Really Big News

We would like to welcome Blair Mollberg to
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TRIBUNE PHOTO BY ROBBIN TURNER

The Warren Collegiate Wildcats' varsity girls' volleyball team defeated the Major Pratt Lady Trojans 2-1 in a thrilling final at the MHSAA 'AA' provincial championship last Saturday.

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



A daughter's heartfelt gift during cancer treatment

By Jennifer McFee

From the depths of her heart, a dedicated daughter is creating a keepsake for her mom to clutch close while she goes through cancer treatment.

Susan Ennis of Stonewall was recently diagnosed with Stage 4 glioblastoma, a rare form of brain cancer.

"It's kind of hard to believe. Two weeks ago, I had a really bad seizure in bed. My head was aching at night and my husband Rick called an ambulance. I went here in town to the hospital and from there I went to HSC. They did the surgery two days later," said Ennis, who used to own the Creative Colour paint store in town.

"I got one tumour out and threequarters of another tumour. One is still in there. That one is really deep and they can't remove it, so we'll just see how it goes. Unfortunately, the prognosis is not really great."

In a heartbeat, her daughter Jenna Hopkins returned to Stonewall from her home in Ucluelet, B.C., to be by her mom's side. She reached out to friends and family, both near and far, to share something special that reminds them of Ennis. It could be a photo, a sentence, a story or a memory to be compiled in a special book to show Ennis how many people care

For Hopkins, this creative project helps to channel emotions yet it doesn't take away from the valuable moments she's sharing with her mother.

"She's going through such a rough time right now. At the same time,



TRIBUNE PHOTO SUBMITTED

Susan Ennis has been diagnosed with Stage 4 brain cancer. Her daughter, Jenna, is collecting photos and other mementoes for a keepsake scrapbook.

we've been having so much fun talking about memories and she's had so many visitors," Hopkins said.

"So I thought it would be nice for her to have a physical book when she's going through radiation and chemo to uplift her and remind her how special she is and important she is to all of us. Hopefully it will put a smile on

her face through the dark days — and even through the good days."

Her original plan was to create a photo book online, but the sentiment behind the submissions seems to call for something even more personal.

"People are getting really sentimental so I think I'm going to print out the photos and buy a big beautiful book and make a scrapbook for her," she

"I'm not in a rush, but I'm hoping to get it out to her before January."

So far, Hopkins has received more than 60 emails plus many more private messages on Facebook.

"Every single one says 'I've always felt such a connection to your mom.' She just has that personality that everyone feels like they've known her forever," she said.

"It's been so special. Some people have even dropped off handwritten notes. I've read her a couple but I don't want to give them all away. It makes her happy."

Hopkins will spend the year in Stonewall to help take care of her mom since her dad has one more year until he retires. Her children, six-yearold Willow and four-year-old Sawyer, will be on their way soon to join her. Her husband will also stay for a while before returning to work in B.C.

"It will be a pretty heavy year, so my kiddies will provide a little distraction," Hopkins said. "They're so pure and positive, so it will be good to have that around."

At first, Hopkins tried to keep the project a surprise from her mom but she decided to let Ennis in on her

"It's a really sweet idea," Ennis said. "A lot of people are coming out of the woodwork. It's very nice."

If anyone would like to contribute a memento towards the keepsake project, Hopkins welcomes them to contact her at susanloisennis@gmail.com

hearing aids **Teulon Lions collect used** glasses and

By Jennifer McFee

The Lions have set their sights on helping others both near and far.

Through the Lions' Eyeglasses Recycling Program, children and adults in developing countries have the chance to see clearly thanks to donations of used eyeglasses.

In the past decade, the Lions Foundation of Manitoba and Northwestern Ontario has collected more than

330,000 pairs of eyeglasses.

Closer to home, the Teulon and Area Lions Club continues to accept donations of used eyeglasses on an ongoing basis, and they recently began to accept hearing aids as well.

The donated hearing aids are factory refurbished and then donated back to people in the community through the Lions Foundation Hearing Program.

"Anyone can drop off either hearing

aids or glasses at the medical clinic in Teulon and at the local grocery store," said Rene Bouvier, secretary of the Teulon and Area Lions Club.

"We probably collect somewhere around 150 to 200 pairs of glasses per year. One of our Lions members packages them up and sends them to Winnipeg and then they send them to the processing facility."

From the Canadian Lions Eyeglass-

es Recycling Centre in Calgary, the glasses are then sent to people in developing countries, free of charge.

Anyone who would like more information can contact Bouvier at 204-886-2961 or reneb1961@live.ca.

More information is also available online at www.LionsFoundation.org.







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Santa Claus makes his annual stop at Grosse Isle for breakfast

By Jo-Anne Procter

Santa Claus has been coming to the Grosse Isle Community Hall for breakfast for the past 50 years. Prior to breakfast with Santa, he used to visit children from the community in the evening.

Last Saturday, the jolly elf himself stopped in for pancakes and sausage cooked and served by local Women's Instutue (WI) volunteers.

Marg Knutson with the WI expressed gratitude to all in attendance and acknowledged the many generations throughout the years that have attended the annual event.



Avery Winkler was happy to see Santa.



Brooks Harris takes a break from breakfast to fist pump Santa Claus.



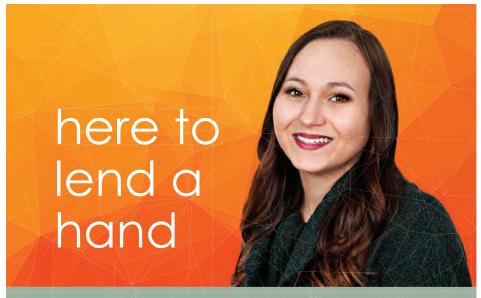
Charlie Beachell wasn't willing to give up his breakfast, even for Santa while his friends London and Everly Sherry watched in disbelief.



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND MONICA BALDWIN WI member Lois Rutherford rarely misses a vist with Santa.



Jase Campbell knew exactly what he wanted to tell Santa, while his sister Jessa patiently waited her turn.



Hi! I'm Meghan and part of your team of lending experts here in Stonewall. I'm always here to lend a hand with personalized advice tailored for your individual situation and financial goals.

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Another local ISD student vies for Loran Award

By Jennifer McFee

A local teen ranked as a semi-finalist for the prestigious Loran Award, valued at more than \$100,000 over four years for undergraduate studies in Canada.

Kayleigh Malcolm, a Grade 12 student at Warren Collegiate Institute, attended a day of regional interviews on Nov. 25 as a semi-finalist for the soughtafter scholarship.

This year, 5,089 people submitted applications for the Loran Award. From there, it was narrowed down to approximately 500 semi-finalists from across the country to represent the top 10 per cent of all applicants. Next, staff and volunteers with the Loran Scholars Foundation will select up to 88 finalists to participate in the national selection process in Toronto in early February. After that, they will choose up to 34 young people to join the 30th class of Loran Scholars.

Malcolm has earned an honour citation as a Loran semi-finalist, a designation granted to semi-finalists who distinguish themselves at the regional level. Although she won't proceed further along her journey towards a Loran Award, her achievement is remarkable since she is being recognized after already being selected in the top 10 per cent of more than 5,000 applicants.

"We believe that a young person's character is a better indicator of overall potential than standard academic measures," said Loran's marketing and communications officer Katii Capern.

"We look beyond a student's marks to find evidence of integrity, courage, grit, determination, compassion and inner-directedness to identify the next generation of leaders."

To find these young leaders, they enlist the help of guidance counsellors and teachers at 3,500 high schools and Cegeps across the country.

"They recommend candidates who demonstrate strength of character, commitment to service in the community and leadership potential. In addition, over half of our candidates apply independently

CHRISTMAS HAMPERS

Do you or someone you know need a hamper this Christmas? Please be advised that Christmas Cheerboard hampers can be ordered from now until December 12th. Hamper pick-up will be December 22nd. Please call 467-7370 to order a hamper. Requests for hampers need to be made every year even if a hamper was received in previous years because lists aren't carried over.

CHRISTMAS CHEER BOARD

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

PARADE DONATIONS

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

Capern said. "Our rigorous selection process includes a written assessment, as well as individual and panel interviews with a diverse group of Canadian leaders who embody our values of character, service and leadership in their own lives and volunteer their time as assessors and interviewers."

There isn't one reason or activity that leads to someone moving forward in Loran's selection process, she added.

"In fact, the Loran Award is not a reward for past accomplishments but an investment in a potential future path of high impact," Capern said.

"We look for evidence of character, service and leadership in all applicants. In regional and national interviews, we encourage candidates to be their authentic selves so that interviewers can get to know them better."

For 17-year-old Malcolm, she is amazed to have been part of the process.

"I was blown away by the fact that I was selected to be a Loran Award semi-finalist," she said. "Out of all the people in Canada, I didn't think I stood a chance at getting in."

The recent semi-finalist interviews went well, she added.

"The judges were really down-to-earth people that just wanted to get to know the applicants better," she said. "In between interviews, I got the chance to talk and get to know many of the other semi finalists who, unsurprisingly, were amazing people."

In her application, Malcolm highlighted her volunteer work at her skate club, in her school and throughout her community.

"Some examples include fixing up an old train caboose and teaching young kids how to skate," she said. "I also mentioned how I was able to be successful and help others alongside struggling with my own health issues."

Malcolm's current plan is to go to university in the medical field and eventually become a naturopath — but she acknowledges those plans might still change.

Last February, Samantha Morin was selected as a Loran Scholar. The former Teulon Collegiate Institute student is now attending the University of



TRIBUNE PHOTO SUBMITTED

Warren Collegiate student Kayleigh Malcolm is a semi-finalist for the prestigious Loran Award, valued at more than \$100,000.

Saskatchewan.

The Loran Award is valued at \$100,000 over four years and it also includes an annual \$10,000 stipend and matching tuition waiver plus access to \$10,000 in funding for summer internships, as well as one-on-one mentorship and annual retreats and scholar gatherings. It can be used at any of the 25 partner universities across the country.

For finalists who aren't selected as scholars, they will receive a \$5,000 award that can be used at any accredited public university in Canada. In addition, up to 50 provincial awards, valued at \$2,000 each, will be handed out. The provincial and finalist awards are one-time entrance awards.

All semi-finalists will receive a certificate of recognition in June.

For more information about the Loran Award, including eligibility criteria, visit www.loranscholar. ca.

Rosser council news in brief

By Jennifer McFee

through

rect pool,"

Rosser council authorized the purchase of a new server and computer from MicroAge at a cost of \$23,410 during a meeting on Nov. 20.

The 2018 financial plan included the cost of a new server and computer for \$20,000, so the additional cost will be funded through the office equipment reserve.

The RM will be upgrading Microsoft Office to Microsoft Office 365 Business. The office needs another computer work station to accommodate the staff members.





Cheer Board gets the Lion's share



Stonewall and District Lions Club president Mel Harrison, left, presented \$1,000 to Stonewall and District Christmas Cheer Board volunteer Linda Doubleday on Nov. 28. The money donated was raised at a recent pancake breakfast held at the Lions Manor.

Alan Campbell named president of MSBA

Alan Campbell has been named the new president of the Manitoba School Boards Association (MSBA).

Campbell brings ample experience to the role since he has served as vicechair of the MSBA starting in 2016. He was first elected as a trustee for the Interlake School Division in 2010 and has served as the school board chair for the past five years.

"My vision for MSBA is one of an organization that is collaborative, agile and respected as the voice of Manitoba's public school boards," Campbell said in a press release.

"I believe that our communities benefit from having local voices and local choices through their ability to elect local school boards. I want to help support the important work of all school boards as they communicate why local voice and local choices remain important today."

Campbell said that he looks for-



Alan Campbell

ward to working with school boards, association partners and community members in regards to the provincial government's review of public education that will start in January.

Thursdays at 8 pm Saturday, December 8th CKWOOD Motor Inn 390 Main St. Stonewa

worship with us

The Gift That Keeps On Giving

Disaster struck our family. Let's start in April 2018. Sick child. In and out of the hospital. Lost our tenant. Income reduced. Major car repairs. Two freezers died — lost meat. Mail fail. Tax error. Canada Child Benefit delayed six months. Income decimated. We caught pneumonia. Then no-show renters cost us \$1,000 in August. We needed help. We didn't tell anyone but God. Suddenly a knock at our door.

"God told me to give this to you." A guy hands us \$1,000 cash and walks away. Who does that? There's more. Let's count some miracles. Since April, three families gave us meat, 15 brought dinners, 12 came to help clean, 11 families sent money and 374 prayed. So many people. So many sacrifices. So much love. What did they all have in common? Jesus. Someone somewhere must have given them the "good news" of Jesus.

What's the "good news," you ask? God made us. We're not a random accident. We're loved. We have a purpose. Even though we betrayed God, He didn't stop loving us. We broke God's law. He sent Jesus to pay the penalty. We were dead in our sins. God made us alive in Christ. It's not religion. It's a relationship. We don't have to jump through hoops to earn this. We just need to trust Jesus. Believe, repent and receive eternal life. That's great news.

Christmas. It's about God sending us the best gift ever. Himself. His Son. His Spirit. Him living in us and through us. But it's more than that. It's the gift that keeps on giving. Once we put our faith in Jesus, He makes His home in us. Supernaturally. Making us more like Jesus every day. That's a gift to everyone around us. We overflow with Jesus things. Love. Patience. Kindness. Forgiveness. Joy. Peace. Self-control. Generosity. We've seen how beautiful that looks in Stonewall during our season of struggle.

This Christmas, give the gift that keeps on giving. Show and share Jesus, the reason for the season! Paul Emmer - CallPaul@Gmail.com



NEXT WEEK: CREED II

PG Coarse Language; Violence

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TRIBUNE PHOTO BY LANA MEIER

The wild turkey is an upland ground bird native to North America and is the heaviest member of the diverse Galliformes. It is the same species as the domestic turkey, which was originally derived from a southern Mexican subspecies of the wild turkey, wild turkeys don't migrate. In snowier parts of Canada, the birds learn to select large conifer trees where they can fly onto the branches and shelter from the cold.

Province announces transitional framework for horse-racing industry

After analyzing the recommendations outlined in the final report from an external review of Manitoba's horse-racing industry, the Manitoba government has brought forward a three-year transitional plan to enhance the sustainability of the horse racing industry, Agriculture Minister Ralph Eichler announced Friday.

"The breeding, training and racing of horses in Manitoba is a significant economic activity that supports agricultural linkages and attracts visitors to our province," said Eichler. "Our government is taking important steps to ensure the horse-racing industry remains stable and secure now and in the future."

In 2014, the previous government and the Manitoba Jockey Club (MJC) reached a court ordered settlement, which ensured the province provide MJC with annual supplemental grants for a 10-year duration:

- \$5.4 million for years one to four;
- \$5.25 million for years five and

- \$5 million for years seven and eight;
- \$4 million for year nine; and
- \$3 million for year 10.

The Manitoba government will collapse the remaining five-year framework into a three-year transitional structure for the Manitoba Jockey Club. The Manitoba Jockey Club, the Manitoba Horse Racing Commission and the Manitoba Great Western Har-

Continued on page 8

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Better luck the next day

Greetings, fellow fishers.

Last Tuesday the trees along the Red River downstream of Selkirk were adorned with a Christmaslike snow fall as Old Red carried me down the road past the monkey trails. Coming off the river ice holding a curious structure of white plastic piping was a chap trudging toward his parked truck.

I turned and nosed up to him, calling out, "What the heck is that gismo?" as I left my truck.

"It's a transducer for the best sonar underwater fish finder on the market," he shouted quickly, his eyes darting about and arms gesturing with energy. "I'm Arnie. I write a fishing column. Would you have a fishing experience my readers might enjoy?"

"I can think of one," he shot back, putting his transducer beside its monitor on his truck's tailgate. "I'm Jeff Laurin from Winnipeg and I remember once when my father-in-law and I went ice fishing

on Lake Winnipeg. It turned into a 'one step forward and two steps backward' experience."

They were about to do some tailgate fishing, Jeff continued, and when he took the auger to drill an ice hole, the pin holding the drill to the motor let go just as he broke through to water. The drill just kept on going right to the bottom. They tried to snag it but no luck. Finally, discouraged, they went home.

The next day they returned to the hole only to realize it was frozen over. Back to town they went and bought a new drill to rescue the lost one. Later at the re-drilled hole, they worked blind making many holes trying to find the old one. It took hours before they snagged and brought it up. As it lay on the ice with Jeff looking at it, he remembered an ad that showed a sonar fish finder that would have

displayed the sunken drill. That night at home he searched the internet and now before me as Jeff told his story, he proudly demonstrated his new very pricey Garmin Live Scope.

"This thing shows by computer resolved sonar in real time the top and bottom of the water and the fish in size and movement in a 30-foot circle. I always wanted one of these things, and if I ever lose another drill ... " his voice trailed off as he cast a humorous grin my way.

Again, a few days later, low grey clouds mixed with snow, mist and fog had turned the trees into a white Christmas-like, hoarfrost-laden wonder world. I was on my way to visit with anglers on the ice off the west shore of Lake Winnipeg when the driver of a truck, about to meet and pass me, had a worried look on his face. I stopped and rolled my window down. He did the same. After a brief hello, he explained their trailer on the ice had gotten a flat.

Hoping to help, I told him I would go home to fetch the tools he needed to change the tire if he and his gang would think of a fishing story for us while I was gone. His concerned expression relaxed.

I headed home, got the tools and went back to find them on the ice. The three younger guys in the group went to work while a tall, well-built fellow walked up to me, saying he was Mike Whittington and they were from Stonewall. He then dropped into the snow on his stomach under the trailer and with strong bare hands and tools began removing the frozen rusted wheel bolts.

The driver, a soft-spoken chap given to voicing what needed to be done, came up to me and said, "I'm Al Kilgallen and I've thought of a story."

While we watched the guys working in the snow,



TRIBUNE PHOTO BY ARNIE WEIDL Jeff Laurin of Winnipeg with one of his catches on Lake Winnipeg.

Al pointed south along the Lake Winnipeg shoreline. He went into a story of a time two winters ago when he and some friends dragged his hard wall ice shack out to the Salimonia. They spotted themselves by the creek mouth and drilled ice holes. As it turned out, Al got a line and their fish finder's camera in the water first. The rest of the group busied themselves putting baited hooks down their holes when Al happened to look at the camera monitor and saw the picture moving in a circle on its own. Puzzled, he turned to his rod. It was gone. He pulled the camera transponder cable out of the water to see his rod and line tangled on it. As he freed his fish line, he felt a trembling. He pulled the rest of the line up and was happily surprised to see a nice big pickerel wiggling on one of his hooks.

Now, to those lucky enough to find a fish finder under the Christmas tree this year, perhaps these by-chance stories about them may have given Santa

One can only hope! Bye now.

Local teacher adjudicates at ChoralFest

By Jennifer McFee

A local teacher hit the right note when she was selected as an adjudicator for the 32nd annual ChoralFest.

The Manitoba Choral Association organizes the annual non-competitive festival, giving choirs and conductors the chance to work with the adjudicators and clinicians. Each year about 165 choirs and 9,000 individuals participate in all levels and styles of choral singing.

For Kendra Obach, it was an incredible experience to work alongside some exceptional adjudicators from across the country, including Debra Cairns of Alberta and Kathleen Allan of Newfoundland.

"It was an absolute honour to be selected as an adjudicator for such a well-attended and well-respected festival in Manitoba. It was also gratifying to be able to share my knowledge, ideas and experience with so many choirs from across the province," said Obach, who teaches high school choir and drama in Stonewall and Warren.

"I think I was able to provide something positive and constructive for each choir, no matter what their level of ability and experience."

The participants are divided into pods made up of three choirs. Each adjudicator writes comments for each choir and then splits off for a 30-minute work-

"The days are super intense because we were constantly thinking, listening, writing or leading workshops. Over my days there, I heard 76 choirs, ran 25 workshops and conducted SCI and WCI choirs — they brought in a different adjudicator for those pods," Obach said.

"I have also been able to bring ideas back from the other adjudicators, conductors and choirs."

In addition to teaching in the Interlake School Division, Obach directs the Tabula Rasa choir and the Selkirk Community Choir. She also continues to perform musical theatre with the Interlake Players.



Kendra Obach

Canadian author Eric Walters encourages Stonewall students

By Kal Franchuk

Ecole Stonewall Centennial School Grade 6 students were enthralled by Toronto based author Eric Walters' presentation on Nov. 27.

Walters shared the sources of inspiration for his own writing as well as personal philanthropic efforts with excited students.

Walters' presentations included Bobby Bend and Centennial students and varied depending on the group he was presenting to. By the time his tour reached the Grade 6 classes in the afternoon, most the books Walters had brought to sell were sold out.

Walters' journey to acclaimed children's and young adult writer started back in 1993 when he was teaching a fifth grade class, the majority of which were boys and reluctant readers. His debut novel Stand Your Ground was written for his class as a way to encourage them to read.

This "writing what you know" theme continued for Walters as he continued to write throughout the years. The first part of the presentation included photos and inspiration behind some of his popular stories.

Students hung on to every word, with Walters showing his former teacher side from time to time to engage the students. His sense of humour shone through as he told jokes and teased the boys to eruptions of giggles.

To research for his tiger series, Walters not only spent a great deal of time with live tigers but also brought one to his class for a visit. The tiger was kept in the kindergarten playground and Walters joked, "Don't worry — we removed the kindergarteners first."

Not everything was fun and games when it came to inspiration, though. PTSD was inspired visiting a school in Trenton, Ont., populated by a high volume of military children. Walters noticed there was significant poverty there and felt inspired to write in support of the struggles of the Canadian

Alongside talking about his books, Walter also shared photos from his own personal journeys, many of which have inspired his work. His children's book My Name is Blessing was inspired by a boy he met through his charity Creation of Hope.

Muthini, a young boy born with missing fingers, was being cared for by his impoverished grandmother in Kenya. The grandmother insisted Walters care for the boy in his orphanage, a difficult decision, to secure a better life for her grandson. Walters' charity agreed, but on the condition that the name of Muthini, which means suffering, was changed to Baraka, meaning blessing.

This story led Walters to talk about what it meant to be a hero, since Baraka was his. He told the students that hockey players and celebrities are great, but not heroes. True heroic examples are Terry Fox and William Stephenson (the man who helped inspire the James Bond series), who were both from Winnipeg.

"You have to remember great people come from here and you can be great too," Walters told the room of students.

The presentation ended with student questions, many of which involved Walters' inspiration for specific stories or questions about cliffhangers. When asked what happened after the end of one book, Walters simply replied with "I don't know" to keep it open.

A few eager students took advantage of this unique opportunity to purchase books and have them signed by Walters following the presentation.

Since his first novel, Walters has exploded on the children's and young adult scene. Over the past two decades, he has published 96 more



TRIBUNE PHOTOS BY KAL FRANCHUK

Children's author Eric Walters signed books for Centennial students following his presentation on Nov. 27.



Grade 6 students proudly show off their autographed books written by Walters.

novels and picture books with eight scheduled for the coming years.

More information about Walters, in-

cluding a documentary about Baraka, can be found on his website www.ericwalters.net.

> HORSE RACING, FROM PG. 6

funding maintained at current levels

ness Racing Circuit will have their for the next three racing season to

provide adequate time to develop a long-term strat-

egy.
"This new transitional structure will provide important continued stability for horse racing in Manitoba," said Darren Dunn, CEO, As-

siniboia Downs."We believe the strategy announced today validates the significant contributions, as outlined in the recently released report that the horse-race industry makes in the province through jobs, tax creation, tourism and agricultural impacts."

"As standardbred horse people, we are appreciative of both public and government support for the horseracing industry" said Mike Williams, president, Manitoba Great Western Harness Racing Circuit. "In partnership with the Manitoba government, we will look at this transition period as an opportunity to continue searching for viable options for a completely sustainable standardbred industry in the future."

The Manitoba government will work in collaboration with stakeholders on future actions related to the sustainability of the horse-racing industry. The minister thanked all of those who contributed feedback and insight into the review in addition to the consultants for their work.

The final report can be viewed at www.gov.mb.ca/agriculture/surveysand-consultations/index.html.



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Trustees receive hands-on learning from ISD staff

ISD trustees got a hands-on lesson in learning at the last regular meeting of the board on Nov. 26.

Stony Mountain principal Dawn Fenske and Brant-Argyle principal Sarah Hadfield presented a style of teaching they have implemented in their own schools. Fenske's school currently has 206 kindergarten to Grade 8 students while Hadfield's has 63.

Both schools are focusing on numeracy this year.

"We talk about the value of discussion, sentence making and collaboration when we teach mathematics," said Hadfield, who has been teaching in the division for 11 years.

Fenske, who has been with the division for 12 years, explained that math is about communicating and connections.

"It is about learning, not performing, and depth is more important than speed," she said.

Trustees were given an early years and a middle years task to perform in groups. They were given items to use to visually solve problems and were encouraged to be social and constructive, to discuss and collaborate.

"We want you to know that the best learning happens when we are engaged and the opportunities are authentically meaningful," said Had-

"When you think visually and use your hands and are talking and making things, different pathways in your brain are going to light up. The more pathways that light up in your brain, the more engaged you are going to be with the problem and the stronger your learning is going to be."

Fenske explained that teachers with a growth mindset are most interested in thinking. They present visual and open-ended problems and put students into groups. Then they encourage them to find multiple solutions to problems and they take away the time element.

"They reach beyond encouragement. They are ready to offer tangible suggestions. Teachers remind students of

thinking strategies and occasionally offer hands-on help to foster perseverance," said Fenske.

Perseverance is strongly acknowledged by teachers of a growth mind-

"They support students, consider what students know and what they need to figure out," she explained.

Teachers want students to see math as more than numbers. Visual problems provoke discussion and have multiple ways to be solved.

Mistakes are expected, respected, inspected and corrected. Therefore, teachers don't give easier work to students that struggle. They put them in mixed groupings, so they get that language and practise with students that aren't struggling. Group exercises are safer for taking risks, students are not judged and conversation builds selfesteem.

"We teach children to love challenges and to be intrigued by their mistakes and want to try again and to enjoy effort," said Hadfield.

Junior Kindergarten

The first year of the Junior Kindergarten program has started and will run from November through April. One-on-one interviews with each four-year-old was done to administer the EYE-DA (Early Years Evaluation -Direct Assessment) and results were provided to families of the 130 children registered.

The same assessment will be done again at the end in April so schools will know what to expect as far as skills and it will help bigger schools establish classrooms that are evenly balanced as well as understand the needs of the new students. Sixty-seven per cent of registered 2019-2020 kindergarten students are participating in the program.

Science labs

Motions were passed for the approval of proposals for science lab furnishings from Accent Environment for



TRIBUNE PHOTO BY JO-ANNE PROCTER

Sarah Hadfield, left, and Dawn Fenske attended the regular school board meeting on Nov. 26. The two principals led ISD trustees through tasks that they use when teaching numeracy to students in their schools.

Teulon Collegiate (\$91,193.26) and Warren Collegiate (\$72,393.45). The new labs for both high schools currently have a budget of \$455,000 for the two projects.

MSBA news

It was announced on Nov. 30 that ISD's Alan Campbell has been elected as the new president of the Manitoba School Boards Association. Campbell previously served as the vice-chairperson since 2016.

School boards represent children in the local school divisions and they try to do what is best for children.

In January 2019, the provincial government will be launching a review of Manitoba's K-12 education system. Two matters, which may be under consideration in this review, are the large-scale amalgamation of the current 37 elected school boards in our province and a possible move to appointed, rather than elected, school

School boards are grassroots, democratic institutions. Alone, either of these changes would severely undermine the ability of communities to shape local schools.

Together, these two changes could silence the community's voice in education completely. Together, they would take away community ownership of local schools.

"In our smallest communities, our schools are the lifeblood of that community," stated Campbell. "Rural municipalities should be just as passionate about the importance of a local school board being maintained to protect that school to protect the community."

Campbell urges the public, if they value education and the ability to help shape local schools to meet community needs, to voice any concerns about these possible changes with provincial government officials, including the premier of Manitoba, the Minister of Education and Training, and your local MLA. A template letter, which you are welcome to use for this purpose, can be found on the MSBA website www.mbschoolboards.ca.





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Unique fundraiser takes strides towards new Bookmobile

By Jennifer McFee

It was a novel adventure for a local woman who raised money for a new Bookmobile by trekking an 800-kilometre route through Europe.

Library board chair Wendy Rutherford spent 37 days walking the Camino de Santiago through France and Spain, while also raising money for a much-needed new Bookmobile.

She truly went the extra mile and brought in more than \$4,300 for the specialized literary vehicle, including a \$2,000 contribution from her family's business, Rutherford Farms. She even received a \$100 donation from a Californian stranger she met on the trail.

For Rutherford, the experience was certainly an unforgettable one.

"I just can't tell you how amazing it was. It's hard to describe. It just makes life simple and beautiful. You get up in the morning, you get dressed, you have a bite to eat and you start walking," she said.

"Life slows down. You're seeing a country at a walking pace so you have time to appreciate everything. It's a simplification of life."

She walked from one albergue, or pilgrim's hostel, to the next along with a few friends and many people she met along the way.

"At the beginning, it was hard because we were going over 20 kilometres and we were actually climbing the Pyrenees. For prairie people, climbing is always a bit of a challenge, but the scenery is so stunning," she said.

"After about 10 days, it wasn't as challenging. We got into a rhythm. Our bodies were used to it."

But about half-way through the journey, Ruther-ford went through a ditch and twisted her ankle in the middle of a 17-kilometre stretch. She had met a doctor en route, and he determined that it wasn't broken.

Over the next couple weeks, she continued to walk the remaining 400



TRIBUNE PHOTO BY STEPHANIE DUNCAN

Shea Rutherford, left, Wendy Rutherford, middle, and Darlene Dallman

kilometres. After she got home, she went to the Pan Am clinic and found out that there is a crack at the bottom of her tibia bone.

"It's a little sore right now, but it could have been a lot worse," she said.

"It was such a unique experience. I'd say 'epic' is probably the best word to

describe it on so many levels. We'd get up every morning and feel so lucky to be able to experience this. It was so beautiful."

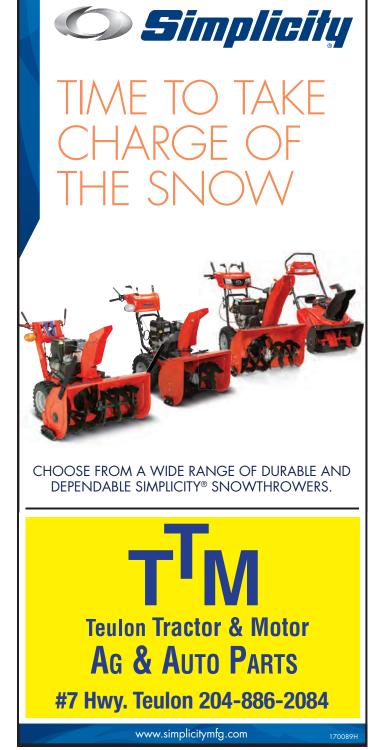
Rutherford blogged about her adventure, and her tales are posted on the South Interlake Regional Library website at https://sirlibrary.com. Donations towards the Bookmobile can also be made through the website.

For head librarian Darlene Dallman, she encourages everyone to consider donating to the cause — perhaps even making a contribution as a Christmas gift. Plans are in the works for a handprint fundraiser starting this month.

In total, the new Bookmobile will cost around \$330,000, and about \$200,000 has already been saved since the current one was purchased.

"We are going to be fundraising about \$130,000. Wendy's off to a good start, and a lot of that money is going to come from corporate foundations," Dallman said, adding that the local Bookmobile is the only one in the entire province.

"We will also be doing grant applications, but we definitely are interested in partnering with community businesses to help us get the new bus on the road. We're hoping that we will have wheels on the ground for early 2020."





Past the Perimeter performs at official opening

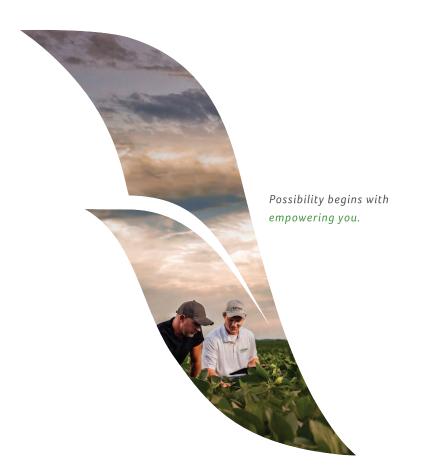




TRIBUNE PHOTOS BY BRANDEN MEIER

Something Beautiful hosted local country band Past the Perimeter for its official grand opening fundraiser last Friday. Community Living Interlake director of programming Kelley Rutkair welcomed guests and recognized the community for all their support to help bring Something Beautiful to life. Community Living staff, left photo, from left to right: Serena Robertson, Gerrie MacIvor, Tracy Fidler and Rutkair. Right photo: band members Lachlan McLean, Derek Peters, Evan Taplin and Devin Biy.





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Jungle in the classroom



TRIBUNE PHOTO BY JO-ANNE PROCTER

Brant-Argyle School grade 5 students recently started collecting plants for what they hope will become their own jungle in the classroom. The idea stemmed from a project currently hung on the wall. Students started a large drawing beginning with a path, leading to their family roots, to what they like to do, their goals and wishes. One student, Ben wished they could make a jungle in their classroom. That idea took root and they are now growing plants and cuttings with a much bigger plan in sight.

Smarter than fifth graders



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Out-of-Towners swooped into Grosse Isle on Nov. 23 and captured first prize at the Grosse Isle/Rosser commuity clubs Quiz Night fundraiser. The team scored the highest points (125) and won the cup and a bottle of champagne. They will be back in the spring to defend their championship. Pictured left to right; Rose Sinclair, Kelvin Stewart, Cynthia Wandowich, Larry Wandowich, Marie Sawchuk, Rob Sawchuk, Stephen Schmidt, Lisa Schmidt, Andrea Chubey and Gord Chubey.

New vertical \$10 bank note now in circulation

Submitted

The Bank of Canada issued the new vertical \$10 bank note featuring the portrait of social justice icon Viola Desmond, during a ceremony at the Canadian Museum for Human Rights (CMHR) in Winnipeg on Nov. 19.

The the new note made its way into circulation at the Royal Bank of Canada Stonewall Branch last Friday.

Bank of Canada Governor Stephen S. Poloz and Wanda Robson, Viola Desmond's sister, spoke about Desmond's legacy and the ongoing pursuit of human rights and social justice in Canada. They spent the first new bank notes at the CMHR, which itself is featured on the back of the new note.

"Bank notes are not only a secure means of payment that Canadians can use with confidence. They also tell the stories that have shaped our country," said Governor Poloz. "Now, each time this new vertical \$10 bill changes hands, it will remind us of our continued pursuit of human rights and social justice in Canada."

The new \$10 note, Canada's first vertical bank note, features enhanced security features that are easy to check



Canada's first vertical bank note, features enhanced security features that are easy to check and difficult to counterfeit.

and difficult to counterfeit. These include a colour-shifting eagle feather, which changes from gold to green; detailed metallic images in and around the large transparent window—the Library of Parliament's vaulted dome ceiling, maple leaves, and Canada's flag and coat of arms; raised ink on the portrait, the word "Canada" and the large number at the bottom; and

Continued on page 14



justice icon Viola Desmond.







-Warren Collegiate Choir & Quarry Choristers –7:30 p.m. at Warren United Church

December 11

-Quarry Choristers - 7:30 p.m. Stony Mountain United Church

December 12

-École R.W. Bobby Bend School, Grade 1 and 2 English - 2:10 p.m. & 7:00 p.m.

-Stony Mountain School – 2:00 p.m. & 7:00 p.m.

-École Stonewall Centennial School, Grade 5-8 French Immersion - *'Café Francophone'* – 6:30 p.m.

December 13

- -Teulon Collegiate Band 7:00 p.m.
- -Kelsey School-Sturgeon Creek Colony/ Meadow Lane Colony School – 7:00 p.m.
- -Quarry Choristers 7:30 p.m. Argyle Community Hall

December 15

-Christmas Cantata-7:00 p.m. Stonewall United Church

December 16

-Christmas Cantata - 2:00 p.m. & 7:00 p.m. Stonewall United Church

December 17

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

December 18

- -Woodlands School 2:00p.m. & 6:30 p.m.
- -École R.W. Bobby Bend School,
- Grade 1 and 2 French Immersion 2:10 p.m. & 7:00 p.m.
- -Lightly School-Clearwater Colony 7:00 p.m.
- -Omega School-Interlake Colony 7:00 p.m.
- -École Stonewall Centennial School, Band and Choir – 7:00 p.m.

December 19

- -Warren Elementary School 2:00 p.m. & 7:00 p.m.
- -Brant-Argyle School Concert and Lantern Walk
- 2:00 p.m. & 6:00 p.m.
- -Grosse Isle School 2:00 p.m. & 7:00 p.m. at Grosse Isle Hall
- -Teulon Elementary School 1:30 p.m. & 7:00 p.m. at Teulon Hall
- -Prairie Blossom Colony School- 7:00 p.m.

December 20

- -Balmoral School 2:15 p.m. & 7:00 p.m.
- -Rosser School 1:30 p.m. & 7:00 p.m. at Grosse Isle Hall
- -Concord Colony School 7:00 p.m.
- -New Haven Colony School 7:00 p.m.
- -Rock Lake Colony School 2:00 p.m.

January 30

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

Jets celebrate HFC Night



TRIBUNE PHOTO SUBMITTED

The Winnipeg Jets gathered before the Nov. 29 game to honour Hockey Fights Cancer, with four young champions who have all battled cancer dropping the ceremonial puck for Chicago Blackhawks' captain Jonathon Toews and Jets' captain Blake Wheeler. Jets general manager Kevin Cheveldayoff presented a cheque for \$100,000 to Manitoba CancerCare Foundation president and CEO Anita Stenning. Pictured left to right: Toews, nine-year-old Lily and mother Heather, four-year-old Caius and his dad Russ Schwartz, 16-year-old Nathaniel and brother Liam, 10-year-old Heidi and mom Rachel, Wheeler, Cheveldayoff and Stenning.

> BANK NOTE, FROM PG. 13

the use of a single piece of smooth polymer with transparent areas for each note.

"In 1946, Viola Desmond took a courageous stand against injustice that helped inspire a movement for equality and social justice in Canada," said Jennifer O'Connell, Parliamentary Secretary to the Minister of Finance, who spoke at the \$10 bank note event. "More than 70 years later, we honour her as the first Canadian woman to appear on a bank note, and hope her story inspires the next generation of Canadians to follow in her footsteps."

Desmond, a successful Nova Scotia businesswoman, defiantly refused to leave a whitesonly area of a movie theatre in 1946. Her court case was an inspiration for the pursuit of racial equality across Canada. A map of the historic North End of Halifax, where she lived and worked, is also shown on the note.

The back of the note carries Desmond's legacy into the present with several images and symbols. These include the CMHR, the first museum in the world dedicated solely to the evolution, celebration and future of human rights. Its criss-crossing ramps symbolize the history of human rights in Canada and the world—a history of setbacks and contradictions, but built on strength and hope.

The back also features an eagle feather, representing the ongoing journey toward recognizing rights and freedoms for Indigenous peo-

ples in Canada; an excerpt from the Canadian Charter of Rights and Freedoms; and a pattern of laurel leaves, an ancient symbol of justice, which is found in the grand entrance hall of the Supreme Court of Canada.

The new \$10 bank note was rolled out in Canadian financial institutions on Nov. 19. It will gradually replace other \$10 bank notes in circulation, including the Canada 150 commemorative note and the Frontiers series \$10 note, as they wear out.

Quick facts:

Viola Desmond was chosen as the portrait subject following the Bank NOTE-able public consultation campaign, which invited Canadians to nominate an iconic Canadian woman to appear on the next bank note.

With the issuance of this new \$10 note, the Bank of Canada's approach to issuing bank notes is changing. Rather than issuing all five denominations within a short time frame, a new note will be issued every few years. This will allow the Bank to integrate the latest security features each time a new bank note is issued.

In due course, the Bank will consult Canadians on the design of the next \$5 bank note.

The new vertical \$10 note featuring Viola Desmond is the same size and has the same functionality and the same distinct purple colour as the previous \$10 polymer note.

It has a suite of accessibility features for Canadians who are blind or partially sighted, including its distinct purple colour, tactile features and high-contrast numerals.

Old-time Christmas celebration in Woodlands

By Jo-Anne Procter

There were chestnuts roasting on an open fire, bannock baking, carollers singing and a visit from Santa and Mrs. Claus last Saturday at the Woodlands Pioneer Museum.

Over 50 people gathered throughout the afternoon at the first annual Country Christmas celebration and enjoyed good company around the bonfires sipping hot cocoa and cider.

The success of the event already has organizers setting plans in motion for next year.



Mya, left, and Kaleigh Malcolm, made old-fashioned right, garland by stringing popcorn and cranberries.



Carrollers from Warren provided Collegiate entertainment throughout the afternoon.



bannock on sticks to roast. Left to right: Veronica, last Saturday afternoon at the old-time Christmas Marissa, Jackie and Shalene Varnes.



Woodlands Pioneer Museum committee members, back row, from left, Janice Carriere and Karen Walsh. Brenda Balan sitting with Santa had the Lorelee Proctor, right, demonstrated how to put honour of having the first visit with the jolly couple celebration they planned.

Drumming up interest in music

By Jennifer McFee

A special guest drummed up a lot of interest for music students at Ecole Stonewall Centennial School last

With the generous support of the Manitoba Arts Council, a local school brought in Jay Stoller to teach the students about African drumming through the Artists in Schools program.

"He brought out 30 drums and he saw all of our Grade 5 and 6 students once a day all week. It's been fun. The kids have really enjoyed it. We don't have a class set of drums, so they were very excited to get that much contact time on drums," said music teacher Vhana Moldowan.

"He's great with them. They got a lot of history at the beginning. He showed some slide shows about places in Africa that he had travelled to and that he had lived in. Every day, he had something new to show them. He



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Grade 5 and 6 Stonewall Centennial students learned about the history of drummer Jay Stoller's African experiences along with drumming techniques.

and he brought in an African drum. One day, he brought in all the tools

talked about the geography of Africa to show how these drums are handmade. So they got the hands-on part but they also got the history too. It was



Grade 5 students practise for the Friday finale concert.

really interesting."

During a class assembly on Friday, each class had the chance to perform a piece that they had learned.

> MEAL IDEAS



Recipe courtesy of Michael-Ann Rowe on behalf of the Seafood Nutrition Partnership

Prep time: 10 minutes Cook time: 20 minutes Servings: 4

1/8 cup canola oil

1/4 cup cherry tomatoes, halved

1 medium onion, quartered

2 cups broccoli florets

1 lemon, half sliced and half juiced, divided

kosher salt, to taste freshly ground pepper, to taste



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One Pan Fish Dish

1 pound white fish (such as snapper, grouper, flounder or barramundi)

tablespoons olive oil fresh rosemary sprigs (optional) In pan over medium heat, heat canola oil about 1 minute.

Add tomatoes, onions and broccoli to pan; cook 5 minutes, uncovered.

Drizzle lemon juice over vegetables and season with salt and pepper, to

Place fish on top of vegetables in center of pan and place two lemon slices on top of fish.

Ŝprinkle with salt and pepper, to taste. Cover pan and cook on medium heat 10-12 minutes depending on thickness

Drizzle olive oil over fish and top with rosemary, if desired, before serving.



What is a parent to do when their pre-teen daughter wants to dress like Ariana Grande? My answer would be that they begin to teach their daughter some important things about being a conscious female.

Ms. Grande is revving up her sex appeal in order to make more money. Girls want to copy the look simply because she is a star. They want to look pretty, much as their grandmothers may have wanted to look like Cinderella, and with so much media exposure, rock stars become the role models. The effect is hyp-

My daughters played with Barbies, but never wanted to look like them. However, with the powerful effects of media and marketing, young girls are 'seduced' into becoming sexualized earlier and earlier. If they start dressing provocatively at 11 or 12, is it any surprise that they are having sex at 13 or 14?

Always Be Aware of Sending the **Wrong Message**

It may seem a hopeless task to raise a daughter who will not follow the dictated trends, especially when her friends are living in the trance of conformity. The only defense is the building of a strong set of values. We may have to explain to little girls why it is that performers are wearing fewer and fewer clothes. We may have to talk to pre-adolescents about sexuality, and what the way we dress or use make-up says about us.

They need to know that they may be sending out a message different from what they intend. Unfortunately, in the world today, a wrong message could be dangerous. Girls need to be taught to honor themselves and their bodies. Start teaching them now, and then by the time they are eighteen, it will be second nature.

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



Recipe courtesy of Cookie Named Desire on behalf of Bumble Bee Prep time: 45 minutes

Servings: 2

Thai Peanut Dressing:

1 cup creamy peanut butter

1 teaspoon ginger paste

1/4 teaspoon fish sauce

1/2 teaspoon cayenne pepper

2 tablespoons apple cider vinegar

2 teaspoons soy sauce

1 1/2 tablespoons granulated sugar

1/4 cup water, divided, plus additional (optional)

Quinoa Bowls:

2 cups water

1 cup quinoa

1 can (14 ounces) chickpeas

1-2 tablespoons olive oil

1/2 teaspoon garlic powder

salt, to taste pepper, to taste

1 medium zucchini

1 carrot

1/2 cup red cabbage

1 can (5 ounces) Bumble Bee Solid White Albacore Tuna in Water

Quinoa Bowl with Tuna

1-2 tablespoons onion, diced 1 tablespoon lime juice cilantro

To make Thai Peanut Dressing: In mixing bowl, combine peanut butter, ginger paste, fish sauce, cayenne pepper, apple cider vinegar, soy sauce and sugar.

Add 1 tablespoon water and whisk well. Continue adding water 1 tablespoon at a time until sauce is consistency of heavy cream.

Note: You may not use full 1/4 cup water and could use more depending on preference of thickness.

To make Quinoa Bowls: Heat oven to

In medium pot, heat water and quinoa. When it boils, turn heat to low and cover. Cook until water is absorbed and remove from heat.

Drain and dry chickpeas. In bowl, combine chickpeas with olive oil, garlic powder and salt and pepper, to taste.

Spread chickpeas on baking sheet; bake 20 minutes, or until golden brown. Remove from oven and cool.

Spiralize zucchini at medium thickness. Using potato peeler, slice carrot in thin strips. Chop red cabbage. Drain and chunk tuna.

In two bowls, split cooked quinoa evenly. Top with carrots, zucchini, cabbage, roasted chickpeas onions and

Season with lime juice, cilantro and Thai Peanut Dressing.



Prep time: 15 minutes Servings: 2

1 can (5 ounces) Bumble Bee Solid White Albacore Tuna in Water, drained and broken into chunks

1/2 avocado, cut into 1/2-inch cubes

1/2 cup halved grape tomatoes

1/2 cup sweet corn, cooked or thawed from frozen

1 tablespoon roughly chopped parsley 1 1/2 teaspoons lemon juice

Chipotle Tuna and Avocado Salad Sandwich

1 teaspoon red or white wine vinegar

1 teaspoon honey teaspoon chopped garlic 1/2

1/4 teaspoon chipotle chili powder

1/4 teaspoon kosher salt

slices whole-grain bread

In medium bowl, gently toss tuna and avocado until combined.

Add tomatoes, corn and parsley, tossing gently to combine.

In small bowl, whisk lemon juice, vinegar, honey, garlic, chili powder and salt. Drizzle over tuna mixture and toss to coat.

Divide tuna evenly among bread slices to make two sandwiches.



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SDOPES& PECTEATION INSIDE > OUTSIDE > UPSIDE DOWN

Warren wins wild 'AA' provincial volleyball final

Not even Hollywood could have written a better script for the Warren Collegiate Wildcats varsity girls' volleyball team on Saturday.

After losing the first set 25-23 to the Major Pratt Lady Trojans in the MH-SAA "AA" provincial final, Warren stormed back to win the next two sets by scores of 25-21 and 15-12.

Warren trailed 18-12 in the second set before scoring 13 of the next 16 points.

"It would have been easier on the nerves if it would have went a little easier for us, that's for sure," joked Wildcats' head coach Tyler Oliver. "It was pretty wild."

It was an epic provincial final between two very good clubs. Like the scores would indicate, this match could have gone either way.

"I think the girls came in really nervous," Oliver said. "They knew it was all hanging in the balance with the last game and everything they accomplished and the goals they set out to accomplish. They had checked all of the boxes off and this was the last

Payton Janke was selected as Warren's player of the game in the pro-

vincial final. "The whole season, Payton was our passer, our libero, there is no one better in her position that I have seen play the game at this level," Oliver said. "I've seen lots of athletes, lots of kids, play in that role as a libero and

Jacee Turner was named the provincial's most valuable player.

there's no one better. She was doing everything that she could to get the team to where it needed to be."

Warren reached the final after sweeping Gabrielle Roy Les Roys 2-0 (25-22, 25-21) in a tightly-contested semifinal matchup.

"Our girls were amped up (for that game)," Oliver said. "We played them a couple of times this year and every time we played them, the scores were always very close. We were very, very equal with them.

"Our experience and ability to close out was the determining factor there." Hannah France was picked as Warren's player of the game.

In the quarter-finals, Warren beat the Spring Christian Eagles 2-0 by scores of 25-18 and 25-11.

Jacee Turner was the Wildcats' player of the game.

Warren finished its five-team pool play with a perfect 4-0 record.

The Wildcats cruised to 2-0 victories over Major Pratt (25-18, 25-10), Steinbach Christian (25-13, 25-15), Goose Lake (25-17, 25-18), and Minnedosa

Warren's players of the game in each contest were Janke, France, Turner, and Laura Brad.

Provincial all stars included France, Janke, Angeline Ritchot (Gabrielle Roy), Shae-Lynn McKinstry (Mac-Gregor), Anna Garnett (Major Pratt) and Rainey Fingas (Major Pratt).

Turner was named the provincial's most valuable player while Fingas



Payton Janke, libero, was selected as Warren's player of the game in the provincial final.



TRIBUNE PHOTOS BY ROBBIN TURNER AND MARGARET ANN BRAD The Warren Wildcats, back row, left to right: Tyler Oliver (coach), Madelyn Boonstra, Laura Brad, Jacee Turner, Emma Goodman, Jennifer Fossay, Mackenzie Turner; front row, Alex Chester, Grace Goodman, Payton Janke, Hannah France, Paige Wright and Abby Cassidy.



The Wildcats celebrate their provincial title moments after winning the game.

was picked as the winner for the Players' Choice Award

"(Jacee) was spectacular," Oliver praised. "In the final in that last set, we did what we had to do to get the ball to Jacee. When the opportunity was there, we had to get that third ball to Jacee so she could do what she could do with it to put it away."

Warren will be losing seven key players - Madeline Boonstra, Brad, Alex Chester, France, Grace Goodman, Janke, and Turner - from this year's team due to graduation.

"The core of Grade 12s that were out

there were under some stress and, in the end, were able to pull it off,"Oliver said, adding he feels they will have a really strong varsity girls' team again next year.

"First and foremost, it's the person that we're losing. That's the biggest thing - athletes are second. They're leadership and ability to manage things when they're on the bench encouraging their younger teammates to do what they need to do.

"You can't replace those kids, that's for sure."

Stonewall Sentinels solid at volleyball divisionals





TRIBUNE PHOTOS SUBMITTED

The Stonewall Centennial Sentinels girl's and boy's teams both defeated the Teulon Saints in the Jr. high volleyball finals at the Interlake Divisional Championships to capture the 2018-19 banners. Left photo, back row, left to right: Cheryl Kooning (coach), Mikayla F., Sydney S., Chelsea S., Nadia S., Maya O., Hayden T., Maddy M., Celine Doll (coach); front row: Ava P. and Daryn B. Right photo, back row: Ed Harvie (coach), Noah H. (assistant coach), Aiden S., Dylan L., Dylan B., Vance H., Mason M., Zach H., Curtis T., Reed L., Kevin Boughton (coach); front row: Hayden W., Hayden F., Holden F., Wyatt L., Brady B., Carter B. and Rylan S. Missing from the photo: Mr. Barnych (coach), Myles F. (assistant coach) and Tyler H. (assistant coach).

Golden weekend Flames win bronze



TRIBUNE PHOTO BY TARRAH KIRK

Stonewall won the gold at their Novice tournament last weekend, defeating Mitchell 7-6 in the final. Stonewall also beat West St. Paul 35-5, Beausejour 15-5, Portage 17-2 and Macdonald 11-10.

Pictured left to right: coaches Dale McClintock, Andrew Kirk and Adam Kirk; back row: Aidan Kirk, Jonah Van Den Bogaard and Liam Cox; middle row: Maddyn Dalgliesh, Porter Hayduk, Will Nychuk, Jake Fortin and Cash Palsson; front row: Carson Kirk, Carter McClintock, Ethan Pollok, Ethan Chartier and Declan McClintock. Missing from the photo is Malcolm Grandmont.



TRIBUNE PHOTO BY SANDI SWANSON

Stony Mountain won the bronze at their Atom tournament last weekend, defeating the Oakville Seals 6-5 in overtime in the final. Stony Mountain beat the Lorette Comets 4-3 in a shootout, lost to the Oakville Seals 6-3 and beat the East End Wings 13-1 to advance to the bronze medal game. Left to right: coaches Corey Breul, Graham Schlamp, Bob Sinclair, Kirt Swanson. Back row: Devin Lillies, Randel Gaudry, Mason Rainkie, Justin Breul, Nathan Sinclair, Tyson Van DeSype, Liam Connolly. Next row: Damon Marquart, Riley Swanson, Brooklyn Munson, Ryder Buekert, Connor Lillies; front row: Bruno Young, Aiden St. Jean, Dominic Brewer and Connor Osborne.

Warren Mercs whip Altona Maroons

Staff

The Warren Mercs' offence really came alive in the third period against the Altona Maroons last Friday evening.

Warren scored seven goals in a 15:04 span on their way to a lopsided 11-1 home win in South Eastern Manitoba

Hockey League action.

Mitch Hansen led Warren with three goals and two assists while Braydon MacDonald added a goal and three helpers.

Hansen leads Warren in goals scored (six) and points (13) this season

Johnny Lazo had a goal and two assists for the Mercs while Wes Pawluk, Brenden Luschinski and Chase Faulkner each had a goal and an assist.

Cole Murdock, Brock Genyk and Aldyn Gray also scored for Warren.

Nolan McGuire answered with a first-period power-play goal for Al-

Hayden Dola made 41 saves for the win.

With the victory, Warren is now 5-2 and has 10 points. The Mercs are back in action Friday when they host the Winkler Royals.

Warren will also be at home against the Portage Islanders on Dec. 14.

Puck drop for both games is 8 p.m.

Female Midget Lightning post first victory this season

By Brian Bowman

After a lot of hard work, the Interlake Lightning Midget female hockey team was finally rewarded with a victory.

Interlake was on the winning side of a 1-0 decision over the Winnipeg Avros in Manitoba Female Midget Hockey League action at the Seven Oaks Sportsplex on Nov. 28.

"The team has been improving steadily since the beginning of the year," said Lightning head coach Dean Rebeck. "I said what we look like at the beginning of the year, and what they're going to look like after Christmas, is going to be like night and day. They bought into the system and they're working hard and kudos to them for staying focused."

All Rakowski scored the game winner in the third period, assisted by Hailey Ross and Denali Sigurdson.

There were plenty of smiles in the dressing room after the game.

"They were pretty excited," Rebeck said. "I was telling them before that game that we were coming close. We're at the point now that I can truly say we can beat any team in the league and I couldn't say that at the beginning of the year."

Anya Epp played well in goal, posting the shutout.

"She plays well in goal for us all of the time," Rebeck said. "She's steadily getting better and better every game. We haven't played all of the goalies in the league but I would say she's in the top five. She's learning to play at a higher level and she has all of the tools that she needs."

Interlake continued to play well defensively in a 2-1 shootout loss to the Central Plains Capitals last Friday in Stonewall.

Central Plains' Megan Ferg and Interlake's Sarah Dowsett scored second-period goals. Dowsett's goal was assisted by Taylor Kristjanson.

On Sunday, the Lightning lost 6-1 to the Winnipeg Ice at the Bell MTS Iceplex. All seven goals were scored in the opening period.

"The first period against the Ice was a nightmare," Rebeck laughed. "But we outplayed them in the second and third periods. If you take the first period away, the game against the Ice was the same as when we played the Avros and Central Plains."

Brooke Oxenforth (two), Martina Barclay, Julia Bird, Sandrene Garofalo,



TRIBUNE PHOTO BY LANA MEIER

Lightning goaltender Anya Epp the puck in the 2-1 shootout loss to the Capitals last Friday.

and Seren Jocelyn scored for the Ice. known at press time. The Lightning's goal scorer was not

Interlake losing streak snapped at nine games

By Brian Bowman

Finally, the Interlake Lightning's losing streak is over.

After nine consecutive losses, Interlake notched a victory with a 4-3 shootout win over the Parkland Rangers in Manitoba AAA Midget Hockey League action Sunday in Dauphin.

Tyler Carvalho and Nicholas Prystupa scored for the Interlake in the shootout while Hunter Glover replied for Parkland.

Parkland's Taron Topham had tied the score at 3-3 at 18:20 of the third

Lyle Murdock scored for the Lightning in the first period and then Ethan Johnson and Matthew Vandel tallied in the second.

Glover and Garrett Hrechka scored Parkland's other goals.

Chris Fines made 45 saves for the victory.

On Saturday, Interlake was beaten 9-3 by the Wheat Kings in Brandon.

The Wheat Kings scored five thirdperiod goals to turn a close game into

Carl Ingalls, William Faraci, and Vandel scored for the Lightning.

Nolan Ritchie, Troy Hamilton, and Colin Cook each scored twice for Brandon while Calder Anderson, Tanner Morrison and Mason Kaspick added singles.

Last Wednesday, the Lightning lost 2-0 to the Winnipeg Thrashers at Gateway Arena.

Connor Roulette scored the game winner while Winnipeg was shorthanded at 9:06 of the third period. He then sealed the win with an emptynet goal with Fines pulled for an extra attacker at 19:36.

Fines finished the game with 42 saves while Thrashers' netminder Cole Plowman made 27 stops.

Interlake, now 4-18-0-1-0 and with nine points to occupy 12th place in the 13-team league, will host the Winnipeg Bruins this Saturday at 7:30 in Teulon.

On Sunday, Interlake will visit the Thrashers at Gateway Arena for a 1 p.m. puck drop.

Wildcats place fourth at 'AA' varsity boys' volleyball provincials

By Brian Bowman

The Warren Collegiate Wildcats varsity boys' volleyball team finished fourth at the 10-team MHSAA "AA" provincial championship in Carberry.

Warren was defeated 2-0 (11-25, 15-25) by the Steinbach School Flames in the third-place game last Saturday afternoon.

Ryan Peltz was selected as Warren's player of the game.

Warren was relegated to the third-

place game after losing 2-0 (6-25, 11-25) to the Green Valley Pirates in a semifinal match.

Gerrit Boonstra was named Warren's player of the game.

In the quarter-finals, the Wildcats slipped past the Major Pratt Trojans 2-1 (22-25, 25-21, 15-11).

It was a great comeback win for War-

Hunter Sholdice was the Wildcats' player of the game

Warren finished its five-team pool play in second place with a 3-1 record.

The Wildcats secured 2-0 victories over Goose Lake (25-23, 25-20) and Carberry (25-13, 25-19) and also defeated Immanuel Christian 2-1 (25-13, 22-25, 15-5).

Warren wrapped up its pool play with a 2-0 (17-25, 24-26) loss to Gabri-

The Green Valley Pirates won this year's "AA" varsity boys' title after

sweeping Gabrielle Roy 2-0 by scores of 25-23 and 25-17.

Warren's Asa France was selected as the winner of the Player's Choice Award and was also selected as a provincial all star. The other all stars were Steinbach Christian's Zane Brandt, Gabrielle Roy Les Roys' Liam Poirier and Dany Dupuis, Green Valley's Sam Wiebe and Noah Boshmann.

The provincial MVP was Green Valley's Liam Boshmann.

Bantam Lightning edge Southwest, blast Brandon

By Brian Bowman

It was a great weekend for the Interlake Lightning Bantam "AAA" hockey

Interlake won both of its games, defeating the Southwest Cougars 3-2 on Saturday in Stonewall and then blasting the Wheat Kings 10-2 in Brandon

Against Brandon, Interlake took a 4-0 lead by the 14:39 mark of the first period and then went ahead 8-1 at 15:43 of the second.

Hayden Wheddon had a fantastic game for the Lightning, scoring four times to go along with two assists.

Karson King added a goal and three assists while Brayden Stevenson and Alexander Kaczorowski each had a goal and two helpers.

Peyton Bateman (two) and Austin Lourenco also scored for the Inter-

The Lightning power-play was terrific, converting seven of nine oppor-

Cayden Glover scored both of Brandon's goals, beating Lightning netminder Dawson Cowan. Cowan made 34 saves for the win.

In Saturday's victory, Kaczorowski scored the game-winning goal at 15:24 of the third period.

Stevenson scored twice in the second-period to erase a 1-0 deficit.

Jayce Thompson and Luke Robson scored for Southwest.

Zach Meadows made 28 saves for the win.

Interlake won't play another league game until Dec. 14 when they go up against the Winnipeg Monarchs at the Bell MTS Iceplex.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Alexander Kaczorowski scored the game-winning goal to defeat the Southwest Cougars 3-2 on Saturday in Stonewall.

Great concentration



TRIBUNE PHOTO BY TREVOR HAGAN/BISON SPORTS

The University of Manitoba Bisons' Tori Studler shows great concentration as she goes up high for a hit against the Brandon University Bobcats. Studler, who is from Grosse Isle, had 13 kills and two blocks to lead Manitoba to a 3-1 (25-19, 23-25, 25-23, 27-25) win over the Bobcats last Saturday afternoon.

Stonewall splits pair of games last week

By Brian Bowman

The Stonewall Jets played a pair of close games last week.

Stonewall finished the week with a 1-1 record after a 3-2 overtime victory over the Transcona Railer Express on Sunday afternoon in Winnipeg.

"It was nice because afternoon games are kind of funny because guys just woke up a couple of hours before or four hours before so it's tough to get going," said Jets' head coach Brock Couch.

Aiken Chop scored the game winner on the power play at 1:56 of the overtime period. It was his teamleading 15th goal of the season.

After a scoreless first period, Sam Mandryk gave the Jets a 1-0 lead just 47 seconds into the second.

Transcona's Jason Kotchon and Stonewall's Bryce Stovin traded power-play goals two minutes apart midway in the middle frame before the Railer Express' Nik Kowalski tallied with the man advantage at 17:03 of the period.

The third period was scoreless.

Curtis Beck made 39 saves for his fourth win of the season

Last Wednesday evening, the Jets were edged 3-2 at home by the St. James Canucks.

St. James' John McCammon scored a pair of first-period goals and then Darrin Chrisp put the Canucks up

3-0 at 12:10 of the middle frame.

"We didn't start the way that we wanted to," Couch admitted. "They got two on us right away so, once again, we were clawing back down two right away and it's tough to win games like that.

"But we dominated the second half of the game and that's a posi-

Chop answered Chrisp's goal just 1:42 later and then Jared Hulme made it a one-goal game at 14:25 of the third.

Nathan Cvar made 28 saves for the win while Adam Swan stopped 24 St. James' shots.

The Jets, now 8-7-3 and with 19 points to sit tied for sixth with Transcona, will visit the eighth-place Charleswood Hawks this Friday.

Stonewall won't play again until they battle the St. Vital Victorias on Dec. 13.

Both games start at 7:30 p.m.

"We're right there with every team we play and I think we can make a push up the standings before Christmas," Couch said."(Charleswood) is right close to us so it's important we get those two points. They're a tough team to beat sometimes when Ryan Hall is on his game. He's a really talented goaltender and every team can beat anybody."

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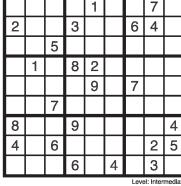
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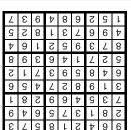
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Rural Municipality of Rockwood



Here's How It Works:

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



Sudoku Answer



Crossword Answer

CLUES ACROSS

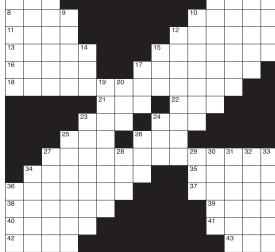
- 1. A great lunch 4. German composer
- 8. Expresses pleasure
- 10. Unit of energy
- 11. Genus of beetles
- 12. Type of respect
- 13. City in Netherlands
- 15. Showing lack of skill 16. Irish surname
- 17. Exaggerated or affected sentiment
- 18. Diversion
- 21. Journalist Tarbell 22. Wrath
- 23. Current unit 24. Sixers' Simmons
- 25. Makes honey
- 26. Tributary of the Rhine
- 27. Once home to a notorious wall
- 35. She was beheaded in 36. Cheer

34. Gets back

- **France**
- 37. Tropical Asian palm
- 38. Darker
- 39. Figures
- 40. Old World trees
- 41. Protects a broken bone
- 42. Dried-up
- 43. An enclosure for swine

CLUES DOWN 1 Rlah

CROSSWORD



- Bacall, actress
- 3. Declaration of an intention to inflict harm
- 4. The most direct route 5. Affirm to be true or correct
- 6. Rift
- 7. Oil company
- 9. Alphabetic character
- 10. Large marsh bird
- 12. Hollywood event
- 14. Scottish port 15. French river
- 17. Something frustrating (abbr.)
- 19. More in time

- 20. Payroll company 23. Pokes holes in 24. A way to steal
- 25. Blacken with dirt 26. Autonomic nervous system
- 27. A lab tech's tool
- 28. A place to stay
- 29. UK school 30. Moroccan
- 31. Where rockers work
- 32. Most friendly
- 33. In a state of turbulence 34."Bridget Jones" actress
- 36. Hebrew liquid units

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A working knowledge of Microsoft office, excel and Quickbooks would be an asset.

Please email your resume complete with work experience to Lana Meier at news@stonewallteulontribune.ca



The Stonewall Teulon Tribune and Express Weekly News are looking for an outgoing individual to join our news team as a reporter/photographer covering Stonewall, Teulon, St. Laurent, Rockwood, Rosser, Warren, Woodlands, Armstrong and the communities along Highway 6, including Lundar, Eriksdale, Ashern, Grahamdale, Steep Rock, Moosehorn and across to Fisher Branch.

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Submit your detailed resume and samples of writing on or before Nov. 9, 2018 to Lana Meier at news@expressweeklynews.ca



We thank all applicants for their interest, however, only candidates selected for interviews will be contacted.

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Alexander (Al) Urbanski

Peacefully on November 29, 2018 at the Stonewall Hospital, with family at his side, Al passed away at the age of 94.

Al was born July 14, 1924 in Arnes, MB and was the son of John and Aneila Urbanski of Arnes. He was the last survivor of nine children.

Al will be lovingly remembered by his wife Norma; step-daughter Melody (Russ); step-son George (Jennifer); grandchildren Rebecca and Holly; sister-in-law Ann Urbanski and many nephews and nieces.

Al's career as a specialty welder took him all across Canada. Al also farmed and was a fine carpenter over the years he built five homes. His pride was the last home in Arnes.

In his journey of life, he made many good friends.

A memorial service will be held on Saturday, December 8, 2018 at 11:00 a.m. at the MacKenzie Funeral Chapel, Stonewall, MB.

Following the lunch, interment will take place at Our Lady of Mercy Cemetery, Finns, MB. A sincere thank you to Dr. Zahiri and all the nursing staff for their excellent care and compassion. In lieu of flowers donations can be made to the Interlake-Eastern Regional Health Authority Palliative Care, 233A Main Street, Selkirk, MB R1A 1S1.

"Till we meet again, sweetheart"

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Helga Jonina (Nina) Broadfoot (Stefanson) Born December 17, 1925

Peacefully, on December 1st, 2018, our dear Mom, Grandma, Amma and Amma 2 passed away. Left to mourn her are her children Numi (Diane), Rick (Melody), Kathy, Grant (Lorna), daughter-in-law Dawn (AI); as well as her 12 grandchildren: Jordana (Brayden), Jesse (Lisa), Mason, Rhiannon, Sheryl (Myles), Daryl (Jenna), Kimberley, Kayla (Al), Kristyn, Kari (Zack), Kelcey (Jules), Brandee; and 10 great-grandchildren: Charleigh, Eric, Colby, Natalie, Natasha, Linnea, Serena, Cohen, Carter, and Aiden; one sister, Kristjana and one sister-in-law Vi and many nieces, nephews family and friends. Nina was predeceased by her husband John; sons Vince and Jim; son-in-law Earl; and grandson Tyler. As well as her parents (Helga and Jon) and her in-laws (George and Lena). Brother Numi (Lila);

sisters and brothers-in-law, Olena, (Roy), Steinunn (Earl), Aurora (Fred), Yvonne (Bud)/(Lloyd), John, and her sisters-in-law and brothers-in-law Pat (Jenny), George, Helen (Jack) and Mary.

Mom was born and raised in Winnipegosis, MB. After marrying John, in 1951, she moved to the family farm in Woodlands where they raised their family. She was an active member of the Anglican Church and ACW. She loved spending time with family and friends, sipping on a good tea or Caesar, after all it is 5'o'clock somewhere. She was very proud of her Icelandic Heritage and enjoyed Folkorama, attending dinner theatres and traveling. She had the opportunity to travel abroad with close family friends and enjoyed it immensely. Mom was honoured to spend time with all her kids and grandkids, and they could not visit her enough. Whether it was going to the lake, enjoying life on the farm, or house hopping at Christmas, Mom loved every minute of quality family time. She enjoyed playing crib; she and Dad would have many heated games. Let's hope there is a crib board in heaven and lots of cards!

Our family would like to thank the paramedics, doctors, nurses and staff from Home Care, Oak Park Lodge, hospitals (Selkirk, Gimli, Arborg and Stonewall), Woodlands Adult Day Program and Rosewood Lodge for their care and support they provided Nina.

In lieu of flowers, donations may be made to the Interlake Community Foundation in a Woodlands allocation, Oak Park Lodge Inc. or Woodlands Pioneer Museum Inc.

A Celebration of Life will be held, Friday, December 7th, at 2:00 p.m. at the Woodlands Community Hall with committal at St. Georges Anglican Cemetery.



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