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Stonewall Teulon Tribune

THURSDAY,
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Bus driver retires from route after 28 years

By Jennifer McFee

The wheels on the bus will go round and round in 2016 — but without the familiar smile of bus driver Gwen Buchanan.

Buchanan, known as “the treat lady,” drove her last bus load of kids on Friday, Dec. 18 before embarking on retirement.

Her husband, Bruce, was the one who put the wheels in motion for Buchanan’s nearly 28-year career. He became a bus driver while Gwen was a stay-at-home mom with three kids. At the time, he encouraged his wife to become certified as a bus driver in case he needed her to fill in for him while he dealt with matters on the family’s cattle and grain farm near Argyle.

Gwen got her licence and became busy with the Interlake School Division, driving 47 of 52 routes as a spare bus driver over the years.

After that, she became the routes co-ordinator for the school division as well as the divisional courier to deliver supplies to schools.

She eventually asked to become a regular driver and got her first pick of routes, driving the Grosse Isle express



TRIBUNE PHOTO BY JO-ANNE PROCTER

Gwen Buchanan (middle) drove her last bus load of students on Dec. 18. Buchanan worked for the Interlake School Division for 28 years.

Continued on page 5

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

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Community groups spread Christmas cheer to ACL



TRIBUNE PHOTOS BY NATASHA TERSIGNI

First picture top left, United Church Pastor Leonard Oracheski (far right) presented ACL board chair Tanya Laurie with a cheque for \$1,000 raised during the church's annual Christmas Cantata production. Pictured left to right, Diane Allarie, ACL residential coordinator Tracy Fidler, Dustin Barbour, Laurie and Oracheski

Top right, Knights of Columbus member Alex Krawec (middle) presented ACL client Angela Hueging with a cheque for \$500. The funds were raised during the Knights Texas Hold 'Em poker tournament. Pictured left to right, ACL board chair Tanya Laurie, ACL Adult Day Program Manager Kelly Rutkair, Krawec, Amanda Coggan and Hueging.

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Wishing all a Merry Christmas and a Happy New Year!

ONE INSURANCE

RHA looks to fill doc, care home shortages in 2016

By Brandon Logan

It's been another busy year for the Interlake-Eastern Regional Health Authority and its CEO Ron Van Denakker.

During an interview with the *Selkirk Record*, Van Denakker talked about the busy year that was 2015 and what the RHA has planned for 2016.

When it comes to physician recruitment, the CEO said there were a lot of challenges, but the RHA had some success.

While they lost a few doctors, Van Denakker said there were six or seven new physicians added to the region in 2015.

In hopes of luring more doctors to the region in both the near and long term, he said the RHA is hoping to build relationships with young students in hopes of attracting them to the area when they get into the health field.

"We've invested in physician recruitment from a resource perspective," Van Denakker said. "So somebody who's actually working in that area to establish relationships with residents and medical students, so we can start to reap the benefits of home-

grown docs."

While there's always a need for doctors, he did go on to say there are many alternate care providers in the area, including 21 nurse practitioners.

Another issue the RHA has been targeting are personal care homes, or rather the lack of personal care homes.

Van Denakker said the need for personal care homes in Selkirk is particularly dire, as those on waiting lists are occupying many of the hospital's beds.

"Our beds are 50 per cent full of people who are waiting placement for personal care homes, and that's an unfortunate thing for them," he said.

There is some help on the way when it comes to adding more beds in the region however. Van Denakker said a new personal care home in Lac du Bonnet, which would give the RHA a net 50 new beds, it making good progress and is almost ready to go to tender.

Meanwhile, the CEO added the RHA developed a 10-year personal care home plan for Manitoba Health that identified the region's needs.

"We're hopeful that work will trans-



TRIBUNE PHOTO BY BRANDON LOGAN

Interlake-Eastern Regional Health Authority CEO Ron Van Denakker said the RHA has had a good 2015 and is expecting to announce many new projects in the new year.

late in an approval for another significant capital project," Van Denakker said, adding he's confident they will get provincial money in 2016.

As for the RHA's biggest on-going project, which is the new Selkirk hospital, everything seems to be trending upwards.

Van Denakker said the hospital should be completed by spring 2017 and, as of now, the project is on top and on budget.

With the exterior near completion, he said work on the inside has already begun soon.

"Staff will start to come over a lot more to familiarize themselves with the new environment, because it'll be significantly different," he noted, adding the new building will also be a "big economic driver" for the city by

creating "a significant number of new jobs."

Looking ahead to 2016, Van Denakker said the RHA has many projects ready to begin, one of which is tied to the future shutdown of the old hospital.

"We are hoping we'll have the announcement of a new ambulance station here in Selkirk. That's required because the existing ambulance is actually juxtaposed or attached to the hospital," he said. "When that hospital comes down, that EMS station has got to come down too."

The CEO also promised increased collaborative work with First Nations communities and the announcement of more programs to increase health care in smaller, more rural communities.

Festival of Wreaths



TRIBUNE PHOTO BY NATASHA TERSIGNI

Winners of the South Interlake Regional Library Stonewall branch annual Festival of Wreath contest were announced on Dec. 18. This year the contest had 15 wreaths made by local organizations and businesses and brought in \$435 for to the Stonewall Christmas Cheer Board. Librarians Darlene Dallman (pictured left) and Joan Ransom show off this year's winners, from left to right, third place Stonewall Teulon Tribune with 56 votes; first Back to Health Chiropractic with 107 votes and second Beyond Bread with 57 votes.



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Woodlands' 135 a successful year for King

By **Stefanie Lasuik**

More jobs, better roads, and improvements to an elementary school all highlighted Trevor King's year as Reeve of the Rural Municipality of Woodlands.

In 2015, the municipality focused on construction for Miami Beach Road with help from the provincial government.

"It was a good partnership between us and the province to get that infrastructure rebuilt," said King, who explained the route was in great need of repair.

"It was something that's been a long time coming," he said.

The municipality also put a \$70,000 investment over five years into the library at Woodlands Elementary School.

"We're looking forward to finding some way to make that accessible to the public," said King.

King explained that the Community Development Corporation fostered the creation of Woodlands Childcare Inc. in the town of Woodlands.

While the new daycare has created

opportunities for childcare, King said the municipality will also see the creation of jobs. According to King, the RM was happy to welcome approximately 15 jobs through Arrow Cattlequip, which is expanding its business in the municipality.

These activities came in a year the Rural Municipality of Woodlands celebrated its 135th birthday. The RM marked the anniversary with special Canada Day festivities and hopes to continue anniversary celebrations every five years.

"When you see the success of something like that, it's important that you do it every once in awhile," said King, noting that the event brought the community together.

King will look to greet 2016 with a lagoon expansion and construction of a new municipal public work shop.

Right now, King said, Woodlands' growth is limited by the lagoon that is at its largest capacity. King hopes the municipality will move forward in the expansion of the lagoon, which he dubbed a priority for 2016. The water services board* has committed to

funding 50 per cent of the project.

While the lagoon expands, King hopes to build an entirely new municipal shop once construction sea-

son hits in 2016. King said the RM has built up reserves for the project over the past few years.



TRIBUNE PHOTO BY JO-ANNE PROCTER
RM of Woodlands Reeve Trevor King talks about the municipalities highlights.

Students adopt a family



TRIBUNE PHOTO BY JO-ANNE PROCTER
The Middle Years My Voice committee of Grosse Isle School opened their hearts for a family in need during this year's holiday season. The committee raised \$350 in their small school made up of 33 students hosting two bake sales and a pancake luncheon. The students of Grosse Isle school have been participating in the Salvation Army's Adopt-a-Family initiative for the past four years. On Dec. 18 the committee loaded up two vehicles and delivered their gifts to a very appreciate single mother and her two young sons in Winnipeg. Pictured back row, left to right; Ty Baldwin, Raelynn Balbuena, Andrea Schutz, Taylor Hudon, Hailey Turner, Monica Baldwin, Katherine McCowan, Johnny Holtmann, Tyler Brunger; Middle row Tamara Buhler, Brady Boonstra; front row Zoe Stairs and Kira Hatcher. Missing from photo Taylor Bizier, Chloe Lange and Katrina Dunsire.

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TRIBUNE FILE PHOTO

Lakeside MLA Ralph Eichler is proud of several non-monetary ideas he brought forward in 2015.

> BUS DRIVER RETIRES, FROM PG. 1

run to Warren Collegiate and Warren Elementary. Meanwhile, Bruce drove in the Stonewall catchment until his retirement in April 2015. The bus-driving couple are looking forward to spending more time with their grandchildren in their retirement.

For Gwen, it's been a joy to watch the students grow up right in front of her eyes.

"Seeing them as little kids and watching them grow up to become these fantastic mature young adults was one of the greatest rewards ever," she said.

"On my last day, I held the tears back and everything went well. My kids are so good. What a nice year to go out on with such wonderful, charming children that I appreciate so much."

She gave each child a card and a gift and she received many back in return. The kids expressed concern that they won't receive as many goodies from

their new driver, Darren Karlenzig, since Gwen often handed out candies, chips, drinks and chocolate bars to the eager students. She said he might not have as many treats, but she reassured them that he will be a familiar face for them too.

"The bus driver that is taken over from me has driven my route on occasion over the years," she said. "He really, really liked my kids."

The students also told Gwen that they will miss her friendly smile, which warmed their hearts on even the coldest days.

"Even though they were having a bad day, they'd get to the bus and I'd be there with a big smile on my face and I'd make them smile to start their day right," she said.

"I will miss the kids the absolute most in all this process, but I'll still see them on the street. I'm so blessed."

Support our Troops plates a shining moment for Eichler

By Stefanie Lasuik

While frustrated by rules that prevent him from pursuing monetary proposals, Lakeside MLA Ralph Eichler is proud of several non-monetary ideas he brought forward in 2015.

Eichler said he proposed the Support our Troops license plate based on an idea from former constituent Joyce Rose. The idea came to life in July, when over 300 Autopac agents were set to sell the specialty plate.

From each \$70 plate, \$30 is used to fund scholarships for primary reserve members of family members of those serving in the Canadian Armed Forces posted to Manitoba. In July 2015, Manitoba Public Insurance committed to ten \$1,000 scholarships.

"That's a very proud moment for me," said Eichler.

Although this idea was approved by the current government, Eichler expressed his frustration of not being able to move forward with ideas involving money.

"It should not matter whose idea it is to bring change that's going to benefit all Manitobans," said Eichler.

In 2016, Eichler said he will focus on the election so ideas he and the Tories have for personal care homes and Manitoba's north can come to fruition.

Eichler said he wanted to help personal care homes to grow, which would move hospital patients from hospitals into these homes. This, he said, would take pressure off of hospitals, who would then be able to resort some of their beds back into emergency room beds. He said the initiative would also save money and estimated that an average of \$1,000 would be saved per individual per day. Eichler has seen the shortage of space personal care homes have in his own riding.

"We're very short-bedded in our region," Eichler said, approximating that 70 people in his riding are currently on a waitlist.

Eichler also hopes to pursue greater economic stability for Manitoba's north.

"The north is in big trouble," Eichler said, pointing to OmniTrax's decision to sell the Port of Churchill and Hudson Bay Rail line.

According to Eichler, the stability of Manitoba's north will not only influence the local residents, but Lakeside constituents as well.

"With Centreport a huge part of my riding, we want to see it be successful and grow and prosper," said Eichler.

Eichler was re-elected in October 2011.

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EDITORIAL > VIEWPOINTS > LETTERS



letters

The best present possible - a home

Most of us have likely had the pleasure of being greeted (with apparent delight) by some of the residents of the current community living homes.

It is always such a nice experience to cross paths with accepting, happy people who want nothing in return but a smile and a civil "hello." Just the kind of neighbours who could brighten anyone's day! Though some may at times appear somewhat boisterous, their behaviour certainly does not equate with "dangerous" and

shouldn't be judged as such. Please be aware of the difference.

A "small, family-like setting" is a far cry from the cold, institutionalized facilities of the past.

To read that community living has already made an incredible difference in the lives of ACL clients, who can now live as adults, is wonderful to hear. Shouldn't every person with special needs be given the chance to experience all of the benefits that come from such a living arrange-

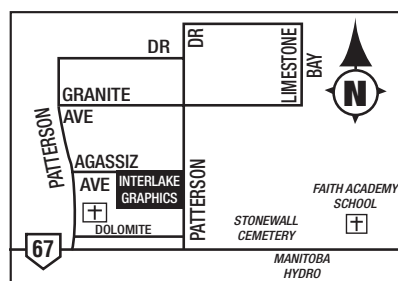
ment?

Stonewall has an opportunity to proudly continue to be seen as a forward-thinking town, by embracing these people who have physical and mental disabilities. Stonewall

Mayor and councillors, between now and January 6th, please listen to your conscience and what your heart must be telling you. Please grant these people the best Christmas present possible and bring in their New Year on a good, positive note - give them a home.

Jeannie Walsh, Stonewall

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Communication, rebuilding priorities for Smith



TRIBUNE FILE PHOTO

RM of St. Laurent Reeve Cheryl Smith has made communication a priority after community members felt they weren't informed of RM decisions and plans.

By Stefanie Lasuik

Since Cheryl Smith's election as Reeve of the Rural Municipality of St. Laurent in October 2014, the community has buzzed with activity. The communication of such activities was a priority for Smith.

After hearing concerns from community members that they weren't informed of RM decisions and plans, the RM produced a monthly newsletter. The municipality sends the letter to mailboxes in St. Laurent and Oak Point and distributes it to local businesses. It can also be found on the RM's website in both French and English. In 2016, the RM plans to send the newsletter to the beach associations so they can forward it to their members.

"It's been very successful, people just enjoy it," said Smith.

Another success of Smith's lies in the re-establishment of St. Laurent's first responders unit. The RM is currently applying for its first responders license and has 11 community volunteers trained through the SMART program. After a second round of training set to be delivered by the IERHA, the municipality hopes to have the unit in operation in February 2016.

The municipality worked with Manitoba Health and the IERHA to finalize the building of the new ambulance station. The RM plans to have it operational by March 2016, but has no jurisdiction over the tendering out of the station's work.

The municipality also passed a

five-year strategic plan, which identifies priorities for the community.

"It helps the community know what we are going to be focusing on and it helps the RM stay focused as well," Smith said, noting the plan may be adjusted depending on how things evolve in the community.

One such priority is the creation of a business plan/feasibility study to build the museum as an extension of the existing Welcome Centre. Smith hopes the building will house St. Laurent's artifacts that are returning to the community from the Smithsonian Institution in Washington. The Welcome Centre is currently under renovations, which will include the creation of office spaces to be rented out.

Smith also wants to work closely with the municipality's non-profit organizations. Smith said she hopes to offer the RM as the supervisor for Green Team students.

"Often, these non-profit organizations are people who work full time and don't have the ability to be hands-on and supervising during the weekdays," Smith explained.

Another goal of Smith's heading into the year was the revitalization of the community from the 2011 flood. The municipality focused on com-

pleting Disaster Financial Assistance (DFA) requirements and handed in the paperwork for the claims on Nov. 30. Some of the projects the RM completed were rebuilding the parks, cleaning the ditches, fixing drainage issues, replacing signage, and fencing around borrow pits.

According to Smith, the municipality received an extension from the DFA for several projects and will focus on those projects in the coming year.

Smith also hopes to focus on graveling and grating roads and ridding the

community of super sandbags and geo tubes leftover from 2011's flood. Although Smith said the community is divided on whether the sandbags should stay, she said the RM has resolved to move them.

"Environmentally, it's the best thing to do," said Smith.

Smith thanked her council for all the work they've put in this year to accomplish these goals.

"Council has worked hard to get everything done," said Smith.

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Teulon Elementary named top recyclers in the province

By Natasha Tersigni

The students at Teulon Elementary School (TES) were thrilled on Dec. 14 when it was announced at the school-wide assembly that they were the top school in the province for this year's Bag Up Manitoba initiative. Students, with help from community volunteers, were able to collect 81,600 plastic grocery bags- the most any school in the province has ever collected for Bag Up Manitoba.

For their hardwork and commitment to the project, the school was presented with a bench made out of plastic bags and compost plywood.

Bag Up Manitoba, a project held by Take Pride Winnipeg! and Multi-Material Stewardship Manitoba (MMSM), encourages elementary schools across the province to collect plastic grocery bags that will then be recycled and kept out of landfills. This year 160 Manitoba school's participated in the program and collected 1.45 million plastic bags.

The Bag Up Manitoba initiative started at TES in 2012, when the school's former custodian, Joan Barten, offered to volunteer her time to head the proj-

ect. Barten was able to recruit a few more volunteers from the community, including Carol LeBlanc and Erica Davidson, and together the trio were able to grow the project each year.

"It is so exciting given all of our work to win the bench. We help the students out, as they bring in bags we count them and then bring them to Debbie's for storing. This year we also put up posters in business around town to advertise the initiative and help collect more bags," said Barten who added that Debbie Fleury, owner of Second Time Around in Teulon, donated the use of her

storage room so the bags could be stored there until collected by MMSM in October.

Together the volunteers collect, count and store 7,000 to 8,000 bags a month. Barten added that the project will be continuing next year, and they are hoping to set another record.

"Once people realized how many bags we collected they will be more enthusiastic to donate," added Barten.

Bags can be dropped off at Teulon Elementary School and also at the post office in Gunton.

**"IT IS SO
EXCITING GIVEN
ALL OF OUR
WORK TO WIN
THE BENCH."**



TRIBUNE PHOTO BY NATASHA TERSIGNI

Left to right, Tim Lee, Victor Einarsson, Kaleigh Watson and Executive Director of Pride Winnipeg! Tom Ethans bring out the bench made from recycled bags.

Canada 150 grants among Bezan's priorities in 2015

By Stefanie Lasuik

One of James Bezan's top priorities for 2015 was the allocation of Canada 150 Community Infrastructure Program grants to rural communities.

Bezan said he thinks the focal points for most communities are recreational facilities and community halls.

"The Canada 150 helped support a number of different programs to ensure that communities have places where they can gather, where they can have fun, where they can watch their kids and grandkids and places for us to stay healthy," said Bezan.

In July of this year, Bezan announced that \$592,321 would go toward 15 projects in his riding. Included in these projects were a \$31,825 grant to the Town of Arborg to replace two bridges over the Icelandic River, a \$12,200 grant for Hearthstone Community Group Inc. to install an elevator, and funding of \$23,100 to the Town of Teulon to upgrade the South Interlake Regional Library.

The Canada 150 fund also supported projects by the Argyle Curling Club, the Interlake Branch of the

Association for Community Living, Ducks Unlimited Canada, Little Britain Community Club, Little Britain Church, Lundar Museum Society Inc., the Town of Arborg, Camp Massad, and the Ukrainian National People's Home Association of Taras Shevchenko.

"Those types of investments are key to rural communities," said Bezan.

Bezan said he will now have to see what the new government's infrastructure program is like before deciding how to best get future funding for further improvements in the Selkirk-Interlake-Eastman area.

In 2015, Bezan assumed a leading role in leveraging over \$35 million for protecting Lake Winnipeg and Lake Manitoba.

Now a member of the Official Opposition, Bezan said 2016 will be a transition year.

Although Bezan said he spends a lot of time in Ottawa, he said he will stay connected to members of the community in 2016. He said he'll work hard to ensure his riding's constituents are being heard by the new government.



TRIBUNE FILE PHOTO BY AUSTIN GRABISH

Now as a member of the Official Opposition, Selkirk-Interlake-Eastman MP James Bezan says 2016 will be a transitional year.

Bezan pointed to casework as the most rewarding work and will continue to advocate for his constituents in 2016.

"We can usually get answers back in fairly expedient manner," said Bezan.

Bezan will also see changes in his new role as Critic for National Defence for the Official Opposition. He

dubbed the role "very challenging" but said he is looking forward to it.

Bezan said he is making sure the government has intelligent debates about challenges to the national defence including issues with ISIS and Russia's continued occupation in Ukraine. He wants to ensure Canadian troops are properly equipped and cared for.

Tightening budget, saving for future atop Town Council's feats

By Stefanie Lasuik

Mayor Lockie McLean is proud of the changes Stonewall Town Council has implemented in the past year.

McLean placed the increase in development fees atop the list of goals his council has been able to accomplish this year. McLean said council earmarks these fees for a town reserve fund, which will be used for future infrastructure or unforeseen costs.

McLean said this will prevent taxpayers from getting "stung" in the future.

"I'm very proud of town council for working together and making that happen," said McLean.

McLean also expressed pride over Stonewall's Tax Installment Payment Plan (TIPP). The program, implemented in January 2015, lets residents pay property tax bills on a monthly basis. McLean said TIPP benefits residents for budgeting reasons and Stonewall because it saves the town from borrowing money to pay bills ahead of the old Sept. 30 tax deadline.

According to McLean, the town will also look to save money through a

new procurement policy.

"It tightens spending on every level of management in every town department," McLean said.

The policy mandates that managers get three quotes when spending budgeted money on a project that exceeds a certain amount. This amount is \$3,000 for junior managers, \$5,000 for senior managers and \$10,000 for the town's CEO in emergencies.

McLean acknowledged that the council addressed "serious stuff" in 2015 but said he respects how his team works together to make the town proud.

One such issue arose between council and Ventura Developments Inc. earlier this year, but McLean said the town obtained an agreement that's fair to the developer and to the town.

The unionization of town employees also presented some moments of discord, but McLean said that this has only caused managers and employees to be more accountable. McLean said that the town now has a "great working relationship" with employees and that their core values haven't changed.

"I think the most important thing is for Stonewall to keep that sense of small-town feel. Whether you're a counsellor or Mayor or town employee, we need to make sure our customer care as elected officials and employees of the town reflects this value," said McLean.

With the advent of 2016, McLean will embark on his 23rd year in municipal council. He hopes to place major emphasis on the healthy living trails and paving the abandoned rail line. He wants to finish off walking trail systems by constructing new sidewalks.

McLean also hopes to receive funding for a lagoon expansion. He said the town will only go through with the expansion if they receive 50 per cent of the cost through funding from the provincial and federal governments.

McLean also wants to help South Interlake 55 Plus in their relocation and the Stonewall Curling Club by navigating a contract that makes costs more realistic for them.

"It's going to be a great year," said McLean.



TRIBUNE FILE PHOTO

Mayor of Stonewall Lockie McLean reflects on the past and the future.

Canada's battle with ISIS underscores need for air combat: Bezan



JAMES BEZAN

Staff

The 17-hour battle in which Canadian Special Operations Forces and CF-18 fighter jets fought off attacks on Kurdish Peshmerga positions near Mosul and destroyed enemy capabilities shows the need for Canada to maintain its air combat role in the right against ISIS, according to James Bezan.

"I salute our troops for the courage and skill they exhibited during this battle with ISIS terrorists," Bezan, Selkirk-Interlake-Eastman MP and the Official Opposition Defence Critic said in a release on Dec. 18. "It's clear that the brave men and women of the Canadian Armed Forces, including

our CF-18 fighter jet pilots, are helping to win the fight against jihadi terrorism, stopping ISIS atrocities, and saving lives. This is the very reason why our CF-18 jets have to stay in the fight against ISIS. Yet the government has failed to even mention the Royal Canadian Air Force or our CF-18 pilots for their great efforts in providing air support to Canada's Special Operations Forces and Kurdish Peshmerga allies. It appears to be too much for the Liberals to even thank our fighter jet pilots for a job well done."

Bezan and Tony Clement, Official Opposition Foreign Affairs Critic pointed out that our allies have stated Canadian airstrikes have "helped destroy the enemy" and "saved lives" in the Kurdistan region, and that no coal-

ition partners have asked Canada to step back and bring our CF-18s home. Last night the Chief of Defence Staff said, "Canada's contribution up until now has been superb and very much appreciated by the allies and very much unappreciated by ISIL, which is a great way to be."

The Official Opposition continues to call on the Government of Canada to leave our CF-18 jets in the air combat mission against ISIS.

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

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Ring It In!

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 2015. We wish you all the best: **Happy New Year!**

2016

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Tribute to local veterans, we will remember

By Natasha Tersigni

During 2015 the South Interlake community said goodbye to several local veterans that served our nation on both international and domestic stages. Every year we lose men and women that served Canada in a time of need. They answer the call, don the uniform, say goodbye to family and friends and sacrifice their freedom so we don't have to. Let us never forget their courage, bravery and loyalty to their country and ours.



Walter Ballantyne

Walter Ballantyne

August 14, 1924 – December 12, 2015

During the Second World War, at 16 years old, Ballantyne left his family and travelled by train from Saskatchewan to Toronto to enlist in the Canadian Armed Forces. Ballantyne became an infantryman with the Queen's Own Cameron Highlanders and fought overseas with C' Company, 2nd Division.

Two days before his 20th birthday while fighting in France, Ballantyne



Rodney Carson

was shot. After recovering in an army hospital, he re-joined his platoon in Belgium and fought with fellow Canadian soldiers to liberate Holland.

After the war ended in September 1945, Ballantyne travelled back to Canada and eventually settled in Manitoba and began a career with Environment Canada Department of Transport. He and his wife Dorothy settled in Stonewall where they raised their two children.

Along with enjoying the outdoors, Ballantyne was an active member at the Royal Canadian Legion Branch 52 in Stonewall.

Rodney Carson

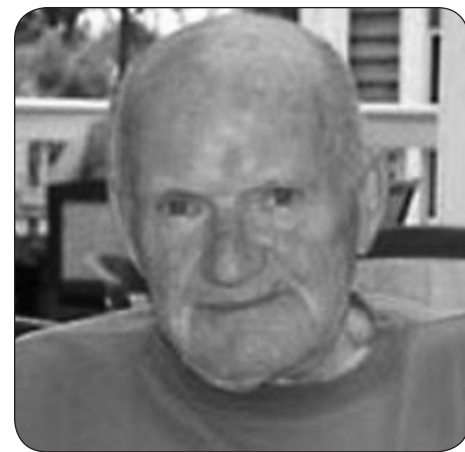
January 21, 1926 – October 3, 2015

Irish born, Carson joined the Royal Canadian Navy when he was 17 years old living with his grandparents in Toronto. He was trained as a gunner and was stationed to the HMCS Shawinigan, a small Canadian warship that escorted convoy runs over the Atlantic to London and back.

On Nov. 24, 1944 Carson was on medical leave in a Halifax hospital being treated for an arm infection when HMCS Shawinigan was hit with a torpedo from a German submarine while on a routine night anti-submarine patrol off the coast of Nova Scotia. The missile sunk the ship, killing all 91 crew members that were on board, including six men Carson had been close with while serving.

After losing his entire crew Carson was sent to the West coast where he was a crew member on a ship that patrolled the waters looking for Japanese boats. When the war ended in September 1945, Carson left the military and became an independent insurance broker and operated R.W. Carson Agencies for more than 55 years.

Carson and his wife Marilyn were residing in Warren until his death this past October.



Glen Emmerson

Glen Emmerson

1934 – August 1, 2015

Born and raised in Saskatchewan, Emmerson joined the Royal Canadian Air Force in 1954 where he graduated from Air Navigation School and worked as an officer. During his 27 years of service, Emmerson flew with the 410 Tactical Fighter Operational Training Squadron ("Cougars"), the 414 Electronic Warfare Squadron and the 428 Ghost Squadron.

After retiring from the military, Emmerson and his wife Angela moved to Stonewall where he was involved with the local Legion and enjoyed curling in community leagues.



Roy Hancock

Roy Hancock

August 11, 1932 – March 21, 2015

Hancock was born in Hereford, England and immigrated to Canada with his family. As a member of the Royal Canadian Air Force (RCAF) Hancock worked as a Communications Technician and High Rigger and was stationed at bases across Canada including Vancouver, Whitehorse and Halifax; where he met and married his wife Ellen.

After leaving the RCAF, Hancock was employed by the Canadian Marconi Co. and eventually he and his family settled in Stony Mountain. Hancock was a devoted member of the Royal Canadian Legion in Stony Mountain.

Dr. Beryl McQueen

June 27, 1914 – Dec. 24, 2014

Born and raised near London, England, Beryl McQueen followed in her brother's footsteps and studied medicine at the University of London



Dr. Beryl McQueen

where she graduated with a degree in medicine and surgery in June 1940. Following graduation, Beryl went to work at King's College Hospital in downtown London. During the London bombings, she would later tell her daughter, how she would take the children who were there as patients and hide under the beds with them.

In August 1941, Beryl began her basic training to become a medical officer in the British Armed Forces. Upon completion in September 1941, Beryl was sent to India where she worked in the Himalayan Mountains as part of a surgery unit.

After being sent to Mardras in southern India, Beryl fell ill with dysentery and was sent to a British hospital for medical care. There she met medical clerk David McQueen, who nursed her back to health.

Once back in England the two were married. After David finished his medical training the family moved to



Dr. David McQueen

Continued on page 11

> VETERANS, FROM PG. 10

Canada, where they first lived in Quebec and then Manitoba.

After a short stint in Belmont, MB, Beryl and the family moved to Stonewall where she worked at the Stonewall Hospital until her retirement in 1991. Beryl spoke highly of her time in the army, however, left many of the veteran activities to her husband David who was an active Legion member.

Dr. David McQueen
May 5, 1922- August 4, 2015

Born and raised in Glasgow, Scotland, David McQueen joined the British Armed Forces during the Second World War when he was 18 years-old. David was sent to India to serve and near the end of the war he was working in a medical unit as a clerk when he met his future wife Beryl.

Beryl, a medical officer with the British Army, was bed-ridden with dys-

entery and was getting very poor care from the female nurses and the male medical officers. David nursed Beryl back to health and after they both returned to England they married.

Shortly after being wed, David decided to attend King's College where he studied medicine, while Beryl worked as a general physician in London. Upon graduating from medical school, David enlisted in the Royal Canadian Air Force (RCAF) as a medical officer and was posted to Bagotville, Que. After his three-year commitment to RCAF was fulfilled, the family moved to Manitoba where David studied orthopedics at the University of Manitoba and Beryl worked as a rural doctor in Belmont, Man.

David completed his training and then moved his family to Stonewall where Beryl worked at the local hospital and David worked in the city as a Paediatric Orthopaedic surgeon,

first at a private practice and then as a consultant surgeon for the Worker's Compensation Board. He finished his career as the Medical Examiner for the Interlake area.

Even after leaving the army, David was a devoted veteran and was involved with a Royal Canadian Legion in Winnipeg.

Harold (Hal) Glandfield
Sept. 24, 1938 – Dec. 30, 2014

Glandfield was a member of the Royal Canadian Air Force. During basic training he tore muscles in his ankle and had to be hospitalized. It was later determined that due to the extent of the injury he would be unable to continue his service and was honourably discharged.

Glandfield was an active member in the Royal Canadian Legion Branch 248 in Woodlands while holding various board positions including president. During his time with the Le-



Harold Glandfield

gion, Glandfield was instrumental in lobbying for firefighters, paramedics and first responders to be recognized as veterans and given the same right to the Legion as military and RCMP veterans.

Parking bans in effect in Stonewall

By Jennifer McFee

Now that the snow is here in full force, Stonewall residents should be mindful of parking restrictions for snow-clearing purposes.

New signs will be put up this year to prohibit parking on Main Street from 6 p.m. to 6 a.m. on nights when snow will be cleared. Cars that remain on the street during the parking ban could be towed.

Operations manager Dustin Davidson said that Main Street falls under the provincial Manitoba Infrastructure and Transportation, but the Town of Stonewall is responsible for clearing the snow from it.

"Main Street is one of the major thoroughfares. After a snowfall, I make the determination when we would do Main Street and then the sign gets put up. The signs clearly dictate what's happening," he said.

"We abide by what Highways has and that's one of their guidelines that they have in their snow-clearing policy. Because it is a governed road for the province, I'm just adhering to what their snow policy is."

Last week, Davidson put up the signs at 6 a.m. to provide 12 hours of notice to residents before the parking ban went into effect.

"We're just following what the province does. The short of it is that it just makes our job that much easier if there's nobody on the road," he said.

"There's plenty of other spots. There's the side streets and the park-

ing lots. There are plenty of spots for people to park besides parking on the street."

Although the signs weren't put up in the past, residents can now expect to see them after snowfalls.

"I just wanted to try something different with it this year just to see if it would make our job that much easier," Davidson said. "It actually significantly helped."

This year, there are several other changes to the snow-clearing policy, which is posted with a map of zones on the town's website at www.stonewall.ca.

Davidson would like to remind residents about the ongoing parking ban on town streets and boulevards between 1 and 6 a.m. until March 31. This ban is in effect every night, whether or not there has been a snowfall. According to the snow-clearing policy, the town has the right to tow vehicles parked on the street during this timeframe.

"They used to do a lot of snow removal during the day, but I'm trying to take away from that because we all know what it's like in Stonewall. It's a small town but it's a busy town, so it makes our job that much easier to do snow removal in the evening and over the night period," Davidson said.

"As long as people know that that parking ban is in effect, hopefully I don't have to issue any tickets. That's the biggest thing — It's either move your vehicle or get a \$50 ticket."



TRIBUNE PHOTO BY LANA MEIER

Parking bans will be in effect on Main St., Stonewall from 6 p.m. to 6 a.m. on nights when snow will be cleared.

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Space Club celebrates Star Wars and technical skills

By Jennifer McFee

At a Star Wars themed event last week, a group of Stonewall Centennial students demonstrated that the force is with them to build space-age gadgets.

On Friday, Dec. 18, teacher Maria Nickel and her extra-curricular Space Club showcased their robotic creations and celebrated all things Star Wars.

Since September, 16 Grade 8 students have been meeting twice a week for Space Club.

"We've been doing all kinds of robotics, engineering, design challenges, and they've been learning about doing coding and Spheros and how to work drones. It's been really great," said Nickel, an award-winning teacher.

"They had a robotics day with an instructor and they built robo-critters. The bodies were their idea and their creativity."

New to the school, Nickel is offering the club for the first time this year at Stonewall Centennial, but she offered a similar club for about six years at Woodlands Elementary. She plans to introduce more technology to the middle school students, which might allow her to apply for grants for the program.

Student Brendan Roberts said that the Space Club is a fun activity to participate in.

"This is a one-time thing and we get to do it for free," he said. "It's cool how we get to play with brand new technology. I just think Space Club is a magnificent thing. It's fantabulous."

As one of only a handful of girls in the club, Calysa Drake encourages others to get involved.

"I like how it shows you that there's so much technology that goes into everything. It's so hard to do a lot of stuff and you have to really think about it and it means a lot," she said. "It's very interesting and intriguing."

On the last day of school before Christmas holidays, the Space Club enjoyed Star Wars treats and watched Return of the Jedi in honour of the opening of the new Star Wars movie that day.

"I JUST THINK SPACE CLUB IS A MAGNIFICENT THING."



Connor Wolfe and Thomas Thevenot enjoyed flying a quadcopter drone.



Thayne Kathler shows a robot that he built in Space Club.



Sean Mullin played a Star Wars themed game of Operation.



Calysa Drake demonstrates how the Bubblebot works.



A quadcopter drone soared through the Space Club's special event.



Trinity Rutledge displays her robo-critter.



Ryan Milner works on the electronic components of musical sounds.

TRIBUNE PHOTOS BY JENNIFER MCFEE



Interlake School Division

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TO REGISTER:

Complete the registration form or provide the necessary information on a piece of paper and mail with payment to: (please issue a separate cheque/payment for each course excluding fitness classes)

**Interlake School Division
Continuing Education Department
192 - 2nd Avenue North
STONEWALL MB R0C 2Z0**

Jocelyn Derksen

Program Coordinator

Office Hours:

Monday: 11:00-6:00 p.m. (during peak registration time)

Tuesday: 8:30-4:30

Wednesday - Friday: 8:30-4:30

School Locations:

École R. W. (Bobby) Bend - 377 - 2nd Avenue North, Stonewall
École Stonewall Centennial - 573 - 2nd Avenue North, Stonewall
Stonewall Collegiate - 297 - 5th Street West, Stonewall
Stony Mountain School - 139 School Road, Stony Mountain
Teulon Collegiate - 59 1st Street NE, Teulon
Warren Collegiate - 119 MacDonald Ave., Warren
Warren Elementary - 300 Hanlan St., Warren
Balmoral Elementary - Gov't Rd. Allowance - Balmoral
Parochial Hall - 453-1st. Ave. N



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email: mocha3@mymts.net

The Continuing Education Office is closed December 21 - 25 and December 31 and January 1, 2016

Open December 28, 29 and 30 - 8:00 am - 3:30 pm

Please feel free to mail in your registration. Regular office hours resume January 4th

We accept Debit, Visa and Mastercard

REGISTRATION FORM - Winter 2016 -

Course Number: _____ Course Number: _____

Course Title: _____ Course Title: _____

Name: _____

Address: _____

Phone: _____ or _____

Email: _____

Fee: \$ _____ ☐ CHEQUE ☐ CASH ☐ DEBIT ☐ VISA ☐ MASTERCARD

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

CLASS CONFIRMATION

Confirmations *will not be phoned or mailed.*

Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 204-467-2956 to confirm your registration.

SCHOOL CANCELLATIONS

All evening classes held in the schools are cancelled in the schools have been closed during the day (holidays, in-service, inclement weather). Classes also may be cancelled due to parent teacher, open houses, school dances or other school related functions. Closures due to weather are announced on CJOB or on our website www.isd21.mb.ca. We will do everything we can to make up any missed classes.

IF YOU CANCEL:

All refunds requested by participants must be done 3 days prior to the course start date and will be deducted \$15.00 for administrative costs. (No refunds following the first class except in exceptional circumstances where a course credit may be issued at the discretion of the Coordinator). No refunds will be issued for 1 or 2 day classes, which have fees of \$30.00 or less.

RECEIPTS

Receipts will be issued on the first night of class for most courses.

REFUNDS IF WE CANCEL:

If a course is cancelled for any reason, you will be notified and a full refund will be mailed to you.

If we don't have the class you're looking for, please contact one of the following Continuing Education offices:

Lord Selkirk - 204-482-6926

Louis Riel - 204-237-8130

River East Transcona - 204-667-6193

St. James Assiniboia - 204-832-9637

Seven Oaks - 204-586-8061

Winnipeg #1 - 204-775-0231

South Winnipeg Technical - 204-989-6566

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Tabata is a High Intensity Interval Training (HIIT) fitness class that challenges your Cardiovascular and Muscular Systems, and is known as an incredibly intense fat burning workout. Your metabolism will stay at an 'increased level' not only during the workout, but also for hours after the workout is complete, continuing the 'fat burning' process. Tabata training is excellent for any fitness enthusiast and for athletes who need to increase your speed and endurance. This is ideal if you are training for a marathon or triathlon, for increasing your endurance, and any sport that requires frequent short bursts of maximum physical output, for example hockey. **THIS CLASS IS SUITABLE FOR ALL FITNESS LEVELS.** You decide your own personal level of intensity that you will put into the class. **YOU MUST BE AWARE OF YOUR OWN MAXIMUM LIMITS.** Please bring: indoor runners, a water bottle, towel, yoga mat, resistance band and hand weights.

**W16/01 9 Mondays starting January 11th, 2016
(no class February 15th)**

6:00-7:00 p.m. at Stony Mountain School

W16/02 9 Thursdays starting January 14th, 2016

6:30-7:30 p.m. at Stony Mountain School

W16/03 Circuit Interval Boot Camp

Suitable for ALL FITNESS LEVELS, circuit boot-camp training will alternate strength training exercises with aerobic activities to provide you with the ultimate circuit workout. This is one of the most FUN ways to get fit no matter what your level. Expect a full body workout with lots of variety which will improve your cardiovascular and muscular strength and endurance. **Please bring:** hand weights, a water bottle, yoga mat, & indoor runners.

**9 Wednesday starting January 13th, 2016
6:00-7:00 p.m. at Stony Mountain School**

BASKETBALL, BADMINTON, VOLLEYBALL

W16/04 Co-ed Basketball (13 yrs to adult)

Come out for a fun night of basketball! This is suitable for any player, whether you are looking to get together with friends or meet new ones, try something new or play something you already love! Join this friendly fun league where you can play even if you are relatively new to the sport. Please bring indoor shoes with non-marking soles. League Coordinator - Darrell Vesa

Sundays starting January 10th 2016

8:00 - 9:00 at Stonewall Centennial

Fee: \$25

W16/05A Badminton - Students Grades 9 - 12 and adults of all ages

This class is for the competitive (emphasis will be on footwork, shots and improving skills) and developing players (emphasis on improving basic skills and developing their game). The instructor will place each student into the appropriate groups at class. Bring your own racquet. Racquets may be purchased from the instructor.

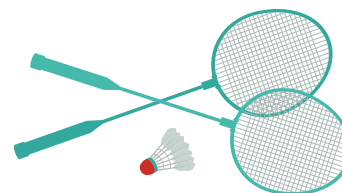
Instructor: Dale Kinley

10 Sundays starting January 10, 2016

1:30-3:00 p.m. at Stonewall Collegiate

Fee \$55

Sign up for winter and spring \$95



W16/06 Intermediate Level (Co-Ed)

Monday nights at Stony Mountain School from 7:00 - 9:30 p.m. Strong level of play, recommended for past high school varsity-level players. Must be physically capable and experienced to play at a competitive level. For more information please contact Tammy Fingas at 204-467-7753 or Lyle Crowe at 204-467-7153.

Mondays starting January 4, 2016

(no volleyball February 15, March 28)

7:10-9:40 at Stony Mountain School

Fee: \$30

Register for both for \$45

W16/07 Recreational/Beginner Level (Co-Ed)

Friday nights at Stony Mountain School from 6:30 - 9:00 p.m. Fun and social evening with a basic level of play required. For more information please contact Tammy Fingas at 204-467-7753 or Lyle Crowe at 204-467-7153.

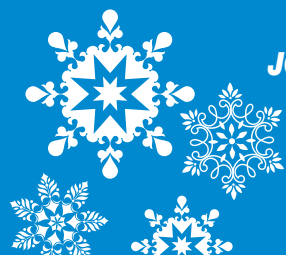
Fridays starting January 8, 2016

(no volleyball February 5,

March 25, April 1)

6:30-9:00 at Stony Mountain School

Fee: \$30



**FOR MORE INFORMATION, CONTACT
JOCELYN DERKSEN PROGRAM CO-ORDINATOR**

jderksen@isd21.mb.ca

204-467-2956

FAX: 204-467-8334 www.isd21.mb.ca/coned

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Brooke Rutledge

Have you reached a training plateau or maybe
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Circuit training is a fast-paced, full body workout, which is the best form of body conditioning. It uses high-intensity aerobics/intervals and targets strength building, muscular and cardiovascular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. Traditionally, the time between exercises in circuit training is short, often with rapid movement to the next exercise. With this type of training, you get what you put into your training. For all fitness levels, options will be given for each circuit for more or less intensity. Each week is different, no exercise program will be the same. Co-Ed classes. Suitable for ages 16 and up. Yoga mat and hand weights (5-10 lbs) required.

W16/08 9 Mondays starting January 11th 2016
(no class February 15)
6:30 - 7:30 p.m. at École R.W. Bobby Bend
Fee: \$65

W16/09 9 Saturdays starting January 9th 2016
10:00 - 11:00 p.m. at Warren Elementary School
Fee: \$65

MIXED MARTIAL ARTS

Mixed Martial Arts, or MMA, is a combination of Kickboxing, Boxing, Judo, Brazilian Jiu-Jitsu and Wrestling. In this program, you will become a well-rounded MMA participant by taking part in both Kickboxing and Jiu Jitsu classes. Participants can choose to join in one, or both of these classes. This program puts emphasis on all components, and will improve your endurance and overall strength. Each class will include warm up, drills, technical works and conditioning for a full body workout. Instructor: Curt McKinnon

Participants will be required to purchase their own gloves and hand wraps, however the instructor does have a few pairs of each to accommodate those who wish to come out and try their first class for free, prior to signing up.

W16/10 Tuesdays & Thursdays
starting January 7th, 2016
6:30 - 8:45 p.m. at École R.W. Bend School
(6:30-7:30 Kickboxing 7:30 - 8:45 Jiu Jitsu)

Fee:\$120 / \$60 for kickboxing only
or \$60 for just once a week

W16/11 Tuesdays, Thursdays & Saturdays
starting January 7th, 2016
(Saturday 9:00 am - 11:00 am Jiu Jitsu only)
Fee: \$175

5 class punch card
available for \$45



Walking (Indoors)

If you are interested in walking indoors when it's too cold to walk outside, the hallways at the Collegiate are available to you four nights a week. However, 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 - February 15 and in-services. There is also no walking when there are school dances, parents teacher and open houses) You must register through Continuing Education.

BALMORAL FITNESS

With Myles Taylor,
FIS Canfitpro Certified
CLASS DISCOUNTS -
One for \$60; Two for \$110; Three for \$145
All Classes are Co-ed and for ages 16 and up



W16/12 The Punisher Circuit

The Punisher is a 60 minute circuit incorporating strength & cardio. This circuit is designed to challenge your entire body. You will work your way through various exercises timed on specific intervals. This class is a reverse pyramid setup starting with the Endurance (aerobic) round, transitioning into the Power round, and wrapping up with the Sprint (anaerobic) round. We will finish each class with an ab shredding series. All levels of fitness will enjoy this program, as you push yourself to your personal limits. Equipment required: water bottle, hand towel and yoga mat.

9 Mondays starting January 11th, 2016
6:00 - 7:00 p.m. at Balmoral School

W16/13 F.A.S.T Class
(Functional Athletic Strength Training)

Military Forces, specially-trained Police Officers and Firefighters all have an indelible need to become, and maintain a functionally fit body. The simple act of wearing and carrying heavy, cumbersome equipment for extended periods of time while under extreme amounts of stress, requires a body that is capable to handle those conditions and then some. It's time to start thinking of your training around different variables, different plans of action and different levels of performance. Your body is one whole unit, not separate little pieces loosely strung together. With this concept in mind, my F.A.S.T class will help you achieve the "whole unit" body, using a combination of dumbbell weight training, body weight training, resistance straps and bands, and exercise balls. We will not only achieve a stronger body, but discover the muscular toning bi-product of it as well. Equipment required: 2 sets of dumbbells (5's and 10's, or 10's and 20's -weight that you are comfortable with,) a resistance band (tubular with 2 handles) a large exercise ball, yoga mat, hand towel and water bottle, the rest I will supply.

9 Wednesdays starting January 13th, 2016
(no class February 15)
6:00 - 7:00 p.m. at Balmoral School

W16/14 HARDCORE HIIT

This HIIT class (high intensity interval training) is a 45 minute series of specialized intervals that focus on muscular endurance, and will have your body exhausted, but feeling energized by the time we are done. This involves short intervals of maximum intensity exercises separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart rate within your aerobic zone) can't provide: the key element of HIIT that makes it different from other forms of training is that the high intensity intervals involve MAXIMUM effort, not simply a higher heart rate. Designed to accommodate most fitness levels by using a variety of difficulty variations, this is an exceptional program for athletes, and those looking for a hard-core, push it to the limits workout. Equipment required: 2 water bottles, 3 - 5 lb hand weights, hand towel, a yoga mat, and a warrior spirit.

9 Thursdays starting January 14th, 2016
(no class February 11)
6:15-7:00 p.m. at Balmoral School

W16/20 -Stonewall Collegiate
W16/21 -Teulon Collegiate
W16/22 - Warren Collegiate

NOTE: Indoor shoes are required and
walking hours are strictly 6:30-8:00 p.m.
Monday - Thursday
January 4 - April 2016
Fee: \$10.00 (for new registrations only.
If you registered in Fall you are paid until March!)



ARGYLE & BALMORAL
YOGA

With Carla Kummen

An ancient Indian practice meaning 'union' - the connection of body, mind and spirit. This class is for beginners and those with a regular practice. Includes breath work, stretching, postures, relaxation and meditation. Benefits include improved self-awareness, posture, flexibility, strength, endurance, relaxation and general well-being. Please bring a water bottle, yoga mat and belt.
Instructor: Carla Kummen

W16/15A 8 Tuesdays January 19- March 8, 2016
6:00 - 7:00 p.m. at Balmoral School
Fee: \$60

W16/15B 8 Wednesdays January 20 - March 9, 2016
6:00 - 7:00 p.m. at Argyle School
Fee: \$60

STONEWALL BOOT CAMP

With Sarah Todd, FIS,
HWL CANFITPRO Certified
www.SparkFitnessandNutrition.ca

Come get fit in this challenging 8 week Boot camp session!

- Do you want more energy? Do you need to increase your fitness level?
- Do you want to trim and tone your body? Do you need 'Me time'?
- Do you need motivation from a certified trainer?

Come be a part of this amazing, instructor lead, circuit style boot camp that is a **total body workout** in under an hour! It uses a combination of cardiovascular endurance, flexibility, balance and strength training to push participants hard and BURN calories. Participants will be introduced to moves progressively so it *appropriate for all fitness levels*. This is by far the best way to create an amazingly strong physique, and build endurance. Achieve your best results and be a stronger, fitter, healthier you! Please bring a water bottle, yoga mat, indoor runners & hand weights (4-10 lbs.)

W16/16 8 Wednesdays starting January 13th
6:30 - 7:30 pm at École Stonewall Centennial
Fee: \$55

5 class punch card \$40

ZUMBA - WARREN/STONEWALL

Zumba® is a very dynamic and exciting class full of Latin and exotic music flavors. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals, and the most important muscle in the body, the heart! It is a mixture of body sculpting movements and easy to follow dance steps, although you do not have to know how to dance to do Zumba. The explosive Latin rhythms create a party like atmosphere that deliver results, as well as a highly motivating workout. Best of all, the moves are easy to follow and fun - the hour class will fly by! Ditch the work out and join the Party!



5 CLASS PUNCH CARDS AVAILABLE FOR \$45
- ASK FOR DETAILS WHEN REGISTERING

COURSE #	TIME/DATE	LOCATION	INSTRUCTOR	Fee
Tuesday				
W16/17	6:00-7:00 Starting January 12 th 9 classes	Warren Elementary	Samara Robertson <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$75 Two for \$140 Three for \$195
Wednesday				
W16/18	6:00-7:00 Starting January 13 th 9 classes	École R.W. Bobby Bend	Samara Robertson <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$75 Two for \$140 Three for \$195
Thursday				
W16/19	6:30-7:30 Starting January 14 th 9 classes	Warren Elementary	Samara Robertson <i>Zumba Fitness® Licensed Instructor - Basics 1 Trained in First Aid / CPR</i>	\$75 Two for \$140 Three for \$195

Restore the body,
calm the mind, and
renew the spirit



Certified Yoga instructor Heather McDer- mid has been studying and practicing Yoga, the ancient art of healing, for over 15 years. This traditional style of Yoga is gentle to the body, allowing anyone of any age to practice it. There is an emphasis on the breath, energy and alignment of the body throughout. **For all classes, please bring a yoga mat, belt, and a couple blocks or pillows. All classes held at École R.W. Bobby Bend School - Music Room

Sign up for BOTH classes - \$140
Buy a 5 class punch card for \$45

W16/23 Restorative Yoga

For those who want to heal and restore at a very gentle pace

10 Tuesdays starting January 12th, 2016
7:30-9:00 p.m. at École R. W. Bobby Bend
School-Music Room
Fee: \$75

W16/24 Yoga

For those who have studied yoga before and want to go deeper into their practice

10 Thursdays starting January 14th, 2016
7:30 - 9:00 p.m. at École R. W. Bobby Bend
School-Music Room
Fee: \$75

FITNESS, CLOGGING & SOCCER FIT

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.

W16/25 Double Tap “River Dance” Clogging

If you want a great workout, listen to awesome music, and enjoy some laughs and comradery, this class is for you, you won't regret it. No previous talent required and no investment of equipment! If I can do it, so can you attitude! Dancing to rock n' roll, country, Celtic & more. Wear comfortable leather-soled footwear that will stay on your feet. Instructor: Gerald Laking

6 Saturdays Starting January 9th 2016
11:00 a.m. – 12:30 p.m.
Fee: \$50

W16/26 Soccer Fit for Women

Play and learn a few moves all while getting in shape. This program is developed by national coach Chico Andrade for women of all ages to come out play like you did when you were young. Use it as an exercise routine or as a way to stay fit in the off-season. If you are tired of aerobics, yoga or just running for the sake of exercise, give Soccer-Fit a try. See you on the court!

10 Sundays starting January 10th 2016
1:00-2:00 p.m. at École Stonewall Centennial School
Fee: \$90



PERSONAL INTEREST & FITNESS FOR CHILDREN & YOUTH

Home Alone – Emergency Preparedness & People Savers 3 (ages 8-13)

This Red Cross program will teach important safety awareness & basic first aid to elementary school aged children. Students will receive a workbook to follow through the class, learning to recognize a variety of everyday situations that could be dangerous. Students will learn to be prepared, check for safety, call for help and care for a person in an emergency situation such as choking or injury with first aid skills. 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.

W16/38
Wednesday February 3, 2016
6:00-8:30 p.m. at Stonewall Collegiate
Fee: \$35

Babysitting Safety (ages 11-15)

Come learn to be a safe, Red Cross certified Babysitter. Be a fun babysitter while keeping babies, toddlers and pre-school and school age children safe. Learn to recognize household hazards. This program teaches safety to be home alone, how to handle emergencies such as choking and injuries, how to contact emergency rescue workers or 911 operators. Class includes textbook and wallet size certificate. Students are to bring a bagged lunch and doll. Instructor: Kelly Kimball

W16/39 Saturday January 23rd, 2016
9:00 – 5:00 p.m. at Warren Collegiate
Fee: \$60

W16/40 Saturday February 27, 2016
9:00-5:00 p.m. at Stonewall Collegiate
Fee: \$60

The Stonewall Teulon Tribune

W16/05A Badminton - Grade 8 and under

This class is for the beginner badminton player as well as for students who want to improve their skills or want to work towards more competitive play. Emphasis is on learning the game of badminton, basic skills, and having fun. Bring your own racquet. Racquets may be purchased from the instructor. Instructor: Dale Kinley

SIGN UP FOR WINTER/SPRING - \$95
Sundays starting January 9th , 2016
12:00 – 1:00 p.m. at Stonewall Collegiate
Fee \$55

Chico's School of Soccer Excellence (Ages 7-10)

W16/41 Ages 7-10
10 Mondays starting January 4th , 2016
(no class Feb 15)
3:30 - 4:30 p.m. at École R. W Bobby Bend School
Fee \$135

W16/42 Ages 11 -14
10 Saturdays starting January 9, 2016
4:00 – 5:00 p.m.
at École Stonewall Centennial School
Fee \$135

BONUS SIGN UP FOR WINTER AND SPRING - 20 CLASSES FOR \$240



Thursday, December 31, 2015 **15**

Kids Can Cook – The Healthy Way! (Grades 3-5)

This class is a great way for your kids to learn, create and have fun in the kitchen! In this course your kids get to be the chefs! Just imagine the fun of preparing the food, learning while cooking and then eating your creations! All supplies included in the registration fee and the *Canada's Food Guide* will be followed. 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*

W16/43 6 Tuesdays January 19 – March 1, 2016
(no class February 16)
4:00 - 5:30 p.m. at Stonewall Collegiate
Fee: \$70

Kids Can Cook – Part 2 Menu Planning (Grades 5-7)

This class will focus on teaching students to prepare meals for breakfast, lunch and supper. Recipes and worksheets will be handed out to be added to the cookbook from the Kids Can Cook beginner class. To register students must be in Grade 5, 6 or 7 and have completed the Kids Can Cook beginner class. Please bring your cook book. Instructor: Meechelle Best *No outside food or drinks. Please indicate any food allergies at time of registration*

W16/44A 3 Thursdays January 21
-February 4th 2016
4:00 - 6:00 p.m. at Stonewall Collegiate
Fee: \$45

W16/44B 3 Thursdays February 11-25, 2016
4:00-6:00 p.m. at Stonewall Collegiate
Fee: \$45



FITNESS/YOGA



Shelley Schaeffer, BA, B Ed – Certified in Group Fitness, Resistance Training, Active Older Adults. Zumba®, Zumbatonic®, Zumba Gold®, Bellyfit® and Drums Alive, Fit Flow Yoga and in Maureen Rae's Yoga Training (Level 1 & 2), Personal Training Specialist and Nutrition and Wellness Specialist

Thursday night Circuit taught by Celine Doll B Ed, CanFit Pro Fitness Instructor Specialist

Group RIP

RIP is the fastest growing resistance training program in the world. It challenges your strength and stamina with innovative and traditional weight lifting exercises using a body bar, dumbbells and body weight. Get ripped building the physique you want and the strength you need Yoga mat and weights required.

Transform

Get ready for a mind/body experience unlike any you've seen before. This class combines Yoga, strength training using your body weight, and Pilates. It's time to create a new path in your fitness journey. It's time to Transform yourself!

Time	Monday starting Jan 4	Tuesday starting Jan 5	Wednesday starting Jan 6	Thursday starting Jan 7	Friday starting Jan 8	Saturday Starting Jan 9	Sunday Starting Jan 10
5:40-6:25 A.M. Centennial	W16/27 Early Bird Mix		W16/28 Early Bird Mix		W16/29 Early Bird Mix		
6:45 – 7:30 A.M.						W16/30 Early Bird Mix	
8 :50 :9:35 A.M. Parochial Hall Centennial	W16/32A Sunrise Yoga		W16/33 Group RIP	W16/34 Transform			W16/31 Bellyfit Warrior
9:45-10:30 Parochial Hall	W16/32B 55+ Stretch Strengthen and Align						
6:00 PM		W16/36 Group RIP		W16/37 Complete Circuit with Celine			
6:30 P.M. Centennial	W16/35 Transform						

Special Discount for Shelley's Classes

One for \$55 - Two for \$95 Three for \$125 - Four for \$145

SHAPE UP-\$155(unlimited)

55+ - \$50

5 CLASS PUNCH CARD \$45

Fit Club Benefits

- attend any class that fits your schedule
- make up classes during ANY TIME SLOT

Early Bird Mix

Get up bright and early for this combination workout! This class is the perfect combination of cardio and strength training aimed at keeping you lean, strong and functionally fit. Join us for all 4 days to achieve optimal results. Yoga mat and weights required.

Sunrise Yoga

This class is a vinyasa flow that will awaken, energize and clear the body and mind of toxins that build up. A combination of yoga and pilates will be included aimed at toning and lengthening to create balance and alignment in the body as well as mindful state of peace and clarity. Yoga Mat required.

Complete Circuit

This class will be a combination of timed cardio and resistance training intervals. Participants will be challenged on all planes of movement and levels of training. Yoga mat, weights (3-10 lb.) and resistance band required. Weights and yoga mat required.

Bellyfit Warrior™

An empowering integration of moves inspired by cardio kick boxing, martial arts, dance, Pilates and Yoga. Bellyfit Warrior™ offers a whole new flavor and feel while still adhering to all the same principles of Bellyfit. Yoga mat required For Women Only.

55+ Stretch Strengthen & Align

This class is a combination of flexibility, range of motion and strength building activities for participants fifty five and older. It is important to keep yoga and Pilates aimed at tonight and lengthening to create balance and alignment in the body as well as mindful state of peace and clarity. Ball and foam rolling will be incorporated to relieve muscle tension. Yoga Matt required

Our classes are 45 minutes in length. We keep you moving and burning fat from the first minute to the very end!

PERSONAL INTEREST & PROFESSIONAL DEVELOPMENT SAFETY

Confirmations will not be phoned or mailed. Attend the first session of a course as scheduled unless you are otherwise informed. Please feel free to call 467-2956 to confirm your registration.

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).

W16/45 Basic Knitting - (ages 10 to adult)

Have you ever wanted to learn to knit? If so, this course is for you! Skills covered include casting on, garter stitch, purl, basic increase and decrease, casting off and finishing. Develop skills to make a dishcloth and start an infinity scarf. Materials required: 1 set of 6 mm needles and one ball of bernat handikrafter cotton in the color of your choice Instructor: Theresa Pavluk

3 Tuesdays February 9, 16, 23, 2016
7:00-9:00 at Stonewall Collegiate
Fee: \$45

ECSI- First Aid/CPR

(Emergency Care and Safety Institute) This is a 7-8 hour emergency first-aid course with a simplified book and is easy to follow. Included in training: wounds, fractures, bandaging/ splints as well as medical conditions such as: heart attack/ stroke, diabetes, seizures, heat and cold injuries. The Level C CPR is heart saver level -adult, infant, child AED, and choking. Instructor: Bob Barsi

W16/46A 2 classes February 11 and 18, 2016
6:00-10:00 p.m. at Stonewall Collegiate
Fee: \$90

W16/46B 2 classes April 6 and 11, 2016
6:00-10:00 at Stonewall Collegiate
Fee: \$90

CPR ONLY CAN BE TAKEN THE FIRST NIGHT - FEE: \$45



W16/47 Self Love Self Healing

The most important relationship you'll ever have is the one you have with yourself. In your journey of healing emotional and physical pain you will require the knowledge of what "healing love" looks like. Developing a loving and healing relationship towards self will allow you to build self-confidence, deeper relationships and the ability to accept. Learn how to develop a kind, loving, and meaningful understanding of yourself.

W16/47A Tuesday, February 22nd 2016
6:30-8:00 p.m. at Stonewall Collegiate
Fee: \$50

W16/47B Tuesday March 8th 2016
6:30 - 8:00 at Stonewall Collegiate
Fee:

W16/48 Food Handlers Certification

This course is recommended for anyone in the food services industry, healthcare, community living or who is just interested in food! Learn the principles of safe food handling and upon successful completion receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). The Student Workbook is included in the course fee. Instructor: Lori Zdebiak RD. (Please be advised that there is a 30 minute lunch break).

Saturday April 23, 2016
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.

Digital Camera fun with Brent

Smile - Bring your camera!
BONUS: Take \$5 off second class!

W16/49 TIPS & TRIX

Basic knowledge & procedures to take great photos & saving/printing pictures

2 Thursdays April 7 & 14, 2016
7:00 - 9:00 pm
Fee: \$35

W16/50 TAKE IT TO THE NEXT LEVEL

You've mastered the basic settings; now seek its full potential. Explore creative settings, lighting techniques, composition & studio photography. Bring camera, take photos & make prints for a home-work assignment.

2 Thursdays April 21 & 28, 2016
7:00 - 9:00 pm
Fee: \$35

W16/51 WHMIS is old.....GHS is now

The old safety information tools or Workplace Hazardous Materials Information System (WHMIS) has been replaced by the Global Harmonization System (GHS), to bring Canada into line with a worldwide system being adopted by our major trading partners. The changes to law are in effect now. This one evening course will bring you up to speed on what you need to know to stay safe in the workplace and give you the certificate your employer will ask for. Certificates and reference materials will be issued. Instructor: Paul Oliver, Safety Officer - Interlake School Division

Thursday March 17, 2016
6:00 - 9:00 at Stonewall Collegiate
Fee: \$45

REGISTRATION FORM

- Winter 2016 -

Course Number: _____ Course Number: _____

Course Title: _____ Course Title: _____

Name: _____

Address: _____

Phone: _____ or _____

Email: _____

Fee: \$ _____ ☐ CHEQUE ☐ CASH ☐ DEBIT ☐ VISA ☐ MASTERCARD

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

PAINTING/CRAFTS

One-Day Oil Painting Seminar for the Absolute Beginner - Stonewall

Join popular instructor Julie Lamoureux in learning how to create this stunning painting you will be proud to display. www.artworkshops.ca

W16/52 12x18 Mountain Footpath

This is a great painting for all levels of painters. This painting is all in oils and focuss on All materials needed for this class will be loaned by the instructor. Please bring a bag lunch.



Saturday
February 27, 2016
9:30 - 4:30 p.m. at
Stonewall Collegiate
(class end time is approximate)
Fee: \$94

Image is copyrighted

W16/53 Making Jewellery with Maimzie! Ages 9 - adult

Treat yourself for Valentines and leave with a finished earrings and bracelet set. Supply kit included in course fee. Various kits to choose from with everything from Swarovski crystal to gemstones and pearls! This would make a gorgeous gift as well! Extra kits will be available for purchase. Instructor Jaimie McFarland.

Wednesday February 17, 2016
6:00-9:00 pm at Stonewall Collegiate
Fee: \$50

W16/54 Crochet/ Chevron Infinity Scarf

Come out for 2 nights of fun and leave with a warm cozy scarf made by you! Choose your own yarn or pick a kit from the instructor. Must have some knowledge on how to crochet. Instructor: Jaimie McFarland

2 Tuesdays January 19 and February 2, 2016
6:00-9:00 at Stonewall Collegiate
Fee: \$60 - includes supply kit

Coaching Academies through Coaching Manitoba

Cost for each course is \$10
Please e-mail Kelly Kimball @
rosserwoodlandsrec@mymts.net to register.

Wednesday January 13th from 7:00 - 9:00 pm
(Age Appropriate 3) Location: Warren Collegiate
Title: Age Appropriate Training 3: Speed, Strength and Testing L2T & T2T
Who: Coaches

Training for coaches on how to do age appropriate strength and speed training as well as test for improvements.

The DVD focuses on the Learn to Train and Train to Train stages of athletes in Canada's Long Term Athlete Development module.

Tuesday March 1st from 6:30 - 9:30 pm
(Managing Conflict) Location: Warren Collegiate
Managing Conflict

The Managing Conflict module will allow you to:

- identify common sources of conflict in sport;
- determine which individuals or groups are most likely to find themselves in situations involving conflict;
- learn important skills that will help you prevent and solve conflict resulting from misinformation, miscommunication or misunderstanding;
- develop skills that will empower you to listen and speak effectively in conflict situations while maintaining positive relationships with athletes, parents, officials and other coaches.



PROGRAMS IN WARREN, WOODLANDS, MEADOWS AND GROSSE ISLE
Please see course information throughout the flyer for these classes

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

-Zumba in Warren with Sam Robertson
-Circuit Bootcamp in Grosse Isle with Brooke Rutledge
-Red Cross Babysitting in Warren with Kelly Kimball

Teulon Rockwood

RECREATION COMMISSION

PROGRAMS IN TEULON
Please see course information throughout the flyer

Contact Info:

Chris Hornby
Phone - 1-204-861-0366
Email - teulonrockwoodrec@gmail.com
Twitter - @teulonrockwood
Facebook - <https://www.facebook.com/teulonrockwoodred>

FOR MORE INFORMATION, CONTACT JOCELYN DERKSEN
PROGRAM CO-ORDINATOR jderksen@isd21.mb.ca

204-467-2956

FAX: 204-467-8334 www.isd21.mb.ca/coned

get inspired

> MEAL IDEAS

Cold shrimp rolls



Ingredients

Quarter of a 400 g package fine brown rice vermicelli noodles
1 carrot, shredded
250 mL (1 cup) shiitake mushrooms caps, thinly sliced
50 mL (1/4 cup) chopped fresh coriander
25 mL (2 tbsp) chopped fresh mint
25 mL (2 tbsp) sodium reduced soy sauce
20 large cooked shrimp, tail removed (about 250 g/8 oz)
10 rice paper wrappers (22 cm/8 3/4 inch diameter)
Peanut dipping sauce:
45 mL (3 tbsp) hoisin sauce
20 mL (4 tsp) smooth peanut butter
45 mL (3 tbsp) rice vinegar



30 mL (2 tbsp) warm water
Directions

Peanut dipping sauce: In bowl, stir together hoisin sauce and peanut butter. Slowly whisk in rice vinegar and enough of the warm water until smooth and combined.

Place noodles in large bowl and pour boiling water over top. Let stand for 10 minutes. Drain and rinse under cold water. Combine with carrot, mushrooms, coriander, mint and soy sauce. Stir in 30 mL (2 tbsp) of the dipping sauce.

Fill shallow bowl or dish with warm water. Submerge 1 rice paper wrapper at a time for about 30 seconds or until softened. Place on damp clean tea towel and put 1/10th of the noodle mixture in centre. Top with two shrimps and fold ends in and roll up jelly-roll style. Repeat with remaining ingredients. Cover rolls with damp paper towels and plastic wrap. Refrigerate for up to 2 hours. Cut each roll in half on the diagonal to serve.

Serve remaining sauce with rolls.



Holiday Breakfast Casserole

Ingredients

2 packages (12 ounces each) Breakfast Sausage Links
6 English muffins cut into 1-inch cubes
1/4 cup butter, melted
1 cup (4 ounces) shredded cheddar cheese
1 cup (4 ounces) shredded mozzarella cheese
1/2 cup onion, chopped
1/2 cup red pepper, chopped
12 eggs
2 cups milk
1/4 teaspoon salt

1/4 teaspoon pepper
1/4 cup bacon bits
Preparation

Cook sausage according to package directions. Cool slightly; cut into 1/4-inch slices.

In a greased 13 x 9-inch baking dish, layer half the English muffin cubes and half the cooked sausage. Repeat layers. Drizzle with butter and top with the cheese, onion and red pepper.

In a large bowl, combine eggs, milk, salt and pepper. Pour over casserole. Sprinkle with bacon. Cover and refrigerate overnight.

Remove from the refrigerator 30 minutes before baking. Uncover and bake at 350°F for 45 to 50 minutes, or until a knife inserted into the center comes out clean. Let stand 5 minutes.

Serves Yield 12 servings

Crazy Situations Can Be Funny

By Gwen Randall-Young

Sanity is all relative, but all relatives are not sane. Don't think too long about that or you won't be either, I have been noticing more and more situations where people think they are really going crazy, when in actual fact they are quite normal people in crazy situations.

Just think what happens to you when you consistently have more things to do each day than you possibly have time for. Or when you're standing in the kitchen and three children and one adult are all talking to you at the same time. These are quite basic crazy situations, but they can get more sophisticated.

Like when both sets of parents want you to spend Christmas with them, and both will be offended if you choose the other. Or if your husband complains about how much money is being spent on groceries one day, and the next day complains because there's nothing good to eat. Then you can go to super crazy.

This is when the boss expects you to work very hard and is keeping notes for your performance review, and the girls in the office resent you because they think you're trying to make them look bad. Or when your wife complains that you never show any affection, and then next time you go to put your arms around her she tells you to leave her alone.

When confronted with such situations, it is quite common to assume that there's something wrong with

you. This is because in most crazy situations, someone almost always says, "What's the matter with you?" And the crazier the situation, the more vehemently the finger will be pointed at you (the sane one.) So, what to do?

Well, there are several strategies you can try. One is to begin laughing hysterically. Crazy situations can be quite funny if they are not too serious, or you don't take them too seriously. While laughing in this way may be seen as concrete proof that you are the odd one, it does release a lot of tension. You can also point out to whoever might care, that the situation does not make any sense. This spoils the game somewhat, but allows you to exit the program, unless you begin to argue about if it does or not, but then you enter into Super Crazy Two. Another choice is to walk away, either because it's not worth worrying about and you can ignore the whole thing, or because it is too crazy, and you walk away with the intention of never coming back.

If you've been in a crazy situation so long that you don't know anymore if it's you or the situation, then you definitely need a second opinion (you don't have to count the unsolicited ones). And you can take comfort in the fact that most people who think they are crazy are not. It's the ones who think they're sane that we really have to worry about!

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

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Alberta man searches for Rockwood relatives

By Jennifer McFee

An Alberta man is hoping to locate long-lost family members in the Rockwood area.

John Squarek of Lethbridge is working on a family tree and is seeking information about Manitoba members of the clan.

"I never knew that I had a great-grandmother in Manitoba until just a few years ago when I spoke with another niece who knew. I'm trying to tie it all together," he said.

"I'm looking for relatives who could tell me something about my great-grandparents."

So far, Squarek has discovered that his great-grandparents Anton and Wasilena Skwarek (sometimes spelled Szkwarek) immigrated to Manitoba from Ukrainian village of Jasienow Polny (now spelled Yasiniv Pilny) in 1899. With them, they brought their 10-year-old son Peter, who likely grew up in the Rockwood area.

Their daughter Marie and her husband Mike Knihinski travelled on the same ship, along with their children Stefan, Ivan and Marie. They also settled in Manitoba.

A 1921 census indicates that they

lived in the Rockwood municipality on a farm, with the location described as 1517 2 East. The census shows the last name spelled as Kniknicke. Several other people, who may have also been Marie and Mike's children, are listed as members of the same family: Stephen, Pauline, Steve and Mike.

Census information also indicates that a family member might be buried in a cemetery in Rockwood.

Squarek's own grandfather, Stephen, was another son of Anton and Wasilena Skwarek. He stayed in Ukraine for several years longer before he moved to Alberta in 1906, settling in Crownsnest Pass.

"There seemed to be a disagreement amongst the family," said Squarek, who has been unable to find out when they changed the spelling of the family's last name.

"My grandfather didn't travel with them when they first came."

Squarek is hoping that anyone with information about the family will contact him

He is also hoping to find someone to show him around the Rockwood area in the summer.

"I'd like to come to the area if I could



TRIBUNE SUBMITTED PHOTO

John Squarek of Lethbridge, Alta is hoping to find out information about his relatives who lived in the municipality of Rockwood in 1921.

find someone to take me around and visit the cemetery and visit the towns and visit this farm where they lived," he said.

"This summer, I'd be quite happy to

drive out there."

Squarek can be reached at 403-388-7196 or jsquarek@shaw.ca.

KidFish derby to raise funds for children's charities

By Dave Baxter

An upcoming ice fishing derby will give children and families the chance to enjoy a day of fishing out on the ice for a good cause.

The same group of people that previously ran the annual Kids Fishing For A Cure ice derbies have made some changes and now go by the name KidFish.

The KidFish Ice Derby, which will help raise funds for sick kids across Manitoba, is set to take place on Jan. 10 in Selkirk. Organizer Garther Cheung said it is one of the best derbies for families in all of Manitoba.

"Last year we had over 200 kids show up," Cheung said. "And when you see the smiles on the kids faces and the way they are building memories with their parents, you can't put a price tag on that."

The first 200 kids that show up to the derby will get a free ice fishing rod and Cheung said that is something that is really special for a lot of kids.

"Everyone remembers that first time they went fishing with their parents, and they remember when they got that first fishing rod."

Derby organizers hope a lots of kids show up, but Cheung said it is defi-



SUBMITTED PHOTO

A boy watches as a hole is drilled during the 2014 Kids Fishing For A Cure ice derby. The renamed KidFish Ice derby will take place on Jan. 10 in Selkirk.

nately an event for all ages.

"Some think this is a kids derby, but this is for everybody," Cheung said.

There will be top 10 prizes that can be won by all ages, as well as top 5

prizes for kids 16 and under.

People who pull in the biggest fish will go home with prizes, but the derby's organizers make sure most kids leave with a prize even if they don't

win a top five prize.

"We have prize draws and giveaways throughout the day, and our sponsorship gives us big ticket items but also a lot of smaller prizes, so we can give a lot of stuff out throughout the day," Cheung said.

The derby will help sick kids, as all proceeds will go to the Children's Hospital Foundation and Cancer Care Manitoba Foundation.

"We're just a group of anglers with really big hearts, and we love to volunteer, and we want to help out kids," Cheung said.

Thanks to a long list of sponsors the KidFish derby will hand out more than \$20,000 in prizes and giveaways.

The KidFish Ice Derby was originally planned for Dec. 27, but because of ice conditions has now been moved to Jan. 10 in Selkirk at the Float Plane Base.

Gates open at 8 a.m. with the tournament running from 10 a.m. until 2 p.m.

Tickets are still available, and for more information on the derby or how to get tickets go to the KidFish Ice Derby Facebook page, or call Garther Cheung at 204-291-8628.

Friendly fire on ice



TRIBUNE PHOTO SUPPLIED BY KIM DERBOWKA

There was no mutual aid between the Stonewall-Rockwood Fire Department and the Teulon-Rockwood Fire Department when the puck dropped for a fun hockey game on Dec. 18. The two departments laced up their skates and battled each other for bragging rights of their own with Teulon winning the game 4-3.

Bantam players support cheerboard



TRIBUNE PHOTO SUPPLIED BY BEV KIEL

The Teulon Tigers Bantam hockey team pitched in to help the Teulon Christmas Cheer board on Dec. 11. The Tigers packed over 70 food hampers, which are distributed to local families in need.

worship with us > FAITH

A new year is upon us! Looking back at 2015, this world has certainly seen times of great sadness and terror. However, we've also witnessed occasions which carry the promise of great hope and blessing. For some, this time will mark the relief of a difficult year over, while others might be wishing that 2016 be more of the same.

No matter what your year has been like, the ministers of Stonewall wish you a happy and blessed New Year! May God make your year a happy one!

We leave you with this New Year's blessing:

"Almighty and eternal God, draw our hearts to yourself, guide our minds, fill our imaginations, control our wills, so that we may be wholly yours, utterly dedicated to you. Use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen."

Happy New Year from all of us to you!

The ministers of the Stonewall Ministerial.

SERVICE CLUBS - Serving our Communities

Stonewall Teulon Tribune

Royal Canadian Legion Branch No. 52 \$33-\$38 member/year depending when dues are paid. The Royal Canadian Legion is dedicated to the service of veterans and their dependents, as well as to raise funds for the community. The Legion is open to all Canadian Citizens. Meetings are held on the 2nd Tuesday of the month at Stonewall Legion Club Room.	South Interlake Ag Society Janice Rutherford 467-5612 Hwy #236 and Rockwood Road \$10/member/year It encompasses the needs of the three municipalities that it serves - Rockwood, Rosser and Woodlands. Monthly meetings are held the 3rd Tuesday of each month at 7:30 at the Ag grounds.	Teulon Women's Institute Phone 886-2216 Fee: Nominal membership may apply Motto: "Home and Country" The TWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 3rd Tuesday of the month 7:30pm Farview Place Teulon. New members always welcome.	 1 Snow Goose Bay on Hwy 220 Stonewall, Manitoba 1-888-50MARSH (62774) ohmic@ducks.ca oakhammockmarsh.ca The Oak Hammock Marsh Interpretive Centre is a non-profit organization. Its mission is to foster public awareness and knowledge of the inherent values of wetlands and associated ecosystems, and to encourage public support for their conservation through innovative education and outreach programs.	Quarry Toastmasters Brenda 467-5088 Quarry Toastmasters meet every Tuesday 7:15 - 8:45pm at the Stonewall Collegiate in the Library. We work to build up your confidence in public speaking - individually or in a group. We help you plan what to say and to have fun doing it.	Kin Clubs of Stonewall Motto "Serving the Communities" Kin Canada is a dynamic volunteer organization enriching our communities through service while embracing national pride, positive values, personal development and lasting friendships. Kinsmen President Chris Luellman 467-8770 Kinette President Jean Burchuk 204-467-2925
Teulon & District Agricultural Society Lana Knor, President 467-0740 The Teulon & District Ag Society meet on the fourth Thursday of each month from February to November at the Agricultural Building at 7:30pm. The Ag Society sponsors the Teulon & District Ag Fair and the Annual Teulon Pumpkinfest.	Interlake Community Foundation, Inc. 204-467-5634 www.interlakefoundation.ca The Interlake Community Foundation provides the citizens of Rockwood, Rosser, Stonewall, Teulon and Woodlands with the opportunity to invest in the future of their community and region forever. The Foundation pools donations in a capital fund that remains in perpetuity. The income generated from the capital is distributed as grants to registered charities in the region. Grant applications are due by February 28th of each year.	Stony Mountain Stonewall Masonic Lodge #12 Call 204-467-2788 for Information Stony Mountain Stonewall Masonic Lodge #12 is the oldest organization in Stonewall (1880) and part of the oldest and largest fraternity in the world. Although a belief in one God is necessary to join, Freemasonry is non-secular and prohibits discussion of religion and politics in its Lodges. Freemasonry focuses on the reinforcement of morality into the daily lives of our members and of charity, a giving back to our communities through our Lodges and by our charitable activities as well as in our personal lives, which we believe makes GOOD MEN BETTER. Monthly Meetings 2 B 1 ASK 1	 Stonewall Ladies Auxiliary Committed to the wellbeing of our community and raising funds for the ongoing mutual support provided by the Stonewall Legion Branch #52. Meetings are held on the second Thursday of the month. New memberships are welcome. Yearly membership fee 10.00. Volunteers often required for events at the Legion hall.	South Interlake Seniors Resource Council Inc. Darcy or Corinna @ 467-2719 sisrc@shaw.ca SISRC is a non-profit organization that offers services for seniors and those with disabilities. These services include; Transportation; Mobility Aid Lending Service; Caregiver Support Group; Health Education Presentations; Resource Information/Form Completion; Telephone Buddy/Friendly Visiting; Handy Helper/Housecleaning. We also distribute the ERIK (emergency response information kit) and we are Lifeline Representatives.	The Liliane Baron South Interlake Breast Cancer Support Group Claudette 886-2393 Joyce 467-2473 The group is a non profit grass roots organization founded by women in the South Interlake Area diagnosed with breast cancer. Our mandate is to assist others who may find themselves with a similar diagnosis and to provide a variety of support, assistance and friendship where needed within the confines of privacy, respect and caring. The group meets for positive encouragement and support on the third Tuesday of each month at 7PM at the office of LJ Baron Realty, Main Street in Teulon. Anyone seeking information or services is always welcome.
 Knights of Columbus Stonewall Dave Couprie 467-9548 \$40/member/year The Knights of Columbus raise funds for charities within the community. The Knights are open to all Catholic men, 18 yrs or older. Meetings are held 1st Monday of the month September through June at the Christ the King Church in Stonewall.	South Interlake 55+ Inc Cheryl Cathers 467-2582 www.si55plus.org \$15/member/year This non-profit organization provides education and activities for persons age 55 plus. Many activities and events are held on a regular basis. Newsletters are published monthly and available to pick up at the 55+ Centre in Stonewall.	 Stonewall & District Lions Ralph Sinclair 622 Centre Avenue, Stonewall 467-9600 Motto: "We Serve" Membership is open to anyone over eighteen with an interest in providing assistance to those people or projects in our community in greater need than ourselves. Meetings every 2nd and 4th Wednesday of the month at 7:30pm September thru June.	 Independent Order of Odd Fellows Stonewall Lodge #49 Larry O'Dell 467-8882 Ross Thompson 467-2438 www.ioofmb.ca Yearly nominal membership fee. The Odd Fellows Lodge is a fraternal organization based on the fatherhood of God and the brotherhood of man. We do charitable work through various projects in the local community, the province and internationally. We seek to elevate the character of man and thereby make the world a better place to live. Meetings every 1st and 3rd Monday of the month at 8:00pm at the Odd Fellows Hall.	Stonewall & District Health Centre Ladies Auxiliary Marg Bond 467-8732 The auxiliary's goal is to raise funds for the purpose of enhancing the care and comforts of patients, residents and clients served by the Health Centre. Meetings are held the 1st Monday of each month at Rosewood Lodge. New members welcome.	Grosse Isle Women's Institute Phone 204-467-9376 Motto: "Home and Country" The GIWI has approximately 14 members that work hard to raise money throughout the year to donate to local and regional charities and community projects. Meet 2nd Tuesday of the month 7:00pm Grosse Isle Hall. New members always welcome.
Warren Horizons District Lions Club President: Irene Tully 204-375-6522 Meetings are held the first and third Wednesday of each month at the Warren Fire Hall Sept. thru June.		 Warren & District Lions President Stu Bangle 204-322-5381 "We Serve" Membership is open to anyone over 18 interested in giving something back to their community through direct action, meeting humanitarian needs, encouraging peace, and promoting international understanding. Meetings are held the 1st and 3rd Wednesday of the month at 7:00pm at the Warren Fire Hall from Sept-June.			

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Year in Review: the top sports stories of 2015



Teulon Saints varsity girls basketball team

By Brian Bowman

With 2015 coming to a close, it's time to take a look back at the outstanding athletic accomplishments from individuals who live in our area.

This year's list is a long one. And, no doubt, 2016 will bring many more highlights.

Here's a look back at 2015 in the sporting world.

January:

The Teulon Saints varsity girls' basketball piled up several victories while winning tournaments in Regina and Boissevain.

The Saints also placed sixth out of 16 teams at a "AAAA" tournament at Winnipeg's Vincent Massey in mid-December.

February:

- Grosse Isle hosted an outdoor celebration Feb. 15 as part of Hockey Manitoba's 100th anniversary.

Teams from Warren, Riverton, Arborg, Fisher Branch, Ashern, and Winnipeg participated in Novice, Atom, Pee-Wee, and Bantam (male and female) age categories.

- Stonewall Collegiate Rams' volleyball player Kaelee Loewen, a 6-foot-1 middle, committed to the University of Winnipeg Wesmen for the 2015-16 season.

- Stonewall Curling Club's Jared Kolomaya had a great run at the Safeway Manitoba men's provincial curling

championship in Brandon.

Kolomaya was ousted from the provincials after a tough 9-4 loss to Charleswood's Jeff Stoughton, a former world champion.



Emily Trombo

March:

-Team Manitoba finished the Canada Winter Games in Prince George, B.C. with a bronze medal in boys' hockey last Saturday evening.

Manitoba, which was coached by Selkirk Steelers' bench boss Wayne Bartley, won the bronze after defeating Quebec 5-3.

Manitoba's roster included Logan Christensen and Leif Mattson, both formerly of the Interlake, and Hodgson's Wyatt Bear.

-Emily Trombo of the Balmoral Judo Club won a bronze medal at the Canada Winter Games after finishing with a 2-1 record in judo in the individual up to 48 kg female division.

- The Teulon Collegiate Saints' basketball team won its second varsity title in a row after a dominating 94-33 victory over Neepawa in the MHSAA "AA" championship game Saturday in Souris.

The championship was Teulon's fourth in a row as the Saints won back-to-back junior varsity crowns.

- Warren Collegiate and Stonewall Collegiate had their varsity girls' basketball seasons end at the MHSAA provincials.

Warren finished with a 1-2 record at the "AA" provincials in Souris. The Wildcats had their season come to an end after a 44-27 loss to the Souris Sabres in the third-place game Saturday.

Stonewall, meanwhile, was winless in two games at the "AAA" provincials in Sanford.

The Rams lost 79-30 to the R.D. Parker Trojans and then were defeated 65-44 by the University of Winnipeg Collegiate.



Mekaela Fisher

- Mekaela Fisher of Warren and Eryn Stewart of Stonewall led their Central Plains Capitals to a Manitoba Female Midget Hockey League championship over the Yellowhead Chiefs.

Central Plains won a series-deciding Game 5 by a 3-0 score over Yellowhead on Sunday evening. Fisher scored the Capitals' third goal of the game into an empty net.

April:

-Bobbi-Jo Lillies continued



Bobbi-Jo Lillies

to excel in boxing as she won a provincial title as an Open boxer with a victory over Krishan Lysenko of Edmonton's Beverly Bronx Boxing Club in Stony Plain, Alta.

It was the second consecutive time that Lillies has defeated the experienced Lysenko. This time a provincial title was at stake.



Ally Stewart

- Stonewall's Ally Stewart won a women's world senior curling championship.

Stewart played lead for Canada's Lois Fowler, who defeated Italy's Fiona Simpson 6-2 on Saturday to win the gold.

May:

- Dale Kinley had one final chance to compete as a junior at the national badminton championships.

Kinley participated in the 2015 Yonex U23 and Junior National Badminton Championships, competing in men's singles and doubles.

- After leading her Kelvin

Clippers to a 16-4 regular-season record in the Winnipeg Women's High School Hockey League last season, Brooke-Lyn Riley, an Argyle product, committed the University of Manitoba Bisons.

- Dickinson State University softball player Regan Lawrence was named the Loraine C. Schumacher Female Senior Athlete for 2015 by the Dickinson State University athletic department.

The talented right-hander from Stonewall was outstanding on the diamond at Dickinson State. Lawrence posted a 64-22 record with a 2.51 earned run average. She also racked up 461 strikeouts and a career fielding percentage of .970.

Offensively, Lawrence finished with a .312 career batting average.

June:

- Brielle Cara was named to the Manitoba U16 women's provincial volleyball team. The 5-foot-7 libero from Stonewall is a standout defensive player.

-The Manitoba High Schools Athletic Association recognized a pair of local teachers - Warren Collegiate's Cathy Pleskach and Stonewall Collegiate's Christy Steeves - for their longtime contributions to high school sports.

July:

-Jade Ledochowski was honoured with two major awards at the Manitoba High Schools Athletic Association's 2015 Jostens High School Athletes of the Year media conference in Winnipeg.

Ledochowski was selected as both the "AA" and overall provincial Jostens' Female Athlete of the Year.

- The Warren Wildcats softball team had to settle for the silver medal after a 6-1 loss to the Glenboro Canucks at the U10 "B" provincials at the

> YEAR IN REVIEW, FROM PG. 16

John Blumberg Complex.

Warren posted a spectacular 23-1 record - behind some strong pitching - last season.

- The Woodlands Mustangs won the gold at the eight-team U14 "C" Provincial Fastpitch Championships.

Woodlands defeated Dakota 17-10 in the final game.



Amber Schneider

- Amber Schneider led her Smitty's Terminators to the gold medal at the U16 "A" Provincial Championships at Quarry Park.

Smitty's claimed the gold with a lopsided 11-0 win over the Winnipeg Lightning.



Kevin Tataryn

August:

- Kevin Tataryn was outstanding representing Canada at the 2015 World Archery Championships in Copenhagen, Denmark.

Competing for the first time ever in Denmark, the 30 year old Stonewall native led the Canadian compound team - along with Christopher Perkins and Dietmar Trillus of Ontario - with victories over Australia, South Africa, and reigning world champion Denmark to advance to the gold-medal match against Iran.

In a hard-fought battle, the Canadian team forced a shootout, where the Iranian team eventually won and Canada received the silver.

-The Interlake Phillies had a heck of a wild ride at the 2015 U16 Girls' Canadian Fastpitch

Championships in Calgary.

But that ride was derailed with a 7-6 playoff loss to Saskatchewan's Lumsden Cubs. Interlake finished pool play in third place with a 3-2 record.

- The Stonewall Blue Jays were eliminated from the Senior "AA" All Star Provincial Championships after a 6-3 semifinal loss to the Elmwood Giants.

Stonewall, which finished in first place in its pool with a 3-0 record, opened the provincials with a 2-1 win over St. Boniface. The Blue Jays then beat Brandon 11-4 and blasted Border West 11-2.

- Stonewall's Ryan Humeniuk and his North Winnipeg earned a spot in the Western Canadian Midget "AAA" baseball championships in Yorkton..

Humeniuk later decided to spend his Grade 12 year with the Okotoks Dawgs baseball program in Alberta.



Erika Boisvert

-The FC Northwest U16 girls' soccer team - which includes Stonewall's Erika Boisvert - earned a trip to the nationals after edging Bonivital FC 3-2 in overtime in the MSA Cup finals.

FC Northwest was a perfect 4-0 before the final, outscoring their opponents by an 11-0 margin.

FC Northwest advanced to the nationals in Surrey, B.C. in October.

September:

- The University of Manitoba Bisons' men's hockey team announced eight new recruits- which included Stony Mountain's Brett Stovin - for the upcoming 2015-16 season.

Stovin, 20, played last season with the Western Hockey League's Saskatoon Blades and East Coast Hockey League's Missouri Mavericks.

- Balmoral's Quinn Grose



Quinn Grose

was one of three Hockey Manitoba officials that were selected by Hockey Canada to attend the Officiating Program of Excellence West Regional Camp in Richmond, B.C.

Grose is a Level IV official and has experience refereeing and lining in the Bantam and Midget "AAA" Leagues, KJHL, SEMHL and MJLH.

- For the first time since 2009, the Stonewall Blue Jays were crowned the Winnipeg Senior Baseball League champions.

Stonewall needed all seven games in their best-of-seven championship final against Elmwood but they made it look easy in Game 7, trouncing the Giants 9-1 at Fines Field in Stonewall.

October:

-Warren's Mekaela Fisher was one of 20 players named to Hockey Manitoba's U18 female roster.

Fisher, a forward, plays for the Central Plains Capitals.

Team Manitoba competed at the U18 National Championships in Huntsville, Ont.

- Stonewall's Cameron Lowdon led Team Canada's men's golf team to a fourth-place finish at the CISM Military World Games in South Korea.

Canada missed out on a bronze medal by one stroke behind the Americans.

Lowdon had a very good tournament (78-75-68-74) and was the low Canadian for the week. He finished 13th overall in a talented field that featured nine pros that placed ahead of Lowdon.

- Stonewall's Regan Lawrence was named the winner of the Olive Little Memorial Award for Most Outstanding Female Player in Manitoba for 2015.

Lawrence had a tremendous season in 2015, playing NAIA college softball for the Dickinson Blue Hawks in North Dakota. She was a pitcher/

outfielder for Dickinson State, a team which qualified for the College World Series this past year.

Lawrence was a big part of the Blue Hawks' success, compiling a 26-8 record and a save. She started 20 games, finishing 19 of them.

- The Stonewall PeeWee boys' baseball team was selected as the 2015 Baseball Manitoba Grassroots Team of the Year. Stonewall had a great season this past summer, winning regionals and then the "AA" provincials in Hamiota before advancing to the western championships in Alberta.

At westerns, Stonewall finished with a 2-2 record after a tough walk-off loss to Saskatchewan.

Stonewall coach Ryan Fines was also deservedly honoured as the Grassroots Minor Coach of the Year.

November:

- Stonewall's Amber Schneider won a silver medal at the Chris McCubbins Age Group Cross Country Championship, which was a club track meet held at Kilcona Park, on Oct. 31. Schneider was edged out for the gold by Selkirk's Taylor Arnt by a single second.

- Jared Kolomaya of the Stonewall Curling Club earned a trip to the men's provincials in Selkirk in February after winning a berth at the Viterra Berth Bonspiel in La Salle.

Kolomaya defeated East St. Paul's Alex Forrest 6-4 in the final game.

Kolomaya, whose rink includes third Neil Kitching, second Kennedy Bird, and lead Daniel Hunt, reached the final after edging Granite's David Bohn 7-6 earlier in

the day.

- Manitoba lost 2-1 in overtime to Ontario Red in the gold-medal game at the 2015 National Women's Under-18 Championship in Huntsville, Ont.

Manitoba's silver medal equals its best finish ever at the National Women's Under-18 Championship.

Manitoba's roster included Warren's Mekaela Fisher, Poplar Point's Emily Upgang, and Kerigan. Dowhy, originally from The Pas, now lives in Stonewall while attending Shaftesbury.

December:

- The Teulon Saints varsity girls' basketball team won the consolation side of the Steinbach Christian Invitational.

In the B-side final, Teulon defeated Rosenort 45-35. The Saints were paced by Kyra Wiebe and Kailen Ledochowski with 15 points apiece.

Ledochowski was selected a tournament all star.

The Warren Collegiate Wildcats also had a great performance at the tournament, finishing in third place after a 41-29 victory over the Morris Mavericks.

Warren started tournament play with a dominating 43-22 win over Mennonite Collegiate and then the Wildcats lost 43-29 to the Neepawa Tigers.

-The Stonewall Flyers improved their record to 6-1 in the Manitoba Senior Hockey League after defeating the last-place Lakeside Phantoms.

Stonewall was in first place at the holiday break in their first season playing in the MSHL after making the switch from the South Eastern Manitoba Hockey League.



Stonewall PeeWee boys baseball team

Viterra regional men's qualifiers announced

By Brian Bowman

CurlManitoba hosted the Viterra regional men's qualifiers last weekend at various curling clubs across Manitoba. Seventeen berths were awarded to the 2016 Viterra Championship, which will be held at the Selkirk Recreation Complex from February 10-24.

In Stonewall, the two Interlake berths were claimed by Arborg Curling Club's Kyle Foster and his team of Andrew Wickman, Dale Lott and Tom Watt and Winnipeg Beach's Justin Reynolds.

Reynold's rink features Tanner Lott, Wade Ford and Nick Weshnoweski. The other berths earned last week included:

Central:

-Steve Pauls - Clearwater CC and his team (Clare Reimer, Kevin Friesen and Dylan Reimer)

-Lorne Hamblin - Morris CC and his team (Brian Peters, Jordan Peters and Graeme Bergman)

-Randy Neufeld - LaSalle CC and his team (Dean Moxham, Devon Wiebe and Brett Moxham)

Eastman:

-Murray Woodward - St. Adolphe CC and his team (James Kirkness, Devin McArthur and Chad Barkman)

-Rylan Young - Springfield CC and his team (Scott Podolsky, Curtis Joyal and Phil Cook)

Norman:

-Shaun Parsons - Burntwood CC and his team (Kevin Parsons, Bronston Jonasson and Jim Davidson)

Parkland:

-Greg Todoruk - Dauphin CC and his team (Peter Prokopowich, Darcy Todoruk and Barrett Procyshyn)

-Ray Baker - Dauphin CC and his team (Wes Jonasson, Sheldon Oshanyk and Justin Reischek)

Westman:

-Terry McNamee - Brandon CC and his team (Brendan Taylor, Geordie Hargreaves and Travis Gouldie)

-Kelly Marnoch - Carberry CC and his team (Bart Witherspoon, Brandon Jorgensen and Chris Cameron)

-Steve Irwin - Brandon CC and his team (Travis Taylor, Cody Rabe and Travis Saban)

Winnipeg:

-Doug Harrison - Granite CC and his team (Jamie Hay, Darryl Gunnlaugson and Lary Borus)

-Hayden Forrester - Fort Rouge CC and his team (Brennan Sampson, Brett Macdonald, Cole Chandler and Coach Bill Macdonald)

-Trevor Loreth - Granite CC and his team (Brad Haight, Ryan Lowdon and Brett Cawson)

-Tyler Drews - Fort Rouge CC and his team (Josh Drews, Daryl Evans and Jake Zelenewich)

Teams that have already qualified include: Mike McEwen-Fort Rouge (CTRS 2014-2015), Daley Peters-East St Paul (CTRS 2015-2016), David Bohn-Granite (CTRS 2015-2016), Taylor McIntyre-Granite (Spring Berth Bonspiel), William Lyburn-Granite (Berth Bonspiel), Jared Kolomaya-



TRIBUNE PHOTO BY LANA MEIER

The Andy Stewart rink of Stonewall lost 8-7 to Arborg's Kyle Foster Dec. 19. Foster went on to defeat Evan Martin 6-5 to earn an Interlake berth.

Stonewall (Berth Bonspiel)

Scott Ramsay-Thistle (MCT), Matt Dunstone-Granite (MCT), Dennis Bohn-Assiniboine Memorial (MCT),

Alex Forrest-East St Paul (MCT), and Reid Carruthers-West St Paul (Returning Champion).



TRIBUNE PHOTO BY LANA MEIER

Local curlers Jenna Boisvert (left) and Kendra Derbowka curled with Kristy Watling during the Scotties qualifiers Dec. 18-20 in Stonewall. Watling's rink defeated Rebecca Lamb 6-5 and Kim Link 10-3 before losing to Kim Link 6-2 and 5-3.

Link earns Scotties berth at regional qualifier

By Brian Bowman

CurlManitoba hosted the Scotties regional qualifiers last weekend at various curling clubs across Manitoba.

Nine berths were awarded to the 2016 Scotties Tournament of Hearts presented by Monsanto, which will be held at the Sun Gro Centre in Beausejour from Jan. 20-24.

In Stonewall, Kim Link's East St. Paul rink won the lone Interlake berth with a 5-3 win over East St. Paul's Kristy Watling on Dec. 20.

The other regional qualifiers from that weekend included:

Central:

-Mackenzie Zacharias -Altona CC (Morgan Reimer, Emily Zacharias, Jenessa Rutter, Coach Sheldon Zacharias)

rias)

Parkland:

-Lisa Menard - Dauphin CC (Lesle Cafferty, Sam Murata, Laurie Macdonell, Brandi Oliver)

Westman:

-Terry Ursel - Neepawa CC (Gwen Wooley, Tracy Igonia, Wanda Rainka, Coach John Csversko)

-Cheryl Reed -Brandon CC (Stacey Fordyce, Pam Robins, Roz Taylor, Coach Dave Petersson)

Winnipeg:

-Cathy Overton-Clapham -Fort Rouge CC (Briane Meuilleur, Katherine Doerksen and Krysten Karwacki)

-Christine Mackay -Fort Rouge CC (Gaetanne Gauthier, Taylor Maida,

Jets blow leads in pair of losses in MMJHL action

By Brian Bowman

There is no doubt that many of the Stonewall Jets will be celebrating New Year's Eve tonight, but they had little to celebrate on Dec. 20.

The Jets blew a 4-2 third-period lead – giving up three unanswered goals – in a 5-4 road loss to the St. James Canucks.

Austin Hill, Jarrett Lynam and Mitchell Lockhart scored for St. James in the third period.

Robert Smith had given the Jets a 1-0 lead with a power-play goal at 8:05 of the third period. But Derek Walker scored twice exactly 10 minutes apart to give the home side a 2-1 lead.

The Jets were very good in the second period, though, scoring three straight goals just 1:07 apart.

Smith netted his 14th goal of the season at 6:57 of the second period and then Sam Mandryk and Max Smith tallied.

St. James outshot Stonewall 50-38.

On Dec. 18, the Jets blew a 4-1 second-period lead in a 7-5 home loss to the St. Vital Victorias.

Adam Blight scored twice and Bryce Stovin and Chase Faulkner added singles to stake Stonewall to the 4-1 lead but St. Vital then scored six out of the final seven goals of the game.

Four of those Vics' goals came in the final period.

Chase Faulkner added his second goal of the game late in the second period (he also had a pair of assists) to give the Jets a 5-3 lead.

Justin Tremblay (two), Danick Levesque (two), Riley Bouchard, Raymond Allard, and Jordan Ivanyshyn scored for St. Vital. Ivanyshyn netted the eventual game winner midway in the third period.

The sixth-place Jets (13-12-1) are back in action this Sunday when they host the seventh-place River East Royal Knights (12-13-2). Game time is 7:30 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Jets' Chase Faulkner scored twice in Stonewall's 7-5 home loss to the St. Vital Victorias on Dec. 18. Faulkner leads his team in points with 12 goals and 15 assists.

> SCOTTIES, FROM PG. 18

Katrina Thiessen, Coach Cathy Gauthier)

-Janet Harvey - Granite CC (Sue Baleja, Robin Campbell and Carey Kirby)

Norman:

- Jen Rolles- Thompson CC (Sheri Horning, Courtney Reeves and Carly Perras)

Teams that have already qualified include: Kristy McDonald-Granite CC (CTRS 2014-2015), Barb Spencer-Assiniboine Memorial CC (Spring Berth Bonspiel), Shannon Birchard-St Vital CC (Berth Bonspiel), Michelle Montford-Assiniboine Memorial CC (MCT Champion), Joelle Brown-Assiniboine Memorial CC (MCT), Darcy Robertson-Rossmere CC (MCT) and Kerri Einarson-East St Paul CC (CTRS 2015-2016).

Lightning slump into holiday break

By Brian Bowman

The holiday break could not have come at a better time for the Interlake Lightning Midget Provincial team.

With just one win in its past 14 games, the Lightning could really use a break. They could also use some Holiday cheer.

The slumping Lightning lost its final game of 2015, dropping a 5-2 decision to the Winnipeg Thrashers in Teulon on Dec. 19.

Trailing 4-0 late in the third period, Interlake made the game interesting with power-play goals from Sean Loutit and Noah Basarab.

Nate Hooper (two), Dawson McKenzie, Kyle Wilt-

shire, and Carter Barley scored for the Thrashers.

The Lightning began that weekend with a 6-1 loss to the Central Plains Capitals in Portage la Prairie.

Wyatt Bear scored Interlake's lone goal at 18:06 of the first period, assisted by Basarab.

Jayson Brooks (three), Tyler Van Deynze (two), and Brody Moffatt scored for Central Plains.

With the two losses, Interlake is now 7-19 and in sole possession of 10th place in the 12-team league with 14 points.

The Lightning will resume league play on Saturday (7:30 p.m.) when they battle the Wheat Kings in Brandon. Interlake will then play the Southwest Cougars in Souris on Sunday (2 p.m.).

Sunday, January 3, 2016
Stonewall Jets vs
River East Royal Knights
7:30 at VMSC



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Flyers remain atop MSHL standings

By Brian Bowman

The score was closer than many people would have thought.

With the first-place Stonewall Flyers facing the last-place Lakeside Phantoms, it looked like a blowout was in order.

But that didn't happen.

Lakeside kept the game relatively close in a 6-3 loss to Stonewall in Manitoba Senior Hockey League play on Dec. 19.

Matt Varnes (two), Brett Harvie, Brock Couch, Jeff Sonnenberg, and Barrett Schlag scored for the Flyers.

Eric Bruce scored twice for the Phantoms while Tyler Medeiros had a goal and an assist.

Tyler Chatfield earned the win in goal.

The Flyers, now 6-1 and in first place, will play Lakeside (0-7) again this Saturday (8 p.m.) in St. Laurent.

Meanwhile, the Warren Mercs were defeated 9-6 by the Redskins in Morden in South Eastern Manitoba Hockey League play on Dec. 19.

Warren, which trailed 4-3 after the first period and 8-5 after 40 minutes, received goals from Scott Delong (three), Colton King (two) and Scott Corbett.

Keith Bially (two), Jay Fehr (two), Jared Leiding, Tyler Groening, Tyler Peers, Chris Reimer, and Clint Olson replied for Morden.

On Dec. 18, the Mercs were crushed 9-0 by the Carman Beavers.

Carman, which held period leads of 1-0 and 5-0, received goals from Brett Chartier (four), Darren Bestland, Geoff Maloney, Scott Owen, Aaron Lewadniuk, and Jason Rose.

Steve Christie earned the shutout while Cole Boulton took the loss.

The Mercs (1-7-1-2) played at Carman (8-1-0-0) this past Tuesday but no score was available at press time. The Mercs will then host the Portage Islanders (5-5-0-0) this Saturday. Puck drop is 8 p.m.



TRIBUNE PHOTO BY LANA MEIER

The Flyers' Brett Harvie had a goal in Stonewall's 6-3 win over the Lakeside Phantoms on Dec. 19.

Golden gals winner declared



TRIBUNE PHOTO SUBMITTED

The Balmoral Curling Club hosted the Golden Gals Zones from Dec. 9-11 with five teams competing to represent the zone at the provincials. The Arlene Deprez rink, including Myrna Stewart, Judy McGuirk and Paulette Foy, defeated the Darlene Grandmont rink of Alice Meier, Dianne Rennie and Shirley Irwin in the A-side final.

The Grandmont rink dropped to the B-side final where they were defeated by the Joyce Wyrchowny rink of Elsie Murray, Carol Enstrom and Arlene Farebrother.

The 'A' and 'B' winners will now compete in the provincials in Steinbach from Feb. 4-7. Pictured are the B-side winners, Wyrchowny, Murray Enstrom and Farebrother.

Rams give Crusaders a good battle

By Brian Bowman

The Stonewall Collegiate Rams gave the first-place St. Paul's Crusaders a pretty good battle in their final game of 2015.

But it still wasn't enough as St. Paul's defeated Stonewall 5-1 in Winnipeg High School Hockey League action Dec. 17.

"We actually scored first and it was 3-1 going into the third period," recalled Rams' head coach Kyle Nixon. "We had some pretty good chances, a couple of power plays in the third period, but we couldn't score and they scored a couple late."

"But it was good – we played them tough."

Cade Tonner gave the Rams a rare 1-0 lead when he scored in the first period, assisted by Ryan McMahon, but Kieran Guttormson and Cole Zadro replied for St. Paul's later in the period.

Brandon Marques scored the lone

goal of the middle frame and then Spencer Ferbers and Zadro tallied late in the third.

Goal scoring continues to be a major problem for the Rams. Stonewall has scored just 15 goals while surrendering 56 through its first 15 games.

With the loss, Stonewall is now 0-14-0-0-1 and in last place in the Platinum Promotions Division with just a single point. But the Rams have been competitive in many of those games.

"We're hoping that after Christmas, we play seven games, I think, and we have a little bit of a softer schedule," Nixon said. "We're done with the St. Paul's and the Oak Parks, so maybe we can build on something in the second half of the season."

The Rams will play College Jeanne Sauve on Tuesday at Dakota. Game time is 4 p.m. The Rams' next home game is Jan. 13 when Stonewall hosts St. John's Ravenscourt.

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Stonewall Teulon Tribune Do you remember...2015?

A year-end news quiz

By Natasha Tersigni

It has been a jammed packed year filled with events, activities and issues that impacted our local communities. Take the *Tribune* news quiz to see how much of 2015 that you remember.

- 1) Jan. 1: Woodlands hires a new CAO? Who is he?
- 2) Jan. 8: Which Hollywood movie, that angered the North Korean government, will not be played at Stonewall's movie theatre?
- 3) Jan. 15: Selkirk- Interlake MP James Bezan causes a stir on Facebook making a post just before the gold medal match in the 2015 World Junior Hockey Championships calling on Canadians to attend a pro-Ukraine rally before the puck drops. What two teams take to the ice?
- 4) Jan. 22: A television show that was filmed in Grosse Isle premieres nation wide. What is the name of the show?
- 5) Jan. 29: A tasty new business opens in Stonewall. What is it?
- 6) Feb. 5: It seems every Manitoban has an opinion when it comes to a Maclean's article that gave Winnipeg what designation?
- 7) Feb. 12: Teulon students visit the Manitoba legislative building to celebrate the 50th anniversary of what national symbol?
- 8) Feb. 19: Communities across the Interlake hold outdoor games at local rinks to celebrate this.
- 9) Feb. 26: Several local athletes travel to Prince George, B.C. Why?
- 10) March 5: Which award winning country star performs in Stonewall to help raise funds to conserve Canada's

wetlands?

- 11) March 12: What prominent Manitoban kept his job after a tight vote among party members?
- 12) March 19: A major change has occurred at the head office at Interlake-Eastern Regional Health Authority. What has happened?
- 13) March 26: Students in Stony Mountain and Stonewall get a surprise visit from a few provincial sport stars? Who were they?
- 14) April 2: Which Interlake resident has been appointed as Manitoba's new lieutenant-governor?
- 15) April 9: Students and staff across the Interlake School Division wear this to show solidarity against bullying?
- 16) April 16: Stonewall Collegiate students return from a voluntourism trip a lifetime, which was a first for the division. Where did they go?
- 17) April 23: Hundreds of people line-up outside of the Royal Canadian Legion in Stonewall. What were they hoping to catch?
- 18) April 30: What Stonewall eatery celebrates their 20th anniversary?
- 19) May 7: The Stonewall-Rockwood Fire Department unveils what new piece of life-saving equipment?
- 20) May 14: Former Stonewall resident escapes what natural disaster that made headlines worldwide?
- 21) May 21: Ground is broken on a monument to honour which renown local artist?
- 22) May 28: What Woodlands manufacturer announces an expansion?
- 23) June 4: Stonewall council agrees

to what at the 11th hour?

- 24) June 11: The Stonewall Legion holds a memorial service for what historical event?
- 25) June 18: Local soccer fans travel to Winnipeg to attend this.
- 26) June 25: Stonewall residents and businesses are busy sprucing up the town for these visitors.
- 27) July 2: A Stonewall resident participated in this relay as it passes through Winnipeg.
- 28) July 9: In conjunction with Canada's birthday, the RM of Woodlands holds a special celebration for what?
- 29) July 16: To honour the 35th anniversary of this, a local sewer makes a quilt of past run t-shirts.
- 30) July 23: Communities are a buzz as Stephen Harper announces this? (Hint: It is the longest that has ever happened)
- 31) July 30: How does Rosser Fire Department make history?
- 32) Aug. 6: Which local industry offers tours to the public for the first time?
- 33) Aug. 13: What Stony Mountain restaurant was filmed for an upcoming episode of The Food Network Canada's hit television series You Got to Eat Here!?
- 34) Aug. 20: This Canadian county favourite rocks the Quarry Day crowd.
- 35) Aug. 27: Mother Nature wreaked havoc on this annual fundraiser held from Stonewall to Gimli.
- 36) Sept. 3: Which Grosse Isle fundraiser raises approximately \$14,500 for CancerCare Manitoba?
- 37) Sept. 10: Students in Woodlands are thrilled to head back to school. Why?
- 38) Sept. 17: Why do hundreds of ATV riders descend on Stonewall?

39) Sept. 24: Why do local paddlers take to the Red River in Winnipeg?

- 40) Oct. 1: A sea of orange takes over Teulon. Why?
- 41) Oct. 8: Collecting empty beer cans earns Stonewall resident Robin Allan which provincial award?
- 42) Oct. 15: Grade 3 students from Interlake School Division attend this event, that shows them how they too can change make a difference in their community.
- 43) Oct. 22: Amazing Race Season 3 contestants Cynthia and Brain Boyd were guests at what local charity run?
- 44) Oct. 29: These little creatures, that are threatening lakes and rivers in the Interlake, are the talk of the town and province?
- 45) Nov. 5: This device is credited at saving Stonewall senior Gailya Brown's life?
- 46) Nov. 12: Former Winnipeg Blue Bomber Cornerback Rod Hill inspires young athletes at what event?
- 47) Nov. 19: A major economic milestone is reached in Teulon. What has council approved to re-open?
- 48) Nov. 26: Newly re-elected Selkirk-MP James Bezan returns to Ottawa. Who is his party's new leader?
- 49) Dec. 3: Lead by Shayne Campbell, what production brings World War I and II to life?
- 50) Dec. 10: At a Stonewall council meeting, what has some resident appalled?
- 51) Dec. 17: A Christmas Grinch strikes at the Balmoral post office. What did they do?
- 52) Dec. 24: Warren midget female has committed to play hockey for the University of Manitoba next season.

- 40) Teulon's annual Pumpkinfest
- 41) Mothers Against Drunk Driving Community Recognition Award for 2015
- 42) Wee Day
- 43) Abbas Auto Stony Mountain Run
- 44) Zebra mussels
- 45) Victoria Lifeline
- 46) Interlake Football Club's year-end awards banquet
- 47) Northern Goose processing plant
- 48) Rona Ambrose
- 49) Voices of War
- 50) Group home for disabled adults
- 51) Stole parcels
- 52) Mekaela Fisher

- 25) Women's FIFA World Cup games
- 26) Communities in Blooms national judges
- 27) 2015 Pan Am Games torch relay
- 28) A 135 birthday party
- 29) Terry Fox run
- 30) Federal election
- 31) Hiring a female firefighter
- 32) Rockwood quarry pits
- 33) Summit Cafe
- 34) Jake Mathews
- 35) MS Biking to the Viking
- 36) CoffeeHouse to End Cancer
- 37) To see their brand new school
- 38) Third annual ATV Ride for Dad
- 39) For the 23rd annual FMG Mani-

- 13) Winnipeg Blue Bomber players
- 14) Janice Filmon
- 15) Pink t-shirts
- 16) Kenya, Africa
- 17) Queen of Clubs
- 18) The Klin
- 19) Jaws of Life
- 20) Earthquake in Nepal
- 21) William Kurelek
- 22) ArrowQuip
- 23) Quarry Ridge Park Development, a \$240-million residential housing development
- 24) 70th anniversary of Victory in Eu-

- 1) Adam Turner
- 2) The Interview
- 3) Canada and Russia
- 4) The Pinkertons
- 5) A bakery named Beyond Bread
- 6) Most racist city in Canada
- 7) Canadian flag
- 8) 100th anniversary of Hockey Man-
- 9) Canada Winter Games
- 10) Jason Blaine
- 11) Premier Greg Selinger
- 12) Ron Van Denakker is hired as the new CEO

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ANNOUNCEMENT

CARD OF THANKS

Sincere thanks to all the friends, family and neighbours in Warren and Stonewall for the amazing support our father and our families have received over the last few months - hospital visits, calls, cards, food and donations made in memory of our late father Ron Hardie. We are truly grateful.

-Laura, Kerry, Andrew, Roy, Cherylene and families

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TOWN OF STONEWALL UNDER THE PLANNING ACT

NOTICE OF PUBLIC HEARING

The Council of the Town of Stonewall under the authority of the Planning Act will hold a HEARING at the location and time listed below.

Municipal Office
293 Main Street
Stonewall, Manitoba

Wednesday
January 6, 2016
6:45 p.m.

Property owners are being notified in order to give them the opportunity to speak in support or objection to the proposed conditional use as per Section 105 of The Planning Act.

CONDITIONAL USE #:	STC 1/15
ROLL NO:	106950.5
APPLICANT:	Association for Community Living - Interlake Branch Inc.
OWNER:	Mark Shurek & Jackie Derewianchuk
SUBJECT:	Land Use Zoning "RS" Residential Single-Family Zone
Bylaw	Town of Stonewall Zoning Bylaw 35/91 (as amended) Part VII - Residential Zones Table VII - I Residential Use Table
Requirements	Residential Care Facility requires a conditional use.
Conditional Use Requested:	To allow for the proposed establishment of a Residential Care Dwelling on the subject property.

PREMISES: Lot 5 Block 1 Plan 47649 WLTO
CIVIC ADDRESS: #9 Rossmere Crescent

For further information, please contact:
Roberta Van Caeyzele, Acting Manager Phone: 1-204-467-5587
South Interlake Planning District Board Fax: 1-204-467-8383
285 Main Street, Stonewall, MB. R0C 2Z0 Date: December 15, 2015

A copy of the above noted proposal and supporting material may be inspected at the South Interlake Planning District Board Office located at 285 Main Street in Stonewall, Manitoba between 8:30 a.m. and 4:30 p.m., Monday through Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property Owners are responsible for notifying lessee



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