 to the Central Alberta Sting.

With only a single point heading into the second day of competition, the Magic upset the Regina Stingers 7-6 after trailing 5-2 at the half.

Rams, Wildcats eliminated at varsity boys' vball provincials

By Brian Bowman

The Stonewall Collegiate Rams were ousted from the MHSAA "AAA" varsity boys' volleyball provincials in Swan River after a 2-0 quarter-final loss to the Calvin Christian Collegiate Eagles on Saturday.

Stonewall lost the closely-contested match by scores of 25-22 and 25-21.

The Eagles proceeded to win the bronze medal after defeating Dauphin 2-1 in the third-place game.

Linden Christian won the gold with a 2-0 sweep over Westgate Mennonite.

Stonewall, meanwhile, advanced to the quarter-finals after finishing with a 1-3 record in pool play.

The Rams swept the Virden Collegiate Golden Bears 2-0 by scores of 25-18 and 25-17. Stonewall was defeated 2-0 by Linden Christian, Westgate Mennonite and Dauphin.

Tanner Good, Evan Loewen, Carson Ouellette and Scott Yeo (twice) were

named the Rams' players of the game at the provincials.

At the "AA" varsity boys' provincials in Dominion City, Warren was stopped 2-1 in the quarter-finals by Steinbach Christian. The Flames doused the Wildcats in a thriller by scores of 28-30, 25-23, and 15-11.

Warren finished pool play with a 1-3 record. The Wildcats swept Frontier Collegiate 2-0 by scores of 25-12 and 25-18.

The Wildcats lost 2-0 to Niverville and Major Pratt and was edged 2-1 by Gabrielle Roy.

Nathan Wright, Ethan Garret, Colton Gibson, Evan Brad and Josh Granberg were named Warren's game stars during the provincials.

Major Pratt won the gold at this year's "AA" provincials after defeating Niverville 2-1. Gabrielle Roy captured the bronze after beating Steinbach Christian.

ISD junior high boys and girls volleyball champs



The Stonewall Centennial junior high boys were named the Interlake Divisional champions after defeating Teulon in the finals last Thursday. Pictured back row, left to right: Cole Turner, Josh Smith, Cale Woods, Chris Fines, Liam Proven, Hunter Olson, Lucas Singh, Janice Mullin (coach); Max Reid, Michael Lychuk, Aaron Dubyts, Sean Mullin, Rhett Woods, Dawson Samms, Aiden Mulvihill and Graeme Bytheway.



SUBMITTED PHOTOS

The Teulon junior high girls defeated Grosse Isle in the final set to win the Interlake Divisional Championship banner. Pictured back row, left to right, Debra Trombo (coach), Naudia Tomyk-Stead, Piper Lussier, Olivia Skinner, Jacey Ledochowski, Holly Plamondon, Rod Ledochowski (coach); front row, Bridget Kishka, Taylor Traub, Brianne Girardin, Jessica McSherry, Veta Moore and Jubilee Nichols.

Twenty-one teams compete in stick curling bonspiel



TRIBUNE PHOTOS SUBMITTED BY BEV SCHICK

The Stonewall Curling Club held a stick bonspiel in November with 21 teams participating. The winners pictured from the left are A-event Warren Johnson and Alf Ramsay; B-event Wayne Davis and Lloyd Simonson; C-event Bev Schick and Alvin MacMillan and D-event Jim Sorenson and Bruce MacMillan.

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UPCOMING EVENTS

Brandon Gun & Collectibles Show. Sat., Dec 12, 10 a.m. to 5 p.m. & Sun., Dec 13, 10 a.m. to 4 p.m. Keystone Centre. Buy, sell, trade. Call 204-725-4363.

UPCOMING EVENTS

Lilyfield United Church Women invite you to an afternoon of song and a time of fellowship. Joan and Judy will lead folks in the singing of golden oldies sprinkled with some Christmas Carols. It all begins at 1:30 p.m. on Saturday, Dec. 12 in the church sanctuary. Proceeds from a silver collection will be forwarded to the Christmas Cheer Board. The church is located on Sturgeon Rd and Rd. 68.

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Email: bmcnaughton@isd21.mb.ca

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

Applicants must have a minimum of a Grade 12 education. Rate of pay will be as per the current I.A.N.T.E. Collective Agreement. Employment to commence as soon as possible.

Applications are to include a complete resume and three references. Closing date for receipt of applications is December 9th, 2015, 12:00 noon.

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We require an **Intermediate Accountant** (minimum level 3 CGA, CA, CMA, CPA) with at least 2 years of public practice experience to join our expanding Stonewall office. This position involves working papers and financial statements in the preparation of audits, reviews and compilations as well as bookkeeping. The successful candidate will be able to perform their duties with minimal supervision and enjoy dealing with clients and staff in a professional and confidential setting. Knowledge of Caseware, Excel, QuickBooks and/or Sage is required. Tax preparation is an asset. We offer training, professional growth, and a compensation package (including tuition reimbursement, health care spending account, flexible summer hours).

To apply, please email carol@eprstonewall.com with your resume and salary expectations.



Interlake School Division invites applications for the following part-time indefinite term Custodian position:

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• 7303 square ft. (approx. 2.66 hours per day) 6:00 am start time

Current annual salary is \$13,084.
Forward applications including the names of 3 references by **December 9, 2015, 12:00 noon** to:
Human Resources
Interlake School Division
Email: hr@isd21.mb.ca
el: 204-467-5100



Rural Municipality of Woodlands

EMPLOYMENT OPPORTUNITY FULL TIME OPERATOR 3

The Rural Municipality of Woodlands invites applications for the position of Full Time Operator 3.

The Operator 3 is responsible for operating a variety of heavy equipment in building and maintaining a variety of public works infrastructure. This operator is also responsible for basic repair and maintenance of the equipment and for the performance of some general labour duties.

Salary and benefits are as per the Collective Agreement, with Operating Engineers of Manitoba.

The successful candidate will have the following qualifications:

- Experience operating a motor grader with attachments.
- Experience operating loader, dozer and tandem.
- Basic repairs & maintenance of heavy equipment.
- Class 1 driver's license with air brake endorsements, or willing to obtain.
- Clean driving abstract.

Please contact the CAO, Adam Turner of the Rural Municipality of Woodlands Administration Office at 204-383-5679 for further information.

Persons applying should submit a detailed resume with three (3) references and a current drivers abstract on or before 4:30 p.m. local time Thursday, December 17, 2015, to:

R.M. of Woodlands
P.O. Box 10
Woodlands, MB R0C 3H0
Fax: (204) 383-5169
Phone: (204) 383-5679
Email: rmwdlds1@mymts.net

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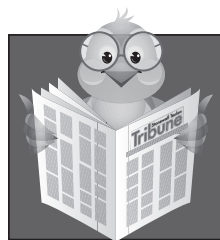
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SERVICE CLUBS - Serving our Communities

Stonewall Teulon
Tribune

Royal Canadian Legion Branch No. 52 \$33-\$38 member/year depending when dues are paid The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.	South Interlake Ag Society Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year 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.	Teulon Women's Institute Phone 886-2216 Fee: Nominal membership may apply Motto: "Home and Country" 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.	 1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca 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.	Quarry Toastmasters Brenda 467-5088 Quarry Toastmasters meet every Tuesday 7:15 - 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking - individually or in a group. We help you plan what to say and to have fun doing it.	Kin Clubs of Stonewall Motto "Serving the Communities" Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Kinmen President Chris Luellman 467-8770 Kinette President Jean Burchuk 204-467-2925
Teulon & District Agricultural Society Lana Knor, President 467-0740 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.	Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca 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.	Stony Mountain Stonewall Masonic Lodge #12 Call 204-467-2788 for Information Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1	 Stonewall Ladies Auxiliary 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.	South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca 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.	The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467- 2473 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. 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.
 Knights of Columbus Stonewall Dave Couprie 467-9548 \$40/member/year 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.	South Interlake 55+ Inc Cheryl Cathers 467-2582 www.sis5plus.org \$15/member/year 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.	 Stonewall & District Lions Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve" Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.	 Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca 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.	Stonewall & District Health Centre Ladies Auxiliary Marg Bond 467-8732 The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the first Monday of each month at Rosewood Lodge. New members welcome.	Grosse Isle Women's Institute Phone 204-467-9376 Motto: "Home and Country" 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. Please call for location. New members always welcome.
Warren Horizons District Lions Club President: Irene Tully 204-375-6522 Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.		 Warren & District Lions President Stu Bangle 204-322-5381 "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.			

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Easy chicken biryani



Ingredients

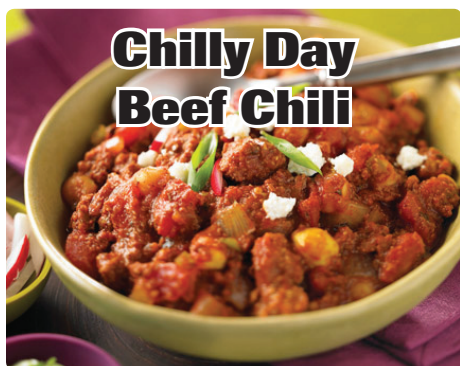
2 tbsp (25 mL) canola oil
1 cup (250 mL) finely chopped onion
2 cloves garlic, minced
2 tbsp (25 mL) finely grated fresh ginger
1/2 tbsp (7 mL) ground cumin
1/2 tbsp (7 mL) ground coriander
3/4 tsp (4 mL) ground turmeric
1/2 tsp (2 mL) ground cardamom
3 whole cloves
1 cinnamon stick

1 2/3 cup (400 mL) basmati rice, well rinsed
1 lb (500 g) chicken breast, cut into strips
1/3 cup (75 mL) plain, non-fat Greek yogurt
2 fresh tomatoes, diced
3 cups (750 mL) low sodium chicken broth
fresh cilantro for garnish
Directions

In saucepan, heat canola oil over medium-high heat and sauté onion, garlic, ginger, cumin, coriander, turmeric, cardamom, cloves and cinnamon for 2 minutes to bring out flavours.

Stirring constantly, add rice, chicken, yogurt, tomato and broth; cover and simmer over medium heat 15 minutes or until rice is tender, chicken is cooked through and liquid is absorbed. Remove from stove and let stand 5 minutes.

Garnish with cilantro and serve.



Chilly Day Beef Chili

Ingredients

2 1/2 pounds boneless beef chuck or round, cut into 1/2-inch pieces
2 cans (15 1/2 ounces each) black beans, rinsed, drained
1 can (15 1/2 ounces) chili-style tomato sauce with diced tomatoes
1 medium onion, chopped
2 teaspoons chili powder
1 teaspoon salt

1 teaspoon ground cumin
1/2 teaspoon pepper
1 cup prepared thick-and-chunky salsa

Optional toppings:
Shredded Cheddar cheese
Diced red onion
Diced green onion
Diced avocado
Dairy sour cream

Preparation

Combine all ingredients except salsa and toppings in 4 1/2 to 5 1/2-quart slow cooker; mix well. Cover and cook on HIGH 5 1/2 to 6 hours, or on LOW 8-9 hours, or until beef is tender. (No stirring is necessary during cooking.)

Just before serving, stir in salsa; cook 2-3 minutes or until heated through. Serve with toppings, as desired.

Total Time 6 1/2 hours Low
Total Time 9 1/2 hours High
Serves 6-8

The Skill: Taking Your Eating Habits on the Road



Part 2

Once upon a time, and not that long ago, eating out was often reserved for special occasions – it was a chance for a treat, a splurge, or simply a culinary adventure of some sort. Sometimes it still is. But these days many people eat out at restaurants, the office, other people's homes, or on the fly several times each week. It's become our lifestyle. And here's the reality: If you eat out often, restaurant foods, takeout foods, or cafeteria fare will have a large impact on your dietary intake – both the calories you consume and the nutrients that come with them – for better or for worse.

Unfortunately, the “for worse” effect often predominates, but it doesn't have to be this way. Indeed, numerous studies have suggested that people who eat fast food frequently are at higher risk of obesity. The correlation is hardly surprising, given that fast food tends to be high in calories, relatively nutritionally poor, and high in salt, fat, and sugar, all of which stimulate appetite.

The concern isn't just a matter of weight; it's a matter of health as well. When someone else is preparing your food, and you don't know what's in it, your health is basically at the mercy of the cook's or chef's culinary practices. No wonder research from Australia found that young women who ate carry-out food twice a week or more had considerably higher fasting blood sugar and insulin levels – both are risk factors for diabetes and heart disease – than

those who got carryout less often.

Preventing such negative effects while eating out requires attention to detail and savvy ordering skills. You can use the same skills you've been learning to apply to your food choices at home to choosing nutritionally balanced meals at restaurants. While the more leisurely pace of restaurant dining means you'll have more time to savor the flavors and to sample different dishes, it also means there will be more time for the restaurant's ambience to influence you're eating habits as you sit at the table.

Make a habit of starting each meal with a mixed green salad (light on the dressing), limiting the amount of bread you eat, ask about how dishes were prepared, slow down on alcohol intake, and skip dessert more often.

According to research at the University of Pittsburgh, cutting back on eating at restaurants (as a starting point, skip restaurants that offer buffets or all-you-can-eat options) was a key factor in helping overweight and obese women lose weight in the first six months of weight loss; however, by forty-eight months, it was no longer as influential. By then, decreasing consumption of desserts, sugar sweetened beverages, and meats and cheeses, and increasing consumption of fruits and vegetables had become more important influences.

Disease-Proof: “The Remarkable Truth About What Makes Us Well” by David L. Katz, MD, MPH, FACPM, FACP

Brenda Stafford - Juice Plus - Team Pursuit - find us on FACEBOOK



Irish Soda Bread

Ingredients

2 1/2 cups flour
1/2 cup sugar
2 teaspoons caraway seed
1 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon cinnamon, ground
1/2 teaspoon salt
1/2 cup raisins or currants

1 1/4 cups buttermilk
2 eggs

1/2 teaspoon pure vanilla extract
Preparation

Preheat oven to 350°F. Lightly grease 9-inch round cake pan.

Mix flour, sugar, caraway seed, baking powder, baking soda, cinnamon and salt in large bowl. Stir in raisins. Mix buttermilk, eggs and vanilla in medium bowl; stir into dry ingredients. Spread in prepared pan.

Bake 45 to 50 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan. Cool completely on wire rack.

Serves 16 servings

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ANNOUNCEMENTS

IN MEMORIAM

Stonewall and District Health Centre Ladies Auxiliary and Rosewood Lodge Recreation Dept. and the Adult Day Program held their annual Bake Sale, Craft Sale and Tea on November 23rd, 2015. There was a great turnout and it was a huge success. Winners of the Ladies Auxiliary Raffle were: Mary Boyd – large quilt; Erika McMaster – lap quilt and Silka Groneweg – food hamper. Thanks to the individuals and organizations that donated baking, crafts, monies and silent auction prizes. Special thanks to the Hutterite Colonies that donated +++ baking. Sincere thanks to all the volunteers who assisted “hands on or behind the scenes”. Thanks to all for your continuous support.

-From the
Ladies Auxiliary,
Rosewood Lodge Recreation Dept.
and Adult Day Program

ANNOUNCEMENTS

IN MEMORIAM

Thanks to my family and friends for helping me celebrate my 99th birthday here in Lions Manor. Thanks for all the cards and good wishes.
-Dot Irwin

OBITUARY

William Phillip Peltz (Bill)

It is with great sadness that we announce the sudden passing of Bill on Friday, November 27 in Surrey, B.C.

Bill is survived by his loving wife Tracey, son Keegan (Ashley), daughter Ashley (Derek), grandson Lachlan Kace Anderson, brother Mark (Lisa), sister Nicole (Ben, Robyn, Ray, Wayne, Rylan), son of Ed and Mina Peltz, nephews Jason and Ryan, in-laws George and Pat Watson, Rob (Laura, Chloe, Calum), Geordie (Fil, Jordon and Jason) and Bill's loyal companions Sadie and Copper. Bill was predeceased by brother Robert.

In lieu of flowers, donations can be made to the Interlake Eastern Regional Health Authority/ Crisis Stabilization Unit, 233A Main St., Selkirk, Mb. R1A 1S1.

A longer obituary will follow.

OBITUARY

Hartman, Ruth (nee Enstrom)

Ruth Hartman passed away suddenly at the Whitehorn Village Retirement Community in Calgary, AB on Thursday, November 26, 2015 at the age of 91 years. Ruth is lovingly remembered by her children: Larry (Lorry), Allen (Kathy), Searle (Mary), Elva and her brother Warren. Ruth also leaves to mourn her passing her grandchildren: Erica, Michael, Daniel and Jamie; as well as numerous nieces and nephews. Ruth was predeceased by her parents Charles and Julia, brothers Roland, Gerald and Lawrence and sister Isla.

At the family's wishes no service will be held.

Interment will take place in Inwood, MB in 2016.

Expressions of sympathy may be forwarded to the family via the website www.fostersgardenchapel.ca

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OBITUARY

Nellie Carriere

It is with heavy hearts that we announce the sudden passing of Nellie Carriere on Saturday, November 28, 2015 at the age of 84 years.

She will be lovingly remembered by her husband of over 65 years, Noel; her children Val (Larry), Wayde (Janice), Janice (Calvin) and Rhonda (Don); grandchildren Scott (Cali-Ann), Brandon (Tara), Brent (Kendra), Jennifer (Mark), Ryan (Mel), Keri (Jeff), Kurtis (Michelle), Brittany (Ryan), Brooke (Morgan), Steven and Jordan; great-grandchildren Taylor, Bria, Caden, Trey, Marissa, Coralyn, Darwin, Braxtyn, Alex, Isabelle, Jayda, Kolby, Kylie, Brennan, Rayne, Logan, Nixon, Tyson, Renee; sisters Mabel, Diane and many nieces, nephews and dear friends.

Predeceased by her parents George and Margaret and brother Walter.

Mom was raised in the St. Francois area and married Noel in December of 1949. They lived in Marquette where they operated Carriere's General Store for 43 years before retiring in Stonewall in 1992.

Included in her interests over the years were curling, dancing, walking, knitting, crocheting, ceramics, her time with family and friends, and especially tormenting her grandchildren.

Funeral service will be held on Friday, December 4, 2015 at 1:00 p.m. at MacKenzie Funeral Chapel, Stonewall.

Special thanks to Dr. Graham and the staff of Stonewall Hospital.

In lieu of flowers, donations may be made to Stonewall and District Palliative Care, 589 3rd Ave, Stonewall, MB R0C 2Z0 or a charity of one's choice.

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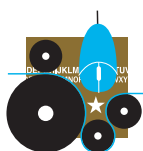
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		9				7		4
		3		2				
		1		7	5		9	3
2					6			
	3		4		7	1		
				9				5
4						8		
			1		2			
			6				4	9

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

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

Sudoku Answer

[illegible]

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Red wine
7. Best nurse-patient aid
10. Footwear closure
12. Chinese dynasty 1122-221 BC
13. Persuade to one's side
14. Advocate
15. Mandela's party
16. A woolen cap of Scottish origin
17. About aviation
18. Shallowest of the Greats
19. Sheathe
20. Frightened
23. Brews
24. Relates
27. Atomic #52
28. Up the ante
33. The "Kings's" initials
34. Lepton
36. Cornmeal mush (British)
38. One who analyzes syntactically
39. Algonquian tribe
40. Systems, doctrines, theories
41. Herb __, San Francisco columnist
42. Informed about the latest trends
45. Seven
46. Morocco's capital
47. What a doctor practices
49. Beaks
50. In a way, extends
51. A number or amount not specified
52. Gambling

				1	2	3	4	5	6				7	8	9
	10	11											12		
	13												14		
	15					16							17		
18											19				
20					21	22					23				
24							25	26			27				
	28								29				30	31	32
					33			34							35
		36	37							38					
		39										40			
	41							42	43	44			45		
46								47					48		
49								50							
51								52							

CLUES DOWN

1. Composition for orchestra and soloists
2. Bulgarian monetary unit
3. Settled upon
4. Common frog genus
5. Electronic counter-countermeasures
6. Golf ball supporter
7. Divided into 3
8. Crazy (Spanish)
9. Billiards stick
10. More deficient
11. Solomon Islands capital
12. Larval crabs
14. Malta capital
18. Clairvoyance
19. Tomato condiment

21. Alleviation
22. French seaport
25. New Testament
26. Shortened (abbr.)
29. Employee (abbr.)
30. Opposite of leaving
31. Lip locking
32. Foes
35. Many not ands
36. Covered with healing scrapes
37. Regions
41. Abel's brother (Bible)
42. Greek Queen of the gods
43. Esau's descendants (Bible)
44. Canarium ovatum
46. Ribonucleic acid
47. Gas usage measurement
48. An oppositional argument



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