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Wyatt Douglas of Stonewall competed in the Curl Manitoba Hit, Draw, Tap Competition that took place in between the bronze and gold medal games at the 2024 Viterra Championships.

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# St. Laurent community shows support to grieving family

By Jennifer McFee

The St. Laurent community is stepping up to support a mom who is grieving the loss of her partner and their baby boy.

Leann Langelier of St. Laurent recently lost her 29-year-old partner Jacob and their 14-month-old son Rif-tyn in a two-vehicle collision in the RM of Woodlands. On Jan. 25, the father and son died when they collided with a semi on Highway 6. The semi driver was treated for minor injuries. RCMP said extremely icy road conditions were a main factor.

A GoFundMe page raised nearly \$54,000 to help pay for funeral costs and other expenses. According to the page, Langelier had just started a new career as an early childhood educator but doesn't qualify yet for benefits or leave.

The St. Laurent Fire Department also hosted a fundraising event in support of Langelier and her young daughter Teagan.

Initially, they had planned a community pancake breakfast to acknowledge National Burn Awareness Week. When they decided to turn the event into a fundraiser for the family, the local community was quick to rally for the cause.

"Needless to say, this community and surrounding communities poured out their hearts and their generosity with a very successful GoFundMe fundraiser. It only took our department a moment to turn our event into a fundraiser," said Susan Gareau, a public education officer with the St. Laurent Fire Department.

"We added a 50/50 draw to the morning event that raised \$1,224, with \$612 going to the winner and another \$612 to Leann. The voluntary 'Fill the Boot' breakfast donation raised \$3,316.50. All told, we were able to present Leann with \$3,928.50."

Gareau also acknowledges everyone



who helped make the fundraiser a success.

"We were not alone in this endeavour as our Interlake Packers donated all the breakfast sausages, and our venue at the Parish Hall was also donated. A huge heartfelt thank-you goes out to them. We would also like to thank the members whose partners helped out during the breakfast," she said.

"The community turnout was wonderful, and it was nice to see the visiting going on within the hall."

At the same time, the event raised awareness for National Burn Awareness Week, which ran from Feb. 4 to 10.

"The burn awareness aspect of the morning breakfast was ongoing with fire extinguisher education going on outside. With the use of a training tool called A Burn Pan, our members can control the propane flame as the person learns how to handle the fire extinguisher to 'put out' the fire," Gareau said.

"Inside, the colouring corner was a busy place and a hit with the kids."

Follow the St. Laurent Fire Department's Facebook page to keep up to date with the latest news and events.



TRIBUNE PHOTOS BY SUSAN GAREAU

The St. Laurent Fire Department hosted a fundraiser to support a local family.



# Woodlands student winning Yes I Can! Award for perfect pitch

By Becca Myskiw

A Woodlands School student is receiving a Yes I Can! Award at the end of this month.

Darryn Hallow, an eighth grader in Woodlands School, is receiving a Yes I Can! Award for exceptionality in the arts.

The Yes I Can! Awards are given by the Manitoba Council for Exceptional Children. They acknowledge the achievements of students with disabilities across Manitoba in academics, arts, athletics, technology, self-advocacy, school and community activities, and transition. The awards recognize youth who have overcome barriers and encourage them to seek their highest potential while increasing awareness of the abilities, aspirations and qualities of people with disabilities.

Alison Marttila, a student support teacher at Woodlands School, nominated Darryn for the award because of his perfect pitch. Darryn's mom,

Mandy Hallow, is a music teacher at the school. She said since he was two years old, Darryn has been able to play every note on the piano by ear. He can hear sounds and tell you what note they are, and after hearing a song just twice, he could probably play it for you. When he was a younger student of hers, Mandy said Darryn would often correct his peers in music class, and he was her only kindergarten student to subdivide beats and stay entirely on time.

"It was amazing to find out he could do all this," said Mandy. "It's awesome to see him excel at something and it came so incredibly natural to him."

Tim Lee, Woodlands School principal, has known Darryn for five years and has taught him for two.

He describes him as the perfect candidate for the Yes I Can! Award. Lee said Darryn is an important part of the school, taking part in all activities and interacting with everyone in a

positive manner.

Over the years, Lee has seen Darryn gain confidence and independence — so much so that he performed in the last spring showcase and stole the show.

"He's met a lot of challenges and has had lots of progress," said Lee. "He's just a really neat kid that's a big part of our school. We're going to miss him when he goes off to high school in the fall."

Youth receive a Yes I Can! Award through a nomination due Oct. 24, 2023. Darryn and numerous other winners this year will receive his award at a gala on Feb. 29 in Winnipeg. Mandy said she's been told upwards of 500 people could attend the event, most of them in gallery seating, while Darryn and his family will be seated at a table.

"He's definitely grown and shown his strengths over the number of years I've known him," said Lee. "He's a really good example of someone that



PHOTO SUBMITTED

Woodlands School Grade 8 student Darryn Hallow is receiving a Yes I Can! Award from the Manitoba Council for Exceptional Children.

has obstacles to overcome. It shows that with support and a positive attitude, you can progress and achieve great things."

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# Spectacular event



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The 2024 Stonewall Viterra host committee put on a fantastic event for the 99th Manitoba Men's Provincial Curling Championship last week. Thirty-two men's teams competed in the bonspiel, providing great entertainment for their fans. Team Carruthers defeated Team Calvert in the final 6-3 and will represent Manitoba at the 2024 Montana's Brier in Regina, Sask., from March 1 to 10. Volunteers worked tirelessly to ensure the event ran smoothly from ticket sales, food service, time-keeping, umpiring and top-notch ice-making. Ninety-one-year-old Wes McGillvray delivered the opening ceremonial rock with local two-time provincial junior champion Sam Good and Manitoba men's provincial champion and national bronze medallist Greg Melnichuk. Women's world champion Allison Stewart held the broom at the other end (not pictured).



# Trivia Night planned in support of Manitoba Cats

By Lana Meier

A Manitoba non-profit organization is hosting a fundraiser to support friendly felines, with a team of volunteers organizing an upcoming trivia night in Argyle.

"We wanted to provide a fun night out for people that also can raise money and awareness in a unique way. We've got people coming from all around the Interlake, Winnipeg and even beyond," said Christopher Guenther, executive director of Manitoba Cats.

Manitoba Cats supports cat rescue organizations throughout the province. It will host the trivia event March 9 at Willow Grove Orchard, with doors opening at 5 p.m. and the games officially kicking off at 6:30 p.m.

Teams of up to six people will compete in rounds of general trivia. Additional food, drinks and a cash bar will be available during the event.

Popcorn prizes for trivia round winners and other prizes will also be drawn throughout the night.

Tickets cost \$10 per person and are available at [tobatickets.ca](http://tobatickets.ca). The event will have limited space, and tickets must be purchased in advance.

"There are an estimated 700 cats in the care of rescues throughout Manitoba, and that's a low estimate. The



TRIBUNE PHOTO SUBMITTED  
Christopher Guenther, executive director of Manitoba Cats.

rescues spend on average \$425 per cat while they wait to be adopted. This doesn't include any emergency vetting, which can cost thousands of dollars for a single cat," Guenther said.

"We are dedicated to ensuring every cat has a chance at a happy and healthy life — and, unfortunately, that comes at a cost."

Additional information is available online at [www.catsmanitoba.com](http://www.catsmanitoba.com).

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# Donations needed for newcomers

By Jennifer McFee

More health-care workers will be arriving soon from the Philippines as part of a provincial recruitment initiative, including one coming to Stonewall this week.

Household items are needed to help with the settlement process, such as a couch, comfortable chair and bed. Small kitchen appliances like a toaster and microwave would also be helpful.

Items that aren't needed in Stonewall will be shared with other new staff to Interlake-Eastern Regional Health Authority arriving from the

Philippines or donated elsewhere.

In addition, affordable and appropriate rental accommodations are still needed for health-care workers in the region, particularly in Teulon and Pine Falls. Ideally, these rental accommodations would be furnished, in good condition and within walking distance to health facilities.

Anyone with items to donate or who has a rental site that is available can contact Susan Peitsch, human resources officer for Interlake-Eastern Regional Health Authority, at [speitsch@ierha.ca](mailto:speitsch@ierha.ca) or 204-345-4325.

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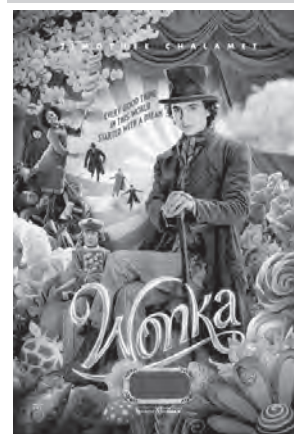
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Jennifer McFee  
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## Beware when looking for rental properties online

By Lana Meier

On Feb. 5, Portage la Prairie RCMP received a report of a rental scam.

The real estate company in the area reached out to officers due to receiving alarming emails regarding properties listed for sale on their website.

According to the company, individuals were unlawfully capturing images and details of properties listed for sale or rent on the authorized realty platform. These falsified listings were presented as a rental unit or home on a distinct fraudulent site, prompting unsuspecting renters to submit payment in order to secure the rental.

RCMP are warning the public to be aware of this rental scam.

When browsing for a rental, it's important to keep an eye out for warning signs.

- The monthly rent is lower than other similar places.

- You're asked to leave a deposit without any formal rental agreement or lease in place.

- You're asked to send money to someone outside your province or country.

- When you ask about the rental, you get an email that sends you to a website asking for personal or financial information.

Here's what you can do to avoid being scammed:

- Reach out to local realtors in the area to inquire about the property listed.

- Go to the address, make sure the listing is truthful and accurate. If you are unable to go in person, use the Internet to see actual images

of the rental.

- Research the address to ensure it is not a duplicate post. Schedule a showing and confirm that the landlord will be present.

- Request a lease or contract. Review it thoroughly.

- Be sure to know your rights as a tenant.

In the event that you have fallen prey to a rental scam or any other form of deceptive activity, it is essential to promptly report the incident to the police and also notify the Canadian Anti-Fraud Centre.

To learn more about ongoing fraudulent activities and trickery, visit the Canadian Anti-Fraud Centre website at <https://antifraudcentre-centreantifraude.ca/index-eng.htm>.

## Rockwood proposes utility rate increase in Balmoral and Gunton

By Jennifer McFee

Balmoral residents might need to budget for a proposed utility rate increase.

The RM of Rockwood has applied to the Public Utilities Board for revised water and wastewater utility rates. Council gave first reading to a bylaw regarding these rates in September 2023.

As a provincial regulatory agency, the Public Utilities Board reviews and approves water and wastewater utility rates in Manitoba, except for the City of Winnipeg.

The current quarterly service charge in Balmoral is \$15.95, plus \$1.05 per cubic metre for water and \$1.90 per cubic metre for wastewater.

The proposed bylaw would see those rates rise to \$21 for the quarterly service charge in Year 1, \$22 in Year 2 and \$22.50 in Year 3. As well, the

water charge per cubic metre would increase to \$2 in Year 1, \$2.50 in Year 2 and \$3.50 in Year 3.

Similarly, the wastewater charge per cubic metre would increase to \$2.75 in Year 1, \$3.25 in Year 2 and \$4.25 in Year 3.

The minimum quarterly charge would increase from the current \$60.20 to \$92.25 in Year 1, \$108.25 in Year 2 and \$138.75 in Year 3 or annually from the current \$240.80 to \$369 in Year 1, \$433 in Year 2 and \$555 in Year 3.

The proposed changes also include increases to bulk water sales, the disconnection and reconnection fee, hydrant fee and hourly call-back rate.

Teresa Taplin, utility administrator and safety co-ordinator for the RM of Rockwood, outlined how much the proposed increase would cost an average homeowner.

"The Balmoral rate increase proposed will see an average increase per quarterly billing of \$102.25 (58%) per household for Year 1. The timing of the approval for these rates from the Public Utilities Board will only see a part of Year 1 increase," she said.

"The second- and third-year quarterly billing will see an increase of \$55 (20%) and \$108.50 (33%) per household, respectively."

The last rate increase for Balmoral utility took place a decade ago. However, since 2014, the RM has incurred substantial increases in operating costs.

"With no increase in rates in the past 10 years, simply put, the revenue generated from the current rates is not sufficient to offset prior or future costs," Taplin said.

Continued on page 7

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# Curlers wanted from days gone by to celebrate TCC 100-year anniversary

By Annaliese Meier

Get ready to step back in time and celebrate a major milestone with the Teulon Curling Club. The Club, which was founded in 1924, is gearing up for its 100th anniversary with a "Retro" Open Bonspiel taking place from March 1 to 3.

The cost to put a team in the bonspiel is \$200 and includes four dinner tickets. Dinner is a roast turkey meal with all the fixings at the Teulon Hall, catered by Janet Dyrda from Blue Skies Pastries. Extra dinner tickets are available for \$40, which includes the dinner and dance. Dance-only tickets are available for \$10. You do not have to be curling in the bonspiel to attend the dinner or dance. The entertainment for the dance will be provided by Music Man Trevor Ewankiw.

They are hoping for 32 teams. All skill levels of curlers welcome. The bonspiel is open to all ages,



TRIBUNE PHOTO BY RANDALL FRIESEN  
Teulon Curling Club is hosting a "Retro" Open Bonspiel March 1 to 3 and is encouraging participants to don their curling sweaters and clothing through the eras.

mixed teams, stick curlers, family teams and so on.

As they celebrate this monumental anniversary milestone together as a community, Curtis Benzick, TCC vice-president, warmly extends an invitation to anyone who has ever been associated with Teulon Curling Club over these past 100 years. It's an opportunity for old memories to resurface and new ones waiting to be made.

Games are six ends and all teams are guaranteed three games.

There will be food available for purchase, along with plenty of fun and prizes.

Benzick is encouraging curlers and guests to dress up in retro curling outfits from the eras.

If any business is looking to donate prizes, they can contact Lindsey at 204-461-1471.

For more information or to register, call or text Lindsey before Feb. 18.

## > RATE INCREASE, FROM PG. 6

"To eliminate future operating deficits and deficit recovery rate riders from occurring, an increase in utility rates is needed."

Anyone with questions about the proposed Balmoral rates is encouraged to contact Teresa Taplin at the RM of Rockwood office at 204-467-2272 or the Public Utilities Board at [www.pubmanitoba.ca](http://www.pubmanitoba.ca). Questions or comments should be provided by March 15.

A similar process is underway in

Gunton, where the RM of Rockwood applied to the Public Utilities Board for rate increases.

The current quarterly service charge in Gunton is \$15.95, plus \$2.75 per cubic metre for water and \$2.25 per cubic metre for wastewater.

The proposed bylaw would see those rates rise in Gunton to \$21 for the quarterly service charge in Year 1, \$22.50 in Year 2 and \$23.50 in Year 3. As well, the water charge per cubic metre would increase to \$2.90 in Year

1, \$2.95 in Year 2 and \$3 in Year 3.

Similarly, the wastewater charge per cubic metre in Gunton would increase to \$2.35 in Year 1, \$2.45 in Year 2 and \$2.53 in Year 3.

The minimum quarterly charge would increase from the current \$90.95 to \$99.75 in Year 1, \$103.50 in Year 2 and \$106.45 in Year 3 or annually from the current \$363.80 to \$399 in Year 1, \$414 in Year 2 and \$425.80 in Year 3.

"The Gunton revised water and wastewater rates per household per quarter will see an increase for Year 1

of \$18.85 (6%)," Taplin said. "Year 2 is \$9.91 (3%) and Year 3 is \$9.09 (3%)."

The RM mailed an affidavit to the Public Utilities Board on Dec. 13, and the deadline for questions or comments about the Gunton proposal was Jan. 8. They are still waiting to hear back from the Public Utilities Board for approval.

Once council receives the approval, they will give third reading to the Gunton utility bylaw. After the third and final reading, the new rates will come into effect.

# get informed

NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS



TRIBUNE PHOTO BY LANA MEIER

Balmoral powerskating coaches Kate Farmer, Brooke Farmer and Holden Fotty took their lesson out to the Rec Centre parking lot Saturday morning. With all the warming and cooling temperatures and rain last Thursday, everything was left as a sheet of ice, making it very treacherous to get around. 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](mailto:news@stonewallteulontribune.ca)



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# Stonewall student in the running for Loran Award

By Jennifer McFee

A Grade 12 Stonewall student is vying for a prestigious Loran Award valued at \$100,000.

Lexi Anderson-Schmidt is gearing up to graduate from Collège Stonewall Collegiate with the hopes of being selected as a scholar by the Loran Scholars Foundation.

More than 5,200 students from across the country applied for the opportunity, and Schmidt was selected as one of 90 short-listed candidates. From that short list, 36 students will be titled a Loran Scholar and receive a Loran Award.

Next week, the Loran Scholars Foundation is flying Lexi to Toronto for an in-person interview process. She also participated in an online semi-final interview in December.

"It almost feels unreal. I think it will start feeling more real once I start packing to head out to Toronto for the 22nd of February," said Lexi, who will be turning 18 in March. "Right now, it's kind of nerve-wracking and very exciting."

If she's chosen to receive a Loran Award, she will receive \$100,000 over four years through an annual stipend and a tuition waiver from 25 partner universities. In addition, she'll receive one-on-one mentorship, up to \$14,000 in funding for summer work experiences, annual retreats and more.

"If I get this award, my plan is to go to Simon Fraser University in B.C. to take their bachelor of health sciences program as my pre-med program," she said.

"After that, I would probably come back to Manitoba and take the MCAT and see if I can get into medicine."

Even if Schmidt isn't chosen to be a Loran Scholar, all finalists receive a \$6,000 award to use at any Canadian public university.

The Loran Scholars Foundation grants undergraduate awards based on a blend of academic achievement, extracurricular activities and leadership potential. They're looking for the next generation of Canadian leaders with a focus on character traits such as integrity, courage, compassion, determination and autonomy.

Applicants must be attending university for the first time in September 2024, have a minimum cumulative average of 85 per cent, be Canadian citizens or permanent residents, and be born between Jan. 1, 2002, and Sept. 1, 2008.

Once they're in university, Loran Scholars must maintain a 77 per cent average under a full course load and live independently, including in a university residence during their first year of study. They must also demonstrate growth in character, service and leadership.



PHOTO BY LYNNE HIEBERT

Grade 12 CSC student Lexi Anderson-Schmidt hopes to be a Loran Scholar.

These traits are easy to see in Lexi, who has been serving in leadership roles and as a volunteer for as long as she can remember.

"I honestly love doing both of the things. And now that I'm older, it's pretty amazing to be in the position of planning, organizing and running my own fundraisers. I do that about two times per year, and we usually raise around \$3,000 for each fundraiser," she said.

"Usually we do Passing on the Cheer in December and that goes to the Interlake Christmas Cheer Board. The other one is the Run for Ronald, which is a five-kilometre walk or run around Stonewall and all of those proceeds go to Ronald McDonald House

Manitoba."

At the same time, Lexi has made her mark in sports and academics.

"I do care about my marks and making sure that I really understand the work that is given, but I wouldn't say that academics is the only thing that's important to me," she said.

"I definitely love playing tackle rugby. That's probably one of my biggest hobbies. I play for the school team as well as for the University of Manitoba. I got scouted so I play with them, and I have done tournaments with other university teams from Alberta and Saskatchewan. It's been an amazing experience. I love the people and I love the game."

Adding to her accomplishments, she also serves as chair of the school's leadership team.

"Lexi is always willing to help out whenever something needs to be done around the school and in the community. Lexi can often be seen volunteering her time at fundraisers such as the Coffeehouse to End Cancer, Ecco Singers and Something Beautiful," said school principal Jason Cassils.

"Lexi is an extremely hard worker, a great time-manager and has strong leadership skills. We know she'll go on to do great things when she leaves here. Congratulations and best of luck, Lexi. We are all so proud of your major accomplishment."

# Stony Mountain daycare nears completion

By Jennifer McFee

Stony Mountain's new childcare facility is almost ready to open its doors to eager youngsters and their families.

The provincial government provided a capital funding grant to develop new child-care spaces, included the new prefabricated 74-space childcare centre that will be located on the former curling club property.

The new facility will be the third location for Stony Mountain Child Care Center, which currently operates an infant and preschool program near the school as well as a junior kinder-

garten and school-age program in the curling club space.

Co-director Jennifer Joel said construction of the new facility began in October with foundation work.

"The build started Nov. 20, and within three days it was standing," she said. "The children from our existing program enjoyed watching the process."

Sewer and water work began recently, and Joel said it looks like they're completing the finishing touches inside.

"They are estimating April 29 as the



TRIBUNE PHOTO BY HALEY CVAR

Stony Mountain's new childcare facility is estimating an April 29 completion, welcoming 74 new youngsters.

completion date. Once the building is complete, there are many inspections

that have to be completed before we can start to open our doors," she said.

"South Interlake Planning first has to give their approval and then all the licensing requirements from the Manitoba Early Learning and Child Care Program have to be met."

Once it's fully operational, the new facility will add 20 new infant spaces and 54 preschool spaces.

"This new centre allows us to provide the families in our community better access to quality child care," Joel said.

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# Prairie Roots Co-op in Marquette loses fuel truck in fire



TRIBUNE PHOTOS SUBMITTED

Last Thursday at around 5 p.m., the Woodlands Fire Department responded to a fire at Prairie Roots Co-op in Marquette involving a structure and fuel truck. Due to the high risk of fire and hazardous materials, mutual aid was immediately requested from Rosser Fire Department. The two teams worked together to put out the fire on the fuel truck and the shed where it was stored. Additionally, four other fuel trucks were safely removed from the area. Little Creek and Rocklake colonies also provided assistance by bringing water trucks to the scene. The staff at Prairie Roots expresses their gratitude for the swift response of these departments, ensuring the safety of everyone involved. It is believed that an electrical or mechanical failure may have caused the fire, which is not currently under investigation and resulted in no injuries.

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# Your FARM



## Local agricultural entrepreneur introduces innovative irrigation system

By Raegan Hedley

William Aitken was working in construction when he started trying to figure out the next business opportunity to pursue. He grew up on a family farm in Stonewall, surrounded by a family of entrepreneurs. Aitken approached his uncle, Rick Langille, a retired business owner and former CEO, with an idea.

"You can't really tie my uncle down. He's one of those guys who constantly has to be doing something," said Aitken. "So I said, 'hey, why don't we get into vertical farming and design and create a piece of equipment?'"

Langille, who has a background in manufacturing and a degree in agriculture from the University of Manitoba, immediately saw the potential. They started prototyping in 2020. Now the Harvest Wall is sold around the world to growers who are passionate about fresh food.



William Aitken (left) and his uncle Rick Langille (right) are the founders of Harvest Today.

"When we got into the science of it, we realized we could do a better job," Langille said.

The pair consulted with Dr. Jill Clap-

Continued on page 11



TRIBUNE PHOTOS SUBMITTED

Rick Langille with the Harvest Wall. Harvest Today is the only company in North America that can produce a stackable grow wall thanks to a design and utility patent.



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dairy farm like they have for several decades and have decided to liquidate this property by public auction. Terms and conditions of this sale. Contacts for registering at our office will be Barb, Debbie or Becky at home office 204-434-6519.

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## > IRRIGATION SYSTEM, FROM PG. 10

perton, a soil scientist, to create a design with the densest plant spacing possible.

"We started analyzing systems, lighting components and all the different pain points that growers experience, and we came up with the Harvest Wall," Aitken said. "It's easy to ship, scalable to your location and easy to service and clean. We can do residential or full commercial applications anywhere."

They named the company Harvest Today. Langille is the CEO, and Aitken is the director of operations for Canada. Every wall is completely customized and made of modular pieces, so it assembles easily.

Once it gets running, it doesn't need much water because the media keeps the soil moist. They use the patent-pending word "vertigation" to describe how the wall's vertical irrigation works. The water drips down from the top of the wall, and whatever is left at the bottom gets sent back to the top to complete the cycle.

Aitken said what sets the Harvest Wall apart from all the other systems is that the plant ports are filled with organic growing media to inoculate the root system. The other common vertical farming methods — aeroponics, hydroponics and aquaponics — don't use soil.

Aitken said they chose this method because the beneficial bacteria in the

soil lead to bigger plants, not bigger roots.

"On social media, people are pulling out these plants with huge long roots. And it's like, I don't know, dude, that looks like a lot of plant energy being expelled into the root system because you're starving your plant."

Aitken says their roots only extend about half an inch to an inch off the cup because the soil is saturated with nutrients.

"I believe we're going to be very successful I believe in providing people with the opportunity to be self-sufficient and make sure that they're not reliant on truck bed lettuce anymore," Aitken said. "A lot of people don't understand how much nutritional depletion happens after the time of harvest."

Aitken explained that within the first 48 hours, many greens actually lose up to half of their nutritional value. In the case of spinach specifically, it can lose up to 90 per cent within the first 48 hours after harvest.

"We should be eating salad as soon as it's picked. Nature didn't intend for lettuce to sit in the fridge for three weeks before we get to it — it was designed to be grazed."

They called the company Harvest Today as a nod to how immediately you could eat a variety of different greens off the wall. Langille says that, without a doubt, the Harvest Wall



Harvest Today's showroom in Edmonton. Once the plants germinate, just take the plug out, put it in a peat cup, add some cocoa coir, pat it down and put it in the wall.

to accommodate flowering plants like strawberries, peppers and tomatoes. The next step is developing smaller varieties that give the fruit the proper space to grow on the wall while still yielding an impactful amount of produce.

Langille said he would love to eventually set up a Harvest Today vertical farm in Stonewall, where he was raised, to provide the community with fresh food year-round.

## > DAYCARE NEARS COMPLETION, FROM PG. 8

"It will create more job opportunities as well. Families, when looking to move to a community, check the availability of child care."

Stony Mountain Child Care Center will need to hire more qualified early learning educators to launch the program.

"Staffing will determine when and how many spaces we will open. There is a shortage of qualified early childhood educators (ECEs) in Manitoba and across Canada. It can take 18 months to two years to complete the training needed to become qualified," Joel said.

"We have always encouraged our team to continue with their education. We currently have three in school working towards their ECE 2 and several more working on their ECE 3."

Through the provincial government initiative, the RM of Rockwood needs to hold ownership of the facility and provide 15 years at zero-rent lease.

"We are grateful that the Rockwood municipality has given us the opportunity to operate this expansion project in Stony Mountain," Joel said.

"They have committed to early learning and recognize the importance it has in our community."

Anyone who would like to apply to work at the new childcare centre can send their resumé to smccc@hotmail.ca. Families can add their name to Stony Mountain Child Care Center's existing waitlist by emailing the centre.

Fundraising efforts are also underway, Joel added.

"We are hosting an online 50/50 Building Brighter Futures raffle to help us purchase the needed equipment to open the new program. Manitoba Early Learning and Care Program does provide us with some funding to purchase materials but not enough to fully equip the program," she said.

"We also are running a Glenlea Greenhouse spring online fundraiser as well."

For more information about Stony Mountain Child Care Center, including its fundraisers, visit stonymountainchildcare.ca or check out the organization's Facebook page.

is the best solution for helping communities that struggle with access to fresh food, especially clients with space restrictions.

"It's the people who are challenged by something in the supply chain other than the food itself ... the transportation, the cost, the timing," Langille said. "When lettuce gets trucked up to Whitehorse, it's pretty much wilted or brown by the time it arrives. It's not really super yummy, so it makes it less motivating to get your greens in."

Langille saw the impact of food insecurity when he was sailing across the Pacific Ocean from 2007 to 2013. He quickly learned that there was no such thing as fresh food on many of the islands he stopped at throughout his journey. Most of what was available was processed and brought in by truck or boat.

"We mostly ate canned food or bagged food filled with preservatives. We lived that way for five years," Langille said. "When we came back, it was like, 'give me a salad, for crying out loud.'"

In addition to using the Harvest Wall to grow greens, Harvest Today recently developed larger plant ports



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# International documentary features local great grey owls

## Secret World of Sound filmed owls in Interlake area

By Katelyn Boulanger

Secret World of Sound is a three-part documentary series that will premiere on CBC's *The Nature of Things* and CBC Gem on Feb. 15. This series uses science to delve into the sounds that animals make to learn more about our world and part of the filming took place right here in the Interlake.

"We were looking at the ways animals use sound in really unique ways to survive, to make sure that they don't get eaten by somebody else, or that they find prey or they find a mate. One of the, of course, animals that came up was the amazing great grey owl. We were intrigued by that creature," said executive producer and writer Dugald Maudsley.

In Episode 1: Hunters and Hunted, which residents can view on Feb. 15, the team visited our area to discover how the great grey owl manipulates sound to capture its prey under nearly a metre of snow.

"We were intrigued by that creature because it uses its hearing in a really unique way to capture its prey in a really difficult environment, an environment filled with snow," said Maudsley.

They teamed up with local owl expert James Duncan of Discover Owls to learn more about these impressive local birds.

"[Duncan] was just amazing in helping us not only understand the behaviour of these owls but helping us figure out where we'd shoot. And we did we did a bunch of filming actually

on his property," said Maudsley.

The area of interest that they were trying to learn more about through the owls was how they hunt their prey through the snow. Because of the properties of snow and the way that it muffles sounds and sound doesn't always move through it in as predictable a way as it travels through air, the team used the latest technology to figure out how the owl catches its prey and accounts for this distortion.

To do this, they used an acoustic camera to delve into science that, to their knowledge, was explored for the first time in this project.

Maudsley explained that it was a particularly cold -40 Celsius day when the filming took place and the crew who was mostly from warmer climes was quite chilly, but in the end, they got the information they needed.

Something else that Maudsley mentioned as particularly interesting about this series is that they do use music in some sections but there is an emphasis, as you might expect, on natural sounds.

"A lot of the time when you're watching this film, all you're doing is listening to the sounds that are made by the animals or the location," he said.

He said that this creates a very relaxing quality to the series.

The great grey owl was one of 21 species of animals from around the world that were featured in the documentary.

"Over the three episodes, we filmed



TRIBUNE PHOTO SUBMITTED

Photos of a great grey owl which were captured by the Secret World of Sound team.



in 11 different countries, from Kenya to Australia to the Caribbean and, of course, in Canada. Here, we filmed

wolf pups in Ontario. We filmed the sharp-tailed grouse in Alberta and

Continued on page 13

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# Local fire department trains for winter water rescue



TRIBUNE PHOTOS BY HALEY CVAR

The Stonewall Rockwood Fire Department was out training on the retention pond in Stone Ridge Meadows on Jan. 31. In 2021, the department accessed a grant from the provincial government to help purchase a rapid deployment watercraft that can be used for water and ice rescues. It is a flotation craft that inflates with an air bottle and provides safety for firefighters as they go to a victim who has gone through the ice. The device can also be used for a water surface rescue. The department holds 20 training sessions throughout the year, which range from structure fires, vehicle extraction, search and rescue, and water and ice rescue. The department warns the public that ice surfaces can be unsafe due to the unseasonably warm temperatures and caution should always be used.

## > OWLS, FROM PG. 12

also the elk we also filmed in Alberta. We filmed lions in Africa. We filmed elephants in Africa. We filmed the bumblebees in the U.K., desert frogs and toads in Arizona, meerkats in Botswana and the Caribbean, flamingo just off the coast of Mexico," said Maudsley.

He encourages residents to check out the show next week.

"There're lots of documentaries about animals out there. But this one really stands alone because it focuses on sound, which is something that

most documentaries like this don't do. It's all about the beautiful pictures rather than about this amazing sound. And so it's really flipping the equation around, and because we're using this cool equipment to get sounds that you normally can't hear, we're able to actually get inside. That's why we call it Secret World of Sound — we're getting inside this world of animals to hear basically how they communicate with each other and what's going on. And by doing that, you can really understand their behaviour in a totally new and unique perspective. So, to me, that's what's really exciting about

it. It's just a new way of looking at animals and the totally cool things they do," said Maudsley.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fort Rouge curlers win Provincial Stick Curling Women's Championship

By Haley Cvar

The Warren Curling Club hosted the Manitoba Provincial Stick Curling Women's Championship from Feb. 2 to 4. The event drew in 24 teams from different regions of the province.

The Manitoba provincial stick bonspiel attracted participants from a variety of locations, including Warren, Stonewall, Marquette, Argyle, Victoria Beach, Morris, Springfield and numerous curling clubs in Winnipeg. It was the largest one held to date.

The championship game was incredibly gripping for spectators, as it came down to the last rocks. Ultimately, Beverly Schick and Judy Kachkowski from Fort Rouge Curling Club emerged victorious over Isla Hagborg and Judy Kitching of Stonewall Curling Club.

Lorna Marr and Val Kolsun of the Springfield Curling Club claimed victory in the consolation 'B'-Event, defeating Britta Spiring and Terrie



TRIBUNE PHOTOS SUBMITTED

Left to right: Fort Rouge Curling Club's Judy Kachkowski and Beverly Schick defeated Judy Kitching and Isla Hagborg of the Stonewall Curling Club at the Manitoba Provincial Stick Curling Women's Championship in Warren from Feb. 2-4.

## Judo medal winners



TRIBUNE PHOTO SUBMITTED

The Balmoral Judo Club travelled to Winnipeg on Feb. 3 for the Inner City Judo Tournament at Tech Voc High. The event welcomed more than 130 participants from Manitoba, northwest Ontario and Saskatchewan.

At the recent tournament, five Balmoral Judo Club members earned medals. Wyatt McCrae won silver in the U16 M 66 kg division, while Sam Jones took home bronze in the U16 M +73kgm category. Nathanael Pamchuck also received a silver medal in the U16 M -60kg division. In addition, Avery Wakeham secured silver in the U14 M -46kg division and Raeghan Wakeham earned bronze in the U12 F -36kg division, both in the front row. The club's next local tournament will be the Balmoral Open on March 23 at Collège Stonewall Collegiate.



TRIBUNE PHOTOS SUBMITTED

Ice crew, left to right: Ed Campbell, Jim Rouse, Ray Sherrin, Aaron Duncan and Ross MacMillan.

Beaudoin of the Winnipeg, Pembina Curling Club.

Joyce Dawydiuk and Betty Piotrowski from the Winnipeg, Fort Garry clubs emerged as the winners of the consolation 'C'-Event by defeating Allison King and Irene Runolfson from the Warren Curling Club.

The Warren Curling Club is currently lacking an ice maker; therefore, the Marquette Curling Club's ice makers were present and helpful in managing the ice making tasks throughout the weekend. Organizers extended

their appreciation and gratitude to them. Similarly, a heartfelt thank you was given to bonspiel statistician Fred Spiring for keeping the tournament statistics and operations running smoothly.

A big shout-out to community members and curlers for their generous donation of food, soups and desserts, which contributed to the overwhelming success of the stick curling provincial finals. Your contributions were greatly appreciated.

# Team Carruthers headed to 2024 Montana Brier

By Ty Dilello

Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the championship final of the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.

It was an up-and-down week for Carruthers as they lost a pair of games and struggled at times, but in the end, they found a way to defeat some stiff competition to capture the provincial title once again.

"This is the toughest test I've ever faced in a provincial," said Reid Carruthers. "Not to say that some of the other battles weren't crazy, but just overall ... holy smokes. We had some insane games against some good young teams. It makes me want to retire."

Carruthers won the event by winning seven games and losing twice. They reached the final by defeating Assiniboine Memorial's Jordon McDonald 10-7 in the semi-final in a back-and-forth thriller that saw Team Carruthers' skip Brad Jacobs making a double takeout on his final rock of the game for the victory.

Sunday afternoon's final with Team Calvert was another back-and-forth affair that saw Carruthers ultimately get the upper hand in. Carruthers stole a critical point to take the lead with the game tied 3-3 in the eighth end. They would steal two more points in the 10th for a 6-3 win and the provincial championship.

"We're very excited to be heading to the Brier once again," said Carruthers. "It wasn't easy this week in Stonewall, but we want to head to



Representing the Stonewall Curling Club was Team Ede including Stonewall's Emerson Klimpke. The boys won three of their five games, narrowly missing a playoff spot.

the Brier and find our top game there and give it everything we have. This strong test that we just faced to win the province is only going to help us in Regina."

Other local participants included Stony Mountain's Jared Hancox, who played second for Riley Smith and had four wins and one loss. Stonewall's Emerson Klimpke who played second with Team Ede and Winnipeg Beach's Justin Reynolds team including Nick Weshnoweski, Josh Maisey and Sean Giesbrecht both finished the event with a record of 3-2, narrowly missing out on the playoffs. The Justin Richter team, with Kyle Einarson, Jared Litke and Mitch Einarson, finished the championships with two wins and two losses. Stonewall's Greg Melnichuk, Carman's Dean North and



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.

Holland's Jeremy Sundell all exited the event winless with a 0-2 record.

As the 2024 Viterra Championship came to a close, the event is already being regarded as a major success, thanks in part to the host committee and the countless volunteers who made everything happen. The Town of Stonewall should be very proud as the stands were full every single draw and the competitors played in a world-class atmosphere.

Team Carruthers will now advance to the 2024 Montana's Brier that is to be held from March 1 to 10 in Regina at the Brandt Centre.

Manitoba will also be represented



Stonewall's Morgan Conrad, left, and Siena DeKezel competed in the Curl Manitoba Hit, Draw, Tap Competition that took place in between the bronze and gold medal games at the 2024 Viterra Championships.

at the Brier by Team Matt Dunstone, who prequalified through a Canadian Team Ranking System spot.



TRIBUNE PHOTO BY HALEY CVAR

Stonewall's Thomas Dunlop played second for Devon Wiebe's team, winning two games and losing two games. Dunlop, on the right, helps a rock down the ice.



Representing the Stonewall Curling Club was Team Ede including Stonewall's Emerson Klimpke. The boys won three of their five games narrowly missing a playoff spot.

# Female Thunder football team hits Brandon

By Brian Bowman

The Super Bowl on Sunday was really cool.

And the Interlake Thunder female football team had a really cool experience in Brandon recently.

Through talks, the Rural Manitoba Football League, chose to hold a one-day football camp in Brandon.

“Our girls know how to play football, they provide leadership for the new girls, so I reached out to our group and we had 16 girls in total,” said Thunder head coach Joel McDonald. “A group of veterans from last year’s team and graduating players and a couple of new girls. We decided to go out to the camp and there were about 30-40 girls in total — a blend of some girls with experience and some new girls.”

The players had an in-class session and were put through some skills and drills and some control plays while elite coaches were on hand.

“It was a great opportunity to get some reps in with full equipment this early in the season,” McDonald said.



Former Thunder quarterback Madison Siwicki assisted with coaching the offence.

“The purpose was to expose girls to the sport. ... This was an opportunity for the girls to get equipment, a helmet on and actually see what the game is about before they have to make any kind of commitment.”



TRIBUNE PHOTOS BY JOEL MCDONALD

Livanna Daun from Stony Mountain, between Annah and Miyah Trippier of Teulon, travelled to Brandon to take in a one-day football camp earlier this year.



Thunder coach Kris Johnston ran the on-field portion addressing the girls.

## Warren wins varsity girls' Rosenort tournament



TRIBUNE PHOTO SUBMITTED

The Warren Collegiate Wildcats defeated Ross L Gray 66-25, Niverville 91-24 and Rosenort 54-28 to win the Rosenort tournament. Warren has won three 'AA' tournaments this season — Souris, Gimli and Rosenort. Warren hosts their home tournament this coming week. Pictured, back row: Jason Darragh (coach), Reese Hnatuk, Mya Malcolm, Colby Darragh, Samie Boonstra, Mia Cassils, Bryn-Lee Procter, Sarah Gilmore and Candace Procter (coach). Front row is Jadyn Baldwin, Rianna Cassils, Avery Langrell and Lauren Voth. Missing from the photo is Molly Phillips.

## Rams ousted in WSHL playoffs

By Brian Bowman

The Collège Stonewall Collegiate Rams saw their hockey season end last Thursday with a tough 7-2 loss to the Steinbach Regional Sabres last Thursday in Warren.

Adam Newcombe and Gavin Holod scored for the Rams.

Steinbach goals came from Preston Perrault (two), Colton Wiebe, Carson Funk, Peyton Froese, Carlos Penner and Ryder Chabot.

Steinbach swept the best-of-three series in two games.

Last Wednesday, the Sabres skated to a 6-1 home win at the SunGro Centre.

Newcombe scored a second-period goal for Warren while Lucas Joliceur (two), Rhys Guenther, Wiebe, Jager Bueckert and Jude Plett replied for Steinbach.

In WSHL Price Division regular-season action, the Warren Colle-

giate Wildcats were defeated 6-5 in overtime by the Panthers in Pinawa last Friday.

The Wildcats trailed 4-1 in the third before mounting the impressive comeback to tie the score and force OT.

Warren goals were scored by Owen Shymko (two), Quinn McKnight (two) and Carter Olson.

Jaedys Dancyt (three), Jack Reynolds (two) and Jakob Morgan replied for Pinawa.

The Wildcats finished the regular season with a 10-14 record and in seventh place in the 11-team Price Division with 32 points.

Warren hosted the Edward Schreyer Barons this past Tuesday to begin their playoff series but no score was available. The two teams will meet Wednesday (3:30 p.m.) at the SunGro Centre in Beausejour.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Rams' JV girls excelling on the basketball court

By Brian Bowman

The College Stonewall Collegiate Rams have had a great start to their junior varsity girls' basketball season.

Stonewall defeated the Warren Collegiate Wildcats 41-18 in the third-place game of their home tournament last Saturday.

The Rams played outstanding in the second half.

"The girls are playing well and have improved a lot since the start of the year. They keep on getting better every game," said Rams' coach Jason Cassils. "The other coach, Carla Brunel, we really love working with these girls. It's been a lot of fun — they're very coachable."

This Rams' team is really good, and guess what? This squad is extremely good defensively — and that's how you win games.

"They work hard and they are tenacious," said Cassils, adding the Rams have been extremely impressive at tournaments this season. "They are really hard on the ball right now, which is good. They are moving really well on defence and our offence, if



The Collège Stonewall Collegiate Rams' Penelope Cacao goes up for a basket.

we really put it together, that is what will take us to the next level. We just need to improve our shooting percentage and that's been getting better. If they take good shots and they go in then we'll be good."



TRIBUNE PHOTOS BY LANA MEIER

Stonewall's Kaelyn Unger, with her arms up, and Riley Swanson on the right against Westwood.

## Jets doubled by Railer Express, whip Raiders

By Brian Bowman

The Stonewall Jets were doubled 4-2 by the Transcona Railer Express on Sunday afternoon in Winnipeg.

Transcona, which held period leads of 1-0 and 4-0, received goals from Michael Todoruk (two), Carter Johannesson, and Jeremy Chateaufneuf (shorthanded).

Peyton Bateman and Cohen Cheung scored power-play goals in the third period for the Jets.

Last Friday, Stonewall pumped the Raiders Jr. Hockey Club 5-1 in a road game.

Bateman, Jeremy Klimchuk, Karson King, Brody Stovin and Landen Sitarz scored for the Jets.

Jack Oleksiuk replied for the Raiders as Dylan Leclair made 20 saves to earn the win in goal.

The Jets will host the St. Boniface Riels Friday (8 p.m.) and then visit the St. James Jr. Canucks on Sunday (2:45 p.m.).

Meanwhile, the Jets were well represented by forwards Bateman and



Forwards Peyton Bateman and Karson King and defenceman Kaden Stewart represented the Jets at the MMJHL all-star game, which was held last Saturday at the Seven Oaks Arena.

King and defenceman Kaden Stewart at the MMJHL all-star game, which was held last Saturday at the Seven Oaks Arena.



TRIBUNE PHOTO BY LANA MEIER

Dylan Leclair made 20 saves to backstop the Stonewall Jets to a solid 5-1 road win over the Raiders Jr. Hockey Club last Friday.

# U18 AAA male Lightning team earns OT win

By Brian Bowman

The Interlake Lightning picked up a great 3-2 overtime win over the Pembina Valley Hawks in Manitoba U18 AAA Hockey League action on Saturday at the Access Event Centre.

Blake Farthing popped the OT winner.

Jake Keryluk and Drew Russell gave Interlake a 2-0 first-period lead before Pembina Valley's Jayden Penner responded later in the opening frame.

The Hawks' Acoyen Fehr then tied the score at 2-2 just 1:41 into the third.

Alex Myers made 26 saves for the win.

Last Wednesday, the Hawks defeated the Lightning 6-4 in Teulon.

Brandon Burak, Morgan Waddell, Ian Buors and Russell each had a goal and an assist for Interlake.

Pembina Valley goals were scored by Sam Delaquis (two), Kam Thomas, Cohen Pilkington, Fehr and Liam Goertzen.

Interlake will visit the Winnipeg Thrashers on Wednesday (7:30 p.m.)

for a Valentine's Day affair and then host the Norman Northstars Sunday (1:30 p.m.) in Teulon.

The U18 AAA female Interlake Lightning squad, meanwhile, had a wicked effort in a solid 3-1 win over the Pembina Valley Hawks on Sunday in Arborg.

Brooke Cyr, Georgia O'Neill and Bre-Ann Windross scored for the Lightning.

Jessica Anderson replied for Pembina Valley.

Rachel Halldorson made 40 saves for the win. She's really good.

Last Saturday, Interlake dropped a tough 3-2 shootout decision to the Central Plains Capitals in Arborg.

O'Neill scored a pair of second-period goals for Interlake.

Lana Cipriano and Mikaela Nimetz scored regulation-time goals for the Caps.

The Lightning, now 10-14 with four overtime losses and 24 points, will play the Eastman Selects this Saturday (4 p.m.) in Niverville.



TRIBUNE PHOTO BY LANA MEIER

The Lightning's Blake Farthing scored the overtime win against the Pembina Valley Hawks last Saturday.

## Stonewall hosting 41st annual Veterans Cup U13 hockey tournament

By Lana Meier

Stonewall Minor Hockey is proud to host the 41st Annual U13 Veterans Cup hockey tournament from Feb. 17-19. This tournament will showcase some of the best young hockey talent in the province. The competition is sure to be fierce and the action on the ice.

There are 23 teams competing with seven in the U13AA division, eight in the U13A and eight in the U13B.

In the U13 AA division, the talent will be fierce as the hometown Stonewall Jr. Jets will take on the Dryden Paperkings, Thompson King Miners, Morden Hawks, St. Vital Vics Red, Winkler Flyers, and Swan Valley Stampeders.

The U13 A division also promises intense competition with teams including the Winkler Flyers, Lorette Comets, Warren Mercs, St. John's Ravenscourt Eagles, St. James Canucks, Fort Frances Times Tigers, Lumsden

Lions and our very own Stonewall Blues battling it out on the ice.

The third division is U13 B and includes our host team along with the Dauphin Kings, Winkler Flyers, MacDonald, Steinbach Millers, Morden Hawks, The Pas Huskies and the Lorette Comets.

Competition starts Saturday morning and continues into Monday with games being played both in the Veterans Memorial Sports Complex and the Ice Palace. The first puck drops Saturday 8 a.m. at the Ice Palace when the Stonewall Jr. Jets take on the Morden Hawks.

The Stonewall Blues U13 B team will hit the ice Saturday at 10 a.m. when they take on the Winkler Flyers at the VMSC. Our Stonewall Blues U13 A team will take on the Lumsden Lions at 11:30 a.m. at the VMSC also on Saturday.

The Championship games begin on Monday at 12:30 with the U13B

bronze medal game at the Ice Palace with the others to follow with the U13AA gold medal game at 4:30 p.m. at the VMSC.

But there's more to this tournament than just hockey glory. On Sunday at 1 p.m., there will be a dedication ceremony in honour of Wes Killbery who lost his battle to cancer in 2023. Killbery was an exceptional individual who left an indelible mark on his community through his passion for sports - Wes Killbery or 'Killerbee' as he was affectionately known.

Killbery dedicated a significant part of his life to sports development within both Stonewall Minor Hockey & Ringette Association Board Member roles along with being actively involved in coaching his children Easton and Tamsen alongside officiating games while mentoring countless young officials through referee clinics.

In early 2023, Killbery faced a battle with cancer displaying remarkable

courage that left a lasting impact on those around him. His resilience in adversity became a source of inspiration. The hockey community is honouring and recognizing Killbery, it is a reminder of the impact one individual can have on a community. Killbery's legacy goes beyond the wins and losses on the ice; it resides in the hearts of those he coached, mentored and touched with his infectious passion for sports and selfless dedication to the well-being of others. Killbery will be remembered for his lasting positive impact and enduring contributions.

Thank you to all the teams, coaches, players, and volunteers who are participating in this tournament. We wish you all the best of luck and a fun and competitive weekend on the ice. Let's celebrate the spirit of community and remember the legacy.



### Stonewall Jets Player Profile

**#5 Brayden Bear**  
Defenceman

*Come out to support the Jets*



### UPCOMING GAMES

St. Boniface Riels at Stonewall Jets  
Thursday, Feb. 15 at 8 p.m.  
Stonewall VMSC

Stonewall Jets at St. James Jr. Canucks  
Sunday, Feb. 18 at 2:45 p.m.  
Ab MacDonald Arena  
(St. James Civic Centre)

# Merc's win Game 1 of SEMHL playoffs in overtime

By Haley Cvar

It was a showdown between the Warren Mercs and the Notre Dame Hawks in Game 1 of the SEMHL playoffs. The Mercs outshot and outscored their opponents on home ice, winning 5-4 in overtime.

The game got off to an intense start, with Notre Dame's Karl Konrad finding the back of the net early in the first period at 3:40. But Warren wasn't about to let that dampen their spirits. At 12:28, Brett Brooks responded with his own goal, levelling the playing field.

The Mercs came out even stronger in the second period, with Wayde Johannesson scoring at 7:56, which would be the only goal of that period.

Vincent Grift of Notre Dame tied up the score just over a minute into the third period.

Warren quickly retaliated minutes later when Carson Ouellette found

his mark on the net.

With tensions rising and time ticking away, Foster Bytheway extended Warren's lead with a goal at 7:56. However, Notre Dame refused to go down without a fight and evened things up again when Jeff Michiels and Geoff Maloney each scored to force overtime.

It only took Brock Couch 44 seconds into overtime to win the game for the Mercs.

Goaltender Mitch Adamyk made an impressive 28 saves between the pipes for Warren. Chris Lesage stood tall for Notre Dame at the opposite end by making 37 saves.

With this win, the Mercs will lead in the best-of-five series.

The Mercs will head to Notre Dame for Game 2 on Thursday, Feb. 15 at 8 p.m. Game 3 will take place in Warren on Saturday, Feb. 17. Puck drop is at 8 p.m.



TRIBUNE PHOTOS BY HALEY CVAR

Mercs' goaltender Mitch Adamyk made 28 saves against the Notre Dame Hawks in Game 1 of the SEMHL playoffs. The Mercs won 5-4 in overtime.



The Mercs' celebrate Brock Couch's overtime goal.



The Mercs' Carson Ouellette scored the third goal in the game against the Hawks Saturday night.

# Rams reach championship game at MHSAA boys' curling provincials

By Brian Bowman

The Collège Stonewall Collegiate Rams boys had a fantastic run at the MHSAA curling provincials at Collège Jeanne-Sauvé.

But it ended with a bitter 7-4 loss to the Beliveau Barracudas in the final last Saturday.

The Rams should be very proud, though. They had a great run against the top high school curlers in the province.

Stonewall advanced to the championship game after trouncing the Portage Collegiate Trojans and Selkirk Royals by identical 7-3 scores earlier in the playoffs.

The Rams were also spectacular in pool play, recording a perfect 3-0 re-

cord after wins over the Leo-Remillard Renards (8-7), Margaret Barbour Spartans (11-6) and the Gray Academy Spartans (15-1).

The Rams' rink included Blake Good (skip), Coby Salkeld (lead), Carson Schaeffer (second), Josh Tristram (fifth) and Russell Watts (third).

In girls' provincial action, Stonewall was defeated 9-1 by the Swan Valley Tigers and 10-3 by the St. Mary's Academy Flames last Thursday.

The Rams then lost 9-6 to the Linden Christian Wings on Friday.

Stonewall's rink included Lu Abraham (skip), Taylor Dove (second), Alycia Galbraith (fifth), Maya Persoage (lead) and Mia Smart (third).



TRIBUNE PHOTO BY JOHN GOOD

The Stonewall Rams were finalists at the MHSAA Provincial Boys Curling Championships last week. Pictured right to left, with coach Curtis Grieve, Blake Good (skip), Carson Schaeffer (second), Russell Watts (third), Josh Tristram (fifth) and Coby Salkeld (lead).

# get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

## Citrus Marinated Flatiron Steak Salad

- 1/2 cup red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1/2 cup radish, thinly sliced
- 1/2 cup cucumber, thinly sliced
- 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

### Citrus Balsamic Vinaigrette:

- 1/4 cup Florida Orange Juice
- 1/4 cup Florida Tangerine Juice
- 2 teaspoons Florida Orange zest
- 1/4 cup lemon juice
- 1/2 cup balsamic vinegar
- 2 tablespoons honey
- 2 teaspoons garlic, minced
- 1 tablespoon Dijon mustard
- salt, to taste
- pepper, to taste

### Flatiron Steak Salad:

- 1 1/2 pounds flatiron steak
- 2 cups Citrus Balsamic Vinaigrette, divided
- 1/2 cup Florida Orange segments
- 1/2 cup Florida Grapefruit segments
- 2 quarts baby spinach



## Citrus Cherry Cobbler

3 tablespoons milk

To make cobbler: In medium saucepan, combine cherries and reserved juice, orange juice, sugar, lemon juice and cornstarch. Bring to simmer, stirring constantly. Cook 1 minute and remove from heat. Add butter and stir until melted. Cool and add orange segments and grapefruit segments. Pour filling into baking dish or pie pan.

To make topping: Heat oven to 350 F.

In food processor, combine flour, brown sugar, baking powder and cinnamon. Add butter and pulse until butter is cut into small, pea-sized pieces. Remove flour mixture from food processor and place in mixing bowl. Add egg and milk; stir until just combined. Drop topping mixture by tablespoon over filling until almost covered.

Bake until topping is browned and filling is bubbling and hot. Remove from oven and cool slightly before serving.

### Cobbler:

- 4 cups cherries, pitted, juice reserved
- 1/2 cup Florida Orange Juice
- 1 1/2 cups sugar
- 1 tablespoon lemon juice
- 3 tablespoons cornstarch
- 2 tablespoons unsalted butter
- 2 cups Florida Orange segments, seeded
- 1/2 cup Florida Grapefruit segments, seeded

### Topping:

- 1 cup all-purpose flour
- 6 tablespoons light brown sugar
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 3 tablespoons unsalted butter
- 1 large egg, beaten

# Exercise as medicine

By Julie Germaine Coram

Exercise is commonly known to be “good for you” and plays a vital role in a healthy lifestyle. However, do you know exercise can treat severe diseases and dangerous conditions?

Yes! Getting active and maintaining a routine that includes regular physical activity isn’t just a solution for weight management but can be used as an additional way to manage certain medical conditions.

For example, diabetes is related to high blood sugar levels, and millions of people are affected by this around the world. When one exercises, glucose is used by our muscles for energy as fuel, which helps maintain an optimal blood sugar level. Insulin sensitivity is also improved when you work out, a way once again to regulate blood sugar levels. Truth: I had a client whose doctor wanted to put her on medication to manage diabetes but agreed to wait three months while the patient tried to get healthier. We did it! She completely turned her diagnosis around with the nutritional tips and exercise routine we developed together.

I always recommend speaking with your doctor before starting a new fitness routine, but some simple activities you can try to incorporate to see these benefits include walking, swimming, playing casual sports, or going for a bike ride. Remember that making a change doesn’t have



Julie Germaine Coram

to be painful or extreme. Small steps towards more movement every day add up quickly.

Want help getting started or to ask me your nutrition or fitness questions? Please email me [julie@juliegermaine.fit](mailto:julie@juliegermaine.fit)

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit [juliegermaine.com](http://juliegermaine.com) or [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)



## Tart Cherry Superfood Banana Splits

1/2 cup frozen tart cherries, thawed  
Place chocolate chips in bowl.

In saucepan over medium heat, bring tart cherry juice to simmer about 20 minutes until reduced to 2/3 cup.

Pour juice into bowl and mix until chocolate chips are melted and sauce is smooth.

Cut bananas in half lengthwise and place on two plates. Spoon 1/2 cup Greek yogurt on each banana then drizzle with 2 tablespoons almond butter and 2 tablespoons tart cherry chocolate sauce.

Sprinkle 2 tablespoons granola, 2 tablespoons dried tart cherries and 1/4 cup thawed frozen tart cherries on top of each banana split.

Note: Leftover tart cherry chocolate sauce can be stored in airtight container in refrigerator for later use.

Recipe courtesy of Hannah Zimmerman of Bite Sized Studio on behalf of the U.S. Tart Cherry Industry

- Prep time: 15 minutes
- Cook time: 20 minutes
- Servings: 2
- 1/2 cup dark chocolate chips
- 2 cups tart cherry juice
- 2 ripe bananas
- 1 cup vanilla Greek yogurt
- 1/4 cup almond butter
- 1/4 cup granola
- 1/4 cup dried tart cherries

# Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca

**METAL RECYCLING**

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

**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.

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

**HAY FOR SALE**

Hay for sale - small square bales of horse hay. Call 204-482-9291.

**FARMLAND WANTED**

Small farm looking to buy farmland in the RM's of Rosser, Woodlands or Rockwood. Flexible on purchase terms. Ph 204-771-2169.

**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.

**HELP WANTED**

Two Grooms for 2024 season at Assiniboia Downs. Must have horse experience. Call Carl 431-335-3049.

**PROPERTY FOR SALE**

Stonewall - Commercial zoned property, 5.68 vacant acres with Hwy. 236 frontage, includes 2 of Stonewall's largest limestone kilns. Priced reasonably compared to much smaller lots in Industrial Park. This property could have huge potential for your business to expand or create a subdivision. \$699,000. Also, residential building lots in Gunton, \$50,000 - \$60,000; deposit will hold until spring. Call 204-467-8537 or 204-513-1980.

**WANTED TO RENT**

Professional lady working in Stonewall seeking rental property. No pets, single parking space. Contact 204-467-1909.

**2023 Show Home for Sale**

Starting at \$289,000

**Aurora Plus RTM**

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

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204-346-3231

**PIANO LESSONS**

Spaces available for piano lessons, children 7 years to adult. Contact Joelle at 204-513-0238 or jnpianoteacher@gmail.com

**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.

**WANTED**

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

**News Tips? Story Ideas?**  
call the Tribune  
204-467-5836

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**EMPLOYMENT OPPORTUNITIES**

The Town of Teulon invites applications for the following positions:

- Seasonal Summer Students (4 positions)

Interested applicants may view details online at [www.teulon.ca](http://www.teulon.ca)

**Government -> Career Opportunities**

Deadline for Applications: These positions will remain open until filled. Applications may be submitted to [info@teulon.ca](mailto:info@teulon.ca) to the attention of Chris Yuen, CAO.

These positions are to commence in late June.

We thank all who apply, however only those selected for an interview will be contacted.

**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, March 1, 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 1P0  
Fax: 204-278-3437  
Email: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)


**PUBLIC SAFETY NOTICE**

**Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations**

Ice cutting crews will begin working on or about February 20th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 20th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

**Dangerous ice conditions may not be obvious but will exist.** Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
- Watch for notices to remove ice shacks and remove them promptly




**TOWN OF STONEWALL**

**SUMMER EMPLOYMENT OPPORTUNITIES**

The Town of Stonewall invites individuals of all ages to apply for the following Summer Positions:

- Gate Attendant/Concession Staff/Janitorial Staff
- Banquet Servers
- Bartenders (must be 18 and have completed Smart Choices Certification)
- Lifeguards/Swim Instructors
- Groundskeepers
- Works & Operations Summer Projects Staff
- Summer Camp Leader/Assistants

Based on the position, Town of Stonewall Summer Staff will report to one of the following: Quarry Park Manager, Parks & Arena Manager, or Works & Operations Manager. Wage will be commensurate with education, qualifications and experience.

**Procedure for Applying:**  
Qualified Applicants are invited to submit a cover letter summarizing relevant experience, a resume, plus three (3) references to:

Town of Stonewall  
**Attention: Ashley Monforton**  
Email: [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca)  
**SUBJECT: SUMMER EMPLOYMENT - (name of position desired)**  
293 Main Street, Box 250, Stonewall, MB R0C 2Z0

**Deadline for applications: 4:00 PM on March 8th, 2024**

A complete job description can be obtained by email at [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca)

**The Town of Stonewall thanks all applicants, however only candidates selected for interview will be contacted.**

**NOTES:**

- A Pre-Placement Employee Security Check consisting of a Criminal Record Check and a Child Abuse Registry and Vulnerable Sector Check shall be required for all persons that receive a conditional offer of employment from the Town of Stonewall prior to the start of their employment.
- A Post Job Offer / Pre-Placement Physical Exam shall be required for all temporary full and part-time employees within the Works & Operations Department and Parks and Arena Department in the Town of Stonewall.
- The Town of Stonewall embraces a diverse workplace. All applicants will be considered for employment without attention to race, gender, religion, color, national origin, sexual orientation, age, disability or veteran status. All employees of the Town are responsible for maintaining a work culture free from discrimination and harassment by treating others with kindness and respect.



**FARMERS AND RANCHERS**

Plan to attend the  
**Bred Cow and Heifer sale**

**Wednesday, February 21, 2024**  
after the regular sale at the  
**Ashern Auction Mart**

**20 three year old bred heifers**  
**Horned Herefords bred to**  
**A Hereford bull**  
**Edmund Russell**

More consignors are welcome

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Ashern Auction Mart - 204-768-2360  
Kirk - 204-768-0019  
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## Twin Valley

### OWNER OPERATORS TRUCK DRIVERS WANTED

To deliver Anhydrous Ammonia (NH3): May/June (4-6 wks), Oct. (4 wks)

**Highway:** Brandon/Bloom to Harrowby.

Paid by MT delivered. \$1200-1600/load

**Field:** Local Deliveries. Paid by MT delivered. \$1000-1400/day

**Twin Valley Co-op Russell Agro**

Contact: Mark or Lori (204) 773-2166 [www.twinvalleyco-op.crs](http://www.twinvalleyco-op.crs)

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Other medical conditions causing **TROUBLE WALKING or DRESSING?**

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Also purchasing Old Money, Royal Canadian Mint Coins, Franklin Mint, Coin Sets, etc. **Wanted:** USA, Canada and World Coin Collections, coin sets & old money. Buying Entire Collections!

**Todd The Coin Guy 250-864-3521**

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### RECRUITING FOR Full Time Permanent French Immersion Teachers

Resumes are being accepted for École St. Eustache and Institut Collégial St. Paul's Collegiate in anticipation for the 2024-2025 school year. All grade levels from K-12 are welcome.

Candidates interested in less than full time are also welcome to apply.

Currently posted: Grade 5/6 teacher at École St. Eustache (Comp: #004-24-25)

École St. Eustache and Institut Collégial St. Paul's Collegiate are both 20-30 minutes west of the Winnipeg perimeter on Hwy 1.

Apply to [hr@g.prsdmb.ca](mailto:hr@g.prsdmb.ca)

For postings, please visit [www.prsdmb.ca](http://www.prsdmb.ca)

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**Call Now: 204-955-7377**

### McSherry Auctions

12 Patterson Dr., Stonewall, MB

**Online Timed Auctions @ mcsherryauction.com**

**Estate & Moving** Closes February 21 @ 7:00 PM

**Estate & Moving** Featuring Guns & Ammo Closes February 28 @ 7:00 PM

**Man Cave Auction** Featuring Vintage Signs, Toys, Gas Pumps, plus more April 6, 2024

204-467-1858 or 204-886-7027 Consignments Welcome!

## WANTED

**WANTED/BUYING** 1950's-70's Scandinavian, Danish, Canadian Mid-Century Modern Furniture (Teak, Walnut, Rosewood), Lighting, Ceramics, Textiles, Stereo or Design. Contact Daniel at TEXT/PHONE: 204-918-1607.

### FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

## NOTICES

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!

## NOTICES

**URGENT PRESS RELEASES** - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

**SEASONAL HIRING? NEED DRIVERS?** Having an AGM? 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 to book, or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

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Congregate meal program available daily for minimal additional charge.

Contact Lori at 204-383-0720 or email [opl@mts.net](mailto:opl@mts.net)

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## THE RURAL MUNICIPALITY OF ROCKWOOD

### INVITATION TO QUOTE 2024 HOURLY EQUIPMENT RATES

The Rural Municipality of Rockwood is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2024 construction and maintenance season.

Quotation packages including submission documents are available at the Municipal Office, or from the RM's website, [www.rockwood.ca](http://www.rockwood.ca).

**Deadline for Quotation Packages is 4:00 p.m. (CST) Friday, February 23, 2024**

Quotations may be submitted to:

Ian Tesarski, Director of Operations  
Rural Municipality of Rockwood  
Box 902, Stonewall, MB R0C 2Z0  
Phone: 204-467-2272 Fax: 204-467-5329  
Email: [ian.tesarski@rockwood.ca](mailto:ian.tesarski@rockwood.ca)

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## THE RURAL MUNICIPALITY OF ARMSTRONG

### INVITATION TO QUOTE

### 2024 HOURLY EQUIPMENT RATES

The Rural Municipality of Armstrong is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2024 construction and maintenance season.

Quotation packages including submission documents are available by emailing [clerk@rmfarmstrong.com](mailto:clerk@rmfarmstrong.com) or [Merx.com](http://Merx.com).

**Deadline for Quotation Packages is 4:00 p.m. (CST) Friday March 1st, 2024. Late and incomplete submissions will not be accepted.**

Quotations may be submitted to:

Angie Dzuba, Clerk  
RM of Armstrong  
Lot 55 Highway 17  
Box 69, Inwood, MB ROC 1P0  
Phone: 204-278-3377 Fax: 204-278-3437  
Email: [clerk@rmfarmstrong.com](mailto:clerk@rmfarmstrong.com)

# Stonewall Teulon Tribune

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# Announcements

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### BIRTHDAY



**Luella Watier**  
Congratulations on celebrating your 90th Birthday on February 13th!

-Love your family, Rhonda and Greg, Donna and Trevor, Amanda and Gareth, Curtis and Jamie, Lorissa, Matthew and Julianne, Joseph Andrew

### IN MEMORIAM

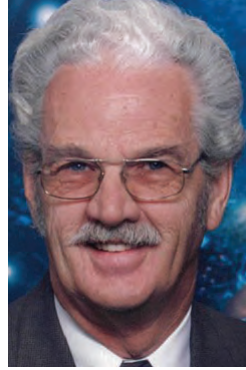


**Anne Peleshaty (Kaschyshyn)**  
May 3, 1927 - February 15, 2023

We miss you now, our hearts are sore, As time goes by, we miss you more. Your loving smile, your gentle face, No one can fill your empty place.

-Love, Dan, Roseanne and Royden, Roseline, David and Mary-Anne, Bonnie and Dany, your grandchildren and great-grandchildren

### OBITUARY



**Donald Best**  
August 10, 1935 - February 10, 2024

Surrounded by his wife Louise; three children Ken (Brenda), Lori (Duane) Bachman, Ron (Meechelle); nine grandchildren, 12 great-grandchildren and two great-great-grandchildren.

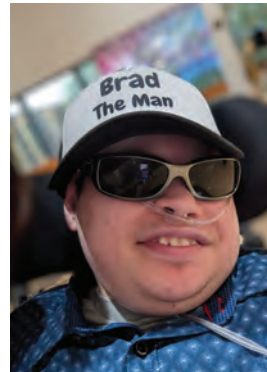
Ron married Louise (nee Hochban) and lived in Pasqua SK, Regina SK and Alice Beach SK and later they moved to Stonewall, MB.

As requested, there will be no funeral or graveside burial. In lieu of flowers please donate to the Lions Manor in Stonewall, MB 622 Centre Ave, Stonewall, MB, R0C 2Z0.

MACKENZIE FUNERAL HOME STONEWALL (204) 467-2525 info@mackenziefh.com



### OBITUARY



**Bradley Wozney**

January 10, 1997 to February 5, 2024

It is with profound sadness that we announce the passing of our Angel, Bradley, at age 27.

He leaves to mourn his parents, Barry and Corrie; big sister, Brittany; awesome nephew, Ryder; grandma Shirley Bigelow; grandparents, Edward and Judith Wozney; and numerous family and good friends.

Brad was predeceased by his grandpa, Ray Bigelow, who will be waiting for him.

Bradley was born a very special boy. If you were lucky enough to know him you would know what a tough guy he was. He had many battles over the years and fought hard every time. Without words or expression, he taught us unconditional love and how we should be thankful for being able to do the simplest task in life.

Rest In Peace Our Angel

Celebration of Life will be held in the Chapel, at St. Amant, 440 River Rd, Winnipeg at 1:30 p.m. February 16th, with lunch to follow.

In lieu of flowers, donations can be made to the St. Amant Foundation.

### IN MEMORIAM

**Gordon Kenneth Reed**  
February 16, 2015

-Lovingly remembered and sadly missed, by your wife, your children and your grandchildren

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## take a break > GAMES

### SUDOKU

9		6		3				
				8		9	2	
	5	6						
					2			
1	3							5
8		9		4				1
	9		5					
3				2				9
5			4					6

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

#### Here's How It Works:

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

3	9	8	7	6	4	1	2	5
6	7	5	1	2	8	4	9	3
1	2	4	3	9	5	8	6	7
5	1	7	4	3	6	2	9	8
9	8	5	4	6	8	7	3	1
8	3	2	6	1	7	4	5	9
7	8	1	4	3	6	9	5	2
2	6	9	8	5	1	3	7	4
4	5	3	2	7	6	1	8	9

Sudoku Answer

S	S	S	S	S	S	S	S	S
P	E	S	S	S	S	S	S	S
V	A	I	S	S	S	S	S	S
C	I	B	O	S	S	S	S	S
S	T	V	E	T	O	S	S	S
E	O	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S
S	S	S	S	S	S	S	S	S

Crossword Answer

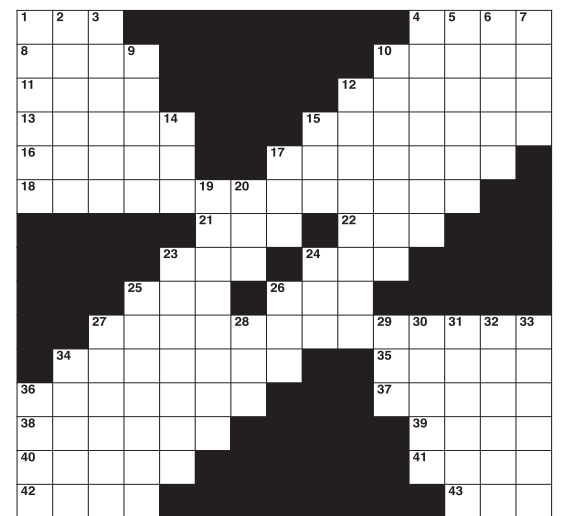
## X CROSSWORD

### CLUES ACROSS

- Gene type
- Persian male given name
- Type of protection
- Cloud
- One who returns to life
- Gym class
- General's assistant (abbr.)
- Baby's dining accessory
- Enchantress
- Prefix denoting "in a"
- Spiritual leader
- Cavities
- Relative biological effectiveness (abbr.)
- Foot (Latin)
- Sweet potato
- Pharaoh of Lower Egypt
- Land
- More inquisitive
- Dog breed: \_\_\_ Apso
- Stood up
- Direct and uninhibited
- Authorless
- Blocking type of drug (abbr.)
- Retrospective analysis (abbr.)
- Root mean square (abbr.)
- Macaws
- Actress Remini
- Polynesian wrapped skirt
- City of Angels hoops team (abbr.)
- Fitzgerald and Baker are two
- Bowling alley must-have
- A way to cool down
- Ethnic group in Asia
- A way to alter
- Set of five
- Removes from the record
- Dummies
- Set period in office

### CLUES DOWN

- DC Comics superhero
- Brew
- Play
- Single-celled animals



- Rough to the touch
- Small island (British)
- Often noted alongside cons
- Preparation of rootstock
- Atomic #44
- Egyptian unit of capacity
- About secretary
- Particular groups
- Poke fun at
- Make certain that something occurs
- Financial term
- Justify
- Arbiter
- 007's creato
- Czech name for Prague
- Groans
- American time
- No seats available
- \_\_\_ Stahl, journalist
- Cleft lip
- Talk incessantly
- Expresses atomic and molecular weights (abbr.)
- A part of a river where the current is very fast
- Curdled milk
- Running competitions
- A team's best pitcher
- Carthaginian explorer
- World-renowned city
- Most common Japanese surname
- The bill in a restaurant
- They \_\_\_
- City of Angels football team (abbr.)
- Distinctive practice
- One quintillion bytes

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

# Stonewall Teulon Tribune

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