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Rockin' our socks
Maggie Campbell presents a \$1,000 cheque to Jamie Yeo of Community Living Interlake. Left to right: Lisa Highmoor, Jimm Simon, Kelly Rinn, Tracy Fidler, Jamie Yeo, Alycia and Alan Campbell with daughters Maggie and Lucy. See full story pg. 5.

TRIBUNE PHOTO BY LANA MEIER

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Stonewall artist crowned Great Canadian Pottery champion

By Jennifer McFee

A Stonewall artist brought home the crown — quite literally — after winning the title of Canada's top potter.

Jen Sonnenberg competed in an eight-week friendly competition series called *The Great Canadian Pottery Throw Down*, which aired Thursdays on CBC. Hosted by Jen Robertson, the show started off with 10 talented potters from across the country vying in a main weekly pottery task plus a skill-testing challenge. Each week, one potter was eliminated until only three remained for the final episode, which aired on April 4.

Sonnenberg continued to soar throughout the series, and that upward momentum continued in the finale when she faced off against Kiefer Floreal of Winnipeg and Elsa Valinas of New Brunswick.

"Well, this week's episode was like none other. Right from the beginning, there was a feeling of finality to it, like this is it. There are no more weeks after this," Sonnenberg said.

"The main make for the finale was a tea set with a tea pot, four mugs and saucers, a creamer, sugar pot and a cake stand. That was a lot of pieces to make."

Sonnenberg gleaned inspiration for her design from her children and her love of hockey.

"I wanted to pay tribute to the sport that my kids love so much but without it screaming hockey. So I designed two hockey stick stamps that I would impress into the wet clay. Creating so many pots that needed to be thrown on the wheel, stamped, trimmed and handles added was definitely the next level for us potters," said Sonnenberg,



Guest judge Seth Rogan handed Jen Sonnenberg a handmade ceramic crown after she was named the winner of *The Great Canadian Pottery Throw Down*.

who is a hockey coach.

"All of those things need to be done at a certain time — and doing it all in a time crunch really added to the pressure. I needed to balance pieces being dry enough to stamp with the hockey stick stamps but not too dry that they couldn't be stamped. It certainly felt chaotic in the pottery."

While their tea sets were drying and waiting to be fired, the potters participated in their final spot test.

"This week, trimming three bowls in a set time was the challenge," she said.

"Trimming is not my favourite thing to do, but I managed to pull off my fifth second-challenge win of the competition. I was pretty excited."

Sonnenberg was grateful for that win before proceeding with the fin-



TRIBUNE PHOTOS BY LANA MEIER

Family and friends gathered at the Red Barn last Thursday to watch the final episode of *The Great Canadian Pottery Throw Down* and hear who would be named the winner.



Jen Sonnenberg, pictured with her sons John and Tom and hockey teammates, celebrate the win at the Red Barn.

ishing touches on her tea set.

"Going into the glazing, I felt I had at least accomplished one win, and I needed that mentally as my cake stand had a crack in it. I thought about drying the piece upside down when I was making it, but in the frantic chaos of the make, I forgot to flip it," she said.

"While drying, the cake stand slumped around the base, leaving a crack in the top. I powered through, decorating the set with a blue-green colour scheme and adding glaze to the cake stand crack in an effort to fix it. I glaze fired the cake stand upside down to keep the piece from slumping even more in the heat of the glaze firing."

For the final reveal, it was a family affair with loved ones of all three competitors gathered at the Granville Island pottery.

"I was in Vancouver when my husband Ryan and kids John and Tom arrived. Going to the airport to meet them was such a sweet reunion. I missed those boys so incredibly much, so seeing their little faces was the best moment," she said.

"I was thrilled to have them be a part

of the finale. For me, it was the best part. It was such a special moment, and for the kids to be able to see that moment was priceless for me."

Guest judge Seth Rogan returned to provide feedback alongside judges Brendan Tang and Natalie Waddell. All the original competitors also returned for the announcement of the winner.

"During the reveal, the crack did not go away, and both Elsa and Kiefer's sets were so well done. I was happy with my set and how the judges reacted to it," she said.

"Seth Rogan seemed so impressed with how the mugs fit with their plates, with how the tea pot capacity filled the mugs and especially with the locking lid that I made for the tea pot."

While the judges provided comments to all three competitors, the suspense continued to build.

"Finally, the three of us finalists were standing at the front, with the rest of the competitors and our families behind us, waiting to see who would win the first season of *The Great Ca-*

Continued on page 3

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> POTTERY, FROM PG. 2

nadian Pottery Throw Down. I knew I was happy with what I had made throughout the competition and how I had competed in the second challenges, so I was happy no matter what happened. But when they called me as the winner, I was completely surprised. The fact that my boys could be there to be a part of it was incredible," she said.

"I really had no idea and thought for sure it would be one of the other potters, but to hear them say my name was just crazy. I was blown away, and even though the finale was filmed months ago, I think it's really just sinking in now. My boys were so excited that it was me who won, as well as my husband. I think they were pretty proud. As the episode aired, my entire family was just so excited. It's really been amazing."

Echoing those ideas, her husband Ryan expressed pride in her accomplishments.

"It was great to see Jen challenge herself and push the limits," he said. "This competition has given her so much confidence and energy to follow her passion. Her family is extremely excited for her and proud of her accomplishments."

Likewise, the boys expressed excitement about their mom's big win.

"She did amazing," said John, age nine. "She deserved to win and I'm really proud of her."

Six-year-old Tom shared similar sentiments.

"She did so good," he said. "She made amazing pots — and she did it all for us."

After the judges revealed that Sonnenberg was the winner, Seth Rogen presented her with a handmade ceramic crown.

"Seth Rogen and his wife made the crown, and it's so neat. I love the untypical colour scheme, and the glob glaze is something that Seth uses on his own pottery," she said. "It's personal and unique, which makes it such a neat prize."

Since the series was filmed in advance of when it aired, Sonnenberg had to keep the exciting secret to herself.

"Having the series end, heading back home and back to school, hockey practices and games and regular life made it feel like the whole thing hadn't happened, especially because I couldn't say anything about it. It's been a ton of fun to watch along with family and friends each week. I'm not going to know what to do with my Thursdays," she said.

"The best part of this experience has been getting to know and work with the other potters along the way. These were some of the most talented clay artists as well as being incredible people. I've definitely been inspired to create more sculptural work and play more with glazes and colour. And I think I've gained some confidence in using the electric kiln to glaze work, so that's something I will probably do more often."

Looking ahead, Sonnenberg plans to keep in touch with the other potters she met through the competition.

"The group is so great — and we've been through this crazy experience that not many others have, so it definitely brought us together," she said. "And with the judges and Jen Robertson, Instagram has been such a great tool to keep us connected."

At the same time, she also expressed gratitude for all the kind words she received from near and far.

"I've just been so overwhelmed in the best way by all the love, support and messages that I've received from friends, family and complete strangers. It has been so truly amazing to hear the congratulations and the stories of how people have loved the show and watched it diligently and how they've been cheering me on," she said.

"I just want to say how grateful I am for all of these messages and support from so many people. It's truly touching."

The first season of *The Great Canadian Pottery Throw Down* is available to stream on CBC Gem. For behind-the-scenes content and updates, follow @CanadianPotteryShow on Instagram and Facebook.

To see more of Sonnenberg's artwork, visit her online store at www.woodfiredpottery.ca or follow her on Instagram @jensonnenbergwood-



The judges provided positive feedback about Jen Sonnenberg's hockey-themed tea set.

firedpottery. Through the website, you can also sign up for the mailing list to receive updates about classes at her studio, new items for sale and upcoming events. For those who'd like to see Sonnenberg's artwork in person, she will be at the Third + Bird spring market at the Red River Exhibition grounds later this month.



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Teulon Rockwood firefighters celebrate with community

By Jo-Anne Procter

Last Saturday, the Teulon Rockwood Fire Department (TRFD) hosted its annual Firefighters Ball fundraiser for a sold-out crowd of 400 guests.

Friends and family celebrated the hard work and dedication of the local heroes while enjoying a delicious turkey dinner cooked by the firefighters. They prepared over 430 pounds of turkey and 300 pounds of potatoes, as well as meatballs, corn, coleslaw, gravy, pickles, buns, cranberry sauce and delicious cakes for dessert.

The department is 23 strong and recently had a shuffle in leadership roles. Scott Skinner became the new fire chief, and deputy chiefs Danny Hutchinson and Sean McGill joined him. In addition to the leadership changes, Tyler Wilton and Curtis Good have taken on captain positions within the crew, and Tanner Wilton and Jarret Chornoby are new to the department.

Tyler Wilton, Ryan Trombo and Rob-



Firefighters de-boning and carving turkeys for dinner.

in Chestnut were honoured for their 20 years of dedicated service with the local fire department. Trombo's tenure included serving as chief, deputy chief and captain within the TRFD. Similarly, Wilton achieved the significant 20-year milestone and currently holds the position of captain, while



TRIBUNE PHOTOS BY JUDI CARROLL

TRFD Chief Scott Skinner, left, congratulates Tyler Wilton, middle, and Robin Chestnut for their 20 years of service with the department. Missing from the photo is and Ryan Trombo.



The 2024 Teulon Rockwood firefighters hosted their annual Fireman's Ball last Saturday.

Chestnut serves as president of the firefighters' association.

Their unwavering commitment to the department, Town of Teulon and RM of Rockwood has not gone unnoticed. Chief Skinner aptly highlighted that volunteering one's time for two decades surpasses mere job dedication; it showcases a different level of selflessness. The constant on-call status comes with underlying stress — always wondering about emergency readiness and response.

"Twenty years of on-call time, time where you think that you can do what you'd like, enjoy yourself, relax, settle in a bit," said Skinner. "But in the back of your mind, you are always thinking . . . do I have my pager or phone?"

Where's my car? Am I dressed appropriately to fight fire? Where's the wind from today? How many members would likely be around to help us if we did get called out?

"There's a stress level that hides just under the surface that most won't know. These guys have dealt with that for 20 years. Thank you."

The annual Firefighters Ball is not just a night of celebration but also their biggest fundraiser. It's a chance for the community to come together and show their support for the firefighters who work to keep them safe.

Many generous donors — including Charison's Turkey Hatchery, which donates the turkeys; Willis Agro, who donated wine for the tables; and printed programs by Ken Loehmer Funeral Services — add to the event's success.

This year funds were raised through a variety auction and the popular elimination wheelbarrow filled with spirits auction.

The TRFD received a generous \$1,000 donation from the Teulon Tractor Pull for their help at the event last August. This donation, combined with the proceeds from the successful Firefighters Ball, will go towards future purchases determined by their dedicated firefighters' association.

Recent investments have already been made using funds raised to construct a compound that encloses training equipment at the firehall.

These contributions not only benefit the fire department but also enhance public safety in Teulon and the RM of Rockwood.



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Stonewall family doubles down on donations for World Down Syndrome Day

By Lana Meier

A Stonewall family is giving back to their community with a generous donation in support of a local social organization and a childcare centre.

Alan and Alycia Campbell donated the proceeds of their annual Epicure fundraiser in support of World Down Syndrome Day.

"Maggie, Lucy, Alan and I are so happy to announce our fundraiser this year raised \$1,500," Alycia Campbell said on behalf of her husband and daughters.

"We are so incredibly proud and thankful to everyone who helped us raise these funds."

The family has decided to give the funds to community organizations that have improved the lives of their children through dedication and care.

Both of the kids have attended Starting Blocks before and after school program.

"We knew we loved the program when Lucy started there, providing care with incredible outdoor programming, creative outlets and fun trips around the community," Alycia said.

"But then Maggie started in the program and we grew to appreciate it even more. The teachers continually go above and beyond to create a space for Maggie to learn and grow alongside her peers while setting her up to grow in her independence at her pace; a beautiful representation of a successful inclusive environment."

The donation will go toward the purchase of books that celebrate inclusion for the Sprouts, Kinders and school-aged programs.

The Campbells are also donating money to one of their favourite local spots in Something Beautiful.

The boutique and restaurant on Main Street is operated by Community Living Interlake, an organization that supports people who live with intellectual disabilities.

It provides housing, day programs and employment training, as well as

assistance in leading meaningful lives in a fully integrated community.

"We have the pleasure of dropping by Something Beautiful often; a fantastic store and restaurant operated as social enterprises of Community Living Interlake," Alycia said.

"Any opportunity to visit Something Beautiful provides an important front-row seat for the incredible programming that is made available in our community. Like countless other families, we look forward to its continued presence in our family's and Maggie's lives for many years to come."

Community Living Interlake is hosting a food drive in April, requesting donations of canned or non-perishable goods throughout the month in support of the organization and the Interlake Food Bank.

"ANY OPPORTUNITY TO VISIT SOMETHING BEAUTIFUL PROVIDES AN IMPORTANT FRONT-ROW SEAT FOR THE INCREDIBLE PROGRAMMING THAT IS MADE AVAILABLE."

The food bank will gratefully take all food donated; however, it is specifically looking for items that would go well in kids' lunches such as drink boxes, Kraft Dinner cups,

pudding, cookies and other snacks. Its goal is to collect 1,000 pounds of food for the Interlake Food bank.

Every pound of food will be matched with a \$1 donation by Lloyd Jensen to the Interlake Community Foundation to increase the endowed amount in the Donna Jensen - Community Living Interlake Fund. The annual grant generated from this fund goes to support adults who live with intellectual disabilities.

Donations can be dropped off at Something Beautiful, Monday to Friday between 10 a.m. and 8 p.m. or Saturday 10 a.m. to 4 p.m. on or before Tuesday, April 30. Food donations will also be collected at the Community Spring Fashion Show on April 11 at 7 p.m. Tickets can be purchased for \$20 in the store or online at stonewall-somethingbeautiful



TRIBUNE PHOTO BY ALAN CAMPBELL

Maggie presented a cheque for \$500 to Starting Blocks assistant director Amanda Anderson. The funds raised will be used for the purchase of books that celebrate inclusion for the Sprouts, Kinders and school-aged programs.

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Jennifer McFee
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NDP government unveils its first budget

By Lorne Stelmach

The new Manitoba NDP government touted its first budget last week as fulfilling its commitments to rebuild health care and increase affordability for families.

"Today's budget is really about investing in health care and lowering costs for the average Manitoban," Premier Wab Kinew said in a news conference with rural media April 2. "This budget theme is all about more help for you and more help for those who need it most, and we think there's a lot of good news here for rural Manitoba and for the entire province."

Kinew also touched on their belief that more services need to be delivered closer to home, especially for rural Manitobans.

"We just think that there was too much centralization inside the perimeter in health care, in the ag industry, in so many different sectors ... transportation and infrastructure being another," he said. "We think it's now time to decentralize and return not just the services but also the service centres and hubs to the regions."

As well, Kinew touted their plans for investments in a number of key areas.

"We're investing in the infrastructure ... the roads, bridges, water infrastructure projects necessary to grow the economy," he said.

"The theme of this budget, in addition to unity, is about delivering more help for you and more help for those who need it most," added Kinew. "Over the past few years ... there have been so many reasons for Manitobans to be divided, and our team takes very seriously the message that we've heard that it's time to find reasons to bring people together."

The key points of the budget includ-



SCREENSHOT

Manitoba Premier Wab Kinew and Finance Minister Adrien Sala at last week's budget announcement.

ed the vow to hire 1,000 new frontline health-care workers and offering up to \$5,000 in tax breaks to families in addition to an extension of the fuel tax holiday.

It mirrored the party's promises from last year's election to focus on efforts to support the health-care system and ease the cost-of-living crisis, although it is being done while running a deficit of nearly \$800 million.

Kinew suggested they are making record investments in health care with a plan to hire 100 doctors, 210 nurses, 90 paramedics and 600 health-care aides over the next year, along with investments to retain and train even more.

It aims to add hospital and ICU beds and open new minor injury and illness clinics and primary care clinics so more Manitobans can see a doctor when they need one.

The premier noted it is a budget that helps take better care of seniors, invests in better health care for rural and northern communities and takes action to improve cancer care in Manitoba. The financial plan more than doubles capital funding in health care.

For families, the province is extending the gas tax holiday, providing renters and seniors with increased tax credits, expanding \$10-a-day child-care, providing free birth control, increasing funding for fertility treatment, and providing rebates for electric vehicle owners.

The budget will also make communities healthier and safer, noted Finance Minister Adrien Sala, with a \$116-million investment in building and maintaining social and affordable housing and investments in pools and community centres across the prov-

Continued on page 8

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News: news@stonewallteulontribune.ca

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca
Brian Bowman Sports Reporter
news@stonewallteulontribune.ca
Autumn Fehr 204-998-1993
Reporter/Photographer
asfatcos@academic.rrc.ca

MAILING ADDRESS

74 Patterson Drive, Stonewall Industrial Park
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TRIBUNE PHOTO BY JO-ANNE PROCTER

The arrival of the first Canada goose spotted at Oak Hammock Marsh this spring was Feb. 27 at 9 a.m. The earliest spotting of a Canada Goose at the Marsh was on Feb. 21 at 1:45 p.m. in 2017. Recording the arrival of the first Canada goose at Oak Hammock Marsh every spring has been an annual tradition since 1994. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca

letter to the editor

Letters to the Editor: news@stonewallteulontribune.ca

Thank you to our life-changing health-care providers

I have had an awful experience with my sixth orthopedic surgery. Living with fibromyalgia, degenerative disc disease and osteoarthritis has taken its toll. When dealing with receptionists and nurses over the years, I realized how these people are treated on the other end of the phone. My father used to say everyone has feelings. Respect others as you might be on the other end someday. Over the Christmas holidays, I had another surgery on my hand and arm.

My nurse remembered how kind I was to her and kept me at the top of her list. One of my sutures opened after Christmas, and it looked like a bullet hole and felt like my tendon was torn. I had to have nurses from Stonewall homecare come to my house to care for the dressings. Usually, that would be fine, but fibromyalgia has turned me into a recluse from friends and even family, never wanting to leave the house. The four or five homecare nurses from Stonewall who came out were life-changing for me. Bringing them into my home every couple of days was something I didn't think I could handle, but every time that smiling face came through my door, through cold snow, wind and grumpy pa-

tients, they made me feel important and cared for. Nurses are the backbone of our health-care system, so I want to thank all the health-care providers who have provided for me. Thank you, girls. You brightened my day and helped me heal on the outside, and even though you didn't know it, you helped me on the inside, too. You are invaluable to our community and to the health-care system. I hope all who read this will remember who drove to your house in a snowstorm, wind and rainy weather to give you assistance, care and company! You are all very much appreciated, more than you know. Thank you.

- Roxanne Robbins
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But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths

by themselves; then he went home, amazed at what had happened. (Luke 24:12)

Whether we have grieved deeply ourselves or not, we have seen how mourners begin with the ritual of laying their loved one to rest. It keeps them going to have these duties and tasks to perform. This ritual of being able to perform one last duty for the one they have loved brings some measure of comfort and peace.

But that familiar comfort of anointing Jesus is quickly taken away from the women when they reach the tomb and find that the stone is rolled away and the body of Jesus is missing. The women went to the tomb that morning looking for death and found life instead.

Yet when they returned to the apostles with this miraculous news, they weren't believed; their claims were written off as idle chatter. Peter, wasn't quite so quick to write off their report; Peter ran to the tomb, looking for life-in-death.

Easter is an invitation for us to look for and find life-in-death. In the one place life would seem to be so unlikely, we will find a new hope and new energy for living. When we look in the tomb and find it empty, resurrection becomes a part of our life -- something we may embrace from that moment forward.

We must be ready to make the move from death-in-life, to life-in-death. We can simply write off this good news, or we can choose to run again with Peter to the tomb, find it empty and embrace the resurrection-in-life for ourselves f.

May this Easter season reveal the resurrection-in-life that is all around us, and then may we claim it as we serve one another as a faithful and inspired community.

Rev. Mona Denton
Stony Mountain & Lilyfield United Churches
stonymountainlilyfieldpc@gmail.com

204-344-5426

 at Stony Mountain-Lilyfield Pastoral Charge

Spring flood risk remains low across the province

Staff

The province is seeing some rise in water levels on the Red River, but it is still predicting low to moderate risk of spring flooding overall, with no expectation that it will have to operate the floodway.

The latest flood forecast outlook released last week sees the flooding risk as low for the Red River and its tributaries, low to moderate for the Assiniboine River and its tributaries and the Interlake region, and generally low for the Souris, Qu'Appelle, Rat, Roseau, Pembina, Saskatchewan

and Churchill river basins and the Whiteshell Lakes region.

The positive forecast is largely due to the normal to below normal soil moisture at freeze-up and well below normal to normal winter precipitation for most Manitoba basins.

Water levels are expected to remain below dikes and community or individual flood protection levels. However, the risk of flooding could change depending on future weather conditions, including rate of snow melt and the timing and amount of snow and rain received between now and the

spring runoff.

As in most years, there is a risk of ice jam-related flooding on areas historically susceptible to ice jamming. Most Manitoba lake levels are normal to below normal.

The Red River floodway is not expected to be operated during this spring flood season based on forecasted conditions. Minimal operation of the Portage diversion may be necessary under unfavourable weather conditions to control water levels on the lower Assiniboine River, the province says. The Shellmouth Reservoir

is being operated to reduce the risk of flooding downstream on the Assiniboine River while also providing sufficient storage for water supply and recreation.

Gradual run-off has started in some southern Manitoba basins including the Red River Valley. Levels are starting to rise along the main stem of the Red River, and residents are cautioned about the impact of rising water levels as well as weak ice on the river.

Rockwood Festival of the Arts runs April 15-23

By Jennifer McFee

Now's your chance to enjoy the artistic skills of talented performers of all ages.

The Rockwood Festival of the Arts runs from April 15 to 23 at New Life Church in Stonewall and Teulon Collegiate Institute.

The festival provides a platform for

individuals of all ages to showcase their skills in various categories such as piano, vocal, choral, dance, speech arts and band/instrumental.

President Terry Zurylo outlined several changes this year.

"We are reviving the festival. Changing with the times of musical tastes and interests, all classes — whether

it's voice, piano or guitar — now have opened up so you can play pop, rock, country, jazz, contemporary and music of all religious beliefs. It's not primarily classical anymore for piano or guitar," he said in a previous article.

"It's for ages five to 80-plus. There are adult classes and university level classes for everything except the

dance. There are also multigenerational classes in singing, piano and instrumental, so you could have a grandparent and a parent and a kid doing a trio."

Visit www.rfota.ca to learn more about the Rockwood Festival of the Arts.

Gwen Fox Gallery welcomes residents to all-members show

By Katelyn Boulanger

If you want to see the variety and talent of our local art community, this month's Gwen Fox Gallery show is an excellent way to start. For the entire month of April, 36 artists have come together to show off their work to our local community in the gallery's all-members show.

This exhibit starts on April 2 and continues on to May 4 and each artist has two pieces on display.

"The show is extremely varied because everybody paints extremely differently. So, you're going to have a lot of favourites," said Patricia Johnson, the gallery's exhibit co-ordinator.

For those who would like to meet our local artists, the exhibit opening reception is on April 13 from 1 to 3 p.m.

Deb Hartle

Hartle describes her art as na-

ture-guided photography. This month she's featuring two photography pieces in the gallery. One is called "Make a Wish" and features a dandelion seed head. The other is a beautiful picture of an owl called "Snowy Owl."

"I started [making art] when I got my first camera when I was 15. I've always enjoyed taking pictures, but I hadn't actually had a passion for it. Then I slowly started doing it more over the past nine or 10 years," said Hartle.

Hartle is an adventurer in addition to an artist. Her work comes from going hiking around her home in Gunton but she doesn't stick to trails made by people. She says that she will follow deer trails and forge her own path looking for inspiration.

Hartle explained that though she started her passion for photography

about a decade ago, it was really in the last few years that she decided to share her work.

"I started doing just Christmas greeting cards. The first time I sold them was in the Gunton Yard Sale, I sold a few in our yard sale. From there, I started doing some markets," she said.

Hartle has recently joined the Gwen Fox Gallery thanks to the advice of a friend.

Her advice for artists not sure where to start creating is to find their passion.

"It took me over 60 years to find that and just be patient; it will come. And photography, if it's a passion, then you'll feel it just intuitively knowing what to do what to take," said Hartle.

She welcomes residents to check out this month's show.

"There are amazing artists here. I've just been looking around at some of the people's pictures and if you like art, photography, paintings, any type of art, it's a beautiful place. The people are just so welcoming and nice and lovely," she said.

Audrey Miller-Cheyne

Miller-Cheyne says her art does vary in reflection of her mood, but this month at the gallery, her pieces are bright and positive.

"It's spring and summer oriented. Occasionally, it seems to be dark but that's not here today," she said.

Miller-Cheyne is featuring two acrylic paintings in the gallery this month. One called "Purple Swallowtail" features a butterfly in a bed of

Continued on page 9

> BUDGET, FROM PG. 6

ince.

He further suggested it will grow Manitoba's economy with more jobs for Manitobans and a plan to ensure Manitoba's agriculture can thrive, feeding Manitoba and the world.

"The previous government left us with a huge mess to clean up — a historic deficit, a health-care system

that's been badly hurt by seven years of cuts and a failure to strengthen our economy or support families who were struggling with years of rising costs," said Sala. "We're different. We're making smart, targeted investments. We can take steps to fix health care and lower costs, and we can do it while being responsible with public money and charting a path back to balance. That's what Manitobans can

expect from our first budget."

The government highlighted a variety of commitments for rural Manitoba.

It plans to give young farmers a fighting chance by lowering their upfront costs, freezing Crown lands and re-opening service centres.

The budget also gives rural families health care closer to home by restoring the rural doctor recruitment fund,

hiring more paramedics and putting more ambulances on the road and supporting expanded services at regional hubs like the Boundary Trails Health Centre.

The government also noted it is keeping its commitment to lift the seven-year municipal funding freeze with sustainable annual funding increases and key investments in water and wastewater treatment.

Canada's April Fools' gas hike was no joke



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Gas prices jumped April 1 due to the federal government carbon tax increase and it was no April Fools' joke. Posted prices across the Interlake varied from \$1.42 in Stonewall and climbed up as high as \$149.9 in Riverton. The posted prices on April 1 were as follows: Arborg \$144.9, Fisher Branch \$142.9, Ashern \$143.9, and Lundar \$142.9.

By Jo-Anne Procter

At midnight on April 1, the new carbon tax hike kicked in, which meant the price at the pumps jumped overnight.

Some experts predict that we will see a major spike in the coming weeks. The carbon tax added another 3.3 cents per litre, which means a 50-litre fill will cost an extra \$1.65. Homeowners will see natural gas bills rise to 15.3 cents per cubic metre, 2.9 cents bump.

According to a CityNews, a gas price watchdog reports that as gasoline production switches over to the summer blend, markets are signalling a 13-cent-per-litre increase sometime between April 15 and 18. He also warns, "Get used to it as it will be the new normal." The high prices in 2024 are here to stay; they are not going to

go down. With the federal government adding this tax, on Jan. 1, the second carbon tax will make 2024 and 2025 very expensive years.

Carbon tax rebates will continue to come from the federal government to help offset the new tax hike. In Manitoba, a single person can expect \$600 back a year; a couple, \$900; and a family of four, \$1,200.

The plus for Manitobans is that the provincial government is extending the fuel tax holiday.

Manitoba Premier Wab Kinew made the announcement on *CTV Morning Live* on April 2 ahead of the unveiling of the provincial budget.

The current tax break, which is in place from Jan. 1 to the end of June, removes the 14-cent provincial tax on gas. Now, the province has extended the tax break for another three

months.

Kinew said the province made this decision as Manitobans are dealing

with inflation and the high cost of living.

Generous donation



TRIBUNE PHOTO SUBMITTED

Tara-Lee Koss, president of the Warren Powerskating Club, generously donated \$17,000 to the South Interlake Recreation Board during an April 3 board meeting. The funds will go toward replacing the club's aging Zamboni. South Interlake Recreation Centre board members (from left) Bryce Baldwin, Casey Tully, Tara-Lee Koss, Craig Riddell, Cory Park and Bryn Lindsay.

> GWEN FOX, FROM PG. 8

flowers; the other, "Seasonal Icon," people may recognize if they venture to our area's tourist hotspots.

She says that her inspiration comes from the world around her.

"[My inspiration can come from] landscapes, scenery, older buildings, construction. 'Seasonal Icon' is the Sandy Hook pier," said Miller-Cheyne.

Her artistic journey started as many artists do, scribbling as a child. From there, she turned to more practical skills as a grown up, but when life allowed her more time, she decided to join some art groups. Living in Teulon meant that she naturally joined a group there, and a group in Stonewall followed. She joined the Gwen Fox Gallery group because it was another way to connect to our local art community.

She encourages other artists or

people wanting to start an artistic journey to just go for it.

"Pick up a pen, pick up a pencil, pick up paints. YouTube [is a resource]. Everyone loves YouTube. There's good stuff on YouTube. There's good stuff on Pinterest and join a group. There is a fabulous artist who told me years ago that she walked past the stairs to the gallery about three or four times before she actually stepped in. She didn't think she was good enough. We're all good. We all have art in us of some sort," said Miller-Cheyne.

She hopes that residents will stop by the gallery this month.

"It's a great show. It's a variety and the weather is warming up, so come by," she said.

Selkirk's Gwen Fox Gallery is open Tuesday, Wednesday, Friday and Saturday from 11 a.m. to 4 p.m. and on Thursdays from 11 a.m. to 8 p.m.

Fundraising

Pancake Breakfast

Saturday, April 20th

9:00 am - 11:30 am

Clandeboye Hall

\$10 regular plate / \$6 small plate

Tickets at the door

Proceeds to fund Stonewall, Clandeboye and Fisher Branch Pathfinders and Rangers to travel to Churchill Guiding Camp.

Leaving their mark and out-maneuvring larger competitors

Vidir Solutions recognized in 'Canada's Top Small & Medium Employers' competition

By Lana Meier

After earning recognition as one of Manitoba's best workplaces, Vidir Solutions Inc. is making a name on the national stage, earning a place on a list of Canada's best employers.

The family-owned company with locations north of Arborg and in Teulon earned the title thanks to its progressive business environment and forward-thinking human resource programs.

That's the message from this year's Canada's Top Small & Medium Employers, announced last week by Mediacorp Canada Inc., organizers of the annual Canada's Top 100 Employers project.

Limited to smaller enterprises with under 500 employees, Canada's Top Small & Medium Employers focuses on businesses that are often resource-constrained, both in terms of finances and organizational capacity.

However, they are nimble and have more dexterity: they adopt initiatives faster than large employers, in many cases based on employee feedback and proximity to front-line operations.

Additionally, small and medium enterprises are often more willing to try bold human resource initiatives that are untested elsewhere.

"What's remarkable about the employers on this year's list is how quickly and effectively they've worked to create rewards and other programs developed from employee input," said Kristina Leung, managing editor of the Canada's Top 100 Employers project.

"They have enviable levels of customization, flexibility and speed-of-implementation that are difficult for larger employers to match."

Now in its 11th year, Canada's Top Small & Medium Employers is an editorial competition that recognizes the small and medium enterprises that offer the nation's best workplaces and forward-thinking human resources policies.

"There's an interesting relationship we see between small and medium enterprises and larger employers," said Richard Yerema, executive editor at the Canada's Top 100 Employers project.

"They are often the trendsetters, taking risks on initiatives like enhanced paid time-off, flexible hours and hybrid work options long before these types of improvements are considered by larger employers. As employers of

all sizes compete to attract and retain staff, the best small and medium enterprises take notice of what larger employers are offering employees, such as parental leave top-up, mental health programs and even retirement assistance."

Editors at Mediacorp review employers on eight criteria, which have remained consistent since the project's inception: workplace; work and social atmosphere; health, financial and family benefits; vacation and time off; employee communications; performance management; training and skills development; and community involvement.

Here are some of the reasons why Vidir Solutions, Inc. was selected as one of Canada's Top Small & Medium Employers (2024):

- Vidir Solutions supports a number of charitable initiatives each year and incorporates employee feedback when determining which organizations to support — additionally, the organization matches employee donations dollar-for-dollar, with no set maximum.

- Vidir Solutions encourages employees to adopt good habits by offering healthy snacks (including free fruit and granola bars) and, in partnership with local recreation centres, shares information about the facilities and fitness programs available to them — employees can also choose to gift swim passes to their children.

The competition is open to any enterprise in Canada that has fewer than 500 employees worldwide (including staff at affiliated companies) and is a commercial, for-profit business.

The full list of Canada's Top Small & Medium Employers (2024) was announced April 2 in a special magazine published by Mediacorp.

Vidir Solutions 'raises up' employees to succeed

In 2022, Jasmine Nault was hired to a newly created, and critical, role at Manitoba-based Vidir Solutions. As program manager, learning and leadership development, her job is to help the manufacturing company roll out initiatives to improve the skills and career opportunities of all employees while also training the next generation of company leaders.

"One of the core values at Vidir is about 'raising others up' by helping



TRIBUNE PHOTOS SUBMITTED

Vidir Solutions management team Maynard Dueck, director of customer care; Jordan Tokar, chief financial officer; Kirk Regular, director of safe operations; Cristina Vieira, director of human resources; Dimitri Caldeira, director of engineering; and Ernest Rempel, chief executive officer.



Vidir Solutions employees celebrating together.

them do what they do best," says Nault. "All of our efforts in skills upgrading, career advancement and leadership development are very much rooted in that value statement."

Founded in 1986, Vidir is a family-owned manufacturer of automated material-handling solutions based mainly in two small Manitoba communities, Arborg and Teulon. The company sells products and solutions in over 40 countries and has performed over 40,000 installations, many for Fortune 500 companies.

Vidir is also on a significant growth curve: the number of full-time employees has more than doubled in the

last three years as global demand for the company's products and services steadily increased.

Because of that growth, recruiting and retaining talent, as well as raising up leaders from within, are key priorities.

This is done on multiple fronts. Vidir has a robust student intern program and makes a special effort to recruit locally through targeted scholarships.

Once onboard, employees can take advantage of a wide range of learning, skills upgrading and professional

Get rolling in riches with the Manitoba Coin Club

One-day Coin, Stamp & Collectibles show April 20 at Steinbach Mennonite Heritage Village

By Patricia Barrett

The Manitoba Coin Club could have you rolling in riches during its one-day Coin, Stamp & Collectibles show in Steinbach in a few weeks' time.

People who have a cache of coins stuffed in a sock that's been tucked away in the back of their bureau or paper notes taking up space in a box under their bed can haul them out and bring them to the show where coin club experts will gladly tell them whether they've been hoarding treasure.

The coin club's numismatists — those are the folks that study and appraise coins and other currency such as paper notes and tokens — can put a price on Canadian and foreign coins and notes and teach you some of the fascinating social, economic or political history that lies behind currency. They can also tell you how to spot counterfeit currency and what steps you can take before purchasing currency online or from an auction house.

In addition to educating people about their own treasure, club members will have some of their collectibles on display at the show so that the public can see what collecting is all about. There will also be other experts on hand for people who collect items from stamps, comic books and cards to sports memorabilia, model cars and medallions.

Numismatist and coin club member Larry Dalman, who has about 50 years' experience valuing currency, said the club's experts can help people understand that money may be worth more than its face value and even hold great historical significance.

"The Manitoba Coin Club realizes that our province is huge and that there are a large number of people in other areas collecting commemorative coins or other money that could be valuable. Or their parents or grandparents were collecting coin sets or paper bills or bank tokens, and people are now wondering how they can find out the value of what they've got in those collections and what they can do with it," said Dalman. "Our coin club offers people information and advice and can value their money. People are very welcome to join our club, too."

Founded in 1954, the Manitoba Coin Club is celebrating its 70th anniversary this year. The club provides numismatic education, hobby and fellowship. Its members collect mostly Canadian and foreign currency, banking memorabilia and exonomia (tokens, which are forms of coinage, souvenir medallions, encased coins and so forth). Members hold regular meetings in person or via Zoom.

This is the second time since the club was founded that members have organized a show outside Winnipeg. The overwhelming success of their first rural show — in Stonewall in 2023 — saw people from across the Interlake and southern Manitoba drop by, and the club more than doubled its membership numbers from 50 to 109 after they learned what numismatics was all about, said Dalman.



TRIBUNE FILE PHOTO BY LANA MEIER

Larry Dalman of the Manitoba Coin Club will be helping educate the public on the value of coins, paper notes and other forms of currency at the club's show in Steinbach on April 20.

Spending a bit of time with a coin club member at the show or becoming a member of the club could net you some cash or simply inspire you to start sifting through your change or bills. With some of the club's members creeping up in age, the club is hoping to inspire and attract younger adults, youth and kids to hoist the numismatic banner.

And it's important to bear in mind that unlike old and newly issued currency, expired debit and credit cards have no value and aren't on a trajectory to become collectors' items anytime soon.

But older currency such as Canada's so-called devil-faced 1954 paper bills, in which the devil reveals himself hiding in the Queen's hair, and newer currency such as commemorative 10-cent coins issued by the Royal Canadian Mint in 2021 for the 100th anniversary of the Blue Nose (there were four versions issued, including a coloured dime and a dime bearing a single date, which is the most valuable), can be worth more than face value, said Dalman. Same for tokens that were issued by butchers, barbers, cigar stores and the Hudson's Bay Company (its so-called beaver pelt coin) back in the days when "everyone had their own tokens."

Tokens issued by various banks before Canada had a national currency and "shinplasters" (small paper notes) that date back to 1870, as well as commemorative gold and silver coins, are either worth a fortune already (depending on how well-preserved they are) or destined to creep up in value over time.

For example, the Mint stopped producing Canada's 50-cent coin as a circulating coin in 2004, said Dalman. Now they're issued only as collector's coins (collectors have to buy them from the Mint). Those 50-cent pieces are going to be worth far more than their face value, depending on condition.

The most important thing to remember, said Dalman, is to not haul your stash of silver coins or older

paper notes into a bank because you'll get only their face value in return. And ditto for companies that buy silver currency — you'll only get the current market price of silver by weight.

A single silver coin or a coin set could be worth far more if in pristine condition or if they have unique characteristics such as a flaw, small production run or other special feature.

Take our new king, for instance. The Royal Canadian Mint issued in 2023 a limited number of circulating coins with the image of Charles III. Should his health take a turn for the worse (he was diagnosed with cancer), all the dies at the Mint will have to be changed in order to start producing an image of our next monarch. Having a limited number of coins out there means they could increase in value. A 50-cent coin with Charles' image is considered "highly collectible."

"We're trying to teach people about changes like this that happen in currency," said Dalman. "As soon as it was announced that the king had medical issues, they [the Mint] probably started preparing and moved to Plan B. And the reason you're likely not seeing Charles on your coins right now is that there are a limited number of these coins in circulation and there are still billions of coins out there with the Queen's image. We're also still waiting for the Bank of Canada to announce if Charles will be on our \$20 bill. We're assuming we'll have a monarch on our \$20s because we've always had one."

Another newly issued coin that's destined to increase in value is the Mint's Year of the Dragon (2024) coin.

"The Mint has done a number of special coins for the Year of the Dragon, but one of the award-winning coins they just did is in silver or gold and has the dragon's head coming out of the coin on one side and the tail sticking out on the other," said Dalman. "This is a high-end collector coin. The others are flat like most coins."

Staff from the Royal Canadian Mint will be attending the club's Steinbach show and offering the public a coin exchange. For a loonie, people can get a set of 10 coloured Blue Nose dimes.

"This is an award-winning coin and the very first time we've had our dime coloured. We've done toonies and loonies but never the dimes," said Dalman.

Dealers and other specialists looking to nab a table at the upcoming show will receive a discount. At the moment, Dalman said the coin club has had confirmation that Memory Lane Diecast & Collectables, which is one of the largest Hot Wheels dealers in Western Canada, and the Antique Mall from the Forks in Winnipeg will be attending the show.

The show will run from 10 a.m. to 5 p.m. on Saturday, April 20 at the Mennonite Heritage Village in Steinbach. There will be door prizes and raffles. Admission is \$5.

Anyone interested in reserving a table for the show or joining the Manitoba Coin Club can send a message to the organization using the online email form on its website at www.manitobacoinclub.org or by emailing the club's president at president@manitobacoinclub.org.

Memberships in the club cost \$25 (corporate), \$15 (adults) and \$5 (youth). Applications will be available at the show.

Rockwood action for environmental protection

REACT plans to announce a big community project at the AGM on April 20 at 2 p.m. meeting

By E Antonio

Rockwood Environmental Action Community Taskforce (REACT) treasurer Karl Daher is looking forward to Earth Day.

April 22 is Earth Day, a reminder of the importance of environmental conservation and sustainability. It encourages us to unite and take action for a healthier planet and a brighter future.

Every year, REACT hosts its annual general meeting and presentation in honour of the eco-celebratory day. This year, it takes place on Saturday, April 20.

REACT is a volunteer group with

members from Rockwood, Stonewall, Teulon, Stony Mountain and more, all of whom share the desire to save the planet.

"We are like-minded people who are wanting to do global things locally for the environment," said Daher. He explained that it is REACT's goal to raise environmental awareness in the community.

REACT began in the early 1990s with three pilot projects. It initiated a community recycling program for the RM of Rockwood, started a recycling depot and later expanded to the curbside recycling program.

REACT started the Ruby Roe Tallgrass Prairie Reserve in Stonewall.

They also began the backyard composting program.

All three projects continue to progress. Daher admires REACT's work and says the task force has made notable differences in the community.

"The backyard composting is a big hit," Daher added. He explained that many families had wasted compost in their yards. The REACT program gave the compost a purpose.

Daher encourages everyone to attend REACT's AGM on April 20 at 2 p.m. The AGM is an opportunity for

environmental concerns to be heard and to honour and celebrate our remarkable planet.

At the upcoming meeting, REACT will unveil a major community project. All town councillors and members of the general public are welcome to participate.

Following the AGM, there will be a presentation by Altona Community Action Network (ACAN).

ACAN is a Altona volunteer group that works hard to protect the environment. ACAN will share projects and programs they have done in Altona.

"ACAN will inform people what is possible to be done in a small community," said Daher. He explained that REACT wants to initiate these projects. The Altona community curbside

compost and recycling program is one example REACT is excited to pursue.

Everyone is encouraged to attend the REACT AGM and ACAN presentations. There will be information valuable to all ages shared.

Daher wants everyone to live the best life they can.

"There are a number of different things we can do for our environment, and there is more that can be done," he said.

The presentation will educate the public about what changes can be

made and their benefits.

Daher hopes to inform others about subjects such as why compost does not belong in the garbage and the impact of plastic bags on the environment.

"We want to motivate others and give them the information we have so they can make informed decisions about their environmental," explained Daher.

Both REACT and ACAN aim to educate the public about what can be done and why it is important.

Registration is not required to attend the REACT AGM and ACAN presentation. Refreshments and light snacks will be provided for attendees.

"The best opportunity to learn what REACT is about is to join us at the annual general meeting," said Daher.

Those interested in protecting and conserving the environment are invited to become a REACT member.

Membership is free and open to those residing in the RM of Rockwood.

For more information about REACT, visit reactinc.org or email info@react.org.

"WE ARE LIKE-MINDED PEOPLE WHO ARE WANTING TO DO GLOBAL THINGS LOCALLY FOR THE ENVIRONMENT."

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AGM
Monday, April 15th
at 7 pm
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mraweb.ca/event/huntington-heroes-walk-to-cure-hd

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Clubroom Events for the Week of April 8
 Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is over \$3,200
 Thursday 4-10 Crib at 7pm start
 Friday 4-close Meat Draw at 6:30
 Saturday 2-close Darts at 7:00
 Saturday April 27 Dinner will be Chicken Parm - Tickets available at the bar for only \$12.50
All are welcome - Support your local legion!

Al-Anon and AA Meetings Information

Balmoral Al-Anon Family Group
 Balmoral Community Hall basement
 6003 E MB-236, Balmoral, MB
 Contact: (204) 470-8972
 Meets every Wednesday 7-8 PM
 Everyone welcome

Selkirk Red River Al-Anon Family Group
 Christ Church Anglican
 227 McLean St., Selkirk, MB
 Contact: (204) 482-6287
 Meets every Monday 7-8 PM

Teulon AA
 Christian Education Building
 3rd Ave. SE, Teulon, MB
 Contact: (204) 461-0155
 Meets every Tuesday & Friday 8-9 PM

Stonewall AA
 Parochial Hall
 291 1st St. W., Stonewall, MB
 Contact Denis: (204) 981-7747
 Donna (204) 461-0892
 Meets every Sunday 7:30-8:30 PM

Stonewall Coop food store supports local food bank

By Jennifer McFee

Stonewall's Red River Coop food store recently won a contest that helps take a bite out of hunger through a contribution to the local food bank.

Store manager Ron Harder explained that they received ballots in a draw when customers bought participating Kraft Heinz products from Oct. 2 to 29 — and the Stonewall store was selected as a winner.

"Red River Coop Stonewall was fortunate in being one of the stores that received \$2,000 to purchase Kraft Heinz products to be donated to our local food bank," he said.

"We have brought in an assortment of products from pasta sauce to Kool-Aid Jammers. We tried to fill a variety of needs."

Kraft Heinz pledged a five-year commitment to provide food banks Canada with \$20 million of food donations to support Canadians. Last year, the company committed to offering \$50,000 in free Kraft product to FCL Co-op stores. The winning stores can then donate these products directly from their business to their local food bank.

For Harder, it was great news to find out the Stonewall store was one of the winners.

"I was very happy. I know that there are a number of people and families that are struggling economically," he said.

"This win will help alleviate some



hardships for folks because this is a donation that goes straight to the community of Stonewall and is a local benefit."

Karen Chaboyer co-chairs the Interlake Food Bank with her husband Mike. She said there's an increasing need for the monthly hampers they provide to residents in local communities including Stonewall, Warren, Grosse Isle, Balmoral and Stony Mountain.

"We usually get about 45 families and rising," she said. "This is food for the clients, and it's certainly very appreciated."

Sara Fournier, vice-president of food and pharmacy operations, said Red River Co-op embodies the true spirit of community.

"We are dedicated to supporting local organizations and this is another perfect example," she said.

"Customers can enjoy fresh produce and quality products while taking pride knowing they are supporting a business that values community. Ron



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Stonewall's Red River Coop Food Store manager Ron Harder, middle, and his team won a contest through Kraft Heinz. The prize includes \$2,000 worth of food products that he presented to the Interlake Food Bank last Thursday. Pictured from left: Ron Harder, Mike Chaboyer (Interlake Food Bank) and Mike Nugent (Stonewall Co-op employee).

and his team are thrilled to be able to give to the local food bank."

Likewise, Harder and his team believe in the importance of giving back.

"We are a local business that values

what 'local' means," he said. "Our community supports us by shopping

at our stores, and we want to reciprocate that support by giving back to

the community."

VIDIR HERO

SCHOLARSHIP

for all Vidir Employees' Children in Grade 12

A core value at Vidir is that Education Elevates Excellence. We also believe in Raising Others Up, especially our employees and their families. We want to see the future generation continue to learn and elevate both the Interlake and the world. Vidir is now offering two \$1,000 scholarships to children of Vidir employees.

Application deadline is April 30th, 2024 and decision will be released on May 10th, 2024.

To apply, you must meet these criteria:

1. Your parent must have worked at Vidir for 5 years or more and must be in good standing with the company.
2. You are graduating grade 12 this year in any high school.
3. Must have maintained an 80% or higher GPA throughout high school.

When applying:

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
 - **1st essay:** 600 words on a Vidir value, why you think you exemplify it, and how you hope to use your studies and that value to make a difference in the future.
 - **2nd essay:** 500 words on a time where you saw a need in your community and an innovative solution you came up with to meet that need.

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Fun family night of skating at the Marquette curling rink



TRIBUNE PHOTOS BY MARILYN CAMPBELL

When the Marquette Curling Club turned off the ice plant on March 27, the community was invited to lace up their ice skates to enjoy an evening of skating before the ice got soft. Twenty children and seven adults enjoyed the fun evening on the ice, hotdogs and snacks afterwards.

Spring Home & Garden Guide

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Erinview Small Engines filling the service gap

By Becca Myskiw

People needing small engine repairs done won't have to go too far from home anymore.

Erinview Small Engines officially opened last week, operating out of Brian and Jennifer Beauchemin's garage. Once they find their footing, the couple plans to move their business to a storefront in town. Right now, they'll fix or customize anything with a small engine — quads, snowmobiles, small tractors, tillers.

Beauchemin has been riding ATVs since he was nine, owning everything from quads to snowmobiles to trikes at some point in his life.

"If it had wheels, I was on it," he said. "Some people say I have a little bit of an obsession."

Right now, the business owner has five ATVs of his own, two snowmobiles, and two motorcycles. He's always worked on his own equipment, teaching himself how to do so on any vehicle he's had.

"If I don't know it, I pick up a manual and start reading," he Brian.

Though they just opened their doors last week, Erinview Small Engines already has four projects on the go and two more on the way. His garage is 14 by 36 feet, which can fit two machines at a time. There's also a locked-up area on his property, complete with cameras and, soon, new fencing.

Living in the area for the last decade, Beauchemin noticed the need for this business. Before, he owned a construction company but recently had to close its doors due to health reasons, so starting Erinview Small Engines seemed like a good retirement plan, he said.

Along with repairs and customization, the business will pick up and drop off equipment within 100-kilometres for a small fee. Every piece



Beauchemin has taught his granddaughter how to change the wheel bearings on her quad.

of work they do also comes with a 60-day warranty, meaning they'll fix anything that was their fault at no charge within 60 days of the work being done.

As time goes on, Erinview Small Engines also hopes to add more services to its offerings. Beauchemin is used to tripping over teenagers as they pile into his garage to watch him fix something of theirs, so he plans to start workshops for youth to teach them skills they can't learn elsewhere. He's taught his 11-year-old granddaughter to change the wheel bearings on her quad herself.

In addition to his current offerings, Beauchemin intends to include ATV recovery on his service list, filling a current gap in the area. This means that when residents find themselves unable to retrieve their ATVs, they can



TRIBUNE PHOTOS SUBMITTED

Erinview Small Engines is the area's newest business, having officially opened last week.

rely on Beauchemin for assistance.

Engines, go to their Facebook page or

For more info on Erinview Small

contact Beauchemin at 431-588-1772.

GROW OUR OWN SCHOLARSHIP

for all Interlake Grade 12 High School Students

At Vidir, a core value is to Raise Others Up. We are actively involved in our local communities in the Interlake and believe strongly in the talent that comes out of the area. Vidir is now offering a \$1,000 scholarship to one Interlake grade 12 student who is pursuing post secondary education. Included with the scholarship is also an offer of one summer of employment to shadow in their prospective career, with the opportunity to possibly do more summers in the future.

Application deadline is April 30th, 2024 and decision will be released on May 10th, 2024.

To apply, you must meet these criteria:

1. You are an Interlake high school student graduating grade 12 and going into a Vidir-specific post-secondary area of study (examples include welding, engineering, machining, accounting, business, marketing, HR, etc.).
2. Must have maintained an 80% or higher GPA throughout high school.

When applying:

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
 - 1st essay: 500 words on why you love the Interlake and your chosen career path and how you think you will make a difference in the Interlake in the future.
 - 2nd essay: 500 words on either an innovation, safety measure, or community service or activity that you feel would benefit the Interlake and how you would propose making that happen.

INTERESTED STUDENTS SHOULD EMAIL CARISSA.REMPEL@VIDIR.COM FOR A COPY OF THE SCHOLARSHIP APPLICATION



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OUR GOAL: is to support and promote the business community of Stonewall & District through cultural, social, political, and economic development.

The Stonewall & District Chamber of Commerce proudly serves the business communities of Stonewall and surrounding areas.

Restaurants

Beyond Bread Bakery & Cafe	204-467-9756
Rockwood Motor Inn	204-467-2354
Something Beautiful Gifts & Cafe	204-467-9620
The Kiln Drive In	204-467-9125
The 19th Hole	204-467-7529

Health & Wellness

Back 2 Health Chiropractic Health & Wellness Centre	204-467-2222
Complete Physiotherapy	204-467-8900
Quarry Physiotherapy	204-467-9101
Quarry Ridge Pharmacy	204-467-7333
ROKA Massage & Wellness	Kaylin - 204-404-7681 Robert - 204-404-7682
Stonewall Chiropractic Centre	204-467-5523
Stonewall Pharmacy	204-467-8385
Quarry Dental Corp	204-467-2177

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Grantham Law Offices	204-467-5527
Inview Insurance	204-467-8927
LRO Services	204-886-0097
Mackenzie Funeral Services	204-467-2525
MicroPilot	204-818-0598
One Insurance Group	204-467-4500
Re/Max Town & Country	204-467-8000
Stonewall Veterinary Hospital	204-467-2481
Verico OneLink Mortgage	204-479-6064
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Financial Services

Access Credit Union	204-467-5574
CIBC	204-467-5551
Farm Credit Canada	204-984-4164
RBC Royal Bank	204-467-5544
TD Canada Trust	204-467-7820

Recreation

Rubber Ducky Resort	204-322-5286
The 19th Hole	204-467-7529

Welcome from the President

Hello my fellow Stonewallians! Spring has sprung and it feels like a good opportunity to update you all on what the Stonewall & District Chamber of Commerce have been up to, and let you know what we have in store for the rest of 2024.

Before that I want to address a question I'm asked from time to time: What is a Chamber of Commerce? The purpose of any Chamber of Commerce is to bring together the businesses of a community with the goal of networking and promoting the interests of its members via projects and events, for the betterment and growth of them and, by default, the local economy. Sounds like a good idea right?

The Stonewall & District Chamber of Commerce was incorporated in 1933. Since then we have attempted to fulfill our primary objective of helping local businesses thrive through collaboration of likeminded business owners, and by engaging the community at large.

Promotion is key to this, and a benefit of belonging to the SCC is that our member businesses are showcased through print, web and social media platforms, as well as being highlighted at Chamber community events they involve themselves in.

Recent events include a MLA election forum at the Legion, a beer tasting night at Quarry Park, a Halloween trivia night at the legion, and of course our annual Festival of Lights Santa Parade along Main Street. Upcoming events include a Tequila

tasting in May (see next page for details), further networking and community events in the summer and fall, and of course our Santa Parade to round the year off on the first Friday in December. For our membership we will continue to hold monthly meetings on the second Thursday of the month, we have our AGM on 18th April, quarterly networking events (dates to be confirmed) and our awards night / Christmas dinner in December.

To our members; we are grateful for your continued support and look forward to seeing you at the meetings and events we facilitate. Please do not hesitate to reach out if you would like to become more involved; perhaps joining the executive and being instrumental in the operations on the Chamber.

To other local business owners not yet with us; I would urge you to consider joining our

Chamber. The strength of our local economy rests on the amenities and conveniences you provide. Working together will help our business community thrive. Keep on reading to learn more about what we do and how we can benefit you.

To the community of Stonewall; We are always interested in feedback from our members and the community, and appreciate volunteers stepping forward to help us execute the events we all want to see in our town. Ideas are best shared, and it lightens the load when more people get involved. Keep an eye out for our events, follow us on facebook, and keep supporting our local businesses!

**Happy Spring
to you all.**

Robert Price-Lewis
President
Stonewall & District Chamber

**Chambers Plan:
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Chambers Plan
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YOUR SCC

The primary goal of The Stonewall & District Chamber of Commerce is to help our members prosper, and to foster a supportive, local, business community. This starts by bringing our membership together. In an effort to create consistency and encourage growth we have refreshed our schedule for meetings and events.

Regular meetings for membership

We hold monthly morning meetings on the second Thursday of the month. These last no longer than 1 hour. Their intention is to disseminate information pertaining to the Chamber and its membership, and to discuss matters arising face-to-face. We feel that a regular forum helps raise awareness and increases participation. All members are welcome (and encouraged) to attend. Non members interested in learning more about the SCC are also welcomed. Contact info@stonewallchamber.com for details on our next meeting.

Tell us what you're doing

Members are encouraged to send us information and pictures of their business, their staff and their events. The more we know about you, the more we can help promote you through our various social media's and other advertising platforms

Website revitalization

Our website is having a face lift, and we need information from our members. You will have already received an email from info@stonewallchamber.com asking you to submit this information via a table. If you have not yet received this please let us know. In order to spread the word about your business we need some things from you, including confirmation of contact details, social media and website links, logos, photos, and a summary of your business.

AGM

We hold our annual AGM in April. As well as providing a year in review of the accounting and other activities it is at this meeting where our executive are sworn in.

Thursday, April 18, 2024

Doors Open 6:30 pm

Meeting 7:00 pm

Something Beautiful Cafe

307 Main St, Stonewall

Appetizers and refreshments provided*

*Does not include alcoholic beverages which will be available to purchase

**Please RSVP to Christy at
info@stonewallchamber.com
by Tuesday, April 16, 2024**

Networking Events

We host quarterly evening networking events to facilitate opportunities for our members; to come together and exchange ideas and to get to know the business community outside of your own door. These events centre around an independent speaker such as a business owner, affinity partner or educational provider, discussing their business or service(s). An example of a recent event was a presentation by our Chamber Plan rep Theresa Wirth, explaining the competitive insurance packages available to our membership. These events are open to everyone.



Retail/Merchandise

Firewood Manitoba	204-453-7788
Keyboard Ventures	204-467-7388
Manitoba Liquor Control Commission	204-467-9571
Quarry Furnishings	204-467-7283
Quarry Pets	204-467-5924
Red River Coop Grocery	204-467-8469
Ritz Interiors	204-467-2903
Stonewall Family Foods	204-467-5553
Stonewall Florist	204-467-2470
Something Beautiful Gifts & Cafe	204-467-9620
Stonewall Home Hardware	204-467-5589
Stonewall Pharmacy	204-467-8385

Lessons & Activities

Keyboard Ventures	204-467-7388
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Local Authorities Boards, Community Services & Churches

Community Futures East Interlake	204-378-5106
Community Living Interlake	204-467-9169
Gov. of MB, Investment & Trade	204-945-1055
Interlake School Division	204-467-5100
New Life Church	204-467-5529
RM of Rockwood	204-467-2272
RM of Rosser	204-467-5711
Royal Canadian Legion Branch #52	204-467-2261
Stonewall & District Lions Manor Inc.	204-467-8531
South Interlake Agricultural Society	204-633-2144
South Interlake Regional Library	204-467-8415
South Interlake Seniors Resource Council Inc.	204-467-2719
South West District Palliative Care	204-404-3030
Town of Stonewall	204-467-7979

Services

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Comco Pipe & Supply Company	204-467-8797
Commercial Comfort Inc.	204-461-4328
Doctor Decal	204-467-9405
Interlake Graphics/Stonewall Teulon Tribune	204-467-5836
Interlake Salvage & Recycling Inc.	204-467-9344
Lakewood Interiors & Renovations	204-797-8656
Prairie Earthworks	204-461-0815
Rockwood Renovations & Carpentry	204-467-7366
Stonewall Glass 2012 Inc.	204-467-8929
Taplin Earthworks	204-467-5311
The Original Cabinet Shop	204-297-8013
Valley Fibre Ltd	1-800-958-5698
Waring Landscape Supply	204-467-8906

Automotive

Admiraal Auto Service	204-467-7512
Big Block Auto & Farm Supply	204-467-8384
Brake Family Auto	204-467-9156
Quarry View Esso	204-467-9454
Stonewall Tire (1971) Ltd.	204-467-5595

Roadside Assistance

Rockwood Wrecking & Recovery	204-392-4892
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204-467-5836

Local. Business. Community.



Stonewall community welcomes health-care worker from Philippines

By Jennifer McFee

The community of Stonewall created a welcoming experience for a health-care worker and her husband who recently arrived from the Philippines.

Clarissa Lizarondo came to Canada in February as a participant in the Philippines recruitment initiative, along with her husband Dexter.

For Lizarondo, it's a dream come true to live and work in Manitoba.

"Manitoba has a thriving economy with many job opportunities in various sectors and has a lower cost of living," she said. "Also, Manitoba offers a high quality of life with clean air, safe communities, easy access to nature, high quality education and excellent health-care services."

In the Philippines, Lizarondo worked as a staff nurse in a primary hospital. Here in Manitoba, she's working as a health-care aide at Stonewall hospital.

"As part of the health-care team, it is a fulfilling feeling when you know that you have been part of someone's wellness," she said.

"It's like a job well done feeling when you see your patients or clients being discharged from the hospital with a smile on their faces."

She expressed appreciation for the community members and health-care team who welcomed them with open arms.

"Moving to a new place can be overwhelming, but with the support of community members and coworkers, our settling in Stonewall becomes a smoother transition," she said.

"My husband and I feel the warm welcome from everyone. They are so generous and kind too. We received

donations from different people — coworkers and community members."

Kim Minnis, manager of health services at Stonewall and District Health Centre, commended everyone who helped make the Lizarondos feel welcome in their new environment.

"I can say that Clarissa's coworkers rallied around her and Dexter from the moment they landed in their home in Stonewall. The desire to make sure that Clarissa had as many things that we could get for her and Dexter to feel comfortable is a proud moment," Minnis said.

"Then when the community of Stonewall came together was a moment that made us all feel proud — and happy to know that not only will this family be supported in her new place of work but also in the community."

For example, on the day the Lizarondos moved into their home in Stonewall, a local couple dropped off a large amount of household donations since they were also moving to another home. The local couple told the Lizarondos that they had read in the *Stonewall Teulon Tribune* newspaper about the need for donations for newcomer health-care workers in the community.

"I could say that we are in good hands. In terms of work, my coworkers and even my manager genuinely helped and guided me with my adjustments," Lizarondo said.

"The thing I am looking forward to the most about working in Manitoba is the strong sense of community and the welcoming nature of the people. Manitoba is known for its friendly and inclusive atmosphere, which



TRIBUNE PHOTO SUBMITTED

Clarissa Lizarondo, left, came to Canada in February as a participant in the Philippines recruitment initiative, along with her husband Dexter.

creates a positive work environment where collaboration and support are valued. Additionally, I believe working in Manitoba will enhance my knowledge and skills in the medical field."

At the same time, it wasn't an easy decision to move far away from the people who are dear to her heart.

"Though I'm going to miss being

surrounded with our families, relatives, friends and my pets, I have to step out of my comfort zone to reach my dreams," she said.

"My husband and I would like to take this opportunity to show how truly grateful we are to those who helped and supported us in this journey here in Manitoba."

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STONEWALL

New accessible pathway coming to Stonewall

Trails Manitoba to provide a grant for the pathway project

By Jennifer McFee

The Town of Stonewall is taking strides towards another option for active transportation.

Trails Manitoba is providing the town with a grant of up to \$24,643 to create an accessible pathway to provide easy access to Quarry Park and the Kinsmen splash pad. The grant program aims to make trails attractive and inclusive destinations for locals and visitors alike.

Kelly Kimball, Quarry Park manager, explained that the path will start on 4th Avenue North, travelling along the fence line at the edge of Kinsmen Lake.

"It will open up right into the Kinsmen splash pad area, which is a gem of the park and we really want to encourage people to go there," Kimball said.

"One of the comments that we frequently get is that the Kinsmen splash pad is difficult to locate, so there will be signage on both ends of it to help the general public and people visiting to know where to go."

The path will be paved and accessible, with lighting along the way. Eventually benches will also be installed.

Kimball expects that work will be underway soon.

"The access to the park will be a beautiful way to encourage people to actively go in with no cars. They can take the path with a stroller, a bike, rollerblades and head right in. It's also a safer option for getting to the park rather than walking down the roadway," she said.

"I'm very excited. It's going to be a great addition."

IN OTHER COUNCIL NEWS:

- The Town of Stonewall's 2023 public water system annual report is now published on its website at www.stonewall.ca.

- The Town of Stonewall will host a public hearing about its 2024 financial plan on Wednesday, April 17 at 7 p.m. in the council chambers. A link is posted on the town's website for those who prefer to attend virtually.

- During the April 3 meeting, council hosted a public hearing re-

garding an application for an excess animal permit. The applicant, Desiree Griffin, was seeking permission to have more than two dogs and five cats for companionship. The Town of Stonewall's current limits are two dogs and three cats. In addition, council considered a request to allow

Griffin, who runs Grateful Friends Animal Rescue, to temporarily foster one extra dog and one extra cat over six months old at the same address on 4th Avenue South from time to time. Council received some letters in opposition to the request, and Griffin also provided letters in support. The

issue will come back to council for a decision at the April 17 meeting.

- Council heard from municipal emergency co-ordinator Dennis Peterson, who provided an update on related work in the community.

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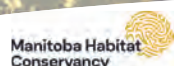
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- Prairie establishments



> VIDIR, FROM PG. 10

development programs. This includes everything from a popular apprenticeship program for welders to sponsoring employees who are pursuing their chartered professional accountant certification.

Because Vidir regularly recruits from non-English-speaking countries, the company also offers on-site English-as-a-second language (ESL) classes.

Recently Vidir has put a strong focus on succession planning and leadership development. Within that, there's been a special emphasis on fostering a respectful workplace and recognizing the importance of mental well-being.

In 2023, the company expanded its traditional safety operations training program for leaders beyond issues of physical safety to encompass psychological safety, emotional well-being

and respectful work practices.

"Our respectful workplace training looks at the differences between a positive and a poisonous workplace," says Nault. "We talk about the impact of incivility in the workplace and issues ranging from bullying to sexual harassment. We want to give leaders the tools to better identify disrespectful or unsafe situations and know how to respond to them."

In 2024, Vidir will launch another new leadership development program that addresses issues such as communications skills, emotional intelligence and workplace mental health training.

"There is no health without mental health," says Nault. "So that's a big focus for us."

Cristina Vieira, director of human resources, says the learning and leader-

ship development initiatives all have something in common: they give team members the ability to grow and advance within the company, while also making Vidir a stronger and more effective employer of choice.

"If people are able to show up as the best versions of themselves, that leads to greater engagement, improved morale and superior performance," she says. "It's also good for the company's bottom line because we have less turnover and we are not having to spend as much money on recruitment and retention."

Coaching and mentoring the next

generation of leaders is particularly important, she adds.

"The stronger leaders we have, the more competitive we become. We are in the business of manufacturing the software and automation of tomorrow. There's a lot of opportunity for us, but we need the right mix of talent to fully realize it."

This article appeared in the magazine announcing this year's Canada's Top Small & Medium Employers winners, published April 2, 2024, in The Globe and Mail. This article was prepared with the financial support of the employer, which reviewed but did not write its contents.

Serving up supper in Stonewall



TRIBUNE PHOTO BY JO-ANNE PROCTER

Prairie Fusion Chef Abbey McLeod and her team served a delicious meal at the Parochial Hall in Stonewall last Saturday evening. Just over 50 people enjoyed a five-course meal that included bread and whipped herb butter, roasted red pepper and tomato soup with garlic cheese croutons, and brie and red pepper jelly pastries with fresh thyme and honey. The main course was roasted pork tenderloin with spiced apple bacon chutney, onion pork gravy, sauteed green beans and garlic potato puree. The grand finale was a delectable chai tea creme brulee with candied peaches and cinnamon-infused Chantilly cream. Prairie Fusion caters to all sorts of events, large or small. For more information, she can be found on social media at Prairie Fusion Catering or by email at chefabbeymcleod@gmail.com or by text or phone at 204-461-4446. Pictured, Chef Abbey puts the finishing touches on dessert. Left to right: Clara Hoff, Isaac Desmarais, Deaghan McLeod, Lindsay Buller, Jayde Ward and Sabrina Finlay; in front is Jennie Domino.

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CancerCareManitoba FOUNDATION

Challengeforlife.ca

204-927-LIFE(5433)



REGISTER NOW



Families Matter is doing the Challenge virtually again this year and will be walking around Stonewall.

WE PLAN ON WALKING 5 KMS A DAY OVER 4 DAYS STARTING MAY 26TH

If anyone wishes to walk with the team, they can join at Challenge for Life, choose team Families Matter and start collecting donations towards this wonderful cause. Contact Janice Holden at 204-467-2248 or 204-299-2413 for more information.

AlzheimerSociety
MANITOBA
Dementia Care & Brain Health

Want to help make a difference for those living with dementia in Manitoba?

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Interested, qualified individuals from across the province are encouraged to apply by April 19.

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alzheimer.mb.ca | 204-943-6622 | 1-800-378-6699

Activities for Seniors in Your Area



APRIL Calendar of Events!
 Activity Centre • 374 – 1st Street West
 For newsletters,
 visit www.si55plus.org

Clip & Save

- | | |
|---|--|
| April 4: Ukulele Club 6:30pm (at Something Beautiful) | April 17: Texas Hold'em 7:00pm |
| April 5: Quilter's Corner 8:45am-3:00pm | April 18: Ukulele Club 6:30pm (at Something Beautiful) |
| April 5: Texas Hold'em 1:00pm | April 19: Quilter's Corner 8:45am-3:00pm |
| April 9: Nutrition Presentation (please pre-register) | April 23: Dental Plan Presentation (please pre-register) |
| April 10: Craft n' Coffee/Men's Chat 10:30am | April 24: Craft n' Coffee/Men's Chat 10:30am |
| April 10: Cards & Games 1:00pm | April 24: Cards & Games 1:00pm |
| April 10: Texas Hold'em 7:00pm | April 24: Texas Hold'em 7:00pm |
| April 11: Planetarium (pre-registration required) | April 25: Outlet Mall Shopping (pre-registration required) |
| April 11: Virtual Chat 3:00pm | April 25: Virtual Chat 3:00pm |
| April 12: Travel Club Meeting 11:00am | April 26: Texas Hold'em 1:00pm |
| April 12: Texas Hold'em 1:00pm | April 30: Wood Carving (pre-registration required) |
| April 16: Wood Carving (pre-registration required) | May 1: Craft n' Coffee/Men's Chat 10:30am |
| April 17: Luncheon (advance tickets required) | May 1: Cards & Games 1:00pm |
| April 17: Cards & Games 1:00pm | May 1: Texas Hold'em 7:00pm |

Luncheon

Wednesday, April 17, 12:00pm
 Tickets: \$13.00

Tickets available at 374 1st Street W.
 Ticket deadline: Friday, April 12
 Ham and Cheesy Scalloped Potatoes

Karen's Quilted Creations

This 3 session class will teach you to create a Sassy Blooms Table runner using pieced technique plus appliques.
 April 4, 12 & 19
 Call 55 Plus for more information.

Wood Carving Class

April 16 & 30 - 1:00-3:00pm
 Basic Skills of Carving
 Call by April 11 to register

Canadian Dental Care Plan Presentation

Tuesday, April 23 - 1:00-3:00pm
 A Service Canada Representative will give a presentation on the new plan and help you apply if you are eligible.
 Please call to register.

Active Wellness Club Spring Session Starts April 9

2024 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR

To renew or become a new member, check out our website at www.si55plus.org to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).
 - You do not have to be 55 + to become a member!
 - Payments can be made by cash, cheque or E-transfer to si55info@gmail.com



For more information call 204-467-2582

Nutrition Presentation

Tuesday, April 9 - 1:00-3:00pm
 Call to pre-register

Outlet Mall Shopping Trip

Thursday, April 25
 Registration deadline: Tuesday, April 23
 Members \$20 / Non-members \$25

Community Volunteer Income Tax Program

Volunteers are trained to complete simple income tax returns.
 BY APPOINTMENT ONLY
 Program runs until April 30, 2024
 Income Tax Returns Are Accepted Based on Income
 Call South Interlake 55 Plus for more information or to book an appointment

PICKLEBALL

Tuesdays & Thursdays, 6:00-8:30pm
 Stony Mountain School
 Saturdays, 10:00-12:30pm
 Stonewall Collegiate
 LAST DAY OF PLAY AT THE SCHOOLS IS APRIL 27. STAY TUNED FOR FUTURE SCHEDULE.
 Suitable for all adults at all fitness levels. We play doubles but you don't need to bring a partner.
 Call 204-467-2582 for more info.

South Interlake Seniors Resource-Stonewall
 144-622 Centre Avenue-Lions Manor, Entrance 4.

SOUTH INTERLAKE SENIORS RESOURCE

Support Services for Seniors • Driver/Escort Program
 • Equipment Lending Service • Meals on Wheels • Lifeline
 • ERIK and ICE Programs • Handy Helper/Housekeeping Program
 • Friendly Visiting and Telecheck (phone buddy)
 • Home Hair Care Service • Resource information/Form Assistance
 Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.
204-467-2719 www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to the town of Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

VOLUNTEER OPPORTUNITIES

Looking for something to do in your spare time? Or are you needing volunteer hours come the school year? Whatever the reason, volunteering with South Interlake Seniors Resource might just be for you!
 Feel free to give us a call at (204) 467-2719 for more information about the volunteer opportunities available!
 We look forward to adding you to our team of dedicated volunteers.

Supports to Seniors in Group Living (SSGL)

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings. These services will assist the residents in accomplishing their Instrumental Activities of Daily Living (IADL's) and provide them with the support to remain in their community and "age in place" If wanting any support services in group living/elderly persons housing building, please contact Kelley Rutkair @ 431 381 4002 or email @ ssglstonewall@shaw.ca

Joint Replacements Pre & Post Rehabilitation

Myles Willis Physiotherapist BMR- PT, MCISc, Vestibular Provider
 Arthritis can be very debilitating and limiting. In some cases, if joint arthritis progresses a joint replacement may be required. In this talk, the listener will learn about the different types of arthritis, early identification, management; and if a joint replacement is required, what to expect prior and post-operatively. We will also discuss how to best prepare yourself for surgery and what to expect post operatively. We will review exercises to help maintain strength and balance in prep for your joint replacement. Myles will, finally, discuss the new post-op funding from the province for hip and knee replacements. Myles has extensive experience working with pre and post operative joint replacements. He was born and raised in the area and is happy to be working in the community.

Thursday, April 25th /24 @ 2:00PM
 Lions Manor Multi-Purpose Room - 622 Centre Ave., Stonewall (Entrance 4)
 Everyone Welcome!
 Reservations Required! RSVP by Wednesday, April 24th/24
 Call Seniors Resource at 204-467-2719 to reserve your seat!

For more information call 204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St, Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • DRIVER ESCORT
 - INFORMATION/FORM ASSISTANCE
 - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
 - MEDICAL EQUIPMENT LOANS
- REGULAR OFFICE HOURS: 8:30AM-4:30PM

St. Laurent Seniors Resource Council Inc.

"SENIORS IN ACTION"

55+ and people living with disabilities
 Support Services in the RM of St. Laurent and Oak Point
Office: St. Laurent Community Health Centre
 51 Parish Lane, Please call: 204-646-2504 ext. 3
 Free E.R.I.K. Emergency Response Information Kit,
 Free on loan mobility aids, Resource information, Monthly Birthday Club,
 Fundraising activities throughout the year. Fee for Service such as,
 Foot Care Clinic, Victoria Lifeline, housecleaning and more.
 Free use of Exercise Equipment, Free Adult Bikes on loan,
 Free Community Volunteer Income Tax Program
 Annual Seniors Summer Feast in August -Entertainment-Supper-Resources
 Office Hours: Tuesday to Thursday: 10:00AM-4:00PM stlsrc@mymts.net

get inspired

> MEAL IDEAS



Recipe courtesy of Tessa Nguyen, RD, LDN, on behalf of the North Carolina Sweetpotato Commission
 Prep time: 10 minutes
 Cook time: 15 minutes
 Servings: 12
 Nonstick cooking spray
 1 cup sweetpotatoes, shredded
 1/2 cup cooked turkey sausage crumbles or cooked turkey bacon
 1/4 cup green onions, sliced


FamilyFoods
 Phone 467-5553

Sweetpotato Breakfast Bake

1/2 cup bell pepper, diced
 9 eggs, beaten
 1/2 cup cheddar cheese, shredded
 1/2 teaspoon black pepper
 Heat oven to 400 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.
 Evenly spread sweetpotatoes, sausage or bacon, green onions and bell peppers in dish. Pour eggs carefully into baking dish. Sprinkle shredded cheese and black pepper over eggs.
 Bake 15 minutes.
 Slice into 12 pieces and serve hot.



Recipe courtesy of the U.S. Tart Cherry Industry
 Prep time: 20 minutes
 Cook time: 55 minutes
 Servings: 8
 Pie:
 1 pie crust (9 inches)
 2 cups canned tart cherry pie filling
 2 cups canned apple pie filling
 1 egg, beaten (for egg wash)
 Streusel:
 1/2 cup all-purpose flour
 1/4 cup brown sugar
 2 tablespoons granulated sugar
 1/3 cup pecans, roughly chopped
 1 pinch salt
 4 tablespoons butter, melted
 Pumpkin Spice Whipped Cream:
 1 cup heavy cream
 2 tablespoons powdered sugar
 1/2 teaspoon pumpkin spice
 Preheat oven to 400 F.

Fit pie crust to 9-inch pie dish. Crimp edges and use fork to poke holes in bottom. Place pie crust in freezer to chill.

In large bowl, combine tart cherry pie filling and apple pie filling. Set aside.

To make streusel: In bowl, use fork to mix flour, brown sugar, granulated sugar, pecans and salt. Pour butter over dry ingredients and mix until ingredients come together in clumps.

To assemble pie: Pour cherry-apple filling into prepared pie crust and sprinkle streusel on top. Brush beaten egg onto exposed pie crust edges.

Tart Cherry Unity Pie

Bake 25 minutes. At 10-minute mark, cover pie dish with foil to prevent crust from over-browning. After 25 minutes, lower oven temperature to 375 F and bake 30 minutes.

To make pumpkin spice whipped cream: In large bowl or bowl of stand mixer, add heavy cream, powdered sugar and pumpkin spice. Use hand mixer or beater attachment on stand mixer to beat on medium-high speed 3-5 minutes until stiff peaks form. Refrigerate whipped cream until ready to serve.

Let pie cool 2-3 hours then dollop pumpkin spice whipped cream on top, slice and serve.

Substitution: Storebought whipped cream topped with pumpkin spice can be used in place of homemade pumpkin spice whipped cream.



Live longer by eating less

By Julie Germaine Coram

Have you heard that several studies have linked calorie restriction to genes associated with immune and metabolic system functions? While initial studies were not conducted using human trials, these findings could have significant implications in overall lifespan and quality of life, but the question remains - what exactly is required to see such benefits and how quickly would they take effect?

Let's start with what a calorie restricted diet is. Essentially small reductions in your usual daily caloric intake over a long duration are implemented, sometimes resulting in weight loss, however typically this is not the primary goal of calorie restriction. What researchers found is an interesting reaction by the thymus gland, which produces T cells that are your body's way of fighting off infections. The thymus is also responsible for anti aging hormones, but unfortunately, an older individual will naturally have a smaller (and fatter) thymus, leaving them less protected. Turns out that people who transition to more calorie-restricted nutrition plans have healthier T-cell (white blood cell) levels when compared to study participants who did not make changes to their dietary habits.

There are other ways to extend your life expectancy through food choices, including increasing your intake of legumes and whole grains. Surprisingly, experts claim that if you start early enough, this alone can give you another decade!

What you eat undoubtedly has a substantial impact on your health. How you feel and your ability to move pain free can be greatly affected by the foods you consume on a regular basis. If you are feeling overwhelmed with all the information available, maybe it's time to contact a professional to help you navigate



Julie Germaine Coram

what your priorities should be and how to achieve your health goals.

It's important to keep in mind that you don't have to be 'perfect' and there are no 'bad foods'. You do not have to completely omit ANYTHING, truly. Moderation is the key, and variety is the trick when it comes to making progress in achieving optimal health.

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me personally? Check out my website www.juliegermaine.com or go ahead and schedule a FREE 15 minute DIET CONSULT by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Specialist. She has helped thousands of men and women in Manitoba and worldwide improve their health since 2005.

Pecan Chickpea Cookie Dough Bites

Recipe courtesy of Dawn Jackson Blatner, RDN, on behalf of the American Pecan Promotion Board

Prep time: 10 minutes
 Servings: 24
 1 cup raw pecan pieces
 1 can (15 ounces) chickpeas, rinsed and drained
 1 tablespoon vanilla extract
 1/2 teaspoon cinnamon
 1/2 teaspoon sea salt
 1/2 cup dark chocolate chips

In blender or food processor, blend pecan pieces, chickpeas, vanilla extract, cinnamon and sea salt 3-5 minutes, scraping down sides occasionally, until smooth and creamy.

Fold in dark chocolate chips. Form into 24 cookie dough balls. Eat as-is; no baking required.

Note: Store leftovers in airtight container in refrigerator 5 days or freeze up to 3 months.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

A Storm is brewing for Interlake lacrosse program

By Jeremiah Knight

If the demand for a minor lacrosse program in the Interlake wasn't clear before, it certainly is now.

In March, a whopping 82 kids across four age groups registered for the new Interlake Storm program, which will debut in the Manitoba Lacrosse Association later this month.

"Honestly, it's more than we were expecting for the first year but it's really exciting to see," said program director Kevin Breen.

The Storm, which is available to male and female players, will field box lacrosse (five on five) squads in the U7, U9, U11 and U13 divisions this year. A U15 team should be added in the next two years, Breen said.

Players from the Interlake were previously forced to play out of Winnipeg-based clubs. With a more local team now in the fold, Breen said a big need is being fulfilled for some of the young athletes in the area.



"There's always been a lot of interest in the baseball programs, soccer programs and that in town. But it really seemed like it was at that point where the towns between Stonewall, Stony Mountain and the surrounding area were ready for a team and we had enough interest that it seemed like it'd be a very fitting time to do it," Breen said.

"Especially with consideration to how quickly Stonewall is expanding and Stony Mountain will be expanding, there's hopefully going to be more of an interest through the years with it too."

Breen and his brothers, Kyle and



TRIBUNE PHOTO SUBMITTED

The Interlake Storm Lacrosse Club has 82 kids signed up for this year's season.

Ryan, grew up playing lacrosse in Winnipeg's neighbourhood of St. James. Now living in the Interlake, each plan to enrol their kids in the sport.

They began entertaining the idea of creating a local lacrosse program in 2021 and put their thoughts into action over the winter.

"It was a big part of our childhood growing up," Kevin said. "The more people we talked to

out here, it seemed like there was quite a bit of interest out here, and with it being Canada's national summer sport, it seemed like a pretty good idea to bring lacrosse here and service this area."

Most seasons will run from April through June, with the exception of the U7 squad, which runs from May through June.

The Storm will play in the MLA East division, which includes the Ojibway Nationals (Sagkeeng, Powerview, Pine Falls), Wizards Lacrosse (Selkirk, St. Andrews, Lockport, Beausejour, Garson) and Gryphons Lacrosse (RM of East St. Paul, RM of Springfield). They will also play the four teams from the Winnipeg division and the SouthMan Saints, which are made up of players from Southern Manitoban communities.

Players can anticipate two practices and one game per week. In typical box lacrosse fashion, games will be played five-on-five in outdoor hockey rinks across the province.

The equipment requirements will be simple for those who already play hockey, as much of the safety gear is transferable.

In the U7 and U9 divisions, all players will require a lacrosse stick, hockey or lacrosse helmet, hockey or lacrosse gloves, a jock or Jill, a mouth-guard and running shoes. Older age groups will also require to players wear shoulder pads, kidney pads and arm slash guards.

With 82 players already in the mix, the early indications are that lacrosse in the Interlake will be a smashing success. Kevin assured the measuring stick for a successful inaugural season will not be wins and losses, but rather, how many players register again next season.

"I think a successful year to us is to get as many kids out — and try the sport and, hopefully, fall in love with the sport — as we can. The first year is definitely just gaining interest. The program is obviously nothing without the community around it," he said.

"I think if we make it through the season and we have a lot of players talking about coming back to the next year, I think we'd probably count that as a successful year."

Year-end youth bonspiel champs



TRIBUNE PHOTOS BY MARILYN CAMPBELL

The Marquette Curling Club wrapped up the 2024 season with their annual year-end bonspiels. The Big Stick Bonspiel took place from March 14 to 17, with Terry and Wendy Proctor winning the first event; Darren Lust and Greg Dydik, the second event; Ryan Duncan and Jason Tully, the third event; and Blaine Becker and Jenn Brown winning the fourth event.

The youth curling season ended with a bonspiel on March 23. Twenty-four curlers under 17 took part in youth curling from November to March. Left photo, left to right: gold medallists Josh Tristram, Rogan Pozernick, Hanah Cavers and Kadance Leblanc. Right photo: silver medallists Jase Campbell, Emmitt Walsh, Kolby Pozernick and Jack Lawford.

St. Laurent wrestler headed to Pan American Championships



Beau Chartrand (15) placed first in the U17-Cadet (his first year) 80-kg division, which qualifies him for the world team. Beau will be representing Canada at the Pan American Championships in the Dominican Republic at the end of June.



TRIBUNE PHOTOS BY WALTER HOWOR PHOTOGRAPHY
Beau Chartrand of St. Laurent returned home with a gold medal from the 2024 Canadian Wrestling championships held in Ottawa from March 14 to 17.



Far right, Anaka Chartrand (17) placed third in the U20-Junior division.

To see more photos of your favourite Interlake Athletes

GO TO [Stonewall Teulon Tribune | flickr](#)

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Rams' hosting alumni game event this Saturday

By Brian Bowman

It may be mid April but hockey has not been iced in Stonewall just yet.

The Veteran's Memorial Sportsplex will be hosting Rams of the Ages: Alumni Game this Saturday.

It will be a great game between the current Rams' team this past season and two previous Rams' teams that advanced to provincials.

"It's going to be fun," said Brett Ne-

spor. "We want to acknowledge the guys who had a lot of success back in the day. They had a lot of success back then and AAA hockey wasn't necessarily a thing and there's a lot of good hockey players in the community."

Puck drop is 4 p.m. and admission is \$5.

The event will have a chuck a puck and a 50/50 draw.

Rams of the Ages: Alumni Game

April 13, 2024

VMSC

4pm - 6pm

\$5 admission

50/50

PHOTO SUBMITTED

Rams of the Ages: Alumni game between this year's Rams team against two previous Rams teams who made it to provincials, starting at 4 p.m. on Saturday, April 14 at the VMSC. Admission is \$5.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Lightning U13 Female hockey awards



TRIBUNE PHOTOS SUBMITTED

The Interlake Lightning Female U13 AA handed out their 2023-24 season hockey awards this weekend. Maya Pattie was named the Most Improved; Piper Tataryn, Most Sportsmanlik; Emma Cassils, Most Valuable Player; Paige Bernier, Top Scorer; Kaylah James, Top Forward; Brynn Williams, Top Defenceman; Kahlie Minnie, Rookie of the Year; Lilly Skinner, Most Dedicated.

Local female athletes compete at elite hockey tournament

By Jo-Anne Procter

Hockey Manitoba released the team rosters for the 2024 Female Under-16 Program of Excellence (POE) Spring Evaluation Tournament on April 3. The tournament was held April 5 to 7 at the Hockey For All Centre in Winnipeg.

The camp is the first phase of the Female U16 POE, a program for emerging high performance Female U16 athletes focusing on preparing them to enter into high performance U18 hockey.

The Female U16 Spring Evaluation

Tournament had 186 athletes participate, including the following from the Interlake Lightning: Makayla Sydenham, Karen Caumartin, Kiera Pattie, Blake Darragh, Maria Riddell, Joslyn Tetlock, Kashlynn Kiesman, Samantha Dallas, Daisy Ducharme, Emily McMurtry and Ellis Pearson. Eleanor Sugimoto, Brooklyn Waldbauer and Annika Reesink represented the Stonewall Blues.

Among the coaches leading the 2024 POE program is Sam Stassburger from Grosse Isle, assistant coach of the 2023-2024 female U18 Interlake

Lightning team. Goalie coach Rachel Dyck from Winnipeg Beach helped out with the Interlake team and joined Strassburger along with Autumn Garnham, Kelsey McHolm, Tori Murphy and Riley Sveistrup. These coaches will lead the U16 athletes through the Spring Evaluation Tournament and summer camps in June and August.

The Female U16 Program of Excellence has been redesigned as a development-focused program for Female Under-16 athletes in Manitoba. The program aims to teach up-and-coming female athletes the skills, concepts

and tactics specific to the Female U18 Program of Excellence, ensuring that these athletes are given the proper development time to move to the U18 level and beyond.

The POE is a high-performance program that offers developing athletes on track to be elite with the opportunity to represent their province while providing a solid development path to the national and international stages.

Argyle Curling celebrates club champs



TRIBUNE PHOTOS BY LANA MEIER

The Argyle Curling Club held their wind-up Saturday night and presented trophies and gifts to this year's club champions and runners-up. Pictured left to right: Ladies Club Champions Kristin McCurdy, Darci Holod, Chrissy Buchanan, Lori Palmer; Runners-up Diane Minaker, Haley Cvar, Mollie Meier, Candace McMillan; Men's Club Champions, Bill Rossington, Lloyd Buchanan, Greg Harrison, Bruce Buchanan, (missing from the photo is Wayne Peters); Runners-up Jeff Meier, Darren Minaker, Ryan Holod, Riley Buchanan, Trevor Buchanan; Don Adamko from the Senior Men's Thursday morning drop-in league generously donated \$2,300 to the club for allowing them to curl regularly throughout the winter season. Additionally, club chair Trevor Buchanan thanked volunteers Nalatia Peterson, Riley Buchanan, Brooklyn Buchanan and Pam Crockatt and presented each with a token of appreciation for their hard work and commitment to helping with the successful season and helping to maintain the ice and facility.

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

SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

EQUIPMENT

2 Halliburton 4000 US gal. trailers, \$2600 each; 1 model 2500 Birmingham pile driver; lge. culverts - 5'x 20' & smaller; 2 fibre-glass tanks, 12,500 gal. each. Phone 431-737-6441.

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HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

WATER TREATMENT

Goodwater softeners. Iron removers. Pressure tanks. Reverse osmosis systems, \$275. Replacement Polyspun \$3.50, carbon \$7.50 filters. All sizes water filters. Softener Res Care cleaner, 1 gallon, \$29. All Seasons 204-661-8581.

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EMPLOYMENT OPPORTUNITY

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following Full-Time summer student positions are available:

Student Activity Assistants: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29
- Possess good verbal communication skills and desire to work with the elderly

Please see: <https://selfservice.ierha.ca/> and search under: "Direct Support" and scroll to find: **Student Activity Assistant** for the complete job postings. (Competition number: MMF LTC 638/24)

Please apply on-line at <https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday April 18, 2024 at 11:59 pm.



Interlake-Eastern
Regional Health Authority



EMPLOYMENT OPPORTUNITY

PART-TIME BOOKKEEPER

Rutherford Farms is currently seeking a part-time bookkeeper. The ideal candidate must be detail oriented, ability to multi-task, be organized, have in-depth computer skills, and previous experience in bookkeeping.

Responsibilities:

- Record day-to-day financial transactions and complete posting processes.
- Process accounts receivable and accounts payable.
- Complete monthly reconciliations on bank and visa statements in a timely manner
- Record receivables and bank deposits.
- Monthly GST and Payroll tax reporting
- Monthly P&L, balance sheet statements
- Perform general tasks such as, but not limited to, data entry, scanning, filing, etc.
- Other duties as assigned by the CFO & GM.

Skills and Qualifications

- Previous bookkeeping/accounting experience
- Proficiency in software such as QuickBooks Online & Excel
- Strong organization and prioritizing abilities
- Exceptional attention to detail
- Works well with a team

To apply, please submit a resume to corey@rutherfordfarms.ca. Thank you in advance to all applicants, only those selected for an interview will be contacted.

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THE RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

CHIEF ADMINISTRATIVE OFFICER

The Rural Municipality of Armstrong is accepting applications for the position of Chief Administrative Officer.

Found in the heart of the Interlake region of Manitoba, northwest of Teulon on Hwy #17, the RM of Armstrong is home to a number of small hamlets offering a mix of urban and quiet country lifestyles.

Under the direction of Council, the CAO is responsible for the overall management of the operations of the municipality including: administration, supervision of staff, policies and planning and financial management.

Key responsibilities of the position include:

- Recommends new initiatives, programs, policies, and plans for Council to consider.
- Advising Council as to current and future policies, programs and budgets.
- Acting as the coordinator and team leader of the administration in areas of staff, personnel, policies, plans and programs.
- Develops and implements a process for preparation of annual capital and operating budgets.
- Assisting Council in determining the future vision of the Municipality.
- Working closely with all levels of government

Skills & Qualifications

- Ability to communicate effectively with the public, employees and external stakeholders.
- Ability to develop, interpret and administer agreements, statutes and by-laws.
- A graduate of the University of Manitoba Continuing Education Division Certificate Program for Municipal Administrators (CMMA), or equivalent education.
- A background in Accounting is considered an asset.
- Ability to read and understand Municipal Financial Statements and manage a budget.
- A minimum of three years direct experience in municipal administration.
- Computer experience with a municipal software program, preferably Asyst, and demonstrated abilities with Windows, Microsoft Office 365: including Work, Excel, Power Point.

Salary is commensurate with experience and qualifications. The RM of Armstrong provides an excellent group benefits and pension program. A detailed job description is available upon request.

Please submit your resume and three reference to:

RM of Armstrong
Box 69, Inwood, MB R0C 1P0
Fax (204) 278-3437
Email: cao@rmofarmstrong.com

Deadline to apply for the position is Friday, April 19, 2024 at 4:30 P.M. If a candidate is not found by the deadline date the position will remain open until filled. We thank all that apply and advise that only those selected for further consideration will be contacted.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

FLIGHT ACADEMY

Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.



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May through September.
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1648 SqFt 3 bedrooms, ensuite, large kitchen with quartz countertops 9ft walls, double cathedral ceiling

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Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

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Stonewall Teulon
Tribune

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PRE-HIRING ASPHALT FOREMAN AND OPERATORS/ LABOURERS

Competitive Wages, Health Benefits, Lift 50lbs

EXPERIENCE REQUIRED
Please contact us at
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Heavy Truck/Trailer/Equipment Repair
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info@eddiesgravel.com
102086 Hwy #9, Wpg Beach, MB

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HUGE ESTATE & YARD SALE

April 19th, 20th, 21st
8 am to 7 pm
10 min North of Stonewall
Hwy 7 and Rd 87 N
(1 Mile W of Hwy 7 on Rd 87 N)
There will be lots of signage!

Household Items & Decor
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And so much more!

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ONLINE ONLY EQUIPMENT DISPERSAL FOR EDDYSTONE VENTURES AUCTION #1

EDDYSTONE, MB THURSDAY, APRIL 18, 2024 SOFT CLOSE AT 7:00 PM

VISIT www.gartonsauction.com for equipment details, pictures and bidding.

TRACTORS, VEHICLES, QUADS: 2001 NH 8670A tractor, dual hydraulics, 3pth, FWA, 8898 hrs, exc tires; 2009 NH T9050, 4WD, new engine, 8896 hrs, PTO, good tires; 2016 Case 580 Quad Trac, 2443 hrs, auto steer, tow cable, wide tracks, twin pumps; 2011 Case 550 Quad Trac, 4106 hrs; 2009 Case 435 Quad Trac, wide tracks, PTO, etc; Case Intl 290 AFS Magnum tractor, 3pth, PTO, Outback guidance system; Case TV380 skid steer, bucket and pallet forks, window t/b replaced; 2000 Thomas/Intl 72-passenger bus, rear 6 rows removed, T444E Intl engine, auto trans, 320,944 km; 2015 Polaris quad RZR 900EPS, winch, 6708 miles; 2011 Suzuki LT-A500AXI King Quad, 3615 km;

FARM MACHINERY AND EQUIPMENT: 2022 Brandt 1345 ALP auger, self-contained transport, hydraulic steering; Bourgault 3710-60 air seeder; two sets 2012 Degelman SM7000 harrows, Valmar 3255 air seeders; Kello-Bilt 225TSW tandem disc, notched front/rear, 1/4"x24" discs; Salford 4100 HS disc; Ezee-On 4600 tandem disc, notched front, smooth rear; 2012 Rogater RG900, 100' high clearance sprayer, 2731 hrs; Degelman 7200, front mount blade, 6-way, all attachment parts, etc; 2013 Bourgault 3320 air drill, good cond; Bourgault 6700 ST air cart; Case Intl generator/compressor w/Honda GX 390 gas engine, air hose and reel, no starting battery.

BID NOW AT WWW.GARTONSAUCTION.COM

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Closing Date; Thursday April 25th, 7:00pm
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4 Miles South on Hwy#8, Then East 1 Mile on Rd 131
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- Large pie shaped lot
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Perfect for year round activities and fun!

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THE RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY

Meleb Waste Disposal Ground Operator

The Rural Municipality of Armstrong invites applications for the position of a permanent, part-time operator for the Meleb Waste Disposal Grounds.

Under the supervision of the Public Works Coordinator, the Disposal Grounds Operator operates the site in compliance with the Waste Disposal Ground Operating Permit, Municipal By-laws and policies, and applicable federal and provincial regulations.

MELEB WASTE DISPOSAL GROUNDS

	Summer Hours March 1 to October 31	Winter Hours November 1 to February 28
Tuesdays	9:00 AM to 1:00 PM	9:00 AM to 1:00 PM
Thursdays	4:00 PM to 8:00 PM	2:00 PM to 6:00 PM
Saturdays	10:00 AM to 6:00 PM	9:00 AM to 5:00 PM

The operator will be required to take the Manitoba Landfill Operator Certification Program and be responsible for various recycling programs.

Deadline to submit applications will be Friday, April 19, 2024. Posting will remain open until a suitable candidate is found. We appreciate your interest in the position, however, only those applicants chosen for an interview will be contacted. This position commences as soon as possible.

Interested candidates should submit a resume with three references to:

RM of Armstrong Office
1094 Highway 17 Inwood
P.O. Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

THE RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY

Public Works Coordinator (Term Position)

The Rural Municipality of Armstrong invites applications for the position of Public Works Coordinator (Term Position)

Under the direction of the Chief Administrative Officer, the Public Works Foreman is responsible for the direction, coordination, efficient operation, construction, repair, and general maintenance of all municipal infrastructure.

Qualifications - Public Works Coordinator

- *Minimum of five years related experience, three of which were in a foreman or supervisory capacity.
- *Experience in construction and maintenance of various municipal infrastructure.
- *The ability to operate and maintain various types of heavy equipment. (tractor/mower, compact track loader, grader, loader, tandem)
- *Valid Manitoba Drivers Class 3 License, air brake license or an air brake endorsement.
- *Above average organizational skills.
- *Ability to multi-task and supervise numerous staff and projects simultaneously.
- *Above average skills to manage and direct staff.
- *The ability to perform physical labour.
- *The ability to work outside in all weather conditions

The Rural Municipality of Armstrong offers a competitive salary and benefits package including health/dental and pension.

Applications must contain a resume, covering letter and three references. Application deadline is 4:30 PM on Friday April 19, 2024. Only those candidates chosen for an interview will be contacted.

Please forward applications marked "Application for Public Works Coordinator (Term Position)" Chief Administrative Officer at:

RM of Armstrong
Box 69, Inwood, Manitoba ROC 1PO
Fax: (204)278-3437
e-mail: cao@rmofarmstrong.com

To view a full job description please visit www.rmofarmstrong.com or call the Municipal Officer at (204) 278-3377.

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Assiniboia Downs
3975 Portage Ave, WPG
FREE Parking
Early (8AM Admission) \$30.00
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204-886-7027
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Stonewall Teulon
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NOTICES

SPRING HIRING? NEED CLASS 1 DRIVERS or construction workers? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com



NOTICE OF PUBLIC HEARING REGARDING THE 2024 FINANCIAL PLAN

In accordance with Subsection 162(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a PUBLIC HEARING to present the 2024 Financial Plan for the Municipality on

Thursday, April 25, 2024 at 6:00 P.M.
Municipal Office
57 Railway Ave, Woodlands, MB


The Rural Municipality of Woodlands 2024 Financial Plan consists of:

- 1) 2024 Operating Budget
- 2) 2024 Capital Budget
- 3) an estimate of the operating revenue and expenditures for the following fiscal year (2025), and
- 4) a five-year Capital Expenditure Program (2025-2029)

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Woodlands 2024 Financial Plan. If you are planning to attend we are requesting that you pre-register with the RM of Woodlands Office at 204-383-5679 or by email at finance@rmwoodlands.ca, to ensure there is sufficient space available.

Copies of the draft 2024 Financial Plan are available for review by email, mail, fax, or in person at the RM office after April 15, 2024.

Kaitlyn Griffith, CMMA
Chief Administrative Officer
Rural Municipality of Woodlands
Dated April 2, 2024



TOWN OF STONEWALL 2024 FINANCIAL PLAN PUBLIC HEARING

In accordance with Section 162(2) of The Municipal Act the Town of Stonewall shall hold a PUBLIC HEARING to present the 2024 Financial Plan for the Town on:

Wednesday, April 17, 2024 at 6:30 PM
Council Chambers, Town Hall

A virtual meeting link is also available on the Town website:
www.stonewall.ca

The Town of Stonewall 2024 Financial Plan consists of:

1. The 2024 Operating Budget
2. The 2024 Capital Budget
3. An estimate of the Operating Revenue and Expenditures for the following fiscal year (2025), and
4. A five (5) year Capital Expenditure Program (2025-2029)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Town of Stonewall 2024 Financial Plan.

Copies of the financial plan will be available for review and may be examined by any person on the Town of Stonewall website at www.stonewall.ca, or at the Town Office at 293 Main Street, Stonewall, Manitoba during the regular office hours as of **April 8, 2024**.

Dated this 28th day of March 2024
Wally R. Melnyk, CMMA, CPA, CGA
Chief Administrative Officer
Town of Stonewall

ANNOUNCEMENTS

Join Keyes Loyal Orange Lodge #1755, Newdale L.O.L #1533, Winnipeg Golden West L.O.L #2311. Info: newdale1533@gmail.com. Since 1795. God Save The King!

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood elkbranch@mymts.net

SHOP LOCAL - SUPPORT LOCAL BUSINESS

BIRTHDAY



If you see this guy "scrapping" around on April 11th, wish him a Happy 50th Birthday!!

-Love, your family

IN MEMORIAM

SMITH, John (Jack)
In loving memory of our Father who passed away March 26, 1985.
-Forever remembered by son Richard and his wife Sheelagh, children Sheena and Shawn and daughter Judy, husband Ken Paluk, children Wesley and Trevor

IN MEMORIAM



Bonnie Hamilton
January 5, 1949 – April 6, 2011
Remember me when flowers bloom,
Early in the spring;
Remember me on sunny days,
In the fun that summer brings.
Remember me in the fall,
As you walk through leaves of gold;
In the wintertime, remember me,
In the stories that are told.
But most of all...remember,
Each day, right from the start;
I will be forever near,
For I live within your heart.

-Love always,
Grant,
Lynn, Paul, Matthew, Sarah, Jonathan,
Dawn, Taylor, Ashley, Jordan



THE RURAL MUNICIPALITY OF ROCKWOOD EMPLOYMENT OPPORTUNITY

SEASONAL PUBLIC WORKS MAINTENANCE / EQUIPMENT OPERATOR EMPLOYEE

The Rural Municipality of Rockwood invites applications for the position of Public Works Maintenance / Equipment Operator Employee (Seasonal).

Under the direction of the Manager of Public Works, the position will be required to assist the Public Works Department and perform general municipal related work. The majority of the work will be cutting grass in ditches and drains with a large tractor and 15' pull behind mower.

QUALIFICATIONS – Transportation Maintenance / Equipment Operator Employee (Seasonal):

1. Valid Province of Manitoba Driver's Class (5) Licence (Class 3 preferred)
2. Experience in a Public Works related field would be an asset
3. Good interpersonal skills to deal with the public
4. Knowledge in the operation and maintenance of different equipment (tractor/mower, tandem, loader)
5. Mechanically inclined
6. Ability to work under minimal supervision
7. Available from June – November (Length of term is weather dependant)
8. Salary Range \$21.04 - \$22.37/ Hr – dependent on qualifications

Applications should be marked "**Application for Public Works Employment**" and must contain a cover letter and full resume with three references.

Forward applications to the undersigned no later than 1:00 p.m. on Thursday, April 25, 2024.

Attention: Ian Tesarski – Director of Operations
Rural Municipality of Rockwood
Box 902, 285 Main Street, Stonewall MB R0C 2Z0
Telephone No. 204-467-2272
E-mail Address: ian.tesarski@rockwood.ca

Thank you to all applicants for your interest, however, only candidates selected for interviews will be contacted.

Registered Purebred Polled & Quiet Yearling CHAROLAIS BULLS FOR SALE

Will be semen tested. Delivery & EPD's available

For more information call Ken at (204) 376-2418 or (204) 641-3788 KLCC Charolais, Arborg

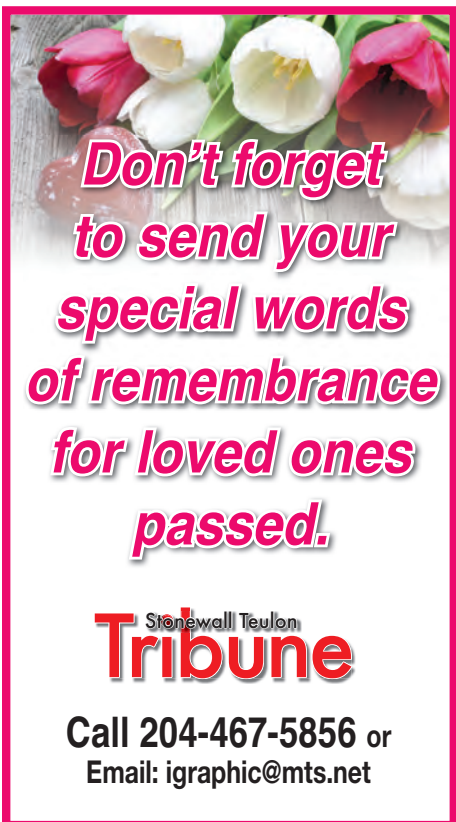
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Call 204-467-5836

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Announcements

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**Don't forget
to send your
special words
of remembrance
for loved ones
passed.**

Stonewall Teulon
Tribune

Call 204-467-5856 or
Email: igrphic@mts.net

IN MEMORIAM



Terry Scott (Teresa)
January 7, 1948 - April 9, 2023
If heaven wasn't so far away,
We'd pack our bags and come for the day.
The world changes from year to year,
Our lives from day to day;
But love and memories of you,
Will never fade away.

-Love Jim,
Rob and Chris (RJ),
Tarra and Mitch (Dakota and Dawson)
XOXOXO

OBITUARY

Ronald Murray

It is with great sadness we announce the passing of Ronald Murray, aged 82 years of Petersfield and formerly of Stony Mountain, MB. at Selkirk Regional Health Centre on Wednesday, April 3, 2024.

Arrangements pending.



204-886-0404

OBITUARY

Brian Kenneth Campbell

Brian Kenneth Campbell, age 62 passed away on March 26th, 2024. His family is profoundly saddened by the unexpected loss.

Brian is survived and will forever be missed by his loving partner Barbara, his oldest son Vincent and daughter-in-law Danielle, his daughter Lisa and son-in-law Adam, his youngest son Lorne, and the mother of his three children Kathy. Brian was the oldest sibling, survived by his brother Kevin and sister-in-law Tina, his sister Teresa and his father Kenneth. Brian was a loving uncle to his nephews John and Kurtis (Kristine). He is predeceased by his loving mother Della.

Those who were close to Brian know that his family was the most important thing to him. He was the best father, brother, son, uncle and loyal friend. Brian loved his animals and being at home in the country. He will be missed.

As per Brian's wishes, cremation has taken place and a private graveside service will be held at a later date.



204-886-0404

OBITUARY

Neil Allan MacMillan (Sonny) July 9, 1936 - March 22, 2024

It is with profound sadness that we announce the passing of our beloved father, with his children by his side, on March 22, 2024 at the age of 87 years.

Predeceased by his parents Neil Sr. and Gladys Downing; his wife and partner in life Faye MacMillan (Windsor); his half siblings and his brother Kenneth.

Left to mourn his passing, his children Tammy (Doug), Greg (Melissa); grandchildren Alana, William, Jackson and Westley; sister



Chrissy; sisters-in law Alice, Sharon (Dave), Gladys (Bob); brothers-in-law George (Bobbie), Arthur (Cheryl), Glenn (Kanchana), Les; numerous nieces, nephews and cousins, as well as special pets Badger, Sam and Jenny.

Dad was born the 9th child of Neil Sr. and the 3rd child of Gladys. He was born in Stonewall and spent his life on the family farm in Marquette. Dad remembered as a young child being thrown onto the back of the work horses for his nap. He attended school at Poplar Heights one room school until grade 8. He was paid a pittance to light the fire in the wood stove for the start of the day. He played hockey and baseball. He also curled, but he hated that one to this day. He remembered the long walks to the rink with frozen feet to then proceed to skate. He was an active 4-H member in the swine club. Being the youngest of a large family, he was called back to the farm at a young age as his older siblings had moved on to start their own lives. As he grew older he also enjoyed hunting and riding motorcycle with his cousins. He worked one day of his life off the farm at the gravel pits on the screener, but he figured farm life was better than that was. Dad married Mom when he was 30 years old in 1967 and took over the operation of the farm with his young wife. In 1969 their daughter Tammy was born. Ten years later they welcomed son Greg to complete their family. Together we all worked on a mixed farm including cattle, pigs and grain. He enjoyed having a bit of a hobby farm. There were always turkeys, chickens, ducks and geese, leaving many a scarred visiting child. He and Mom purchased a donkey in the early 2000's and she became part of the family. There were always families and extended families coming home to the farm for meals and gatherings. Dad always made sure that everyone had lots to eat. In 1997, Greg graduated and stayed home to become Dad's partner in farming. Together they increased the cattle herd and expanded crop rotation. Dad's life was dedicated to the farm and his family. He was thrilled to start welcoming his grandchildren. Alana was the first, daughter of Tammy and Doug. Next born to Greg and Melissa were William, Jackson and Westley. Dad enjoyed giving his grandchildren rides on his side by side around the farm. He enjoyed our family gatherings and time around a bonfire. Dad was always somewhat of a tease and smart aleck. We think he was a master creator of silly limericks as he would always come up with new ones never to be heard again.

Dad enjoyed his time on the farm right until he fell ill. He passed away of cancer at the Portage District General Hospital.

A private family service at Dad's request was held at Meadow Lea United Church, with burial at Meadow Lea Cemetery. Pallbearers were Kristy Torcia, Justin Torcia, Kaley Hiebert, Alyssa MacMillan, Sheldon Allard, Bradley Ostertag, Brent MacMillan.

Should friends so desire, memorial donations may be made to Meadow Lea United Church c/o Box 52, Marquette, MB R0H 0V0, or to a charity of one's choice.



204-886-0404

OBITUARY

Shirley Rose Cookson



Shirley Rose Cookson age 78 of Teulon, passed away peacefully on April 4, 2024 surrounded by her loving family. Shirley lived in Teulon Manitoba, a town she loved dearly. Shirley will be deeply missed and always remembered by so many. Shirley was a one of a kind lady, always willing to lend a helping loving hand to anyone in need. Her kindness, love and generosity will be missed greatly.

Shirley will be greatly missed by her son Billy and daughter in-law Shelley; granddaughters Brandi (Adam), Kaitlyn (Will), Carlee (Stan); great-grandchildren Victoria, Ethan, Emmitt, Angyl. Shirley will be also missed by her many other family and friends and everyone in her community that knew her.

Shirley was predeceased by her mother (Agnes) and father (Walter) and husband Roger, daughter Joanne and brother Douglas.

Shirley was born in Ste Rose Du Lac on November 18, 1945. Shirley grew up always willing to lend a helping hand. She loved to help around the family farm. Later in her years she met her husband Roger and had two children, Billy and Joanne, who she loved so dearly. Shirley and Roger first settled down in Austin, Manitoba, then moved to Plumas where she ran the Plumas Cafe for many years. They eventually settled down in Teulon. This is where Shirley worked as a cook for many years at Bill and Beas restaurant, and Teulon Golf Course. Shirley eventually opened up Main Street Cafe 2000 where she met so many people and employed many staff. Shirley made many connections to people in her community and outside the community as well, from being a cook and owning her own restaurant. Shirley was also greatly involved in the Teulon Metis Association, Teulon Chamber of Commerce and much more around her community of Teulon. If Shirley wasn't busy with her great-grandchildren she was often found down at the curling rink cheering on Billy and his team. She loved supporting her family. Shirley will be extremely missed by all whom knew her.

Thank you to the Teulon EMS Services, Gimli Hospital and all the lovely staff at HSC Winnipeg Medical ICU.

Shirley requested a celebration of life be held in her honour as opposed to traditional funeral services. We request all of Shirley's loved ones and friends to join us in celebrating her beautiful life that touched so many at Teulon Hall on Saturday, April 13, 2024 at 2:00 p.m. Please wear a hockey jersey when you come. Shirley loved hockey.

In lieu of flowers donations can be made to the Canadian Diabetes Foundation in Shirley's name.



204-886-0404

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OBITUARY



Alan Martin Safiniuk

It is with great sadness that we announce the passing of Alan Martin Safiniuk on March 30, 2024, after a short courageous battle with cancer.

He is remembered by his daughter Kari Halleux (Roger, grandchildren Daniel and Kate); son Greg (Mia, grandchildren Carter, Caralyn, and Carly); Uncle Steve Cymbalisty; brother Mike (Debbie); sisters Bev Rich, Liz (Larry) Golis, Theresa Lewis; numerous nieces, nephews, cousins, and special friend Deb Shabatoski.

Alan was predeceased by his parents Mike and Helen Safiniuk, and his siblings: Eileen De Sousa, Marlene Ward, Barry Safiniuk and Auntie Marie Kellas.

Dad grew up on a farm in Blackdale, Manitoba in a family with seven siblings. Dad's early years were spent in a one room, eight grade, one teacher school. He then attended Stonewall Collegiate Institute where he excelled at football and graduated in 1970. While growing up on the farm, Dad discovered hunting and trapping which grew into his lifelong love and passion.

After graduation, Dad started his own company, A & B Installers, located in Winnipeg. His business included the installation of office furniture in various government buildings in Winnipeg and the Province of Manitoba.

Dad's love for farming lead him to buy land and start a hog and grain farm in Balmoral, Manitoba in 1976. Here Dad built the family home and all the farming infrastructure with his bare hands. Dad took extreme pride in raising hogs, producing high yielding crops, and working from dawn to dusk when needed.

As the years grew on, Dad understood the economics of farming to either grow bigger or get out. Dad chose an exit strategy to start working for Manitoba Agriculture Services Corporations (MASC) as a Crop Adjuster. During this time, a job opportunity in the Swan River region came up. With his previous love of hunting and trapping, he knew this was the place to be. In 1994 the family farm was sold, and a rural property was purchased in Benito, MB.

Dad spent the last 30 years of his life living in the Benito area, working as a Crop Adjuster with farmers throughout the province. Dad loved farmer chat, talking about commodities, weather, and anything farm related. Dad was seen as a man with valuable knowledge in these areas.

With this line of work came wildlife claims. This was his true passion as it fit well with his love of hunting. Dad always had a tree stand or a field edge for his kids and grandchildren when they came to visit. This was by far his true love, hunting and trapping. If you have ever been to his place, you could view his numerous antlers and mounts that hung from the walls, trees, and any outbuilding he could attach them to.

Dad also ran a trap line for several years and prided himself with his quality furs. Dad always joked. "If you want to make money trapping, make sure you pick up a few cans on the way to check your traps" because the price of a fur didn't support the money invested.

Dad was also known as "Papa" or "Grandpa" and spent many hours with his grandkids who were the loves of his life. Papa/Grandpa attended many hockey rinks and events over the years.

Dad, Papa, Grandpa lived life on his own terms. DAD YOU WILL TRULY BE MISSED.

Special thanks to the Swan River and Stonewall Palliative Care staff, Dr. Graham and the nurses and staff at Stonewall Hospital.

In lieu of flowers, a donation can be made in Alan's name to CancerCare Manitoba.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



Arthur Kenneth Essery

It is with profound sadness, the family announces the sudden passing of Arthur Kenneth Essery of Stonewall, on April 2, 2024 at the age of 80 years old.

Art is survived by his wife Jenny, his daughter Stephanie and son-in-law Phil, his son Shawn and daughter-in-law Cally, his family Bob and Cookie Essery, Alma and Ernie Neufeld, Pat and Earl Wynn and Lynn and Glen Massey. He is predeceased by his mother Coral, his father Robert and his sister Bonnie. He will be greatly missed by his eight grandchildren, Nick, Shailee, Riley, Maya, Noelle, Chris, Makenzie, and Brianne, and his two great-grandchildren, Kalicee and Leliana.

Born March 28, 1944 in Winnipeg and spend the rest of his time woven into the fabric of the Stonewall community. Art was a fixture in Manitoba baseball for over 50 years and was inducted into the Manitoba Baseball Hall of Fame with his beloved Grosse Isle Blue Jays in 2012.

Art spent the vast majority of his working years at Interlake Publishing and the Stonewall Argus. His work spanned the whole newspaper publishing process, from running the press, to typesetting, to delivery. If someone in the Interlake read the Argus, the Spectator or the Selkirk Journal, Art had given a piece of it.

Art met the love of his life while they both worked at the newspaper in 1978 and they wed in June of 1981, starting a life of love, laughs and adventure. They were inseparable for the next 42 years.

A memorial service was held in Stonewall, at the Quarry Park Pavilion at 2 p.m. Thank you to all who attended.

Thank you to the staff at the Seven Oaks Renal Clinic- who served him showing love and compassion during his treatments; the staff at Lions Manor, the staff at the Health Sciences Center Cardiac Ward, CancerCare, Dr. Venter and the staff at the Stonewall Hospital for their care during Art's treatments.

In lieu of flowers, please donate to the Seven Oaks Renal Clinic.

-The Essery Family

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



Richard "Rick" Ashdown
05-28-1949 - 04-06-2024

Forever in our hearts, Rick Ashdown passed away at the age of 74 years on April 6, 2024.

As per Rick's wishes, cremation has taken place and a celebration of life will be held Friday, April 12th at 1:00 p.m. at the Royal Canadian Legion Branch 52, Main Street, Stonewall, MB.

*Your memory will live forever
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