



# HAPPY NEW YEAR!

HERE'S TO YESTERDAY'S ACHIEVEMENTS AND TOMORROW'S BRIGHT FUTURE

Warren \$309,900  
Start the new year  
with a new house!  
Brand new build!  
Call Ryan

WHETHER YOU WANT TO BUY, SELL, OR INVEST IN REAL ESTATE, THERE'S NEVER BEEN A BETTER TIME!  
DON'T FORGET ABOUT OUR EXCLUSIVE HOME WARRANTY  
WE ARE ALWAYS HERE TO HELP. CALL US TODAY!

**mckillop.ca**  
**204-467-8000**

Balmoral \$314,900  
Been waiting for  
the right one?  
Your wait is over!  
Call Matt

**She's Got The LOOK Boutique** **NEW YEAR! NEW LOOK! GREAT QUALITY! GREAT PRICES!** **371 Main St, Stonewall**

**See inside for the**  
**Winter 2017**  
**Interlake Continuing Education Program**

# Stonewall Teulon Tribune

**HAPPY NEW YEAR 2017**  
VOLUME 7 EDITION 52  
THURSDAY,  
DECEMBER 29, 2016

SERVING STONEWALL, BALMORAL, TEULON, CUNTON, NARCISSE, INWOOD, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARCYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



## Deep Freeze

TRIBUNE PHOTO BY NATASHA TERSIGNI  
Extreme wind chill warnings and low temperatures did not stop skiers and snowboarders, including Stonewall resident Lucas Funk, from flocking to Stony Mountain Ski Area for their opening weekend Dec. 17 and 18. With higher than normal temperatures at the end of November and beginning of December, coupled with the lack of snow, opening day was rescheduled a few times this year. Dec. 17 marked the beginning of the ski area's 50th season of operation.

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

**The Claudette GRIFFIN Group**  
Past Director - Winnipeg Realtors®  
Past Chair - Professional Standards

**L.J. BARON Realty** EST. 1953  
Family owned & operated over 60 years!

**Happy NEW YEAR 2017**

There's no better time than the New Year to tell you just how much your business means to us throughout the whole year.  
Claudette, Roger, Shari, Sherry, Al

**204-886-2393**  
**baron@mts.net www.ljbaron.com**



# New Year reflections in the RM of Rockwood

By Jennifer McFee

There's been no shortage of activity in 2016 for the RM of Rockwood, and 2017 is already shaping up to be another busy year.

Reeve Jim Campbell said with such a big rural municipality, there are always challenges — and they're completely different from one end of the RM to the other.

But in addition to challenges, Rockwood has also achieved many successes along the way.

"We completed all our drainage projects that were budgeted this year," Campbell said. "We did some road projects, including some paving and drainage in Stony Mountain and some road construction up near Balmoral. We also started a recycling depot in Teulon."

Rockwood's 32-lot business park is completely full, and more plans are in the works for 2017.

"As something to work on this year, we're going to look at starting our second phase of the business park so it's ready to go when people come knocking," Campbell said.

As well, Rockwood worked with the RM of Rosser to complete the Grosse

Isle secondary plan and also undertook some repairs to the Rosser-Rockwood lagoon.

Looking ahead, partnership opportunities also exist with other communities

"In the new year, we want to form a partnership for emergency measures with the Town of Teulon and the Town of Stonewall. We've got the MOU almost complete. We're in the process of getting ready to put a shovel in the ground for the Stony Mountain lagoon expansion and we're working in partnership with the federal penitentiary on that one," Campbell said.

"We've also been kicking the idea around about starting a recreation hub in the south of Rockwood and the Town of Stonewall."

At the same time, talks are underway regarding new fire halls in the area.

"We're realizing we are cramped for space in a couple of our fire halls — the one we share with Teulon and the one we share with Stonewall," Campbell said.

"It's probably not going to be something that starts in 2017, but we've got to do the preliminary work."



TRIBUNE PHOTO SUBMITTED

Rockwood Reeve Jim Campbell reflects on 2016 and talks about 2017.

  
**CATERING**

- Fresh Sandwich, Meat & Pickle Platters
- Soups

- Sweet Dainty Trays
- Tasty Cheese Platters
- Healthy Fruit & Vegetable Platters

**Ordering and Delivery**

48 hours notice is always appreciated but in an emergency we will do our best to accommodate you.

Delivery is available within city limits. Delivery fee is \$20 if your order is under \$100. If your order is over \$100 delivery is on us!

You may also pick up your order at:

3416 Roblin Blvd., Winnipeg, Manitoba  
204-889-8356

  
**THE UPPER CRUST BAKERY**

METHOD OF PAYMENT:

CASH CHEQUE VISA MASTERCARD

## Family New Year's Eve

**December 31<sup>st</sup>, 2016**  
**11:00 am - 5:00 pm**

**Quarry Park Heritage Arts Centre**

Activities include:

- Face Painting • Photo Booth
- Children's Games & Crafts
- Hayride from 1:00-4:00 pm

**Cost: \$5/person**  
**Call 204-467-7980 for more info.**

## Travellers should be aware of emergency care options

Submitted

Interlake-Eastern RHA strongly encourages anyone who is travelling through the province for the holidays to be aware of the location of the nearest hospital and how to access emergency care. Services in some emergency departments may be temporarily unavailable if a doctor is not available onsite.

Continued on page 3



## What are you saving for?

Discover your path to financial security. Let's talk.

**Versatile Portfolios NAVIGATOR**



## the co-operators®

A Better Place For You®



Inview Insurance Services  
344 Main St | Stonewall  
204-467-8927

[www.cooperators.ca/Inview-Insurance-Services](http://www.cooperators.ca/Inview-Insurance-Services)

Home Life Investments Group Business Farm Travel

Not all products available in all provinces. Versatile Portfolios Navigator™ is offered by, and is a registered trademark of, Co-operators Life Insurance Company. Versatile Portfolios Navigator™ provides guaranteed benefits which are payable on death or maturity. No guarantee is provided on surrender or partial withdrawal in respect of Units acquired in the Segregated Funds.



# Total takedown in Teulon

By Natasha Tersigni

With 265 tickets sold, fans of all ages packed into the Teulon Collegiate gymnasium Dec. 16 to watch some of Manitoba's best amateur wrestlers take to the mat.

Winnipeg's legendary wrestling promoter Tony Condello brought his UFW Xmasmania show to Teulon as part of a fundraiser with TCI. Twenty per cent of all ticket sales will be donated to TCI and used to cover expenses related to the school's athletic program.

It was a full card for the Xmasmania show, with female wrestlers Sexy

Samantha taking out Angelina in the first matchup of the night. For the second match, after a long battle, Jude took down his opponent Massive Damage.

For the night's premiere match, Condello brought in Andre the Giant's seven-foot cousin Andreas from France. The 310-pound mammoth got the crowd on their feet and easily took down his opponent Nightmare.

To continue the excitement well into the night, the last match of the evening saw Angelina and Jude team up against Sexy Samantha and Massive Damage.



TRIBUNE PHOTO BY NATASHA TERSIGNI

The fans' favourite wrestler of the evening was by far Andreas. The 7-foot, 310-pound wrestler from Paris, France, is the cousin of the late WWE star Andre the Giant.

# Ehlers scores with kids



TRIBUNE PHOTO BY LINDSAY MCRAE

Winnipeg Jets forwards Patrik Laine, Nikolaj Ehlers, Andrew Copp, Drew Stafford, as well as defencemen Jacob Trouba, Josh Morrissey, Paul Postma, and goaltender Connor Hellebuyck were all signing autographs and posing for pictures with kids and their families at the annual Rehabilitation Centre for Children on Dec. 14. Spreading some holiday cheer with Madison McRae, left, and her brother Austin was Ehlers. The Jets players have visited children at the centre every year since the team came back to Winnipeg in 2011.

## > EMERGENCY CARE OPTIONS, FROM PG. 2

"Emergency department schedules indicating doctor availability are now posted online and via a toll-free number because communities have told us loud and clear that they need this information," said Ron Van Denakker, Interlake-Eastern RHA's CEO. "We have worked with our doctors and hospital emergency department teams to make these available publicly."

People can call toll-free 1-866-267-5818 to hear about the availability of a doctor in an emergency department. These schedules are also posted online at [www.ierha.ca](http://www.ierha.ca) under "Care in your hospital" and "Emergency de-

partment schedules."

If people come to an ED without a doctor onsite, they are advised to please come inside and speak with a nurse who can assess their health status and identify care options.

When an emergency occurs, always call 911 or the local 10-digit number for emergencies. Paramedics will provide care and transport to the required care providers.

"We continue to recruit doctors to our region to deliver emergency department care and we are anticipating more doctors coming to our region in 2017," Van Denakker said.

Visit us for  
all your  
housewares  
& hardware  
needs.

50%  
off

Select  
CHRISTMAS  
ITEMS

Take  
advantage of  
great after-  
Christmas  
deals!



**Stonewall  
Home  
hardware**

**486 Main St., Stonewall  
204-467-5589**

**\*Sale starts Dec. 26  
until quantities last!**



# Do you remember...2016?

The ultimate year-end crossword

This past year was full of news and events that shaped our communities; both locally and across the globe. From Brian Pallister being named Manitoba's newest premier, to Donald Trump becoming the next president in the United States; this year has been full of surprises and stories. Take our crossword to make sure 2016 will be remembered forever.

Across

1

Teulon hosts first Ride-in rally to support programs to help military veterans combat this (June 9).

3

Stonewall hockey team takes home league banner (April 28).

5

A controversial new rule at Teulon Collegiate allows students to wear this (Jan. 21).

8

Manitoba ombudsman cleared Woodlands council of any alleged wrongdoing when approving these Warren structures (March 17).

11

Province continues to warn of the risk associated with this dangerous opioid (Oct. 6).

12

First Canadian female Prime Minister inspires Warren Collegiate students (Feb. 4).

15

Fort McMurray residents ordered to evacuate city to avoid this disaster (May 12).

16

Owners of the OMG candy land deal with this US pharmacy giant (Jan. 7).

20

Students get the day off school because of this (Oct. 20).

21

Local air cadets are thrilled to hear about June event in South Port (March 31).

22

St. Laurent Arena makes it into Top 10 of this Kraft contest (March 10).

24

Former Price is Right host announces support for local black bear rehab (Sept. 1).

25

Interlake-Eastern RHA causes controversy with this solution to physician shortages (Aug. 18).

26

Topigs Canada hosts information session to clear up rumours of proposed project (Sept. 8).

27

After a seven-year hiatus, this reopens in Teulon (Nov. 24).

30

Local residents are amazed and outraged at the next US leader (Nov. 17).

33

Stars from a Winnipeg team visit Teulon Elementary School (March 5).

34

Stonewall council approves expansion for 55+ residence (Feb. 11).

35

Once again Teulon firefighters combat a power outage during this annual event (April 14).

37

Stonewall prepares for RCMP galloping spectacle (July 7).

40

Interlake-Eastern RHA announces controversial programs that exchanges this (Oct. 27).

41

RM of Woodlands controversial project heads to municipal board (Feb. 25).

42

Students connect Woodlands to Warren with these common plastic items (May 5).

43

Inwood couple holds last event after 17 years (May 19).

45

It seemed that local snow crews forgot about this important street in Stonewall (Dec. 8).

47

Movie fans head to Interlake community for 16th annual festival (July 21).

48

Stonewall couple have this rare transplant surgery in common (Feb. 18).

Down

1

Local politicians are dropping to the floor for 22 days to do these (Sept. 15).

2

After 35 years, this popular entertainment based Stonewall business undergoes renovations (Sept. 29).

4

New franchise restaurant announced for Stony Mountain (July 28).

6

Local students competing to send their science experiments here (Oct. 13).

7

Stonewall council frustrates campers here (July 14).

9

Community members are taking advantage of something that is unusually high for November (Nov. 10).

10

Horse owners throughout the Interlake are finding this out on their animals (Sept. 22).

13

A political fire storm erupts at Stonewall council over this conditional use application (Jan. 14).

14

The Health Science Centre in Winnipeg finally completes this infrastructure project (Dec. 1).

17

Local businesses begin to prepare for critical decision from Canada Post employees (June 30).

18

Stonewall honours 72nd military anniversary (June 2).

19

People of all ages are glued to their cellphones to play popular new game (Aug. 4).

23

Stonewall is under attack by creepy crawlers (June 16).

28

Stonewall receives five blooms in this national contest (Nov. 3).

29

Popular St. Clements wedding spot destroyed by this (Dec. 5).

31

New Manitoba premier elected (April 21).

32

Kerri Einarson and her curling team bring home tournament title (Jan. 28).

36

Canadian country music star to headline Quarry Days (Aug. 11).

37

Ralph Eichler appointed new role in provincial agriculture sector (May 26).

38

RM of Rosser Reeve Frances Smee is in the hot seat over this (April 7).

39

Provincial politicians prepare for important spring event (March 24).

44

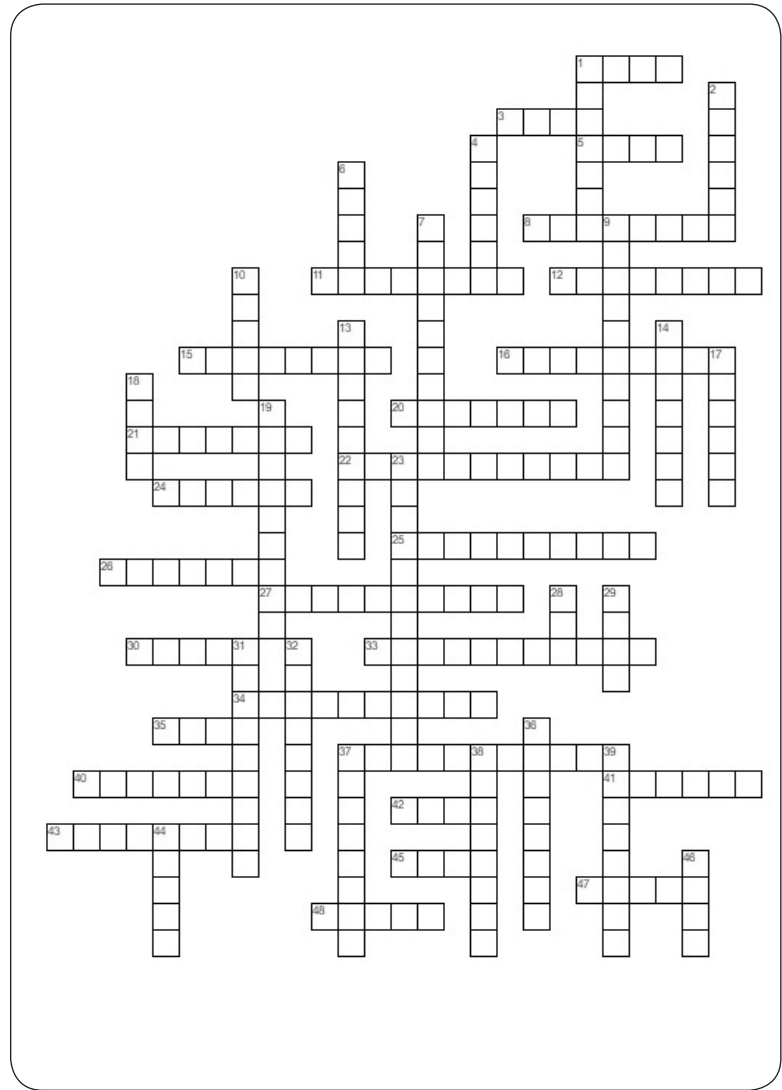
Woodlands team of brothers place first in Manitoba Marathon event (June 23).

46

Provincial residents planning international travel reminded to be aware of spreading virus (Aug. 25).

Questions

SUBMITTED PHOTO



Squares

PHOTO SUBMITTED

## RM of St. Laurent Reeve Cheryl Smith reflects on 2016

**By Jeff Ward**

The reeve of the RM of St. Laurent is looking forward to 2017 and said it will be a year to build on the many successes of 2016.

Cheryl Smith said that the outgoing year has brought with it some of the largest successes of the RM's history. The newly opened ambulance bay, the team of first responders, the upgrades and renovations to the beaches, the progress of the Metis Heritage Centre and landing a very capable CAO are all on the list of 2016 successes.

Smith said the list doesn't stop there, though, as council presented the first balanced budget since 2011 and has continued to put the floods of 2011 and 2014 behind them.

"First of all, it takes a team effort. You got to have the right staff and council," said Smith.

"Our members all understand each other and work closely together. We're not all 'yes people,' though, because we will play Devil's Advocate to explore all possible ideas. It's nice to have a council where we can still challenge each other but have a healthy balance and continue to move forward."

For all the successes of 2016 that council had a hand in, Smith points to an equally large number of positives coming from the community. She said that Kraft Hockeyville bolstered some significant excitement in the community and added that St. Laurent feels so much stronger than it did just a few years ago. She points to organizations like the St. Laurent Recreation Centre board and the St. Laurent Minor Hockey Association as just a

few of the community-driven teams that are working to make the municipality a better place each and every day.

The outgoing was not without its own set of challenges. Smith said that presenting a balanced budget and "trying to do more with less" was a serious uphill battle in the early months of the year.

"We tried to balance our mill rate with the increase in assessments, and at the same time, we got rid of the deficit, hired staff and created jobs. We are doing more services but not spending as much so we really had to balance things," said the reeve.

She added that the challenges faced in the 2016 budget will likely be some of the same challenges council faces in 2017. Smith said that council is very sensitive to try and meet all of the services and keep the mill rate low at the same time, which is not an easy thing to do.

Priority No. 1 for 2017 is preparing for the spring melt. With the province just releasing its flood forecast, there is a risk of flooding in the area given the right conditions. Smith said that come January, the municipality will be going through community exercises and tightening up the rules and responsibilities to deal with potential flooding.

"I'm also looking forward to seeing the community get closer in establishing our Metis Heritage Centre and we'll be doing a large one-day celebration for Canada 150, which should be a nice high point for the year," said Smith.



# Teulon-Rockwood firefighters pitch new station to council

By Natasha Tersigni

With no more room to grow, or even add a new rescue vehicle, Teulon-Rockwood Fire Department Chief Chris Dawson and Deputy Chief Ryan Trombo appeared as a delegation at the Dec. 13 Town of Teulon council meeting to discuss the possibility of building a new fire hall.

Last year, when the department went to purchase a new rescue vehicle to replace their current aging one, it was determined that the current station located on Main Street could not accommodate the size of the new vehicle.

"The purchase of the new rescue vehicle has been pushed back from 2015 to 2019 to allow for changes to the building. In 2017, the replacement of the bush truck is scheduled; 2019, the rescue is due; and in 2020, the pump-truck is scheduled to be replaced. There is a lot of equipment that needs to be renewed in the near future," said Dawson, who added the existing facility would not accommodate the new vehicles.

"Currently, you can't walk between the trucks and it is very tight working in there."

It was decided in 2015 that the fire station would undergo an expansion, but when it came time to tender out the renovations, the cost was a lot higher than previously expected. Tenders coming back for the project were from \$800,000 up to \$1.2 million. It was decided by the committee at that point to put the renovations on hold and to decide what the next best step would be.

At the meeting, Dawson told council that the best solution for the department would be to build a new fire station on the former railroad land that is now owned by the town. The proposed station would be located across Vidor Machine on the parcel of town-owned

land and it would be 300 feet north of PR 415. The proposed building comes with a price tag of \$1.2 million to \$1.5 million and includes five large vehicle bays, extra space for training and meetings and meets the new accessibility requirements laid out by the province that the current fire station built in 1986 does not meet.

"Currently, the way the proposed building is laid out we have room to grow. The depth of the building allows for larger vehicles if we get them. The longest vehicle we have is the truck and trailer for the bush fire equipment and it easily fits into one of the bays," said Dawson.

"The nice thing with this building's style and design is that if in 25 or 30 years from now the town is in a situation where EMS needs to be moved, it could be added to the fire station on the south side."

In order to move forward with the plan to build, the RM of Rockwood council must approve the project as well, as they would be responsible for 50 per cent of the cost of the new station.

Council was supportive of the new station and passed a resolution to pay for 50 per cent of an environmental site assessment to be done on the proposed site. The resolution is contingent on the RM of Rockwood agreeing to pay the other 50 per cent of the \$15,800 geotechnical study.

## Emergency Measures Board

Following the official disbanding of the South Interlake Emergency Measures board, the town is now looking at establishing its own program. The initial plan was to join with the RM of Rockwood and the Town of Stonewall to establish a smaller board, but with no input from Stonewall yet, Teulon has decided to look at establishing its



TRIBUNE PHOTO BY NATASHA TERSIGNI

Teulon-Rockwood Fire Chief Chris Dawson, pictured left, and Deputy Chief Ryan Trombo appeared as a delegation at the Town of Teulon council meeting on Dec. 13 to discuss the possibility of building a new fire station in the town.

own emergency measures program.

"Our plan is to put together an emergency measures board with the RM of Rockwood and possibly the Town of Stonewall. We are not sure where Stonewall stands on this yet, so we are going to explore the cost of doing our own emergency measures program with just the Town of Teulon. We are going to find out the costs associated with that and see if it is feasible," said Mayor Bert Campbell.

## FCM Peru Trip

Newly appointed Deputy Mayor Michael Leadnary will be traveling to Cusco, Peru, from Jan. 30 to Feb. 5 to take part in a mayors' forum to discuss local issues. The trip is part of Teulon's ongoing partnership with the Federation of Canadian Municipalities (FCM) and their program that has Canadian municipal officials mentor officials in Latin American countries including Peru and Colombia.

**THE**

**Flicks**

**CINEMA**

**SHOWTIMES:**  
Please check individual listings  
Due to various picture lengths showtimes vary

**319 First Street E., Stonewall, Man.**  
**467-8401**

**PROGRAM SUBJECT TO  
CHANGE WITHOUT NOTICE**  
**Cash only**

**LAST DAYS:**  
**WED & THURS**  
**DEC 28 & 29**  
**AT 7:30 PM**

**SING** *Animated* **G**

**FRI DEC 30**  
**CLOSED DEC 31 & JAN 1**  
**AND MON-TUES-WED-THURS JAN 2-3-4-5**  
**OPEN TUESDAY**

at **8:00 pm**  
**Each Night**

Amy Adams  
Jeremy Renner

*Not Recommended  
For Young  
Children* **PG**

**FR-SAT-SUN-MON JAN 6-7-8-9**  
**(CLOSED TUES) AND WED-THURS JAN 11-12**

at **8:00 pm**  
**Each Night**

Chris Pratt  
Jennifer Lawrence

*Not Recommended  
For Young  
Children* **PG**

**Best Wishes** for a happy and healthy holiday season.

*From Management & Staff*

**~ New Year's Eve Celebration ~**

**BAR**  
**DJ**  
8pm TO CLOSE  
DESIGNATED  
DRIVER WILL  
BE AVAILABLE

**RESTAURANT**  
Book Your  
**New Year's Eve Dinner Reservations**  
**and come celebrate with us!**

**ROCKWOOD Motor Inn** 390 Main St. Stonewall **467-2354**



# Stonewall Teulon Tribune



**PUBLISHER**  
Lana Meier



**SALES**  
Brett Mitchell



**REPORTER/PHOTOGRAPHER**  
Jennifer McFee



**SALES**  
Stephanie Oland Duncan



**REPORTER/PHOTOGRAPHER**  
Natasha Tersigni



**DISTRIBUTION**  
Christy Brown



**SPORTS REPORTER**  
Brian Bowman



**PRINT**  
Dan Anderson



**PRODUCTION**  
Nicole Kapusta



**ADMINISTRATION**  
Allana Sawatzky



**ADMINISTRATION**  
Corrie Sargent



**PRODUCTION**  
Debbie Strauss



**ADMINISTRATION**  
Tracy Farmer



**ADMINISTRATION**  
Jo-Anne Procter

# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## Winter fun and ice fishing have begun

Hi gang. On New Year's Eve, we celebrate the hope for better things to come. In our world of winter outdoor sport, two young guys at Sunset Beach bay just south of Grand Marais are making things better.

The winter ice fishing culture in Manitoba is evolving at a mind spinning rate. On the thick ice pack of our waterways, traditional small hard wall shacks now sit side by side with portable soft wall shacks, house-sized custom trailers, bombardiers, snowbears, sleds, ATVs and now rental shacks, thanks to Curt Beyak and Terry Roth. They built a bunch of ice shacks, towed them onto their bay and are renting them out. Good for you, guys.

During one of our conversations, Curt told me once the shacks were out, his grandfather came and they "baptized" one of them catching their limit in an hour. His granddad, always gracious, having caught the most fish, explained his luck by offering that the fishing is always good on "first ice." When I asked Curt if he had ever had an unusual fishing experience, he thought for a minute. Then he smiled sheepishly, saying, "Yes, last spring I went onto Jessica Lake southeast of Pinawa for some fishing and almost lost my lunch."

He went on, describing how he was clipping along over smooth ice on his sled enjoying a beautiful early spring warm sunny day when he felt the back end of his sled drop. Then he heard the motor go under heavy load. He tensed, his senses alert. Almost instantly, he saw his skis break through the ice and water began splashing over them. Instinctively, he



TRIBUNE PHOTO SUBMITTED

Curt Bayak with a pickerel he caught standing on front of his and Terry Roth's rental shacks.

sat back on his seat and clamped the throttle tight, forcing the machine to rear up and shoot forward, planing over patches of water pockets.

He tore along, being sprayed with icy water every time he hit a patch of water trapped between the lower thick ice and a top thin layer. Close to the south shore, he hit true solid ice and stopped letting the sled idle. Water steamed off the motor. He stood looking back at his trail of ice and water, and to his surprise, his baloney sandwiches, hot coffee canister and fishing gear were strewn everywhere. They had flown off the back of the bucking sled in his rush for shore. He had no choice. Leaving the sled running, he gingerly walked

back and collected all his belongings. Carrying his much-loved baloney sandwiches and dragging his other gear, he got to shore and made camp at dusk.

Before the snowstorm two weeks ago, I was at Breezy Point. It was cold but you could still see grass between snow patches. I got talking to three young chaps from Selkirk, Bretton Sewchuk, Jesse Waterman and Brandon Sutherland, who had just loaded their boat after a day of fishing. While we were joking around, as they showed me their catch, I couldn't help noticing some trampled snow in their boat. I asked them

Continued on page 7

# Stonewall Teulon Tribune

*The Selkirk Record*

*The Winkler Morden*  
**Voice**

## > CONTACT US

Stonewall Teulon Tribune - Interlake Graphics  
74 Patterson Drive, Stonewall Industrial Park Phone 467-5836 Fax 467-2679  
Letters to the Editor: [letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)  
Classified: [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)  
Advertising: [ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca)  
News: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)



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



## > CONTACT US

By phone: **204-467-5836**

fax: 204-467-2679

Find us: **74 Patterson Dr.,  
Stonewall, MB R0C 2Z0**

Office Hours: Mon. - Thurs.: 8:00am-5pm  
Friday: 8:00 a.m. - 4:00 p.m.

## TO PLACE AN AD or for COMMERCIAL DESIGN & PRINTING

**Stephanie Duncan** 204-461-4771  
[ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca)

**Branden Meier** 204-641-4104  
[ads@expressweeklynews.ca](mailto:ads@expressweeklynews.ca)

or call our office at 204-467-5836

## OUR EDITORIAL STAFF

**Jennifer McFee** 204-461-5352  
[jen@stonewallteulontribune.ca](mailto:jen@stonewallteulontribune.ca)

**Natasha Tersigni** 204-558-2772  
[natasha@stonewallteulontribune.ca](mailto:natasha@stonewallteulontribune.ca)

**Brian Bowman** Sports Reporter  
[sports@stonewallteulontribune.ca](mailto:sports@stonewallteulontribune.ca)

View the Stonewall Teulon Tribune online at  
[www.stonewallteulontribune.ca](http://www.stonewallteulontribune.ca)

## TROUBLE WITH PAPER DELIVERY?

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

The Stonewall Teulon Tribune is published Thursdays and distributed thru Canada Post to 7600 homes by BigandColourful Printing and Publishing, a division of Interlake Graphics. Republishing in whole or part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

The newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. Keep your dollars working at home and shop locally. Notices, classifieds and advertisements can be purchased by calling our Office at 467-5836 or emailing [ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca). Our commitment to you, the reader - we will connect our people through articles in the paper to build stronger communities.



# letter to the editor

## Snow clearing is simple math

I feel compelled to weigh in on this snow clearing business on Main Street in Stonewall.

Firstly, the mayor and council claim that they have hard-working staff. Well, you can have hard-working staff but also need to use common sense.

If the businesses have to wait four days, is this really "least disruptive to local businesses. By doing it on Sunday?"

It must be pretty convenient to do a budget for the town. You know what your income is going to be (eg. taxes) and you have a pretty good idea what your expenses will be (eg. street cleaning, paving, etc.).

But that's not the way it is in business. One has to schedule your help according to the amount of sales you've done in the past. This is called controlling your wage per cent and man hours. It's tough enough if you don't get your full expected sales one day, but four days??? You don't just recover from that the next week.

So let's get back to snow clearing. They tell us that they don't want to disrupt the businesses during the day. Well, what's better — a two-hour disruption or four days?

What you do is you get some large signs made. I don't mean 8.5 x 11";

## > FISHING, FROM PG. 6

why they hadn't tossed the snow out before launching.

"We didn't want to wait," Jesse quipped," but the snow on the aluminum boat bottom made it super slippery and we did wind up on our butts more than once."

After we stopped laughing about that, I think it was Brandon who said he remembered when they were fishing here last winter and his dad decided to pull their shack to a different spot with Brandon in it. As they were bouncing along, the door flew open and Brandon's best rod holder fell out. He was determined to get it back so he put his sled helmet on (he wasn't sure why) and jumped out of the moving shack, tumbling onto the ice. He rescued his holder as a cousin came along on his sled. Brandon jumped on the back and headed to dad, who had stopped with their shack. As Brandon approached, the shocked expression on Pop's face was something not easily forgotten. By the way, the shoreline ice on Lake Winnipeg's south basin is fairly flat from Riverton to Winnipeg Beach but kind of rough from Matlock/Libau north to Victoria Beach.

Have fun New Year's Eve. See ya.

I mean 4'x 6'. Place them on the impending area of work to be done.

Doctor Decal would love to get some business from the town.

Oh, and by the way, if you want to learn a little more about wage per cent and man hours, just contact Cal Martin.

Peter Burchuk  
Former owner of Foodfare  
(now Marketplace)



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Town of Stonewall snow clearing equipment was out Tuesday morning last week after Mother Nature dumped another blanket of the white stuff overnight.

**Gauthier**  
Cadillac BUICK GMC  
2400 McPHILLIPS ST.  
Call  
**JERRY VANDE**  
Sales Manager  
Ph: 204-633-8833  
SHOP ONLINE AT  
WWW.JIMGAUTHIERGMC.COM



*We believe in cherishing  
the small moments in life  
because they make the  
lasting memories*

**MacKenzie**  
FUNERAL HOME

204-467-2525 • info@mackenziefh.com

## SERVICE CLUBS - Serving our Communities

Stonewall Teulon  
**Tribune**

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



# New Year's reflections in the RM of Rosser

By Jennifer McFee

It's been a busy year in the RM of Rosser, but Reeve Frances Smee found the time to provide some New Year's reflections on the year that has passed and the one that is just beginning.

"We continue to see growth within the Rosser CentrePort lands, including the new facilities for Imperial Seed and Maple Leaf Construction. The water treatment plant in Headingley is completed along with the Rosser reservoir," Smee said by email.

"The water lines are being installed, which will take this service to CentrePort and then to our partners in West St. Paul and Stony Mountain," Smee said by email.

The RM is continuing to work towards bringing services to the Stage One Phase 1A area of CentrePort and has just received the decision of the Municipal Board in this regard, she added.

"This will now allow us to move forward in the new year, and one of our first tasks will be to meet with our advisors to decide on the best method of implementing the recommendations of the Municipal Board," she said, adding that the Municipal Board decision is available on the Rosser website ([www.rmofrosser.com](http://www.rmofrosser.com)) for anyone who is interested.

Grosse Isle has also seen its share of projects in

2016.

"The remediation of the sewer system in Grosse Isle is now complete much to everyone's relief (no pun intended)," Smee said.

"We embarked on a Secondary Plan for the village of Grosse Isle and will continue with the process of passing it into law in 2017."

Rosser will also be participating in Canada 150 celebrations through its partnership with the Rosser-Woodlands Recreation Commission.

"We are really excited about the fantastic plans in place for that," Smee said. "Everyone should plan on joining us for the sesquicentennial celebrations this coming Canada Day."

As for the farming community, it was a good year with generally above-average yields, she said.

"Our area was fortunate this year in that we managed to miss most large rainfall events," she said, "and because of the great fall weather, harvest wasn't delayed and crop conditions were good."

Smee also sends well wishes for the new year to residents in Rosser and beyond.

"We are looking forward to another busy, successful year in Rosser," she said, "and we hope everyone has a safe, peaceful and happy 2017!"



RM of Rosser Reeve Frances Smee

## Woodlands approves new CDC Business Incentive Program

By Natasha Tersigni

To try and entice new businesses to the community while encouraging current ones to expand, the RM of Woodlands council members voted to adopt a new Business Incentive Program (BIP) for the Woodlands Community Development Corporation (CDC).

The program will be available for businesses locating or expanding in the RM of Woodlands. The incentive amounts will be calculated based on the assessment value for the new building construction or based on the increased assessment value resulting from renovation or upgrades to existing structures.

For businesses to be eligible for the program, they must apply to the Woodlands CDC and the expansion of commercial development or build must have a minimum increased assessment of \$100,000. If approved for the BIP, the CDC will issue cash payments equal to a percentage of the general municipal taxes levied on the new development/expansion assessment for three years. The first year will be at 100 per cent of the general municipal taxes, the second year at 66 per cent of the taxes, and the third year at 33 per cent of the taxes.

The previous BIP in place was only available for businesses located in the Warren Business Park, making this program more inclusive for development in the entire RM.

### RM Land Leases

Following the RM advertising and receiving tenders for leases on RM-owned land, council has decided to table the lease resolutions and to look into complications that could arise from the land leases. One lease, in particular, pertains to a gravel quarry that is on RM land. The person who has put the tender in to lease the land has previously rented that land and has a licence to quarry and mine from the provincial government.

Council took the recommendation from CAO Adam Turner to table the resolutions and further discuss the implications of leasing this land at a committee meeting before the resolution is voted on.

### Community Pasture Rates Set

Taking the recommendations from the Woodlands Pasture Advisory Committee that the rates remain the same as the 2016 season, coun-

cil passed a resolution to adopt the 2017 recommended rates for the pasture. The following prices, which are the same as the 2016 season, were passed included in the resolution: grazing feed adult dry, \$0.66 per day; grazing feed adult breeder, \$0.66 per day; grazing feed bulls, \$0.75 per day; walking calves, \$35 per season; and pasture-born calves, \$45 per season.

These are also the same rates that were set in 2015 when the pasture was run by the federal government.

### 2017 Interim Budget

Council passed the 2017 interim operating budget for the RM of Woodlands, which will be in place from January until council passes the entire budget in the spring. The interim budget has a total operating expense of \$1,844,750 and includes the following breakdown: General Government Services, \$321,000; Protective Services, \$111,250; Transportation Services, \$712,000; Environmental Health Services, \$85,000; Public Health and Welfare Services, \$23,400; Environmental Development Services, \$18,000; Economic Development Services, \$64,900; Recreation and Culture Services, \$71,700; Fiscal Services, \$192,500; LUD

of Warren, \$70,000; and Warren Utility and Operating Services, \$137,000.

### Leave of absence approved

Council unanimously passed for Coun. Gavin Jones to take a leave of absence from regular council meetings from December 2016 to March 2017. Jones will still participate in council meetings, including in-camera sessions, as well as public hearings via Skype from his Florida residence.

Reeve Trevor King commented that in the past there has been controversy surrounding Jones taking the leave of absence to Florida. King states he supports the resolution as Jones still participates in council meetings.

"I have had people question me about this, too, and I just simply say that (Jones) is still participating as a council member just as if you were here. If anybody wants to communicate with you, they can," said King.

"Realistically, this is the way a lot of councils are dealing with this same issue. It is not the 25-30-year-olds that are sitting on councils, and the older we get, the more we deserve the winters away," added Coun. Ila Buchanan.



# Changes to health care in the Interlake are afoot

By Austin Grabish

First the good news, if everything goes according to plan, there will be significant changes to health care in the Interlake in 2017 including the creation of a new Indigenous healing centre and the opening of a long-awaited hospital in Selkirk.

Then the bad news, the Interlake is still short 25 doctors.

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker is remaining optimistic.

"We've made some significant progress," Van Denakker said.

The CEO says the Selkirk Regional Health Centre has come along "very nicely."

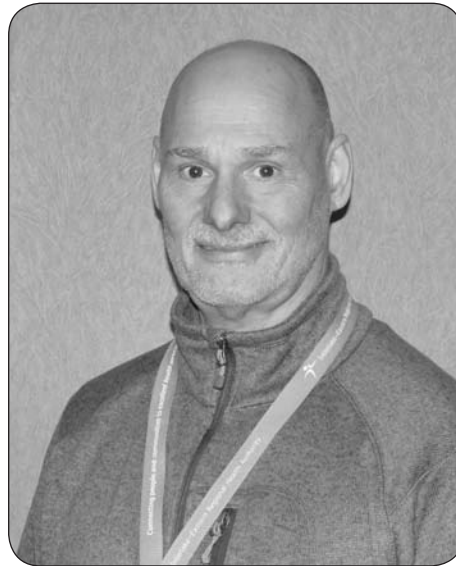
"That's looking really good."

Van Denakker said the project is on schedule to open in 2017 and on budget.

The latter is important as a health review from auditing firm KPMG is currently underway in the Interlake.

The Pallister government hired the auditing company to find efficiencies in all regions in the province's health care system.

Van Denakker said the RHA's Dr. Myron Thiessen has made progress in



Ron Van Denakker

doctor recruitment efforts in the UK and Ireland.

"It's looking encouraging that several of those physicians that he spoke with will likely be coming over."

There are also plans in the works to create a traditional healing centre in Pine Falls that Van Denakker called "groundbreaking."

The centre, slated to open in March 2017, will have elders and First Nations health providers with traditional



TRIBUNE PHOTO SUBMITTED

The creation of a new Indigenous healing centre in Pine Falls is scheduled to open in March 2017.

medicine. There will be a ceremonial room for smudging too.

Van Denakker said the health centre will be the first of its kind in Manitoba and will work in hand with western medicine.

It will also have a room for Indigenous peoples who are reaching the end of their life.

And the RHA's not stopping there.

Health officials are still trying to set up a clinical teaching program for the Interlake in Selkirk.

The goal of the program is to have a hub in Selkirk with student doctors working across the region in places like Arborg and Beausejour.

"We have groups of doctors that are engaged and wanting to be part of the process," Van Denakker said.

## Wellness coach offers tips for a healthy start to the new year

By Jennifer McFee

The start of a new year offers an ideal time for a fresh start with a focus on health and wellness.

Wellness coach Kelly Hunter is sharing her words of wisdom for leading a healthy lifestyle.

"To start off, have a realistic goal," she said. "Many women have an unrealistic goal that in two weeks they want to lose 25 pounds to fit into this particular dress that's been in their closets forever."

Rather than starting a diet, she suggests that people might want to focus on maintaining their current weight.

"Also, don't swear off any particular foods, like saying you're never going to have chocolate," she said. "You're just setting yourself up for failure."

Other simple advice includes getting enough sleep and not skipping breakfast.

"Those are two very key things in maintaining your weight. When you skip breakfast and you try to bankroll a whole bunch of calories for a party, for example, then you end up going to the party hungry," she said. "You need to have a healthy routine and a healthy balance, so you need to routinely have your breakfast."

And when you're eating, Hunter recommends reducing or eliminating distractions.

"When you have your meals, put down the phone, turn off the television, put down the tablet and close the Kobo because you need to eat distraction-free. It's very important because then you can actually learn what you're eating and how much you're eating and get into those body cues that we were born with," she said.

"Babies don't sit in front of the TV and eat all night. They're hungry, they cry, you feed them and they're done. But as adults, we lose that over time because we've been eating for reasons other than nourishment. We've been eating for pleasure or we've been eating because we're sad or we've been eating because everybody else is eating. And we've developed a habit of multitasking and doing two things at once — eating and reading, eating and watching TV, eating and Facebooking."

To make the most of the mealtime experience, she suggests using your fancy dishes and creating an event out of it.

Continued on page 10



TRIBUNE PHOTO SUBMITTED

Wellness coach Kelly Hunter shares tips for those looking for a fresh start to the new year in her colouring calendar.



# 2016 keeps Selkirk-Interlake's MP on his feet as he adapts to new role



TRIBUNE FILE PHOTO  
Selkirk-Interlake-Eastman MP  
James Bezan

By Austin Grabish

James Bezan is getting used to being busy. The MP for the Selkirk-Interlake Eastman riding says he has a lot more to do these days in Ottawa.

Keeping them honest is Bezan's goal as the Conservatives' new defence critic.

He's charged with keeping the new federal Liberals accountable.

The Grits are what Bezan wants to talk about today, but first, we nudge his highlight for the Interlake this year.

He says it's the end of the Freshwater Fish Marketing Corporation's monopoly.

Bezan said the announcement, made by the Pallister government, will reel fishers in the right direction.

"It allows them to go out and get better prices on the free market."

The deal is still 12 months away but will mean better business for fishers in places like Dauphin River and Lake St. Martin, Bezan said.

Now to what Bezan wants to talk

about — concerns about the feds' plan to send Canadian troops to Africa.

Defence Minister Harjit Sajjan has committed to sending Canadian troops on a three-year deployment to a number of African countries.

Bezan notes recent deaths in Mali where United Nations peacekeepers have been killed.

The MP questions why Canada wants to send troops there.

"Our concern and the concern of our veterans is what's our national interest in going to the UN for what people think is peacekeeping but it's not," he said.

"These are very dangerous missions. Let's not call this peacekeeping. If they go over there, this is a war against terrorism."

Bezan sounds the alarm about terrorist groups like ISIS — something he did as parliamentary secretary to the minister of national defence before the Liberals' April sweep.

"They are going to use blue helmets for target practice," he said speaking

of ISIS and Al-Qaeda in Africa.

The alarm bells Bezan is sounding are harder these days. He's still in the same office in Ottawa — one he's had for over 10 years.

But in Opposition, he no longer has government departments at his fingertips that can provide research and facts.

Instead, he must rely on freedom of information and parliamentary researchers to find out what the government is doing. That makes his workload heavier.

And the workload doesn't end there.

In between duties as MP and defence critic, Bezan is co-chairing the leadership campaign for Durham MP Erin O'Toole, who is running for leader of the Conservative Party of Canada.

Bezan said he didn't consider running for the Tories himself because he isn't bilingual and believes firmly that the leader of the party needs to be fluent in French.

Bezan made no hint on the phone that 2017 would be any slower.

## > WELLNESS COACH, FROM PG. 9

"All those nice dishes that you have in the china cabinet that you save for a special occasion, you can use those every day. I have candles on the table every day so I set the mood and I sit at the table with my husband," she said. "Then you get into the habit of really tasting your food."

To avoid temptation, Hunter recommends keeping unhealthy food out of the house.

"In January, get rid of everything. Give it all away. If you

got a box of chocolates, give it away or put it in the freezer. Christmas is over and it's time to move back into your routine," said Hunter, who has lost more than 130 pounds and kept it off successfully over nine years.

"We all have things that we really love. If you want an ice cream, go have an ice cream and then come home — but don't bring it into the house."

If you're going out to a restaurant, you might also want to avoid ordering a drink before you order your meal, she said.

"Once you have your little drink of wine or martini, then you are going to order all kinds of wonderful things," she said. "Your inhibitions are very low, so you're going to get the second basket of bread and all the things that you want."

At the same time, she stresses the importance of sticking with other healthy routines such as attending yoga or

dance classes.

"Try not to let anything deter you. It's a busy time of year and sometimes it's hard in January because it's cold," she said. "But if you already started a class or you have a routine like going for a walk, don't skip it because you have to take care of yourself in order to have a healthy balance."

For Hunter, it's best to approach your health one day at a time — and one meal at a time.

"A lot of the experts say to be healthy and to live a healthy life, you need to focus on the now. Whenever possible, leave the past in the past. If you had a really wonderful Christmas with lots of food, it's done," she said.

"Keep believing and keep dreaming. If you want to be healthy and that's your goal, that's great, but detach from specific outcomes. Accept yourself for who you are today instead of yearning for the past or pining for the future. That doesn't mean that we're giving up; it simply means that we're giving in. At the end of the day, when all else fails, let it go."

To help share the journey of healthy living with others, Hunter teamed up with Gail Spencer Lamm to create a new colouring calendar called Create Your Year. Lamm did the illustrations while Hunter wrote useful tips.

"We want people to use it like a drawing board," Hunter said. "I want people to be able to colour all over it and make plans and journal in it. We're very excited about it."

Hunter has the calendars available for the public at 55 Plus in Stonewall.





**Linda Orcheski**  
Independent Insurance Broker

Life and Mortgage Insurance  
Critical Illness and Long Term Care  
Income Replacement Plans  
Business Insurance Solutions  
Health & Dental & Travel

lofinancial@shaw.ca    www.orcheski.com





**Law Office**

- FAMILY LAW  
(Custody, Support & Divorce)
- WILLS & ESTATE LITIGATION
- REAL ESTATE

Call for Appointments  
\*Local Appointments upon Request


**MICHELLE LAHAM SZUTIAK**  
Experienced Lawyer & Interlake Resident  
Call (204) 691-5969 or email mszutiak@peoplescornerlaw.ca

**Ring It In!**

2017


Another year is dropping in, and we can't think of a better place to spend it than right here with wonderful friends and neighbors like you. Thank you for your support in 2016. We wish you all the best: **Happy New Year!**

**ROYAL CANADIAN LEGION**  
STONEWALL BRANCH - 467-2261



**Ford Lincoln**

Parkside Ford Lincoln,  
2000 Main Street, Winnipeg  
Bus: (204) 339-2000 ext.264  
Cell: (204) 792-6025  
Toll Free: 1-800-552-4891  
Email: jlbuckle@parksideford.net  
www.parksideford.net



**Jim Buckle, Sales Manager**  
31 Years of Service



# Winter 2017 PROGRAM



*Interlake School Division  
Continuing Education*

## WINTER 2017 REGISTRATION FORM

Course Number: \_\_\_\_\_  
Course Name: \_\_\_\_\_  
Course Title: \_\_\_\_\_  
  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Fee: \_\_\_\_\_

☐ CHEQUE ☐ CASH ☐ DEBIT ☐ VISA ☐ MASTERCARD

Make cheques payable to: Interlake School Division  
192 – 2nd Avenue North, Stonewall, Manitoba R0C 2Z0

FOR MORE INFORMATION CONTACT  
JOCELYN DERKSEN PROGRAM COORDINATOR  
jderksen@isd21.mb.ca  
204-467-2956 fax 204-467-8334  
[www.isd21.mb.ca/coned](http://www.isd21.mb.ca/coned)

## REGISTER NOW!

THE CONTINUING EDUCATION OFFICE IS CLOSED  
DECEMBER 23<sup>RD</sup>, 26<sup>TH</sup>, 27<sup>TH</sup> & 30<sup>TH</sup> & JANUARY 2<sup>ND</sup>, 2017

- All classes run subject to enrollment.
- Please register early to avoid cancellation and disappointment!
- All evening classes held in the schools are cancelled if the schools have been closed for holidays, in-service days or inclement weather. Some classes may also be cancelled/postponed due to school functions. Closures due to weather are announced on CJOB or on our website [www.isd21.mb.ca](http://www.isd21.mb.ca). We will do everything we can to make up any missed classes.

### REFUND/CANCELLATION POLICY

- Refunds must be requested three days prior to course start date, less admin fee \$15. No refunds following the first class except in exceptional circumstances where a course credit may be issued.
- For courses cancelled due to insufficient enrollment you will be notified and money will be refunded in full.
- Please note start date, time and location of course. You will not be sent a confirmation of registration. You will be contacted only if the course is cancelled due to insufficient registration.

**Please feel free to mail in your registration**  
**Regular office hours resume January 3rd**

**Interlake School Division, Continuing Education**  
**192 2nd Ave North, Stonewall MB R0C 2Z0 • 204-467-2956**  
**Jocelyn Derksen – Program Coordinator**

**Hours: Monday 11:00-6:00 (during peak registration) Tuesday – Friday 8:30 – 4:30**

**Phone 204-467-2956 [www.isd21.mb.ca/coned](http://www.isd21.mb.ca/coned)**

**Check out our WEBSITE [www.isd21.mb.ca](http://www.isd21.mb.ca)**



## FITNESS/YOGA

### STONY MOUNTAIN BOOT CAMP FITNESS CLASSES

with Rhonda Steffan, Canfitpro Certified Fitness Instructor  
Specialist and Healthy Eating & Weight Loss Coach Certification  
rstfitness@gmail.com

CLASS DISCOUNTS - One for \$55; Two for \$100 Three for \$130  
5 CLASS PUNCH CARD - \$45

#### TABATA INTERVAL BOOT CAMP

Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

##### W17/01

8 Mondays starting January 9th, 2017 (no class February 20th and March 6th)  
6:00-7:00 p.m. at Stony Mountain School

##### W17/02

8 Thursdays starting January 12th, 2017  
NOTE START TIME 6:55-7:45 p.m. at Stony Mountain School

##### W17/03 CIRCUIT INTERVAL BOOT CAMP

Please bring: hand weights, a water bottle, yoga mat, & indoor runners.  
8 Wednesdays starting January 11, 2017  
6:00-7:00 p.m. at Stony Mountain School

For detailed  
descriptions  
for these  
classes visit  
www.isd21.mb.ca/  
coned

### BALMORAL FITNESS

#### W17/04

##### PUNISHER CIRCUIT

9 Wednesdays starting  
January 11th, 2017  
6:00 - 7:00 p.m. at Balmoral School  
Fee: \$60

This is a 60 minute circuit incorporating strength and cardio. **Equipment required:** water bottle, hand towel and yoga mat. Instructor Myles Taylor, FIS Canfitpro Certified.

#### W17/05

##### CO-ED BASKETBALL

(13 yrs to adult)  
Sundays starting - January 15, 2017  
8:00 - 9:00 at  
Stonewall Centennial  
Fee: \$25

League Coordinator - Darrell Vesa

#### W17/06

##### BADMINTON

Badminton - Students Grades 9 - 12  
and adults of all ages  
10 Sundays starting January 15, 2017  
1:30-3:00 p.m. at  
Stonewall Collegiate  
Fee \$55  
Instructor: Dale Kinley  
Sign up for winter and spring \$95

#### W17/07

##### VOLLEYBALL

Intermediate  
Level (Co-Ed) Age 18+  
Mondays starting January 9, 2017  
7:10-9:40 at Stony Mountain School  
Fee: \$30  
Register for both for \$45  
(No volleyball February 20, March 6, March 27, April 24, May 8)  
Must be physically capable and experienced to play at a competitive level. For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851.

#### W17/08

##### VOLLEYBALL

Recreational/Beginner  
Level (Co-Ed) Age 16+  
Fridays starting January 13, 2017  
7:00-9:30 at Stony Mountain School  
Fee: \$30  
(no volleyball February 3, March 31, April 14)  
For more information please contact Tammy at 204-467-7753 or Ashley at 204-471-2851.

Anyone taking a class that requires physical exercise should have a check-up by their physician. Our fitness programs are designed to provide exercise sessions that are both physically challenging and fun for a variety of different fitness levels



#### W17/09

##### KICKBOXING

8 Mondays starting January 16, 2017  
7:30 - 8:30 p.m. at  
École R.W. Bend School  
Fee: \$145  
(no class February 20 and March 6)  
Participants will be required to bring their own gloves and shin pads (Kwest will offer a discounted price to either purchase or rent) Kick pads will be provided for the duration of the 8 weeks. Instructor: **Kwest Muay Thai & Kickboxing.**

#### YOGA WITH CARLA

Please bring a yoga mat and blanket.  
Instructor: **Carla Kummén**

#### W17/10

8 Mondays  
January 16 - March 20, 2017  
(no class February 20 and March 6)  
6:00 - 7:00 p.m. at  
École R.W. Bobby Bend - Stonewall  
Fee: \$60

#### W17/11

8 Tuesdays  
January 17- March 7, 2017  
6:00 - 7:00 p.m. at Balmoral School  
Fee: \$60

#### W17/12

8 Wednesdays  
January 18 - March 8, 2017  
6:00 - 7:00 p.m. at Argyle School  
Fee: \$60

#### YOGA WITH MARNI

Please bring a yoga mat and blanket.  
Instructor: **Marni Daun**

#### W17/13

8 Tuesdays  
January 17 - March 14, 2017  
(no class February 20 and March 6)  
7:00 - 8:00 p.m. at  
Stony Mountain School  
Fee: \$60

## STONEWALL BOOT CAMP

With Sarah Todd  
FIS, HWL CANFITPRO  
Certified

www.SparkFitnessandNutrition.ca

### SPECIAL DISCOUNT

One for \$55; Two for \$100 Three for \$130  
5 class punch card \$40

#### W17/14

##### BOOT CAMP

Mondays starting January 9, 2017  
(no class February 6, 20 and March 6)  
6:00-6:45 at École R.W. Bobby  
Bend School  
Fee: \$55

#### W17/15

##### YOGA

8 Wednesdays starting  
January 11, 2017  
(no class February 1)  
7:15 - 8:45 at École R.W. Bobby  
Bend  
Fee: \$55

#### W17/16

##### TABATA

8 Thursdays starting  
January 12, 2017  
(no class February 2)  
6:00 - 6:45 at École R.W. Bobby Bend  
Fee: \$55



**ZUMBA**  
fitness

Coming in the Spring: "STRONG" by Zumba™ crafted to drive the intensity in a challenging progression that provides a total body workout. This class will push you past your plateaus to help you reach your fitness goals faster. Gain muscular endurance, tone, and definition!

**Samara Robertson**  
Zumba Fitness® Licensed  
Instructor - Basics 1  
Trained in First Aid / CPR

SPECIAL DISCOUNT  
One for \$65; Two for \$120  
Three for \$165

#### W17/17

9 Tuesdays starting  
January 17 2017  
6:00 - 7:00 pm  
at Warren Elementary  
Fee: \$65

#### W17/18

9 Wednesdays starting  
January 18th 2017  
6:00-7:00 pm at  
École R.W. Bobby Bend School  
Fee: \$65

#### W17/19

9 Thursdays starting  
January 19th 2017  
6:00 - 7:00 pm at  
Warren Elementary  
Fee: \$65



## WALKING AT THE HIGH SCHOOL (INDOORS )

All evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays, parent teacher, school dances etc.)

#### W17/20

Stonewall Collegiate

#### W17/21

Teulon Collegiate

#### W17/22

Warren Collegiate Walking is 5:30 - 7:00

Note: Indoor shoes are required and walking hours are strictly 6:30-8:00 p.m.

**Monday - Thursday**  
**January 9 - March 23, 2017**

Fee: \$10.00

(For new registrations only. If you registered in Fall you are paid until March)

## Teulon Rockwood



RECREATION COMMISSION

**Beth Hutchinson**

Phone - 1-204-861-0366

Email - teulonrockwoodrec@gmail.com

Twitter - @teulonrockwood

Facebook - www.facebook.com/teulonrockwoodred

## ROSSER WOODLANDS

RECREATION COMMISSION

Contact Info: **Kelly Kimball**

Phone - 1-204-461-4040

Email - rosserwoodlandsrec@mymts.net

Twitter - @RWRecComm

Facebook - "Like" Rosser Woodlands  
Recreation Commission

Monthly E-news - Message any of the above  
to sign up for the R&R Newsletter

## SENIOR & PARENT TOT SKATE

10:15 - 11:15

(check website for dates)

http://www.rosserwoodlandsrec.com/  
sr-parent-and-tot-skate-1617.html)

## PICKELBALL

Thursdays at Woodlands 5:00 - 6:30 pm

## ADULT DANCE -

Friday's at Meadows 7:30-9:00  
(call 204-461-4040 for details)





## YOUTH CLASSES

**W17/32**  
**HOME ALONE - EMERGENCY PREPAREDNESS & PEOPLE SAVERS 3 (AGES 8-13)**  
Wednesday March 1, 2017  
6:00-8:30 p.m. at Stonewall Collegiate  
Fee: \$35

Instructor: Kelly Kimball  
Children should not be left alone under the age of 12. Even though they may have taken the Home Alone People Savers Course, parents should make arrangements to have any child under 12 supervised at all times.

### **BABYSITTING SAFETY (ages 11-15)**

Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and a doll.  
Instructor: Kelly Kimball.

**W17/33**  
Saturday February 11, 2017  
9:00 - 5:00 p.m. at Stonewall Collegiate  
Fee: \$60

**W17/34**  
Saturday April 8, 2017  
9:00-5:00 p.m. at Warren Collegiate  
Fee: \$60

**W17/35**  
**BADMINTON GRADE 8 AND UNDER**  
Sundays starting January 9, 2017  
12:00 - 1:00 p.m. at Stonewall Collegiate  
Fee \$55

Sign up for winter and spring \$95  
Bring your own racquet. Racquets may be purchased from the instructor: Dale Kinley.

### **W17/36** **CHILDREN'S ART CLASSES (AGES 7 - 12)**

6 Thursdays  
February 2 - March 9 2017  
4:00 - 5:30 p.m. at Stonewall Collegiate - Art Room  
Fee: \$85

Supplies are included in the course fees, and provided by the instructor:  
Julia Denis, Artist and Art Teacher.

**PAINT PARTY**  
TD Fine Arts  
All materials are supplied!  
(ages 8 and up)



**W17/37**  
12x16 'Asters'  
Tuesday February 7, 2017  
6:00-8:00 p.m. at Stonewall Collegiate  
Fee: \$40

### **KIDS CAN COOK THE HEALTHY WAY! (GRADES 3-5)**

Please advise any food allergies on your registration form. Instructor: Meechelle Best  
No outside food or drinks. Please indicate any food allergies at time of registration.

**W17/38**  
6 Tuesdays  
January 24 - February 28, 2017  
4:00 - 5:30 p.m. at Stonewall Collegiate  
Fee: \$70

*All evening classes held in the schools are cancelled if the schools have been closed during the day for any reason (i.e. storms, holidays, in-services).*

## HEALTH & WELLNESS

### **W.O.W. (WOMEN ONLY WORKSHOPS)!**

These introduction workshops are created for Women that are looking to empower and improve their current everyday lifestyles. We learn best when sharing the tips and gaining the tools for the work that's needed. From Crystals to Meditation, the subjects and topics are specifically designed to assist you on your personal, healing journey. Instructor Michelle LaRue.

**W17/42**  
**GETTING THE BEST NIGHT'S SLEEP**  
Thursday February 2, 2017  
6:30 - 8:00 pm at Stonewall Collegiate  
Fee: \$50 - register for 3 get the 4th class free

**W17/43**  
**1 MINUTE MEDITATION!**  
Using breathing exercises to help relax Body, Mind and Spirit.  
Thursday February 9, 2017  
6:30pm - 8:00 pm at Stonewall Collegiate  
Fee: \$50 - register for 3 get the 4th class free

**W17/44**  
**FROM ATTITUDE TO GRATITUDE!**  
Thursday March 2, 2017  
6:30pm - 8:00 pm at Stonewall Collegiate  
Fee: \$50 - register for 3 get the 4th class free  
Learn the tools of changing your everyday attitude to one that is full of love and appreciation of the world around you and all that it offers.

**W17/45**  
**TIPS TO UNCONDITIONALLY LOVING YOURSELF**  
Thursday March 9, 2017  
6:30pm - 8:00 pm at Stonewall Collegiate  
Fee: \$50 - register for 3 get the 4th class free  
Learn how to be a better person to the most important person you know, YOU!

**W17/46**  
**INTRO TO ESSENTIAL OILS**  
Friday January 13, 2017  
6:00-7:30 pm at Stonewall Collegiate  
Fee: \$35

Saturday January 28, 2017  
2:00 - 3:00 pm at Stonewall Collegiate  
Fee: \$35  
Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant  
<http://janiceburbella.wix.com/peacefulpoplar>

**W17/47**  
**NATURAL CLEANING WITH ESSENTIAL OILS**  
Saturday January 14, 2017  
2:00-3:00 pm at Stonewall Collegiate  
Fee: \$46  
Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant  
<http://janiceburbella.wix.com/peacefulpoplar>

**W17/48A**  
**ROCK YOUR MIND, BODY AND SPIRIT WORKSHOP**  
Saturday January 14, 2017  
9:30 am - 12:00 pm at Stonewall Collegiate  
Fee: \$65  
Instructor Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant  
<http://janiceburbella.wix.com/peacefulpoplar>

**W17/48B**  
**EMOTIONAL WELL-BEING WITH ESSENTIAL OILS**  
Saturday January 28th 2017  
11:00 am - 12:00 pm at Stonewall Collegiate  
Fee: \$45  
Janice Burbella Usui Reiki Master and Teacher, Aroma Touch Technique Practitioner, Doterra Essential Oil Consultant  
<http://janiceburbella.wix.com/peacefulpoplar>

## PERSONAL INTEREST / SAFETY / LANGUAGE

**W17/39**  
**ECSI- FIRST AID/CPR (EMERGENCY CARE AND SAFETY INSTITUTE)**  
2 classes March 1 & 8, 2017  
6:00-10:00 p.m. at Stonewall Collegiate  
Fee: \$90  
Instructor: Bob Barsi

**CPR ONLY**  
Can be taken the first night  
Fee: \$45

**W17/40**  
**FOOD HANDLERS CERTIFICATION**  
Saturday February 18, 2017  
9:30 a.m. - 4:00 p.m. at Stonewall Collegiate  
Fee: \$110 (re-certification only \$65) Recertification please arrive at 3:00 p.m.  
The Student Workbook is included in the course fee. Instructor: Lori Zdebiak RD. (Please be advised that there is a 30 minute lunch break).

**W17/41**  
**SPANISH (CONTINUING)**  
8 Mondays  
January 16 - March 20th 2017  
(no class February 20 and March 6th)  
6:00-7:30 pm at Stonewall Collegiate  
Fee: \$100  
Instructor Erika Riley. (Suitable for those who have some basic knowledge of Spanish and for those who took the beginner Spanish ).

**W17/49**  
**THE MINDFULNESS REVOLUTION**  
Thursday, March 16, 2017  
6:30 - 8:30  
at Stonewall Collegiate  
Fee: \$30

We will look at what mindfulness really is, and how you can put it into practice on a daily basis. Presenters: Al and Ashley Kircher. Both have extensive backgrounds in mental health and running mindfulness workshops. AL is a psychologist specializing in treating children with behavioural problems.

**W17/50**  
**THE BRAIN THAT CHANGES ITSELF**  
Thursday, March 23, 2017  
6:30 - 8:30  
at Stonewall Collegiate  
Fee: \$30  
We will look at the latest research on how our brain can rewire itself through what is now known as neuroplasticity. Presenters: Al and Ashley Kircher, psychologist and mental health worker respectively .



See full class write ups  
on the website  
**[www.isd21.mb.ca/coned](http://www.isd21.mb.ca/coned)**





## Interlake School Division Continuing Education

# Winter 2017 PROGRAM

### PAINTING/ ART

**One-Day Oil Painting Seminar for the Absolute Beginner - Stonewall**  
Join popular instructor Julie Lamoureux in learning how to create these stunning paintings you will be proud to display. [www.artworkshops.ca](http://www.artworkshops.ca)



#### W17/51A 12X16 'NEW LIGHTS' 'HALF DAY'

**Saturday February 18, 2017**  
9:30 - 12:30 p.m. at Stonewall Collegiate  
(class end time is approximate)  
**Fee: \$67**  
Image is copyrighted



**W17/51B  
14X18 'MOUNTAIN DAWN'**  
**Saturday March 18, 2017**  
9:30 - 4:30 p.m. at Stonewall Collegiate  
(class end time is approximate)  
**Fee: \$94**  
Image is copyrighted

#### NEW W17/52 BOOKMAKING SESSION AGES 14 AND UP

**Thursday January 19, 2017**  
6:00 - 8:00 pm  
**Fee: \$35**

Learn how to create a hand bound book with a hard fabric cover. These books can be used as journals, photo albums, or sketchbooks...Students will have time to create at least one book during the session, and may have time to create a 2nd. Supplies are included in course fees, and supplied by the Instructor, Julia Dennis, Artist and Art Teacher.

#### NEW W17/53 BATIK PAINTING AGES 14 AND UP

**Saturday January 28, 2017**  
10:00 - 3:30 pm (with half hour lunch)  
**Fee: \$55**

Learn how to paint on fabric using fabric dye and a wax resist. Batik painting has roots in craft traditions around the world, but is most known for Indonesian and African fabric patterns... The batiks produced in this class will be individual works of art. Supplies are included in course fees and provided by the Instructor, Julia Dennis, Artist and Art Teacher.

#### NEW W17/54 DRAWING WITH PEN AND INK 6 classes January 19 - February 23, 2017

**6:30 - 8:30 at Stonewall Collegiate**  
**Fee: \$68**  
Learn the techniques needed to create detailed black and white drawings. Enjoy step by step instructions to produce a finished drawing of a wolf or horse. No previous sketching ability required. Supply fee of approximately \$10 payable to the instructor Linda Gillies.

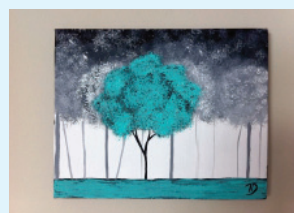
### TD FINE ARTS

#### Paint & Sign Parties - Stonewall, Stony Mountain, Warren Toni Dent, Artist

Learn the techniques needed to create detailed TD Fine Arts is a Canadian grassroots company that started in rural Manitoba. They have since grown and now offer events in Manitoba and Alberta. As Canadians, they support other Canadian businesses. All our paint & canvases are hand-made in Canada!!

Join Toni for an evening of laughing and creativity.

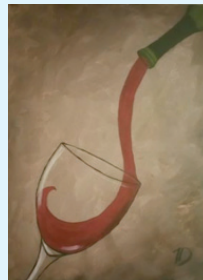
Everyone leaves with their very own 16 x 20 painting! All materials are supplied.



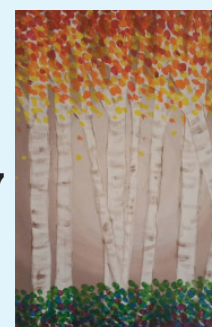
**W17/55  
'STANDING BLUE'**  
**Monday, January 23, 2017**  
6:00 - 8:00 pm at Stony Mountain  
**Fee: \$42**



**W17/57  
'PEBBLE DAISY'**  
Reclaimed wood  
14" in length  
**Tuesday**  
**March 7, 2017**  
6:00 - 8:00 pm at  
Stonewall Collegiate  
**Fee: \$42**



**W17/56  
'VINO'**  
**Tuesday,**  
**February 21, 2017**  
6:00 - 8:00 pm  
at Stonewall  
Collegiate  
**Fee: \$42**



**W17/58  
COLORFUL  
BIRCH**  
**Monday**  
**March 20, 2017**  
6:00-8:00 pm  
at Warren  
Elementary  
**Fee: \$42**



### INSTRUCTOR: SHELLEY SCHAEFFER, BA, B ED

Certified in Group Fitness, Resistance Training, Active Older Adults. Zumba®, Zumbatomic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2)

### SPECIAL DISCOUNT FOR SHELLEY'S CLASSES

**ONE FOR \$55 - TWO FOR \$95 THREE FOR \$125 - FOUR FOR \$145**

#### BOOT CAMP

This invigorating workout aims at improving cardiovascular endurance and muscular strength. Yoga mat and weights (3-10 lbs.) required.

#### W17/23/24/25

**8 classes - Monday, Wednesday and Friday**  
**Starting January 9, 11, 13, 2017**  
5:40 am - 6:25 am at  
École Stonewall Centennial School

#### W17/29

**8 Mondays starting January 9th 2017**  
6:15 - 7:00 pm at École Stonewall Centennial

#### W17/26 SHRED, SHAPE AND SCULPT

**8 Saturdays starting January 14, 2017**  
8:45 am - 9:30 am at  
École Stonewall Centennial School  
A 10:10:10 format combining, cardio, interval training and toning. Yoga mat and weights (3-10 lbs.) required.

#### W17/27 STRETCH STRENGTHEN AND ALIGN

**8 classes - Tuesdays/Wednesdays**  
**January 10, 18, 24 February 1, 8, 14, 21 March 1**  
9:00 - 9:45 am at Parochial Hall  
A combination of yoga and Pilates to create balance between strength, flexibility, mobility and alignment. Yoga mat required.

#### W17/30 TABATA INTERVAL (A.K.A Crazy Eights)

**8 Tuesdays starting January 10, 2017**  
6:15 pm - 7:00 pm at  
École Stonewall Centennial School  
Short, intense bursts of simple, yet challenging exercises that burn maximum calories. Yoga mat required.

#### W17/31 HEAVY METAL YOGA

**8 Thursdays starting January 12, 2017**  
6:15 pm - 7:00 pm at  
École Stonewall Centennial School  
A calorie burning vinyasa flow combining strength training exercises and yoga poses. Yoga mat and weights (3-10 lb) required.





# New Year's reflections with Stonewall Mayor

By Jennifer McFee

In mid-December, Stonewall Mayor Lockie McLean took the time to answer a few questions that reflect on 2016 and look ahead to 2017.

**Tribune:** What have been some of the biggest successes for the Town of Stonewall in 2016?

**Mayor Lockie McLean:** At the very top of the list is the start of construction on the 71-suite seniors housing expansion to the current Lions manor. When the Lions first proposed this expansion to council, it was one year ago this month. I drive by it pretty much every day to see it unfold, knowing that the landscape of Stonewall will change once it is constructed and knowing how good this is for our community.

\* We have put in place a very solid senior management team with Do-

reen Steg as CAO and Diane Allan as assistant CAO. Dustin Davidson (Public Works) and Brett Chatfield (Parks & Arenas) are doing an amazing job at managing their departments. We are very fortunate to have the management team that we now have as they are all top notch.

\* We were able to negotiate a new agreement with the curling club.

\* Recognizing and naming Lethbridge Park was special.

\* Eliminating the dog and cat licence fees was awesome.

\* Paving of the abandoned rail line and seeing folks using it as an exercise trail.

\* Putting new sidewalks in to improve safety and completely reconstructing the entire 9th Avenue South.

\* Most importantly is seeing our council act as a team. This is a great group that understands and respects

the responsibility that comes when you walk into the council chambers. I think in some ways the Town Hall itself is such historic building, with so much history that you cannot help but feel the responsibility that comes with having a seat around the table.

**Tribune:** What have been some of the biggest challenges in 2016?

**Mayor Lockie McLean:** We want to update our zoning bylaw as it has been decades since the last major revision. One of the key changes is making assisted community living homes a permitted use as currently it sits as a conditional use. Earlier in the year, it was painful to have to put folks through a hearing process that pitted neighbours against neighbours. Council does not want anyone, any families needing an ACL home to have to go through that process again.

\* The Lions expansion process required both debate and compromise at times to help expedite the project. I would say navigating and helping with the project requirements was the greatest challenge for our council in 2016. Driving home when the development agreement received third reading and was passed by council was a time to reflect.

**Tribune:** What are some of the big issues or projects coming up in 2017?

**Mayor Lockie McLean:** We have a labour contract that expires with the unionized workers in mid-2017. Managing this process will be challenging for both parties in this equation.

\* We need to get our lagoon expansion (\$5.5 million) project underway early in 2017. If we can substantially complete it by the spring of 2018, we have a good chance of receiving significant federal funding to offset the cost to the taxpayers of Stonewall.

\* Making sure we move the town forward in terms of capital needs but at the same time making sure we do all possible to stay out of the taxpayers' pocket.

\* We will install new water meters in the town that are radio frequency controlled. This means absolute real-time accuracy for water usage reading and as well it is done by remote so totally user friendly. The cost was slightly north of \$800,000, but our CAO was able to get a grant from the province for half the cost and we used provincial gas tax rebate money to pay the difference. Just great to see as the net cost to the residents of Stonewall to move from old technology to the latest best technology was zero.



Town of Stonewall  
Mayor Lockie McLean

**Tribune:** Are there any plans in the works for Canada 150 celebrations?

**Mayor Lockie McLean:** We have registered myself on behalf of Stonewall as a participant in our 150 anniversary year 2017. I am sure that much like 1967, we will adopt the Canada 150 logo as part of the town's celebration. As well, we want to participate and promote Stonewall, so for sure we have to be creative and find some ways to do this.

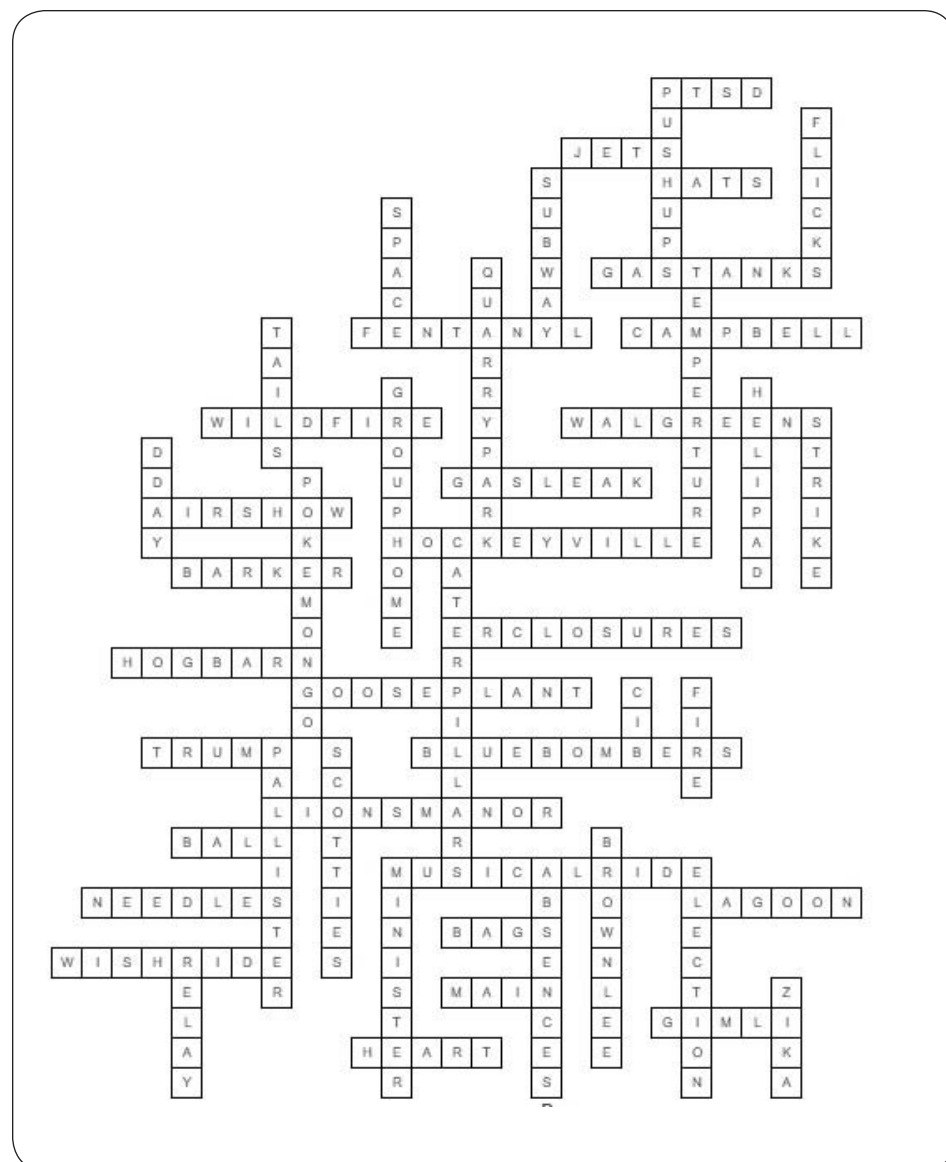
**Tribune:** What are your goals or resolutions for the community for the New Year?

**Mayor Lockie McLean:** I want to see some headway made to pave the way for new future personal care home beds in Stonewall. As well, years ago, we gave a lot of land to the Stonewall & District Hospital so that they had room for future expansion. That was decades ago so that future is now. I would like to see our hospital get some attention under the new PC government.

**Tribune:** Are there any messages that you'd like to share or anything else that you'd like to highlight?

**Mayor Lockie McLean:** I am very satisfied with where we are at in terms of what Stonewall is today. More importantly, though, is making sure that we look out to do the things today to help make Stonewall a better place in the future. If someone wants to develop, great, but we have a bylaw in place now that ensures the developers contribute much more than in the past. If this slows down development, so be it as we are in no race to be a city.

## Do you remember...2016?



SUBMITTED PHOTO

Answer key



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Tribune sports roundup

By Brian Bowman

The sporting world in the Interlake was an extremely busy — and successful one — this past year as local athletes and teams attained athletic excellence.

Here are some of the highlights from 2016.



Rob Martell

### January

Stonewall's Rob Martell officiated his 1,000th — and final — NHL game in Tampa Bay as the Lightning edged the Minnesota Wild 3-2 in a shootout.

It was an end to a fantastic career for the well-respected and popular Martell. Martell found his niche in a career that is seldom popular with players and fans.

Stony Mountain's Brett Stovin was one of several University of Manitoba Bisons' hockey players that received a



Brett Stovin

2015-16 Mike Ridley Annual Award.

The Mike Ridley Awards were established in 2003-04 season as an endowment fund for the University of Manitoba.

The North American Hockey League announced that Grosse Isle forward Drake Lindsay was one of three Corpus Christi IceRays' players that were selected to represent their club on Team South at the 2016 NAHL Top Prospects Tournament from Feb. 15-16 in Plymouth, Mich.

### February

The Interlake was very well represented at the YONEX Canadian National Badminton Championships, which took place at the Winnipeg Winter Club from Feb. 3-6.



Mark Shinnie, Andrew Martin and Dale Kinley

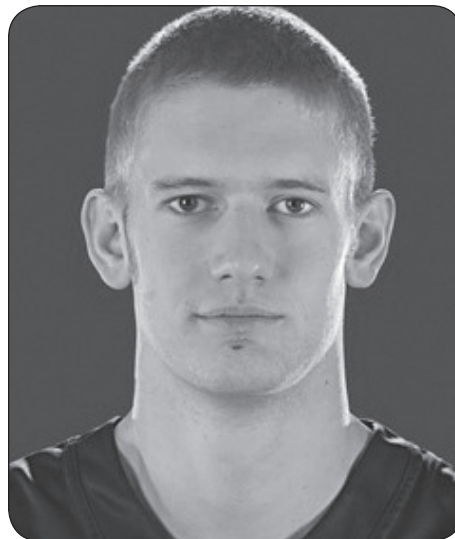
Stonewall's Dale Kinley and Andrew Martin, and Teulon's Mark Shinnie were joined by Winnipeg Beach's Hanna Rebizant at the nationals.

Josh Crellin was named the Smitty's Bison Sports male athlete of the week for the period ending Feb. 14.

The talented 6-foot-7 middle from Stonewall led the No. 4 Bison men's volleyball team to a weekend sweep over the Brandon Bobcats.

The Manitoba Curling Hall of Fame & Museum announced its 2016 class of inductees and it included a pair of local women.

Audrey Hogg of Warren will be inducted into the builder's category while Stonewall's Allyson Stewart will be inducted along with the Lois Fowler rink. Stewart was the lead on



Josh Crellin



Sara Oliver

Fowler's 2015 World Senior Championship team.

Manitoba's Abby Ackland rink lost 7-5 to New Brunswick in a tie-breaker at the 2016 Canadian Junior Women's Curling Championship in Stratford, Ont.

Ackland's Fort Rouge rink, which included Marquette's Sara Oliver as lead, had tied the score at 5-5 with a single in the ninth but New Brunswick put the game away with a pair in the 10th.

A pair of Stonewall Curling Club rinks reached the semifinals of the Tim Hortons Senior Women's Provincial Championship at the Fort Rouge Curling Club.

Stonewall's Maureen Bonar was doubled 6-3 by Neepawa's Terry Ussel in one semifinal matchup while Stonewall's Laurie Deprez was defeated 9-4 by Hamiota's Sandra Cowlie in the other semifinal.

### March

Lorena and Alisha Kaegi won med-

als at the 2016 Pacific International Judo Championships in Vancouver last weekend.

Alisha won a bronze medal in the U-21 Women 63 kg division and also placed fifth in Senior Women 63 kg.

Lorena, meanwhile, won a bronze in the Senior Women 48 kg division.

The Stony Mountain Flames were the 2016 PeeWee Rural "D" Hockey Manitoba provincial champions after defeating Shoal Lake 8-7 in the gold-medal last Sunday.

The Flames earlier defeated Carman 10-2, Sandy Bay 9-1 and Lake Manitoba 8-1 in round-robin play before beating the Southern Steelers 7-5 in the semifinals.

The Lac du Bonnet Blues proved that the playoffs are an entirely new season.

Lac du Bonnet upset the Stonewall Flyers in their Manitoba Senior Hockey League championship, winning the

Continued on page 17



Stony Mountain Flames PeeWee champions



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Continued from page 16

best-of-seven series in just five games.

Stonewall, which lost just one of 16 games during the regular season, was defeated four times in an 11-day period by the Blues.

Lac du Bonnet clinched the series win after a 7-4 victory on March 22 in Stonewall.



Braydon MacDonald

## April

It may have taken longer than he wanted, but Braydon MacDonald can now say he celebrated winning a junior league championship.

The Stonewall product was part of the Portage Terriers' Turnbull Cup championship after a 5-1 win over the Steinbach Pistons in Game 5 of their best-of-seven series.

The Stonewall Jets were crowned the Manitoba Major Junior Hockey League champions.

Stonewall captured its first-ever MMJHL title with a 4-2 win in Game



Hunter Ploszay

4 over the Pembina Valley Twisters on April 20 at VMSC.

Manitoba came home with some shiny new medals recently from the 2016 Juvenile Broomball Nationals in Arnprior, Ont.

Manitoba defeated Saskatchewan 2-0 to win the bronze on the B-side at the eight-team nationals.

Team Manitoba's players included Dana Beck from Stonewall, Emily Caumartin and Raelyn Caumartin.

Rod Ledochowski of Teulon Collegiate was selected as a Payworks High School Coach of the Month for April.

Ledochowski, a phys-ed teacher, has built a strong badminton program at Teulon that has had players always perform well at provincials.

Last season, his team won the "AA" varsity badminton provincials for the first time in Teulon's history. The Saints defended their provincial championship by repeating as "AA" varsity badminton provincial champions last month.



Stonewall Jets - MMJHL champions

## May

Several Stonewall Jets's players were honoured at the annual MMJHL awards banquet in Winnipeg.

Jets' captain Brett Meilleur was selected as the league's winner of the Kip Kelly Memorial Trophy for the hardest-working player.

Stonewall goalie Hunter Ploszay was awarded with the Chris Flintoft Memorial Trophy for the MMJHL playoffs' most valuable player.

Ryan Miskiewicz, Robert Smith and Stuart Fleury were awarded \$500 scholarships while defenceman Garrett Bruce was selected as a second-team all star.



Martin Sveistrup

Marvin Sveistrup of Stonewall was inducted into his second hall of fame after receiving his latest call to a hall May 7 when his 2004 Carefree Getaway Flashbacks senior slo-pitch squad was inducted into the Manitoba Softball Hall of Fame in the team category.

Stonewall, meanwhile, had another resident inducted with a team in the Manitoba Softball Hall of Fame.

Ralph Nespor was an assistant coach with the Manitoba Alliance fastball team that won silver and gold medals in 1994 and 1995 at the Junior Canadian National Championships.

The gold medal was the first for a Manitoba team since the inception of the 30-year Junior National Championships.

Team Manitoba won a pair of bronze medals at the 2016 National Aboriginal Hockey Championships in Mississauga last weekend.

The males won their bronze after blasting Ontario 6-1 on Saturday. On the women's side, Manitoba earned

its bronze after an exciting 2-1 overtime win over B.C. Mariah Gardner scored the game winner.

Team Manitoba's roster included Stonewall goalie Bianca Zak, who plays for the Shaftesbury Titans, and Warren forward Mallory Harvey (Interlake Lightning "AAA").

Just before the beginning of the 2016 Mackenzie Tour-PGA Tour Canada, Cockerill earned his exempt card Friday at a British Columbia Qualifying Tournament.

Cockerill, a Gunton native, was one of seven Canadians — and 41 players — to earn exempt status.



Matthew Fossay

## June

Matthew Fossay took up the sport of table tennis seriously back in February.

Just a few months later, he now finds himself on the Manitoba Table Tennis team that will compete at the 2016 nationals in Winnipeg next month.

Fossay, 16, competed in three different events at nationals. He will take part in the junior (under-18) mixed doubles competition, junior singles and a team event.

Kai Studler of Grosse Isle was selected in the third round, 29th overall, at the Manitoba Junior Hockey League Bantam draft in Selkirk.

Studler, a forward, was selected by the Winnipeg Blues. Last season, he led the Interlake Lightning Bantam team in assists (20) while scoring three goals in 30 regular-season games. Studler also had 68 penalty minutes.

The Warren Collegiate Wildcats' track and field team proved once again that they have one of the best high school programs in the province.

Continued on page 18



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Continued from page 17

Warren earned 109 points (which was one of the highest totals in school history) to rank third overall behind only Kelvin and Sisler.

That stellar point total resulted in Warren's eighth consecutive "AA" banner.



Jade Ledochowski

Teulon's Jade Ledochowski had the baseball experience of a lifetime last week, representing Canada at the inaugural U20 Women's International Cup.

Canada dominated the competition — scoring 54 runs while only surrendering 10 — in running the table and capturing gold by defeating the host Dominican Republic 13-3 Sunday afternoon at Estadio Quisqueya Juan Marichal in Santo Domingo.

It was only fitting that on Father's Day, it was a team of brothers that placed first overall in the Manitoba Marathon's men's relay event.

The Woodlands' contingent of Ryan Hueging and his brothers Mike, Karl, Darrell, and Darcy finished the full marathon in an impressive time of 2:54.33.7.

## July

The Stonewall Blue Jays played some outstanding baseball at the PeeWee "A" provincials last weekend in Rosenort.

But it still wasn't enough to advance to the playoffs on Sunday.

Stonewall finished with a 2-2 record after a tough 11-8 loss to Altona on Saturday. Altona won the game with a late comeback.

Meanwhile, the Stonewall Blue Jays played some sound baseball on their way to finishing with a 1-3 record at the Mosquito "A" provincials.



Bryce Sholdice

Bryce Sholdice finished in a three-way tie for 14th place last week at the Nott Autocorp Men's Amateur Championship at the Minnewasta Golf & Country Club.

Sholdice, who golfs out of Bel Acres, finished with an 8-over 296. He carded rounds of 75, 75, 76, and 69.

His final round included five birdies.

## August

The Interlake Orioles played some really good baseball — finishing with a 2-2 record — at the PeeWee "AAA" provincials in Hamiota last weekend.

"They really picked it up and jelled this weekend," said Orioles' assistant coach Scott Fisher. "We didn't expect them to win two games and they went 2-2. They exceeded our expectations."

Interlake started the tournament with a solid 5-2 win over St. James on Friday morning but then lost 19-7 to the talent-laden North Winnipeg Pirates later in the day.

The Quick Sixteen pitted the 16 fastest drag racing cars in Manitoba together at the Interlake Dragway in Gimli.

And when it was all said and done, Stonewall's Fraser Drad was the fastest of them all.

Drad raced in two categories — the Quick Sixteen and the Pro ET Box up — and, at the end of the day, he was the big winner. He claimed first place in the Quick Sixteen and made it three rounds in the Pro ET Box.

Team Manitoba won a bronze medal at the Western Canadian 14U Girls' Baseball Championship in Dauphin last weekend.

Manitoba crushed B.C. 19-8 to place third on Sunday.

Manitoba's team included Stonewall's Anna Shewchuk, Sarah Dowsett and Megan Humeniuk, Teulon's

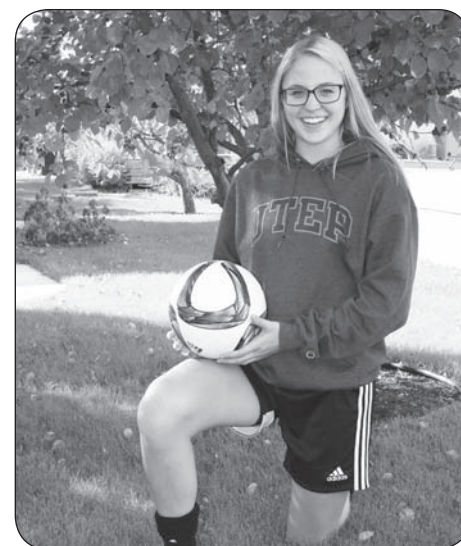
Jacey Ledochowski and Arborg's Brenna Barylski.

A pair of local hockey players spent some time recently sightseeing over in Europe. And, of course, they played some hockey along the way.

Riley Wirgau of Narcisse and Bryden Sinclair of Peguis First Nation spent 10 days in Europe playing against international competition. Both athletes played last season for the Interlake Lightning Bantam team.

The South Interlake Phillies finished with a 2-4 record while winning the gold in the Lucie Carmichael Division at the 2016 U16 Canadian Girls' Fast-pitch Championship in Montreal.

South Interlake won its final game of the tournament on the consolation side last Saturday, defeating the Rebelles U15 team from Quebec 8-3. The Phillies scored four runs in the top of the third inning and then added two more in the fourth and seventh.



Eryka Boisvert

## September

Eryka Boisvert, the standout soccer star from Stonewall, confirmed that she will be playing soccer and attending school at the University of Texas at El Paso in 2017-18.

She expects to sign her letter of intent this February. She recently made her official visit down to the southern Texas campus.

The Stonewall Collegiate Rams had several good performances at the first cross-country meet of the season.

Cale Woods placed second in the junior varsity boys' race. He was followed by teammates Cole Turner, who finished 12th, Baden Richardson (14), Liam Proven (21) and Max Reid (26).

The junior varsity girls' race saw Megan Van Heyst place seventh. Other Rams runners were Tess Derksen (10),

Fallon Furkalo (14) and Hope Blanchette (16).



Amber Schneider

Amber Schneider was very good in the varsity girls' race, placing sixth, while Katie Shier was 35th.

## October

Teulon's Garrett Malcolm was recently recognized in Manitoba's golfing world as he was deservedly selected as the Candidate for Membership of the Year. That award is given to the assistant pro of the year by PGA of Manitoba.

Winning this prestigious award was very rewarding for Malcolm as it recognized all of the hard work that he puts into his profession. Last year, the 26 year old was one of three nominees for the same award but did not win.

The Red River College Rebels' Paige Procter was named to the 2016 MCAC all-conference women's soccer team.

The players were chosen by all participating head coaches within the conference.

Procter is a Grosse Isle product and former Stonewall Collegiate Rams' student-athlete.

In just his first season with the Westshore Rebels, Mike Tillett won a BC Conference championship.

Westshore earned a berth into the national championship after defeating the Okanagan Sun 32-21 on Oct. 29.

The talented offensive lineman has really enjoyed his first season of junior football after starring for the Interlake Thunder Midget squad.

## November

The Warren Collegiate Wildcats may have a young team.

But they showed the poise of a veter-

Continued on page 19



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Continued from page 18



Mike Tillet

an club in their Zone 5 championship game against Ashern on Monday.

Warren won the varsity girls' zone volleyball title after defeating Ashern 2-1. After losing the first set 25-18, Warren stormed back to win the next two by scores of 25-9 and 15-5.

Team Manitoba placed seventh at the 2016 National Women's Under-18 Hockey Championship in Regina last weekend.

Manitoba, whose roster featured Interlake players Olivia Cvar, Kerigan



Amy Martin

Dowhy and Brooke Anderson, finished the tournament with a 6-1 win over Team Atlantic last Saturday. On Friday afternoon, Manitoba edged Quebec 3-2 in a shootout.

Amber Schneider was selected as Softball Manitoba's U16 "A" Player of the Year. The talented pitcher posted a 22-5 record this past season with a 1.92 earned-run average.

At the softball nationals in Montreal this past summer, Schneider was named the tournament's top pitcher

and most valuable player.

The Stonewall product has also been named to the 2017 Athlete Pool for the Canadian junior women's team.

Amy Martin officiated at the Women's U18 Championship in Regina earlier this month.

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

The Stonewall Jets' Garrett Bruce was named the Manitoba Major Junior Hockey League's Defenseman of the Month for November.

In seven games last month, Bruce had four goals and nine points. The 21-year-old, in his third full season with the Jets, is an assistant captain.

## December

Kayla Mee had a pair of assists for the UConn Huskies women's hockey team against Boston University.

The Stonewall product assisted on the Huskies' lone goal in a 4-1 loss last Friday and then added another helper on the game-winning goal in a 2-1 victory on Saturday.

On the season, Mee now has two goals and six points in 18 games. Last



Kayla Mee

year, the 5-foot-11 defenceman played in all 37 Husky games, scoring twice and adding 12 assists.

Defenceman Brayden Pawluk was named an East Coast Elite League 2016-17 all-star. Pawluk, who plays for the Elite Hockey Academy, was on Team Parise in the U18 game against Team Burns.

Pawluk has six goals and 14 points in 31 games to sit tied for fourth in points on his team.

# Bronze medallists

TRIBUNE PHOTO BY BRENDA LAFLECHE

The Stonewall Blues won bronze at their home tournament on Dec. 18 after defeating the Lorette Comets 5-3 in the final. Pictured left to right, coaches Mike Sagriff, Darren Thiessen, Mike Forbes; back row, Evan Ozirney, Josh Hofer, Josh Smith, Nathan Vaughan, Colby Thiessen, Kyle LaFleche, Dasek Sobkow; middle row, Blake Meyers, Tyler Bakos, Andrew Henry, Matthieu Meier, Owen Forbes; goalies Graeme Bytheway and Tyler Barylski. Missing from the photo is Myles Fotty.





# Sprague attends Team Canada football evaluation camp

By Brian Bowman

Most young women were probably doing some last-minute Christmas shopping last Saturday.

But Julie Sprague had something else on her mind – football.

The Grosse Isle standout was in Moose Jaw on Dec. 19 after being invited to attend Team Canada's one-day evaluation camp.

"It was a cool experience," said Sprague Monday morning. "I was excited to go to it because I didn't think I would be able to because I was too young to do the provincial team. But they made exceptions for a bunch of people."

At just 18 years old, Sprague was much younger than most of the players at the camp, who were in their mid to late twenties.

"My goal out of the camp was to see what it's like, so I'm prepared (for the next one)," said Sprague, a member of the Manitoba Fearless women's tackle football team. "They go every four years, so my plan is to make Team Canada (in four years)."

Sprague, who went out for the try-out camp as a tight end/fullback, said

there was plenty of talent at the evaluation camp. She noted that there was a similar camp also held in Montreal this year.

The experience of the camp will prove invaluable to Sprague in her football career.

"I've been with the same coaches for a long time," she said. "But going to a camp with different coaches was so invaluable. I felt like I learned a lot."

Sprague also learned from a different perspective. As an Interlake Thunder coach, Sprague felt she understood the playbook much better than some of the other running backs at the camp.

"I think that's from coaching," she said. "Coaching is a huge thing to prepare because you just learn the game more and more."

To prepare for the next Team Canada evaluation camp, Sprague will be working hard in the gym with weight training. She is currently a shotput thrower with the University of Manitoba Bisons.

Sprague hopes to be injury-free in the next few years to give herself the best shot at making Team Canada. She



TRIBUNE PHOTO BY TERRI WOLFE

Running back Julie Sprague of Grosse Isle attended Team Canada's one-day evaluation camp in Moose Jaw on Dec. 19.

will, no doubt, improve as a player as she continues to play for the Manitoba Fearless.

"Usually I play in the fall as well," Sprague said, adding she wanted to thank the Fearless and Thunder for

their huge support in preparing her for the camp.

"But I decided not to (this year) just to prepare for this camp and I wanted to stay healthy. I've had some injury issues in the last couple of years."

# Stanley enjoying the WHL life in Swift Current

By Brian Bowman

Matthew Stanley was glad to be home for Christmas.

But he is really loving life as a Western Hockey League player.

The talented 18-year-old defenceman from Balmoral is enjoying his first full season with the Swift Current Broncos.

"It's been great, I love it there," said Stanley, back home for the holidays, last week.

After playing a handful of exhibition games with Swift Current last season, the left-handed shooting blueliner has already dressed for 17 regular-season games before the holiday break.

It's been tough, at times, for Stanley to get into the Broncos' lineup. Swift Current has a talented team this season, compiling a solid 18-10-3-4 record. That mark had the Broncos in fourth spot in the Eastern Conference standings.

"We have a pretty good club," Stanley said. "We have a new head coach Manny (Viveiros) and he's been really good. He's brought the guys in and they're real close together."

Playing with a winning WHL team is a pretty good feeling for Stanley. Last year, he played 36 regular-season games with the MJHL's Steinbach Pis-

tons.

"I've always dreamed of playing in the WHL and I'm finally here," he said. "Hopefully, I stay here the whole year, get better, and improve my game."

Stanley has been working a lot with Broncos' associate coach Ryan Smith. Smith is a former longtime head coach with the Selkirk Steelers.

"He has been awesome," said Stanley. "We've been doing one-on-one things and he's always giving me advice and always trying to get me better. He's a really good guy."

Stanley is looking to get a lot better in his final years of junior hockey while, hopefully, moving up the Broncos' depth chart.

"My game is to play physical," said the six-foot, 178-pound Stanley. "That's what I like to bring to the table. (The coaches) tell me to keep it simple and make the simple play — don't try to do anything too crazy — and do my job."

Stanley admits there is plenty of room for improvement to entrench himself as a bona fide Western Hockey League defenceman.

"I'm going to keep working on my size and try to gain some weight and strength," he said. "I'll also work on my shot and I want to keep my game



TRIBUNE PHOTO SUBMITTED

Balmoral's Matthew Stanley has played 17 regular-season games with the WHL's Swift Current Broncos this season.

physical."

Making the move to Swift Current has been made easier by Stanley's billet family. The Rutherford family is originally from Stonewall and was specifically chosen by Stanley to be

his billets.

"It's been pretty cool," he said of living with the Rutherfords. "Last year I was living in Steinbach, so this is my second year in a row (living on my own). It's been great."



# Classifieds

Stonewall Teulon  
**Tribune**

# Announcements

Book Your Classified Ad Today -

Call 204-467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

## METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

## PROPERTY FOR SALE

17.2 acres 4 miles south of Fisher Branch along Hwy. 17. Trees, creek, open areas. Existing well. \$30,000. Call 204-280-0249.

## HOUSES FOR SALE

Will design & build your home, your way! Small Faces Home Construction. [www.smallfaces.ca](http://www.smallfaces.ca) or call 204-295-2866.

## FIREWOOD

Gauranteed Seasoned Firewood or it's free. Cut and split, various lengths available. \$295 per cord includes delivery within 30 km of Stony Mountain. Pickup too. 204-453-7788 or [www.firewoodmanitoba.ca](http://www.firewoodmanitoba.ca)

## HELP WANTED

The South Interlake SnoRiders in Stonewall are looking for a groomer operator. We are looking for an individual who is dependable, able to work at least 30 hour per week, have machine operator experience and able to perform some maintenance. This is a contract position and required immediately. Contact Joe at 467-2985.

## HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: [CareerStep.ca/MT](http://CareerStep.ca/MT) or 1-855-768-3362 to start training for your work-at-home career today!

Dream job! Live in caregiver/housekeeper in Winnipeg and Florida! Driver's licence required and must be able to travel. (204) 997 4629.

## BOOKKEEPING

Prairie Bookkeeping Services provides bookkeeping solutions for small business and also prepares and files personal income tax. Please call Darrel 204-998-4789 or email [prairiebookkeeping@outlook.com](mailto:prairiebookkeeping@outlook.com)

## FINANCIAL SERVICES

Credit700.ca - \$750 loans - or more. No credit check - same day deposit. Toll free number 1-855-527-4368. Open 7 days from 8 a.m. to 8 p.m.

## MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

## MISCELLANEOUS

Hardy tree, shrub, and berry seedlings delivered. Order online at [www.treetime.ca](http://www.treetime.ca) or call 1-866-873-3846. New growth guaranteed.

Building new home? Have high quality cabinets, latest colours, for entire home from cancelled custom orders. Retail from \$65,000 - \$78,000 each. Build to fit & save 75% off retail! 204-746-2223

## NOTICES

The Warren Jr. Merce Novice Green Team would like to thank everyone who purchased tickets in the Holiday Spirit Raffle. The winners are First - Charmin Chrusch; Second - Charmin Chrusch; Third - Micheal Warkentin.

Winners of the 2016 Rosser Fire Department Cash Calendar December draws are as follows: \$200 Esther Thiessen; 4 - \$25 prizes were awarded to Larry Nichol, Lana Meier, Maple Leaf Construction, Joni Ingram.

## HEALTH

Canada Benefit Group - Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or [www.canadabenefit.ca/free-assessment](http://www.canadabenefit.ca/free-assessment)

## HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewall Elk Products Ltd., 204-467-8428 or e-mail [stonewoodelk@hotmail.com](mailto:stonewoodelk@hotmail.com)

## UPCOMING EVENTS

Manitoba Riding for the Disabled Association 18th Annual Super Flea Market 2017. February 4th & 5th at Assiniboia Downs - Winnipeg. Vendor spots available - 80 vendors in the show! [www.mrda.cc](http://www.mrda.cc).

## HAY & FEED

5 x 5 round bales alfalfa grass. 1st cut, 1050 - 1100 lbs.; 2nd cut, 1600 lbs. Delivery available. Call 204-886-7267, Teulon.

Round hard core bales of alfalfa, brome & timothy. Horse & cattle hay avail. Ph 204-467-5078 or 204-461-0722.

*Klassen Jewellers*

## KLASSEN JEWELLERS

Manitoba/East. Saskatchewan

Has an excellent opportunity for a **SALES ASSOCIATE**

Looking for a mature, reliable individual or couple in search of a great career!

- Loves women's fashion, jewellery, giftware, & clothing sales
- Is active and loves to travel
- Requires a work schedule that is approximately nine months per year
- Also a great second career!

Serious inquiries only. Please contact Terry at: P: 306-652-2112 E: [order@klassenjls.com](mailto:order@klassenjls.com) Visit our website: [www.klassenjls.com](http://www.klassenjls.com)

## FARM PRODUCE

Fresh honey for sale. Call 204-461-1267.



Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.  
**Call 204-467-5836**

## ANNOUNCEMENT

### CARDS OF THANKS

We wish to express our heartfelt thanks to all our relatives, friends and neighbours for the many acts of kindness we received during the loss of our beloved mother and grandmother, Marion Stewart. The flowers, baking, cards, phone calls, visits and donations to the Heart and Stroke Foundation and the Winnipeg Children's Hospital were greatly appreciated. A special thanks to Dr. Pinniger and staff of the Dr. Evelyn Memorial Hospital, Roshelle of MacKenzie Funeral Home and Reverend Bruce Miles for their compassion. Thanks also to Taryn and the staff of Bel Acres Golf and Country Club for preparing and serving the lovely lunch.

-Peggy and Doug Latta  
Debbie and Don Gemmill

## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of  
Our Wonderful Husband and Daddy  
Kerry Lockhart

February 1, 1965 - December 29, 2012

Lately I've been noticing  
I say the same things he used to say  
And I even find myself acting the very same way.  
I tap my fingers on the table  
To the rhythm in my soul  
When I look in the mirror  
He's right there in my eyes  
Staring back at me

-We love you forever,  
Shelley, Sydney and Jayden

## BOOK YOUR ANNOUNCEMENT TODAY

Stonewall Teulon  
**Tribune**  
204-467-5836



- BIRTHDAYS
- NOTICES
- BIRTHS
- OBITUARIES
- IN MEMORIAM
- THANK YOUS
- ENGAGEMENTS
- ANNIVERSARIES
- MARRIAGES

REMEMBER YOUR LOVED ONES WITH  
A MESSAGE IN THE TRIBUNE

**Book Your Classified Ad Today**

Call: 204-467-5836  
or Email: [igraphic@mts.net](mailto:igraphic@mts.net)

## McSherry Auction

### Estate & Moving Sale

Saturday, Jan. 7 10:00 AM  
Saturday, Jan. 14 10:00 AM

### Consignment Sale

Saturday, Jan. 21 10:00 AM  
Bobcat 773 w 700 hrs \*  
JD 850 Utility Tractor \*  
Yard Items \* Tools \* Metal  
Lathe \* 3 PH Equip \*

Consignments Welcome!

(204) 467-1858 or  
(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

## Everything you need to promote your business

FLYERS  
BROCHURES  
BUSINESS CARDS  
STICKERS  
POST CARDS  
PRESENTATION

FOLDERS  
SIGNS  
SOCIAL TICKETS  
DOOR HANGERS  
LETTERHEAD  
ENVELOPES

INVOICES  
ESTIMATE SHEETS  
POSTERS  
MEMO PADS  
And MORE...



**204-467-5836**



**ANNOUNCEMENT**

**BIRTH ANNOUNCEMENT**



**Ashlynn Grace Taplin**

Evan, Meghan and big brother Easton are excited to announce the arrival of Ashlynn Grace Taplin on November 8, 2016 at 9:54 a.m. weighing 6 pounds 5 ounces and 20 inches long. Proud grandparents are Glenn and Holly Pasichnyk of Woodlands and George and Marie Taplin of Stonewall.

**ANNOUNCEMENT**

**IN MEMORIAM**



**Larry Hauber**

October 13, 1945 – December 30, 2006

Words are few,  
Thoughts are deep;  
Memories of you,  
We will always keep.

-Love Cheryl, Loralee,  
David, Suzanne and  
their families

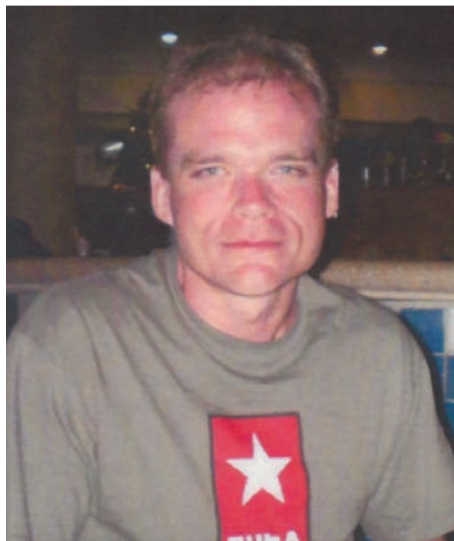
# Announcements

Stonewall Teulon  
**Tribune**

Book Your Classified Ad Today - Call 467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

**ANNOUNCEMENT**

**IN MEMORIAM**



**Chris Thievin**

April 19, 1974 – January 1, 2007

Our Wonderful Son  
However great or small  
To have you as our son  
Was the greatest gift of all.  
A special time  
A special face,  
A special Son  
We can't replace.  
With aching hearts  
We whisper low,  
We miss you Son  
And love you so.

-Always, Mom and Dad  
and family

Your memory will live forever  
Engraved within our hearts

**OBITUARY**

**Claudette Inman**

It is with sad hearts that we announce the passing of Claudette Florence Inman (nee Assailly) of Teulon, MB, formerly of Thompson, MB on December 19, 2016.

Claudette was born June 9, 1942 in Ste. Rose du Lac to Irene and Jean Assailly. She lived in Laurier until 1962 when she moved to Thompson where she met and married Einar (Ike) Inman and raised their family. She spent many years working at Shop Easy Foods, CIBC and Inco. She was an avid bowler, loved going to dances, spent many weekends travelling to watch Eric play hockey and much time at the Setting Lake cabin. She was a great cook and baker and hosted many family holiday meals for everyone.

Einar and Claudette retired in 1992 to Teulon where Claudette worked many years at McSherry Auction, and Larson Dairy. She played golf, attended many seniors' dances and enjoyed crafting, of which she was very talented which included knitting, crocheting and folk art painting for herself, children and many grandchildren. She was lucky to be able to enjoy winters in Weslaco TX for about 6 years.

She was predeceased by her dad, Jean Assailly; mom, Irene Boisvert; brother, Eddie Boisvert and in laws, George and Helga Inman.

She leaves to mourn her husband, Einar; daughters Lorelei (Ray) Andrushuk, Carla (Brian) Reimer; and son Eric (Sheri) Inman; and grandchildren, Jordan, Rachel, Jesse, Hanna, Chloe, Mae-gan and Carson, plus siblings, Lionel (May), Stan (Dorothy), Buster (Cecelia), Jeanette, Tilly (Ken), Raymond (Joanne), Genny (Henry), (Agnes) and Marian and many nieces and nephews.

Service details are pending, and will follow at a later date. A Memorial Service will be held early in the New Year.

In lieu of flowers you can make a donation to the Alzheimers Society of Manitoba, 10-120 Donald St, Winnipeg, MB, R3C 4G2, in honour of Claudette.

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



**Remember Your Loved Ones** with an Announcement in the **Tribune**

- BIRTHDAYS • NOTICES • BIRTHS
- OBITUARIES • IN MEMORIAM • THANK YOU'S
- ENGAGEMENTS • ANNIVERSARIES • MARRIAGES

Call 204-467-5836 or email [igraphic@mts.net](mailto:igraphic@mts.net)

**Get The Job Done!**

## Biz Cards

Call 204-467-5836 [ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca)

**stonewall chiropractic centre**

Also  
Acupuncture • Custom Orthotics • Massage Therapy

Billing to Autopac, Blue Cross, WCB  
**204-467-5523**

**Ralph Tanchak..Artist** - murals  
- commission paintings  
- art instruction  
- caricature parties

phone: 204-461-0160  
f Colour-Splash Artist Ralph Tanchak

**Advertising that Works!**  
**To place your BIZ CARD**  
**call 467-5836**

**Odd Fellows Hall**

- Weddings • Socials • Showers • Meetings
- Capacity 220 persons • Kitchen available

374 1<sup>st</sup> St. West  
Stonewall  
Del Phillips 204-791-0564  
Text if possible  
Hall 204-467-5556

**QUARRY RIDGE PHARMACY**

469 1st Street West, Stonewall  
**(204) 467-7333**

## ALICE ROOFING LTD

Complete Roofing Services

- Residential • Agricultural
- Licensed and Insured

**204-757-9092**

**[www.aliceroofing.ca](http://www.aliceroofing.ca)**

## INTERLAKE TOWING



**24 Hour Service**

CAA & MPIC Approved

**204-278-3444**

**You'll Be Glad You Called Sure-Clad**

for your

- siding • soffit • fascia • metal roof & wall sheets
- windows & capping • continuous eavestroughing
- roof top snow removal • spring gutter cleaning

Call 204-467-5109 • 204-467-5749 • Cell 204-461-0860  
[surecladconst@gmail.com](mailto:surecladconst@gmail.com)



ads@stonewallteulontribune.ca Call 204-467-5836

Get The Job Done!

**Biz Cards**

**Electro Wright**  
CONTRACTING INC.  
24 HR Emergency Services

**Derek Fotty**  
Ph. (204) 467-RITE(7483)  
Fax. (204) 467-2000  
Email: electrowright@mts.net  
Electrical Contractors

**MAXWELL'S**  
PROFESSIONAL PAINTING  
COMMERCIAL/RESIDENTIAL

Cell: (204) 792-0675 or (204) 467-5008  
Email: maxpro@mts.net  
Box 275, Stonewall, MB R0C 2Z0

**BOONSTRA FARMS**  
RV Sales  
204-941-0228  
204-467-8480 • www.boonstrafarms.com

**FULLHOUSE MOVERS**

ALEX FOTTY  
HOME: 204-467-2419  
CELL: 204-461-2352  
NOTHING BEATS A FULLHOUSE MOVE

**Balmoral Hall**  
Catering Available / Capacity 200  
Anniversaries • Family Birthdays  
Special Occasions  
Contact Brenda 467-2730

**Vic's Autobody & Towing**  
CAA 24 Hr. Towing  
204.886.2972

**Murray's Painting & Decorating**  
Mark Murray  
Bus. 204-467-5242

**ISAGENIX**  
Weightloss • Energy & Performance • Healthy Aging  
Allana Sawatzky  
Independent Associate  
allana333@hotmail.com • www.isaproduct.com

**INTERLAKE INSULATORS**  
BOX 240, BALMORAL, MB R0C 0H0  
Brent Meyers 204-461-4669  
Marty Meyers 204-461-1636  
Email: brentmeyers\_88@hotmail.com  
SPRAY FOAM SPECIALISTS

**WOODLANDS HVAC**  
Heating Ventilation Air conditioning  
Commercial/Residential  
CURTIS OLIVER  
1.204.461.1678 • woodlandshvac@gmail.com

**KROLL Painting & Renovations**  
Complete Renovations  
• Restaurants • Stores • Residential  
• Offices • Rec Rooms • Bathrooms  
791-0553 krollpainting@mts.net

**Advertising that Works! To place your BIZ CARD call 467-5836**

**AirWise Home**  
Kyle Scrivens  
Comfort Advisor/Sales  
Your Heating, Cooling and Ventilation Specialists  
Cell (204) 979-9307  
Fax (204) 694-5456  
kyle-airwise@mymts.net  
204-467-9578

**A King's Comfort**  
Infloor Heating  
A DIVISION OF MELAINE SERVICES INC.  
Darryl Harrison  
CIPH Certified Hydronic Designer  
Mobile: (204) 461-4216  
website: www.akingscomfort.com  
All infloor heating built and maintained for:  
Residential, Industrial, Workshops  
FREE Quotes

**Rockwood Landscaping & Tree Service**  
• Complete Landscaping  
• Barkman Concrete Products  
• Concrete Breaking  
• Aerial Tree Pruning & Removal  
• Chipping  
• Stump Grinding  
• Tree Planting  
• 24HR Storm Service  
• Snow Removal  
• Skid-Steer  
• Compact Track Loader  
• Excavator  
• Bucket Truck  
Manitoba Certified Arborist  
VISA  
467-7646  
Free Estimates

**McLeod Mechanical Services**  
RESIDENTIAL & COMMERCIAL  
Grosse Isle, MB 204-513-1154  
mcleodmechanicalservices@highspeedcrow.ca

- Plumbing
- Heating
- Gas Fitting
- Air Conditioning
- Backflow Testing & Installations

**BEST CARE DRY CLEANERS**  
STONEMALL Sewing Room  
Second Level, 2 Dolomite Ave.  
Stonewall, MB 204-461-0875

**GRANTHAM LAW OFFICES**  
Lawyer & Notary Public  
STONEWALL OFFICE:  
#1-278 Main St., Stonewall 467-5527

**WALSH ELECTRICAL SERVICES**  
Residential & Commercial  
Service Upgrades  
FREE ESTIMATES  
204-461-4217  
walshservices@gmail.com

**NAPA AUTOPRO**  
Brake Family Auto Sales & Service Ltd.  
Auto Service • Maintenance & Repair  
Used Vehicle Sales  
napaautopros.com  
214-2nd Ave North, Highway 67  
Stonewall 204-467-9156

**COUNTRY TOWING**  
Proudly Serving Stonewall, Warren & Surrounding Areas  
CAA MPI  
countrytowing@mymts.net 204-990-4718

**Ritchie & Perron PLUMBING HEATING LTD.**  
ritchie\_perron@live.ca  
Stonewall, MB  
Red Seal Certified  
Certified gas fitter  
Residential/Commercial  
Ryan 230-4674 Trevor 232-6263

**PLUMBING**  
Commercial & Residential  
New Installation & Service  
Plumbing & In-Floor Heating  
Water Softener Installations  
Water Filtration/  
Reverse Osmosis  
**RILEY PATTERSON**  
Journeyman Plumber  
Cell 204-461-0035

Heating & Cooling • Refrigeration  
**COMMERCIAL COMFORT INC.**  
Residential & Commercial  
461-HEAT (4328)  
commercialcomfort16@gmail.com  
Owner: Jeff Meier

**Advertising that Works! To place your BIZ CARD call 467-5836**

Signs - Banners - Posters  
Billboards - Awnings - Sign Holders  
Vehicle Graphics - Wraps - Magnetics  
Laser Engraving  
awards - medals - plaques - glassware  
rubber stamps - granite - lamicroids  
Promo Items - Personalized Gifts  
Clothing  
hats - t-shirts  
team & work uniforms  
Embroidery  
**Doctor DECAL**  
330 Main St.  
Stonewall, MB  
www.doctordecals.ca  
204 467 9405  
drdecals@mymts.net

**INTERLAKE EAVESTROUGHING & SIDING INC.**  
Siding, Eavestroughing, Soffit,  
Fascia, Capping Windows  
Free Estimates • 781-0533  
www.interlakeinc.ca

**PERIMETER DRILLING LTD.**  
\*Water Wells \*Pressure Systems  
\*Repairs \*Septic Systems  
Phone: 204.632.6426  
Email: pdl1@mymts.net  
FREE CONSULTATIONS  
Servicing the Community for Five Generations

**Sudden Impact Construction**  
SINCE 1997  
Mike Simcoe  
• Concrete Pads • Framing • Roofing  
• Siding • Ag Buildings • Windows/Doors  
• Skid Steer Services • Post Hole Drilling  
• Custom Building - Homes, Decks, Garages  
~ FREE ESTIMATES ~ FULLY INSURED  
TEULON, MB PH: 204-886-7743  
suddenimpact@highspeedcrow.ca  
www.suddenimpactconstruction.com



# Smitty's BOXING DAY & WEEK SALE

**LOOK  
HERE**

**OPEN BOXING DAY**  
NOON TO 4:00 P.M.  
**SAVE! SAVE! SAVE!**

**MATTRESS & BOXSPRING SETS:**

**\*25% OFF** Floor Models

**\*20% OFF** In-stock units

**\*10% OFF** ordered units

**BONUS**

½ Price Bedding Accessories  
with the purchase of a bed!

- \* bedframe
- \* pillows
- \* sheets
- \* comforters
- \* mattress pad

**\$200 OFF**

18 cu ft, Frost Free  
Refrigerator

Reg. \$899

Stock only

**NOW  
\$699**

6 Pce Rustic Pine Dining Set Table, 4 chairs, bench **NOW \$1299**  
Reg. \$1899 Floor model only

Swivel Glider Sage Green Fabric **NOW \$349**  
Reg. \$699 1/2 PRICE

Dimplex Cherrywood /Fireplace Floor model only **NOW \$399**  
- 1 only Reg. \$1149

Dining Room Sideboard **NOW \$269**  
Reg \$539 1/2 PRICE

Fridgidaire "Professional" over the range Microwave Stainless Steel **NOW \$449**  
4 Only Reg. \$899 1/2 PRICE

Palliser Sofa & Loveseat leather/vinyl **CLEARANCE \$1449**  
1 only Reg. \$2398 Floor model only Both pieces

**All  
Accessories  
1/3 OFF**

All Display Furniture **20% OFF**  
Cash & Carry  
\*extra charge for delivery

**BIG PRICE CUTS!** **MORE SPECIALS**

**45% off**  
Select Queen Size  
Mattress &  
Boxspring Sets

Other sizes available

**CLEAR OUT  
\$499/set**

**3 Months  
No Interest  
No Payments  
on Entire Store  
- Door  
Crashers  
Included**

**Yellow Tags are  
DOOR CRASHERS  
No Further Discounts**

**Many,  
many more  
PRICE CUTS  
will be made  
on Xmas  
Eve.**

**SUPER SPECIAL**

<b>Reclining Sofas \$699</b>	<b>Reclining Console Love Seats \$699 each</b>	<b>Rocker Recliner \$399</b>
----------------------------------	--	----------------------------------

• 2 Colours Grey or Brown • Stock only • First Come First Served

Minimum Discounts of **10%** any furniture & in-stock Appliances only (from reg. price)

**Smitty's**

**FURNITURE & APPLIANCES**

"The largest selection of Furniture & Appliances between the lakes"

**321 MAIN ST. - ARBORG**  
**204-376-5242 FAX: 376-5577**  
**TOLL FREE: 1-800-361-4156**

E-mail: [smittysfurniture@mts.net](mailto:smittysfurniture@mts.net) • [www.smittysfurniture.net](http://www.smittysfurniture.net)



HOURS		
Saturday	Dec 24	9-12
Sunday	Dec 25	CLOSED
Monday	Dec 26	12-4
Tues-Fri	Dec 27-30	9-6
Sat-Mon	Dec 31	
	-Jan 2	CLOSED