



GRINDSTONE GAZETTE

ISSUE 144 - SEPT. 2010

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From your board.....

Proud Member of MACO, C.M.C.P.P. & Lake Wpg. Research Consortium

What a summer it has been, this is the first time I've had three weeks off in a row and I am slowly getting an idea of what retirement might be like. Completely lost track of what day it was but once I hit the Friday before going back to work the weekend finished in a blink of an eye. The best highlight was the septic tank not filling up from ground water after being pumped out by our local honey wagon.

Acting Parks Supervisor:

If you haven't heard James Lockie has moved on to a new job within Parks and our temporary replacement as Parks Supervisor is Bob Bomberak, a past enforcement officer who has taken on the management role. This man came through big time when just before Grindstone Days his office and staff helped make sure the volleyball pitches had additional sand to what the association bought and also supplied the backhoe to move it. The backhoe also helped move the gravel dumped at the shed location at Blacks Point to make a stable area for the pancake breakfast volunteers to walk on. A big thank you to Bob and the staff at Parks branch. Bob also attended our board meeting and we continue in our efforts to maintain a good working relationship between the Association and the District Parks Office. Thanks for listening to our concerns Bob.

Drainage Problems:

This has been a very wet spring as we all know. The GCOA board and our new Supervisor are working to try find some solutions. Please see page 2 for more on this and please send us your information. We need to document as many problems as we can.



ATV Rule Breakers could cause a ban to ATV use in parks:

Finally, ATV's are not allowed on any trail within the developments at ANYTIME. The use of these machines has increased this year with some driving on the trails and causing damage to them. If you see anyone on a trail please report them to Conservation at 378-2261. Please record the license numbers of the machines, the sooner we get Parks to deal with these people the sooner the park will be a better place. We have an area with four trails for ATV's to drive on by the lagoon with no impact to other cottagers. Note that if a few folks continue to abuse the development trails Parks may just decide to cancel all ATV use within the Park boundaries. This will end up being a case where a few bad apples ruin it for all. We realize that it is frustrating trying to get parks authority to make more trails for ATV use but we



.....have to follow the laws and let the Trails Committee continue with their work.

Hunters: Finally, that time of year is coming where hunters will be in the woods, if you are out and about walking or looking for mushroom's please wear a blaze orange vest and make sure your dog has the same.

RCMP: If you haven't noticed, the R.C.M.P. were parked on the road a couple times this summer

making sure vehicles travelling down the road were obeying the speed limit. While they didn't catch any scofflaws (sorry, I've been listening to a Sherlock Homes audio book) they will be maintaining their presence in the park in the future. For those of you who have not noticed, the speed limit from just south of the store to the dump is 50km.

Enjoy what is left of the summer heat and have a great fall. - Bob Ralke

Your Board consists of:

Or write to GCOA c/o Box 4408, Stonewall, Man. R0C 2Z www.grindstonepark.ca

Bob Ralke	Chair	771-4403	bralke@live.com
Jason Zulyniak	Vice Chair	864-2555	jazulyniak@mts.net
Linda Grayston	Secretary	694-3103	lgrayston@shaw.ca
Mo Tipples	SOUL Chair	257-7230	378-5147 saveourlake@shaw.ca
Howard Thiesen	Treasurer	467-2414	378-2550 howardt@highspeedcrow.ca
Larry Verhaeghe	Membership	222-2862	378-5354 larryverhaeghe@3web.net
Bob Johnston		661-6198	378-2902 8916bj@mts.net
Craig Goldstein	G'days	330-2896	378-5536 cagoldstein@mts.net
Frank Wright		791-5391	378-2588 wright67@gmail.com
Lynn Sinclair	Gazette	668-3262	378-5402 grindstone.gazette@gmail.com
Jean-Guy Pageau	Member	474-1688	bevpageau@shaw.ca

PLEASE REPORT YOUR GRINDSTONE DRAINAGE PROBLEMS

As we all know this was a particularly wet spring with 450-500 mm (17.7 to 19.7 inches) from April 1 to Aug. 31* which is 150-200% of normal precipitation. Hence it shouldn't come as a surprise that there are many drainage problems in the sub-divisions and along the main road. Our new Parks Supervisor tells us that this is a frustrating problem and they are trying to come up with some solutions.

We, the board, are sending an official letter to parks to ask for their help in assessing and fixing our drainage concerns. We do need your help though.

If you have a drainage problem that you would like to report, you may mail it to Drainage Issues, c/o Lynn Sinclair, 130 Reiny Drive, Wpg, R2G 2M4, email info@grindstonepark.ca

All responses will be packaged and forwarded to parks. Please be sure to advise your name, phone number, and cottage address along with a short description of your particular problem. For instance is the ditch along your subdivision road overgrown, is the creek that the ditches drain into overgrown and less effective etc.

We appreciate the time you take on this and our hope is that we can get some action on the above. Please respond by October 15th.

Thanks in advance.....
....your G.C.O.A. Board

* Precipitation records from Agriculture & Agri-Food Cda





Fall Report 2010

Goodness, but summer is running into fall and, while the lake temperature earlier in July was lovely, it is now beginning to get that next-season coolness. Of course, this happens every year, but it still comes as an unpleasant reminder that the heat of summer is dwindling and the crispness of fall is coming. But before we all put on our fleeces, let's take a moment to appreciate how Grindstone seems to have enjoyed minimal algae blooms, pretty much non-existent ecoli counts and little if any erosion to our shorelines. And this makes us among the lucky ones along the shores of Lake Winnipeg, so congratulations on keeping our area relatively free from harm and ensuring proper habitat protection.

We feel strongly that our access to the Park as cottagers puts us in the privileged position of acting as hands-on stewards of the land. This means we feel that each of us individually is responsible for protecting not only our own lots and shorelines, but also all the public places that everyone enjoys, such as the trails and public beaches. We encourage everyone to take a positive and protective approach to their use of the Park - keep ATVs off the trails and abide by the various regulations that exist to protect the land. We humans are among the most destructive of creatures and we owe it to the land to tread gently on it so that it can be enjoyed for generations to come.

"Respect for water" is the main goal of SOUL's activities and remains the focal point of our education efforts: Treat water as a precious resource. Conserve it. Use it wisely. We, therefore, were very pleased at Grindstone Days to showcase three excellent - and award-winning - Science Symposium projects, all of which were pertinent to the work of Save Our Lake.

We say a big "thank you" to Chris Kraljevic, our local teenaged Grindstone scientist, who helped staff our table and also to his father, Gabe, whose passion for bugs will show up in The Gazette in the form of educational columns. SOUL supports the Manitoba Science Symposium in April each year by providing cash awards to participants. Regrettably, our collection jar at this year's Grindstone Days table did not get very full, so anyone who would like to support the scientific pursuits of young people, please feel free to send along a donation (c/o of the GCOA Board) that will help ensure SOUL can offer awards to science students again next year. We receive little funding from the GCOA Board for this work and any donations we receive are channeled through the Board accounts as a SOUL item; we are therefore fully accountable to the GCOA. We would like to sincerely thank the few who have already donated through this route.

SOUL continues its OUTREACH to many groups in Manitoba that have found their own niche in working towards the long-term goal of restoring health to our Lakes. There is talk about coordinating these efforts into a coalition, but it's too early to tell where this idea may
Continued.....

Science Symposium Project Winners

L to R: Thyaha Rajan, Chris Kraljevic, Ming Munikar



.....continued from previous page
 lead. In the mean time, SOUL attends the Eco Network Water Caucus's meetings four times a year and appreciates their study sessions on water issues and sharing of updates from the various groups. Nature Manitoba and Manitoba Cottage Owners Association are also part of our network and we share information with them and their members.

'Til the snow flies, enjoy the shorter (but insect-free) days of fall and the tranquility at our special place on the Lake!

- Mo Tipples & Amanda Le Rougetel
 SOUL committee

Board Position Openings!

At present there are openings for two important positions on the board.

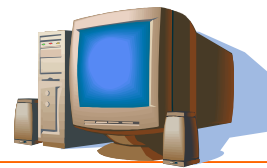
- Gazette Editor: Are you looking for a way to express your creative side? Do you think that you could be the next Doug Speirs? Then this is the opportunity that you've been waiting for! Lynn Sinclair will be staying on the board but is looking to find someone with computer skills to take over as editor of the Gazette. She will be available to train and assist where needed.

- Treasurers Position or Secretary's Position: Howard Thiesen has been Treasurer of the GCOA since July 2003. After 7 years he has decided to step aside and let someone else get involved with the Grindstone Community. Howard would like to find a replacement as soon as possible and he will stay on the board and work with them until they feel comfortable with the position. He will assist in preparing the 2010 Financial Statement for presenting at the 2011 AGM. If you are interested in helping out and have some accounting/bookkeeping background please con-

sider volunteering. We are pleased that he has agreed to stay on to help the new volunteer. Linda Grayston has been the secretary of the GCOA since 2007 and is planning to continue on the Board. If there is a volunteer who would consider taking on the position of secretary, then Linda has agreed to move to the treasurer's position.

The Board meets approximately 5 times a year at 5:30 p.m.- 8:00 p.m. This is an opportunity to meet other cottage owners who enjoy the Grindstone Cottage Community!

Don't hold back thinking there may be others who will volunteer for these positions. YOU may be the best person for the job! Please contact Linda Grayston at lgrayston@shaw.ca if you would like more information on the Treasurer's, Editor's or Secretary's position.



SCAVENGER HUNT CONTEST WINNERS:

Congratulations to Wayne, Lorie & Stephan Smith of Black's Point for being the first prize winners in the scavenger hunt contest. They correctly found the 17 locations from the picture hints given during one of several early rainy weekends. I had initially thought that there would only be one prize but I managed to come up with several more items. So a second prize was given to Erik Dzwonek .

There were over 100 hits on the forum site (where the picture clues were provided). Only these two entries were received so they got to share ALL the prizes.

- Lynn



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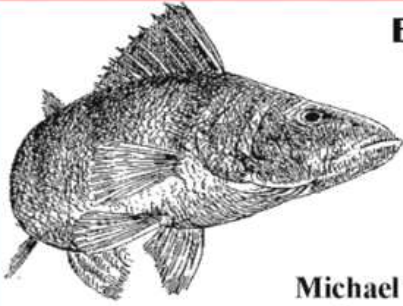
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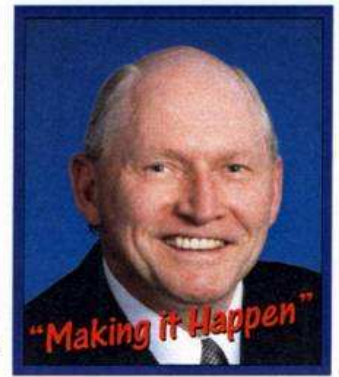


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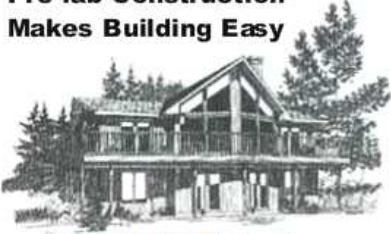
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LITTLE GRINDSTONE HARBOUR

September 2010

Commercial fishing season opened on September 1st so please be aware of the nets in the water and mind the "No Parking, Loading Zone" signs in the harbour so the Commercial Fishermen can easily access their anchors, tubs and nets.

The AGM and elections were held at the Riverton Curling Club on August 27, 2010. Thank you to all members who attended in person or by proxy to ensure your vote was heard. A few good points were brought up for discussion and the Board will follow-up on these items. Other than the incumbent Directors, no one else was nominated from the floor so the existing Board will return by acclamation. We would like to thank everyone for their suggestions and cooperation over the past two years. We have tried to instill a sense of order and organization throughout all of our operations, both from a procedural and functional basis. With the support of Small Craft Harbours, we have undertaken many improvements of the harbour facility and have enhanced many safety elements around the harbour. We hope we get to continue working on your behalf moving forward in the future.

Last fall, we took delivery of 3 - 22' X 6' floating docks and 1 - 20' X 4' dock from Small Craft Harbours. The docks were installed this past May on the south side of the harbour. On August 13th, we received 6 more 22' X 6' docks and 4 more 20' X 4' docks. When these are installed early next spring the entire south side of the harbour will have been replaced. The total costs of these docks, including installation, is well

in excess of \$30,000. If we are able to salvage anything from the old docks we will try, however, other than a few tubs, the docks removed this past spring literally fell apart once they were taken out of the water. We have also received new tubs to re-float the docks on the north side of the harbour which currently have tires for floats. This work is expected to be completed before winter.

A porta-potty has been placed in the harbour and will remain through to October. Though it is not a perfect solution, it does provide relief for users of the harbour, be they Commercial Fishermen or recreational boaters.

We have received funding approval from Small Craft Harbours to construct the additional breakwater. This project involves the construction of an additional breakwater closing off the northwest and north portion of the harbour providing better protection within the harbour from north-west/north/north-east winds. It seems at least once per summer, if not more often, strong winds jeopardize the safety of craft in the harbour, particularly on the south side. When the existing facilities and breakwater were originally constructed at Little Grindstone the level of safety standards, and protection provided against winds and water surges was inferior to today's standards. This new breakwater would help address this situation and set the stage for expansion of the harbour. The position of the breakwater has been determined by Small Craft Harbours and they are close to securing approval from Manitoba Water Stewardship, Transport Canada, and DFO Habitat. The work for this expansion

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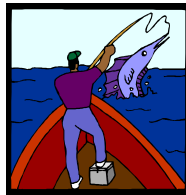
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must be completed by March 31, 2011 to qualify under the federal stimulus program. The project is planned to go out to tender later this fall.

Finally, the 2nd Annual Little Grindstone Harbour Authority "Fish Fry" held during Grindstone Days was another huge success. It was a sell-out again with 400 tickets being sold prior to the event. We would like to thank "Grindstone Cal" and Friends for the entertainment, the Grindstone Cottage Owners Association for the equipment and tables, and to all the other sponsors, supporters, and volunteers who made the event a hit! Because of the sponsors, we were able to make a profit of over \$500.00. We turned over \$250 of the profit to the Grindstone Cottage Owners Association.

Board:

- Michael Eastman, President
- Damon Mowatt, Vice President
- Michael Buhr, Secretary
- Rob Ediger, Treasurer
- Eric Johannson, Director



COLESLAW RECIPE



The day before the Fish Fry, Trish Buhr, made the delicious coleslaw that we enjoyed.

All-in-all about 110 pounds of finished product was produced using:

- 75 lbs of shredded cabbage
- 10 litres dressing
- 11 bunches of green onion
- 1/2 cup celery seed
- 1/3 cup of ground black pepper

Thanks Trish from all of us satisfied fish fry partakers. It was delicious and the fact that it was homemade was noticed by the Grindstone Gourmet for one.

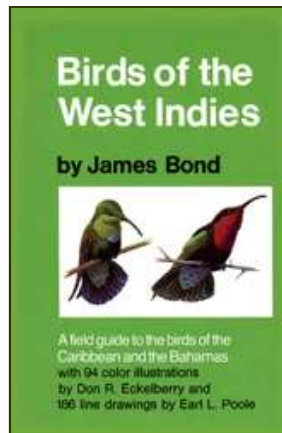


PICNIC TABLE SET UP TEAM:

Thanks go out to all who helped set up and repack the picnic tables.

- | | |
|----------------------|-------------------------|
| Laurene Tutt | Derek Sacco |
| Stephen Braun | Tyler Saunders |
| Tyler Kohut | Mike Verhaeghe |
| Mel Lewis | Keith Eyrikson |
| Megan Hingey | Dan Mazur |
| Brett Napier | 2 Bible Camp men |
| Morgan Cheyne | |

Your help was very much appreciated!



BIRDS & BOND

Do you know how the very famous 007 got the name "James Bond"?

Author Ian Fleming was writing at an estate in Jamaica. Being a keen birdwatcher he simply picked up (off the coffee table) the book "Birds of the West Indies" by the famous ornithologist "James Bond".

He used the author's name for his 007 agent. He liked the name because it was brief, boring, unromantic and very masculine. Everything he wanted it to be.

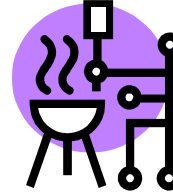


Announcing our new Grindstone Days Coordinator!

Well, Grindstone Days was a great success, everything ran smoothly, the weather cooperated and everyone had a great time. The Board realized that we still needed an official "go to" guy when some of our great volunteers needed help getting ready for the event as they turned to Larry for help. While Larry retired from that position two years ago no one had, as yet, volunteered to replace him. While Larry remains on the Board looking after memberships, we would like to express our thanks to him for all the work he's done for Grindstone Days since 1982!

It is now time to introduce you to our **new Grindstone Days Coordinator! Craig Goldstein**, a Board member since 2008 and a cottager on Tamarac Bay, has volunteered to take this on. He will be the official go to guy for 2011. His role will be to contact all of our event leaders, offer Board support where needed and make sure that

Grindstone Days continues to bring our cottage community together for one great weekend every summer. Thanks Craig for your help! Craig can be contacted at: cagoldstein@mymts.net



Would you like to get involved with Grindstone Days? Jason MacRae (Pancake Breakfast and Sunday Beach Hot Dogs coordinator) is looking for volunteers, but only for 30 minutes shifts to help with the cooking and serving of food. If you and your family enjoyed the celebrations, please consider offering a little time to help keep this tradition going. Contact Jason now at jason@whyteridgeinteriors.com for more info and to provide your phone number.

Please visit our website.....who knows what you'll discover there!
www.grindstonepark.ca

Bat Woman nabs Grindstone Night Stalkers!

The following is in reference to the 'Going Batty?' article from the March 2010 Gazette.



Linda Grayston (for her father Les Slingsby) contacted the folks at The Manitoba Bat Blitz about the bats in the hot water tank cupboard attached to the back of his cottage. Karleigh (from Bat Blitz) advised that their subsequent visit was very successful. Following are her comments to Linda and Les.

"Just wanted to let you know that our visit was very successful! We put up a net right behind the house and caught 20 bats very easily and there were still more inside. They are primarily adult females, who gather together to give birth and raise their young. Your colony appears very healthy, we even caught 3 juveniles, which

was very surprising, I didn't expect them to be out flying this early. Our research went well, we took genetic samples from 10, to see how related they are, and how related they are to bats across Manitoba, which is important for telling us how far they migrate and how much they interbreed, helping to map disease spread. We also put small microchips in 10, to see if they will migrate to any of our caves in winter. All bats we handled seemed no worse for wear and flew away easily. Thank you so much for your property access, we will let you know if we need to come by again."

The gazette also published an article on bats in March 2004. Please visit our websites gazette archives section for the above mentioned newsletters:

www.grindstonepark.ca



Pancake Breakfast 2010



L to R: Cory Cockriell, Donald Walker, Jason MacRae

This year, a terrific group of volunteers did a tremendous job preparing and serving breakfast for almost 600 hungry cottagers. As this was my first year as co-ordinator, there were a few bumps along the road, but fortunately I had a few veterans on hand to offer guidance and support. A big thank you goes out to John and Liz Stornel for providing their knowledge and advice throughout the months leading up to the big weekend, as well as Larry Verheage who was always available to answer my many, many questions.

Several volunteers stepped forward this year, and I am extremely grateful for their help and generosity. Larry Verhaeghe, Keith MacRae and myself precooked the breakfast sausage on Friday. Lawrence Dekoning, Donald Walker, Cory Cockriell, Reid Sitar, & myself kept the pancakes flipping off the grill Saturday morning, while the rest of the MacRae Clan (Marlene and Keith MacRae, Phil and Kelly Haynes, Tom and Sheila McCaffrey, as well as our "Little Helpers", Kara, Kayley, Ryan, Emily and Brooke) served drinks and food to all that came along.

As in previous years, a big thank you should be given to Dave's Septic for donating funds toward the purchase of the breakfast sausages.

Hot Dog Lunch

We had fantastic weather again this year for the games and hot dog lunch. I would like to thank Rob Johnson and Keith MacRae for working the grill, while Brenda Johnson, Rob Sinclair, & Philip Haynes helped prepare and wrap the hot dogs, Gary McCrea managed the tickets, Marlene MacRae, Kim MacRae, Jennifer MacRae and Liz Stornel served over 575 hot dogs.

Another big thank you to Northern Meat Services for their donation of the hot dog weiners.

Volunteers for 2011

The single most important ingredient for making these events happen are the generous volunteers that step forward. Although it is a lot of work, it is also fun and rewarding to give back to your community. A number of the volunteers from this year have already volunteered again for next year, but several more are needed. We need at least 13 people for the pancake breakfast, and 9 for the hot dog lunch. Next year, we would like to see more people come forward, resulting in shorter shifts, and less time required from each volunteer. If you would be willing to work a 30 minute shift in the serving line please contact me at 297-4002, or email:

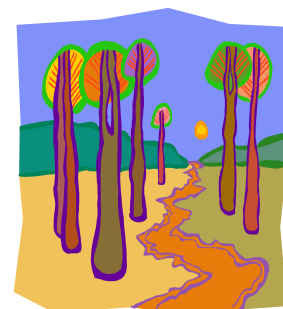
jason@WhyteRidgeInteriors.com,

Thanks!

- Jason MacRae

THE TRAILS COMMITTEE REPORT:

The Trails Committee would like to thank all the cottagers and business contributors for helping us have a successful silent auction on the August long weekend. We raised \$5,300.00 after expenses. The money is turned over to the Grindstone Cottagers Association to be held until it is required for projects under taken.



Poker Derby 2010

With the hot weather and new activities added to the Saturday schedule, the participation was down a little from last year, but 230 entries were collected. The clear skies made for an enjoyable ride &/or walk around the check stops. The poker derby is held within the Black's Point subdivision & takes about 30 – 45 minutes to walk. All entries are handed out in prizes. This years winners:

- 1 - \$100 - Hazel 4 Queens
- 2 - 60 - Myles 4 8's
- 3 - 40 - Dustin Full House - Kings
- 4 - 30 - Taylor Full House – Queens



L to R: Dieter Nuessler & Jason Balonyk

Thanks again to the Checkpoint volunteers. Rainer & Donna N, Cathy, Tara, Anita & Sonya N, Darlene U, & Jason B. - by Dieter Nuessler



STORNEL'S SECRET



John Stornel called me over to tell me that the new Pancake Breakfast team was doing a great job....just as he knew they would.

John advises that every year he is asked the same question "How do you get the pancakes to cook up so extra thick?"

He advises that the Pancake breakfast team use the same pancake batter that we use from the grocery store. The secret is in the whipping of the batter. You may have noticed that they use a mechanical whipper to get as much air into the batter as they can. Not just the 8 or 9 fork folds we do at home. Then they let the batter sit for at least 10-15 minutes before they are placed on a very hot grill.

That's it....you now have the knowledge to recreate these at home. - Lynn

Grindstone Community of Artists' Report

Thirteen artists presented a diversity of works of art at the 3rd Annual Art Show and Sale. Partnering the Fish Fry and the Art Show worked very well. Many people, who may not have attended the Art Show as a separate event, took the opportunity to browse through the 300 exhibits on display. Thanks to all who purchased art pieces.

We would like to thank the Grindstone Association for purchase of the multi-purpose tents utilized for shelter and shade at the event.

Co-ordinator Judy Croy would like to extend a welcome to all aspiring and accomplished artists.

Contact: Judy at judcalcroy@hotmail.com

IMPORTANT PHONE NUMBERS:

- Manitoba Conservation
- Riverton - 378-2261 Hecla - 279-2369
- RCMP - Arborg - 376-5251
- Arborg Hospital - 376-5247
- Gimli Hospital - 642-5116
- Ambulance - 911
- Health Links - 788-8200 (Wpg.)
- No charge number 1-888-315-9257

- Conservation Tip Line 1-800-782-0076
- Emergency Joint Rescue Co-ordination Centre: 1 - 800-267-7270
- VHF distress call - VHF channel 16
- Cell phones (on some phones) - *16 or #16
- Don Bridges (Harbour master) - 378-5719 or 378-2999
- RCMP— Arborg - 376-5251
- Jim and Beulah Bake, - 378-5653
- Coast Guard Auxiliary
- Mike Eastman - Harbour - 378-5621
- Rob Ediger - Harbour - 378-2637

WHAT'S BUGGING YOU?

- Gabe Kraljevic, Black's Point

I've been a cottager at Grindstone for over 25 years now – starting when I was an agriculture student at U of M working on my entomology degree. Needless to say, I've always been interested in the variety of insect life that surrounds us in our fine park (except for the mosquitoes). Well, I thought that I'd try writing a 'bug column' to maybe help people learn to appreciate the insect inhabitants of Grindstone (except for the mosquitoes).

Long-horned beetles. This isn't just one species but a fairly large family of beetles that are found around the world. They are most noted for their really long antennae – hence their name – and cylindrical bodies. In fact, one of the largest insects in the world is a 16 cm, long-horned monster found in South America. In some areas (not in Manitoba) they are serious pests in forests, especially when they are accidentally introduced.

There are several species of these beetles that you are likely to spot in Grindstone but the most common one I see is called the White-Spotted Sawyer. See picture above. It's large (2-3 cm) and black with a conspicuous white spot in the middle of its 'back'. This species may also have several smaller white spots or be a mottled gray. These guys are **really** noticed when they land on someone who then freaks out. Well, it's a big insect and feels like it's going to bite you. (I'll talk about that later).

They are herbivores and are really quite benign. The adult beetles eat the bark off of tender spruce and balsam twigs but they love dead, damaged and dying balsam, spruce and pine for



White Spotted Sawyer - J. Berger, Bug-

laying their eggs. The females make 0.5 cm holes and deposit eggs just under the bark. The larvae are white, chunky-looking grubs with black or brown heads which tunnel around under the bark and into the heartwood for up to 2 years, eventually reaching 2-4 cm. The fully-grown larvae will chew a large hole in the bark and plug it with sawdust. They become pupae which emerge through the plug later as adults.

The big question is...do they bite? Well, not really. What people feel when one lands are the claws they use for climbing. I've purposely tried to get them to bite my finger but they don't do a good job of it!

Here's a challenge for you: The next time you spot one catch it with your hands and then hold it by the back between your thumb and fore finger. You should see it start to move its head up and down. Quickly hold it closer to your ear and you'll hear it squeaking! After you're done, toss it gently straight up into the air and it should open up and fly away.

Thanks Gabe for your first "What's Bugging You" article. We are looking forward to further information on Grindstone's insects. Lynn



REGGIE LEACH

A street (in Riverton) has been named after the 'Riverton Rifle', NHL player Reggie Leach. Riverton Avenue is now Reggie Leach Drive. The street signs will show both names for one year. Reggie Leach played for the Philadelphia Flyers.

Black Box Cooking Challenge

During the weekend of August 13-15, 2010, a Black Box Cooking Challenge was held at the Grindstone Gourmet's Cabin.

Two teams, the Los Padres Viejo and the Cottage Catastrophes, were provided with two lists on Friday Evening. The first listed the mandatory Black Box Ingredients and the second, the Optional Ingredients. The teams had until 11:00 am Saturday morning to submit a Menu to the judges. Each menu had to include 2 appetizers, 2 main courses, one of which had to be vegetarian, and dessert. Each course had to be served at specified times throughout the evening on Saturday, commencing at 5pm - ending 8pm.

Mrs. Grindstone Gourmet planned the competition, assigned teams, and acted as Head Judge. It was assumed that since Los Padres Viejo were more experienced, they only required 2 team members. Los Padres Viejo was comprised of the Grindstone Gourmet and his brother in law. Cottage Catastrophes was comprised of the Grindstone Gourmet's son, daughter, daughter's boyfriend and one of his nieces.

Notwithstanding the experienced chefs they were up against, the Cottage Catastrophes cleaned up in the competition with a total of 352 points, compared to 257 points for Los Padres Viejo. The losing team will have to brush up on creativity and plating skills before next year's competition! The Cottage Catastrophes' creations were unbelievably tasty, creative and picture perfect.

The real winners in the competition were the 4 judges (Mrs. Grindstone Gourmet, her sister in law and 2 very prominent Grindstoners), who enjoyed an evening of divine and sumptuous bits & bites, served to them by the busy chefs. Between courses, the judges, and busy cooks (when they could spare a minute from their respective cooking areas) partook in a delectable wine tasting. All wines paired extremely well with each course.

This is just one suggested approach. There are many similar competitions on TV and/or internet (Iron Chef, Chopped, etc.).

Mrs. GG is already planning next year's event! It was a great way for family and friends to have a lot of fun together and eat some great food. She recommends that all Gourmets and Gourmet Wannabes out there give it a try.

Black Box Mandatory Ingredients:

Mangos, Blueberries, Asparagus, Goat Cheese, Chickpeas, Red/Green Lentils, Pork Tenderloin, Mahi Mahi, Firm Tofu, Chipotle Peppers, and Mushrooms

Los Padres Viejo Menu:

- Spinach Salad with Chickpeas
- Pork Tenderloin with Rum Infusion
- Tofu Torpedos
- Roasted Asparagus Vegetable Soup
- Pasta Pescado—Seafood Pasta with Grilled Mahi Mahi and Shrimp
- Grilled Mango and Seasonal Fruit



Cottage Catastrophes Menu:

- Fresh rice paper rolls with asparagus, peppers, mint served with a mango dipping sauce.
- Curried chickpea & lentil fritter, lightly fried and served topped with chevre en croute.
- Mahi Mahi, baked, crusted with quinoa, nuts, lemon zest & fresh herbs, w/chipotle citrus sauce and steamed asparagus
- Hot & Sour Soup & mushrooms served with a side of sliced Asian Pork Medallions & rice
- Fresh baked blueberry cupcake with creamy goat cheese icing.



THANKS Grindstone Walkathoners!

Your efforts were great for Grindstone's first year of participating in Lake Winnipeg Foundation's Walk for Water fundraiser. Although LWF fell short of its \$50,000 fundraising goal, it made enough to ensure project support for some very worthwhile Lake Winnipeg watershed initiatives.

- Matlock walkathoners brought in about \$9,600,
- Victoria beach ~\$15,450 and corporate donations totaled @ 10,600.
- **35 Grindstone walkers raised over \$1600 in contributions for the Foundation**

Walkers looking great in their baby-blue Walk for Water T-shirts, easily completed the 5 km walk, then mingled, and munched on **cookies donated by Arborg Bakery**. Every person who turned in a pledge sheet with donations was entered in a draw for prizes. Participation Prize Winners:

- Sandi Wagner - 2 Adirondack chairs donated by Gimli Home Hardware
- Mandy Grayston - \$350 Artistic Impressions Photography package
- Ashley Family - LWF Rain Keeper

Andrea Vincent of Matlock—Grand Prize Winner: - 2 night stay at Lakeview Resort, Gimli

Now that the process is familiar, hopefully more Grindstoners will want to participate in next year's Walkathon, getting out there sooner to sign up more sponsors on their pledge forms.

Thanks to Grindstone Cottage Owners Association Board for being supportive of the Lake Winnipeg Foundation's fundraising efforts.

It's so important to ensure that we are all working together for the lake. Kudos to all those Grindstone cottagers' who want to learn more about the lake and are making changes that will ensure there's a healthy beautiful lake for us and for future generations to enjoy.

If you're not part of the solution ~ you're probably part of the problem!

<http://www.lakewinnipegfoundation.org> Catherine Salki, Secretary-Interim Treasurer, Lake Winnipeg Foundation, lwfsecretary@shaw.ca



Judy Dyck receiving her free Walk for Water T-shirt

Membership Form Grindstone Cottage Owners Association

Cheques payable to/mail to: G.C.O.A. Box 4408, Stonewall, Mb., R0C 2Z0 Thanks in ad-

Name: _____ Email: _____ Home Address (for information only—as the gazette will be emailed to you) _____ City & Province: _____ Postal Code: _____ Telephone #: _____ Lake Street address: _____	2010 dues (\$10) _____ Grindstone Days donation _____ Special projects fund _____ Save Our Lake Group _____ (check applicable line above) <p style="text-align: center;"><i>Your Association needs your support!</i></p> Please complete this application and forward with your cheque. The Gazette will be pleased to advise your paid-up-date by return email.
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