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Puddle jumpers

TRIBUNE PHOTO BY STEPHANIE MARTENS

Last Monday, as temperatures reached 3 degrees C. and snow began melting in Stonewall, these friends from Stonewall, Teulon and Grosse Isle found all the puddles they could while walking with their moms. Pictured left to right: Toryn Phillips (3), Emery Martens (4), Bentley Wise (4) and Miller Martens (2).

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WCI student ranks third in Brain Bee

By Jennifer McFee

Brains were buzzing at a recent neuroscience competition where a local student earned accolades for her impressive performance.

Charlie Huard, a Grade 10 student at Warren Collegiate Institute, recently competed in the Manitoba Neuroscience Network's 2023 Brain Bee, a provincial competition that tests students on their neuroscience knowledge.

After the competition, participants had the chance to tour research labs at University of Manitoba's Bannatyne Campus, where the event took place. They got to hold a human brain, use high quality microscopes and see what research is underway in the realm of neuroscience.

WCI teacher Amanda Dion explained that students are given three textbooks to study, and then they're asked a series of questions in two rounds.



Charlie Huard, a Grade 10 student at Warren Collegiate Institute, earned third place in the competition.

Manitoba Neuroscience Network hosted the 2023 Brain Bee.

TRIBUNE PHOTOS SUBMITTED

"In the first round, students are divided into small groups and are asked 40 questions. Their answers to these questions are scored. The top two students in each group proceed to the final

round," Dion said.

"In the final round, students are asked 15 anatomical questions—these ranged from being shown diagrams of the brain, blood network that feeds the brain and specific nerves that had to be identified — and five diagnosis questions. They are given the symptoms of five patients and they must diagnose their neurological disorder. The winner represents Manitoba at the National Brain Bee, and the win-

ner of that goes to represent Canada at the World Championship."

This year marked the first time Warren Collegiate Institute participated in the competition. Charlie was the only competitor from the school — and she ended up earning third place overall.

"I was quite surprised to find I had won third. During the competition, I found myself to be relatively nervous, not knowing what to expect. The air at the competition was quite welcoming and friendly, however," Charlie said.

"After the competition, there are lab and demonstrations held. They covered topics from neuroanatomy to computational neuroscience. They were probably some of the best things that day."

Based on her positive experience, Charlie encourages other students to consider competing next year.

"It's a great opportunity to learn, and the material has something interesting for everyone — not to mention, it gives you a better understanding of the world around us," she said.

"Neuroscience interests me because it's the root of behaviour and development. Someday, I'd hope to do something relating to neuroscience, especially since there are many branches of it."

As a teacher, Dion credits Charlie's hard work for her accomplishments at the Brain Bee.

"I was so proud that she did so well," she said, "considering we had no idea what the Brain Bee actually was."

At the same time, Dion hopes that more local students will compete next year in the event.

"It can definitely open doors for students and allow them to network with professors and researchers at the U of M," she said. "It is also a good way for students to explore the world of neuroscience and see that there is much more to the field than medicine."

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THE 19th HOLE

BOOK ONLINE TODAY

Stonewall Art Group featuring local artist Debbie Stewart

By Autumn Fehr

Debbie Stewart remembers her journey of creation beginning when she was a child. When the Saturday comics came in, she would spend time sketching cartoons.

She gravitated toward drawing people at a young age and often drew her family and teachers.

"I've always had an interest in colouring and creating. It always excites me to have an image pop off the paper," said Stewart.

Stewart was drawn to art and creating because it gave her a meaningful way to fill her time.

"I had lots of time on my hands, so I was always looking for ways to keep busy and never liked to sit for too long so that I would pick up a pencil. It was always easy to be able to sketch wherever you were. I was never bored when I had a pencil in my hand," said Stewart.

Stewart's main mediums in her work are charcoal pencils and acrylics.

A new passion for Stewart has been



A drawing of a cat using coloured pencils, one of Stewart's new passions when creating details that pop off the page.

doing realistic portraits using coloured pencils.

"I've just been developing and collecting the different pencil, oil and wax crayons. I'm quite excited about doing them. The skin colours, skin tones, and bringing people alive in colour now and not just pencil," said Stewart.

However, Stewart said her go-to medium are pencils because she loves



TRIBUNE PHOTO BY DEBBIE STEWART

A pencil sketch of Joseph Stalin, Franklin D. Roosevelt and Winston Churchill.



A landscape portrait of an autumn scene with a barn in the background, using coloured pencils.

detail and realistic portraits, and pencil helps her get down to the nitty-gritty details.

Stewart creates some of everything in her artwork — pets, people, landscapes and animal portraits.

Her husband is a deer hunter, so she has been learning how to create deer.

In the past, she has also dabbled in creating murals.

When her 14-year-old grandson was younger, she created a cartoon-type graphic novel for him.

In the last 10 years, Stewart started putting her work in art shows and selling some pieces here and there.

Currently, the artwork is mostly a

hobby for Stewart, as she mainly creates pieces for family and friends. She said she does not sell or put many of her pieces in shows. However, she said she would start doing more commissioned works and shows when she retires.

"It's a passion of mine. It just brings me so much joy to create for others. I do most of my pieces for people I know, and they are always so appreciative. They say I can capture the essence of the animal or the person, and they get so excited. I do it to bring joy to other people, and I get so much joy

Continued on page 4

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Town of Stonewall wins Urban Beautification Award

By Jennifer McFee

Congratulations are in order for the Town of Stonewall for earning an award for urban beautification.

The Manitoba Good Roads Association presented Town of Stonewall with the Urban Beautification Award for municipalities with a population between 2,001 and 7,500, sponsored by CAA Manitoba.

Mayor Sandra Smith, Deputy Mayor Peter Bullivant, Coun. Ron Maryniuk and parks and arena manager Brett Chatfield attended a dinner and awards presentation event on April 3 at the Delta in Winnipeg.

This award reflects the hard work of town staff members, volunteers, residents and business owners who take pride in beautifying the town.

ital draft is available on the Town of Stonewall website at www.stonewall.ca, as well as a link to join the hearing virtually.

- Council hosted a public hearing on March 29 on a special service proposal for waste and recycling curbside collection, as well as removal and disposal service within the town. The hearing also focused on fees associated with the proposal. No members of the public spoke in favour or against the plan.

- At the April 5 meeting, council gave first reading to a bylaw to establish and maintain a public cemetery. The bylaw also focuses on the operation, maintenance and proper care of the cemetery.

- Council conditionally approved a request from Global Homes Ltd. to vary the minimum site width and minimum site area for 30 proposed single-family residential lots. Mayor Sandra Smith opposed the res-



TRIBUNE PHOTO SUBMITTED

Pictured left to right: Deputy Mayor Peter Bullivant, parks and arena manager Brett Chatfield, Mayor Sandra Smith and Coun. Ron Maryniuk.

IN OTHER COUNCIL NEWS:

- The 2023 financial plan public hearing will take place at town hall on Thursday, April 13 at 7 p.m. A dig-

olution, while the rest of council voted in favour of it.

- For the zero tolerance policy abuse and molestation policy, the designated municipal representatives will be the CAO, assistant CAO, works and operations manager, parks and arena manager, corporate services manager and Quarry Park manager.

- Council approved the transfer of municipal records currently

housed at the Heritage Arts Centre to Manitoba Archives. These records include minutes, bylaws, committee records, electors lists, tax collectors' roll, assessment rolls, tax sale ledger and general ledger.

- Council accepted a proposal for 2023 valve replacement.

- A portion of 1st Street W and 3rd Avenue S were closed to vehicle traffic on March 31 at 3 p.m. to April 1 at 1 a.m. for film work for a movie.

> ART, FROM PG. 3

making them," said Stewart.

Stewart had been a part of the Stonewall Art Group right from the start — approximately 10 to 15 years ago.

Stewart presently has works displayed at the Heritage Art Centre in the Blue and Yellow-themed show, which will be on display until Monday, April 17. She also has pieces in the Heritage Artwall, a long-term installation that will remain for several years.

As she already has some of her pieces on display, Stewart said she would like to start doing commission work too. To request one of her pieces to display in your home, contact Stewart at holy.doodle@icloud.com.

The Stonewall Art Group meets every Monday afternoon at the Heritage Art Centre. They always welcome new members of any skill level. Please feel free to drop by and meet the group. For further information, please get in touch with stonewallartgroup@gmail.com.

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Teulon announces new secondary plan and zoning bylaw

Public open house Monday, April 24

By Autumn Fehr

A new secondary plan and zoning bylaw are in the works for residents of Teulon.

A secondary plan is a policy document that guides a specific area's future development or re-development. Secondary plans must be consistent with their associated development plan. For Teulon, that is the South Interlake Planning District Development Plan. Currently, the policies in the development plan are general, applying to multiple urban-type centres. The new secondary plan will be more specific and focus solely on Teulon.

Teulon is in the process of creating this new plan and, once complete, it will reflect the needs of the municipality and more detailed policies for future development within the town.

It is best practice to review a bylaw at least every five years. Teulon's zoning bylaw was created in 2002 and is out of date. Therefore, the town has decided to update its current zoning bylaw to address current needs and reflect the findings of the new secondary plan and current land-use planning trends.

WSP Canada Inc., a consulting firm with several planning professionals

that created the process for the new secondary plan and zoning bylaw, will be leading the project. The project team consists of Breanne Jack from the Province of Manitoba, Eric Shaw, the general manager of the South Interlake Planning District, and the WSP team.

The changes to the zoning bylaw are still to be determined based on stakeholder and public engagement.

Andrew Glassco, CAO of Teulon, said these inputs are a key component of this project.

"Every citizen has a stake in how land is used to ensure that they live in and that future generations inherit healthy, sustainable communities," he said.

On Monday, April 24, there will be a public open house at the Teulon Rockwood Centennial Centre (14 Main St.) from 7 to 9 p.m. for all residents to give input and ask questions about the project. WSP will facilitate the come-and-go event. A series of posters will be available for the public to review, with several interactive components to obtain community feedback.

By participating in the upcoming open house, residents can help shape our community's future, said Glassco.

The new secondary plan policies, zoning bylaw regulations and related maps will be developed based on community feedback.

Glassco said the town anticipates the new secondary plan policies and zoning bylaw regulations to be completed in early 2024.

If you have any questions about the open house, contact Kari Schultz at kari.schulz@wsp.com or 204-259-1477.

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All welcome at CLB meeting

Staff

Now that the snow is melting away, it's an ideal time to start planning for the growing season.

Stonewall's Communities in Bloom committee is hosting its first meeting of the season on Tuesday, April 18 at 7 p.m. in the Fullbrook Room at the Heritage Arts Centre.

"We have an exciting season ahead of us," said co-chair Asta Johannesson.

"We hope to see some new faces joining our group."

For more information about Com-

munities in Bloom, contact co-chairs Asta Johannesson at 204-771-8768 or Shelley Proven at 204-513-1968.

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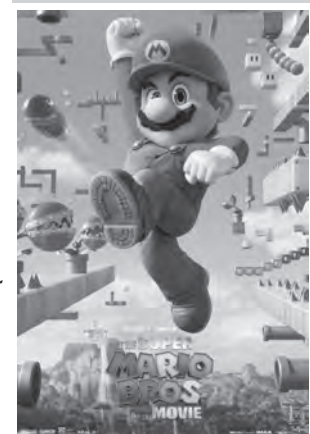
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Jesus Revolution

Joel Courtney
Anna Grace Barlow
Kelsey Grammer

Coarse Language; Violence

PG



AT 7:30 pm EACH NIGHT

Super Mario Bros. Movie
Animated

Violence

G

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Jennifer McFee
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COVID infections, hospitalizations in Manitoba; patient numbers increase for MRI scans

By Patricia Barrett

There were 274 new COVID infections reported in the last week of March, according to the provincial government's respiratory surveillance report for the period March 26 to April 1 (reporting Week 13).

The province did not provide a surveillance report for Week 12 (March 19-25). There were 155 new COVID infections reported in Week 11.

Provincial case data are underestimates of the true number of infections as the government restricts access to PCR testing. Rapid antigen tests aren't tracked.

There were 135 new hospitalizations, including 22 admissions to the intensive care unit reported in Week 13. There were 49 new hospitalizations reported in Week 11, including six ICU admissions.

The data are derived from differences in total severe outcomes between the current and the previous report.

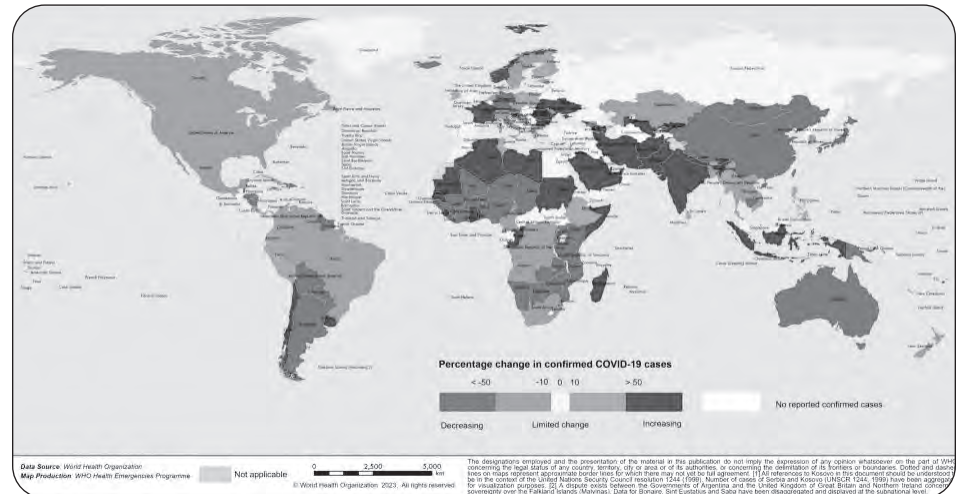
The province reported no deaths in Week 13. It reported no deaths in Week 11.

Since March 18, Manitoba's COVID death toll has remained at 2,470, according to the federal government's COVID webpage. Canada's death toll now stands at 52,121 as of April 3.

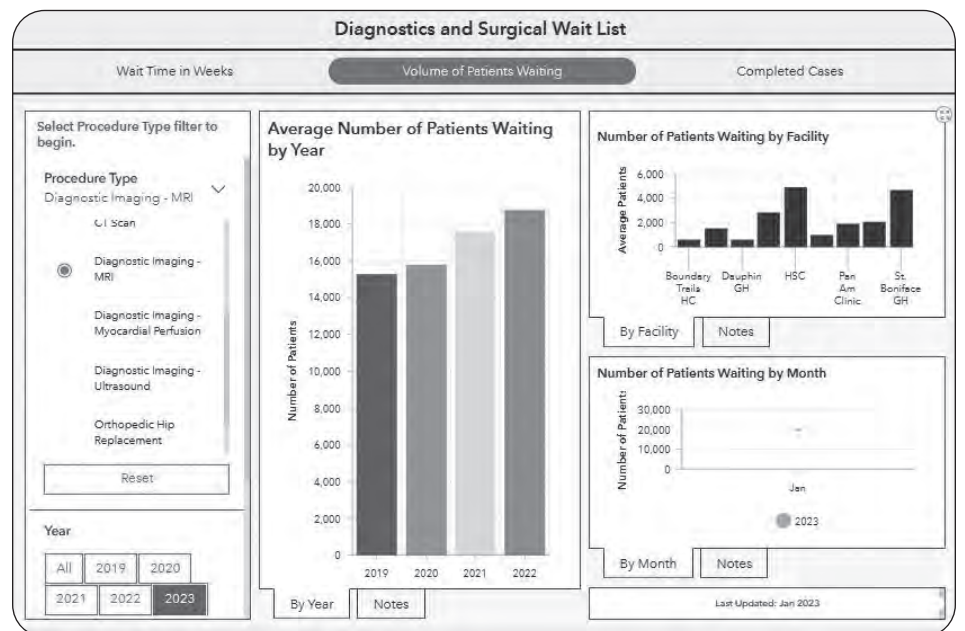
Wastewater data for Winnipeg and Brandon up to March 28 show sustained COVID activity.

The provincial government no longer lists in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

There were six new cases of influenza A and three new cases of influenza B in Week 13, according to the differences in total case data between Week 13 and Week 11. There were also four hospitalizations but no deaths reported.



TRIBUNE WORLD HEALTH ORGANIZATION EPIDEMIOLOGICAL UPDATE
The WHO's map shows COVID infection hotspots (in beige and red) in Europe, Asia, Africa, the Middle East, the Western Pacific and parts of South America as of April 2. Canada's rate of infection is, at present, neither increasing nor decreasing.



TRIBUNE PROVINCE OF MANITOBA
In January 2023, there were 20,000 patients waiting for an MRI scan, according to the provincial government's online diagnostic and surgical procedures waiting list.

The province reported 11 new cases of respiratory syncytial virus (RSV) in Week 13. No data was provided for RSV in Week 11.

Continued on page 7

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C.S. Lewis wrote that there are only two realities when it comes to the resurrection of Christ. If the resurrection did indeed happen, then humanity is given the hope to face this life with joy and peace in our hearts even in the most difficult days. If the resurrection is not true, then we humans are the most pitiable of creatures and preachers had best go and get themselves an honest job! There is no in between.

The reality is that you and I live in a secular world where our current state of life is accepted to be all there is. For the believer, this world is good but it does not have the last word over creation or over us as humans. The believer knows that the resurrection means that our existence simply does not fade into oblivion; instead, we take all that is good in this world (love, mercy and compassion) and carry it into the next.

In the resurrection of Christ, God has been up to something greater than we could have every imagined. God's love for us has already conquered evil and through baptism has allowed us to become heirs of life that springs eternal. As a matter of fact, evil's time is now up! Death. where is your sting? Oh, death, where is your victory?

Very Rev. B.D. Schoonbaert v.f. v.g.

Pastor of Christ the King, Stonewall; St. Joseph, Stony Mountain and St. John Vianney, Teulon



TRIBUNE PHOTO BY JO-ANNE PROCTER

Joanie Kalupar of Stony Mountain was out shovelling her driveway last Wednesday after 10 to 20 centimetres of the white stuff fell on parts of the province. Kalupar hopes that the spring storm is the last of the snow for the season. According to the Weather Network, close to 15 cm. of snow fell in the Rockwood area Tuesday night into Wednesday. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca

> COVID, FROM PG. 6

Other health news:

- The World Health Organization's epidemiological update published April 6 reports nearly 3.3 million new COVID infections and over 23,000 new deaths worldwide over the period March 6 to April 2.

The highest numbers of new deaths in the Americas region (North, Central and South America) were reported from the U.S. (7,458, 2.3 new deaths per 100 000), Brazil (963, <1 new death per 100 000) and Canada (593 new deaths, 1.6 new deaths per 100,000).

- The Interlake-Eastern Regional Health Authority is alerting patients that a new phone system has been installed at the Ashern Medical Clinic and there's only one number to dial to book an appointment with a physician: 204-768-3821. The fax number has not changed: 204-768-2862.

- The volume of patients waiting for an MRI scan in Manitoba rose to 20,000 in January 2023, according to the provincial government's online waiting list for diagnostic procedures. At the end of 2022, there were 18,713

patients in the queue for an MRI. The number of people waiting has grown every year since 2019.

- Manitoba health minister Audrey Gordon announced on April 5 that people recovering from hip and knee replacement surgery can access physiotherapy and rehabilitation services from any Manitoba physiotherapy clinic as the government has established an interim billing arrangement.

"The Diagnostic and Surgical Recovery Task Force, and agreements such as this, will help patients access the care they need now as the Manitoba government expands capacity and builds a more resilient public health system for the future," said Gordon in an April 5 news release. "By streamlining billing processes and providing comprehensive support, we're also removing barriers and freeing up health-care providers to focus on delivering care to patients across Manitoba."

The opposition NDP's health-care critic Uzoma Asagwara said in a statement that the government was responsible for cutting physiotherapy and other services, forcing people to pay or go without.

"Brian Pallister and Heather Stefanson cut physiotherapy and occupational therapy, and fired dozens of physiotherapists. Their cuts forced seniors and Manitobans recovering from surgery to pay out of pocket or go without health care. Their choices led to worse health outcomes and higher bills for families. After seven years of health care cuts, no one trusts the PCs now," said Asagwara.

- The NDP announced it will unveil a rural health-care strategy ahead of the provincial election this fall.

NDP leader Wab Kinew made the announcement at the Association of Manitoba Municipalities leaders' forum last week.

"We can't start to fix the damage Brian Pallister and Heather Stefanson did to health care in Manitoba without a dedicated strategy focused on the rural parts of our province," said Kinew. "Our team has common-sense, pragmatic solutions to some of the biggest health challenges in rural communities. We're excited to share it with Manitobans in the coming weeks."

Are We Dating the Same Guy Manitoba?

Gimli entrepreneur helping women find out

By Patricia Barrett

With the rise of online dating sites and some of the pitfalls associated with them, women are turning to private social media groups to help them find out whether a man they've just met or have been dating for some time is the real deal or just playing the field.

To that end, a Gimli-based entrepreneur launched an online women-only service that has skyrocketed in popularity in a matter of a few months.

Using her well honed social media skills, Brittany Isfeld launched a Manitoba-wide version of the "Are We Dating the Same Guy" service that has helped women across the globe get the lowdown on whether a potential beau, current boyfriend or husband is doing the dirty on them via online dating sites.

Isfeld said user numbers on her Facebook group have taken off, with 5,000 women signing up in the first month alone and growing to about 9,000 in the space of a month and a half.

That speaks volumes about the need for such a service.

Call it biological imperative or what you will, but Isfeld said more often than not, guys are getting involved with multiple women through online dating sites.

"They'll have a girlfriend in Winnipeg or elsewhere and have another woman, say in Gimli, and they'll claim they're talking to her or dating her exclusively. Meanwhile, they have a whole other life somewhere else," said Isfeld.

Because the service is Manitoba-wide, Isfeld said it gives women a greater reach in terms of geographic area where men might have established connections.

With the ubiquity of online dating sites and apps, groups aimed at helping women do a little fact-checking on a partner have popped up in major centres from Toronto and New York to London and Paris. With female-only membership, women feel empowered to carry out a bit of sleuthing to discover if their man is scoping out other women, if he's already in a "committed" relationship that he forgot to mention or has left behind a trail of broken exes.

Some of the Are We Dating the Same Guy groups post photos of men to be avoided while others provide screenshots of conversations or details of experiences that might strike an eerily coincidental chord or raise a few red flags.

Isfeld said she has an administrative team of nine women from across Manitoba to help her moderate and manage content on her site as there may be different reasons why women want to join the group and post their stories.

"Those reasons can range from women who are honest and just want to know about a guy they care about to a woman who's on a personal vendetta," said Isfeld. "We try our best to carry out due diligence. We'll check out women who've been accused of screenshotting conversations and sending

them to men; the conversations on this group are supposed to be confidential."

As administrators, she said they're careful not to give free rein to posts that could be seriously detrimental to someone's reputation. And there are a "handful" of users on the site they have to keep a close eye on. If she finds out that posts are untruthful, she'll take them down.

Online dating services, through the use of mobile apps or the Internet, help people find romantic partners, and their use has become the norm, especially among young adults. In Canada, the dating services industry as a whole is estimated to be worth about \$162 million, according to IBISWorld Canada, which produces research-based industry reports. Online dating took off between 2016 and 2021 and is expected to continue to gain in popularity.

Some online services cater to specific markets, such as people over 40, while others aim to connect only wealthy and good-looking men and women. The dark side of dating sites includes misrepresentation about who a person is, harassment, stalking, scams and sexual abuse.

That's why groups such as Isfeld's are so important for women who think they're being deceived. Her group can help women stave off potential heartache or help them make decisions about whether to continue with a relationship based on what they find out, she said. She has received countless messages from women thanking her for providing the service and sharing with her the outcome of their relationship after seeing comments from different women about a man in question.

"I'm not happy that marriages have ended, but I'm happy that women have obtained the information they needed to get the strength to leave a bad relationship," said Isfeld. "I've heard from women who are very thankful for this group because it saved them from going on a date with someone about whom they heard not very nice stories — and from more than one woman."

If required, she said referrals are made to specialized agencies or counsellors that assist women going through a difficult time.

Isfeld said some people have misunderstood her intention with regard to the Facebook group, erroneously claiming that she and the women who use the service are against men. Some men have threatened to sue her or have launched nasty personal attacks via her other social media platforms. But the service is "making such a difference in so many women's lives."

There is a vetting process to undergo for those wanting to join the group. They must be a woman, first and foremost, and be over 18. Their existing Facebook sites have to be older than one year and must have a name and photo.

Posts are also vetted. Those that meet a particular standard are approved by the administrative team.

"MORE OFTEN THAN NOT, GUYS ARE GETTING INVOLVED WITH MULTIPLE WOMEN THROUGH ONLINE DATING SITES."



TRIBUNE PHOTO SUBMITTED

As a social media micro-influencer, Brittany Isfeld has grown her audience to over 100,000 followers across multiple platforms. With the rise of online dating sites and some of the hazards associated with them, Isfeld saw a need for a service where women could openly discuss their dating experiences.

In addition, Facebook itself has an administrative assistance feature that helps Isfeld and her team weed out posts that use bad language or bully others. Facebook will flag those posts.

"We try to keep conversations as civil as we can," said Isfeld. "You can't post someone's last name or place of work. People try to do that, but we get rid of those posts as soon as possible. I'm getting several requests every day from people wanting to join, but, luckily, we have enough members on top of things; we get a lot of people reporting questionable posts to us."

Isfeld said she has reached out to Are We Dating the Same Guy groups in Vancouver and Toronto, which have tens of thousands of members, to learn more about how their administrators handle certain situations.

"There were a lot of angles we didn't know about when we went into this, but we're trying to navigate them to make it as safe as possible for everyone," she said.

The Facebook group will be part of Isfeld's consulting company, which offers social media marketing strategies, tourism development (including winter tourism) and ice fishing experiences. With an educational and career background in economic development and tourism, Isfeld can help clients achieve their business goals. As a social media micro-influencer, she has grown her audience to over 100,000 followers across multiple platforms.

For more information about the Facebook group and other services, contact Brittany Isfeld through her consulting company website: www.brittskibear.com

Pre-leasing info available for Haven apartments

By Jennifer McFee

A new apartment building is on the road to making history in Stonewall.

The new building, called The Haven, will be located in the southwest quadrant of town, at the entrance to the Quarry Ridge Park subdivision.

"This is the first Canada Mortgage and Housing Corporation insured affordable flex apartment ever built in Stonewall," said Ventura vice-president Tim Comack.

"The program is designed to bring affordable new construction rentals to local markets like Stonewall."

Construction is already underway and moving along according to schedule, he added.

"We are looking at Nov. 1 occupancy. We are about to commence a pre-leasing campaign with already having a huge waitlist in place. We will be looking to secure tenants prior to completion of the building," Comack said.

"This is Stage 2 of the three-stage development on the Quarry Ridge Park apartment site. The final stage is the addition of the next Renaissance apartment building, which is being brought to market in 2024. Pre-leasing for that age-friendly luxury rental will commence this summer with deposits being taken on suites for priority reservations when the building is completed."

Three different open-concept floor plans are available at The Haven. Suite A (corner suites) and Suite B (interior suites) are both 850 square feet featur-



TRIBUNE PHOTO SUBMITTED

The Haven has three different open-concept floor plans at the affordable apartments, which are expected to open Nov. 1.

ing two bedrooms and one bathroom. Suite C is 650 square feet featuring one bedroom and one bathroom.

"The Haven is geared towards young professionals, young couples, single parents and downsizers," Comack said.

"Rent is estimated to start at \$850 for a Suite C and \$1,100 for an 850-square-foot suite."

All of the spacious suites come with nine-foot ceilings, oversized windows, in-suite laundry, five stainless steel appliances, huge patios, walk-in closets and quartz countertops. There's also plenty of storage space, independent in-suite air conditioning and heating, a play area for kids and a courtyard.

Other amenities include professional property management, as well as maintained lawn and green space surrounding the property with seating areas. The Haven faces the large naturalized forest in Quarry Ridge Park and offers direct access to the park's forested walking trails and green spaces in Quarry Ridge Park.

"We are offering tours of the site," Comack said, "and we have information packages available to those who sign up on our website and register for more information or apply to rent a suite."

Pre-leasing information is now available on HavenApts.ca. Alternatively, prospective residents can email info@rentventura.ca or call 204-669-2500 ext. 256 for more information.

Foster Ag keeping customers in the know with launch of Shop Talk newsletter

By Patricia Barrett

Foster Ag Services launched a newsletter last week to keep farmers up to date on agricultural issues and support them through the changing seasons.

The newsletter, titled Shop Talk, will be released every month and provide industry insights and data.

Foster Ag agronomist Bailey Sigvaldason said the company felt there was a need to enhance its communication with farmers and find a more efficient way of sharing data. After a brainstorming session, staff came up with the idea of a newsletter.

"We're committed to providing our growers with lots of knowledge whether it's through variety plot work or attending supplier meetings or the thousands of acres we walk locally," said Sigvaldason. "To try to communicate all that information and data we get isn't always easy, so we were looking for a way to modernize how we share this data and do a better job of distributing it to our customers."

The family-owned agricultural services company northwest of Arborg provides farmers with services such as soil testing, weed, insect and disease field-scouting, custom spraying and seed and chemical products.

Sigvaldason said the articles in the

newsletter will be written by various members of staff who have different specialties and interests and will feature information about plant nutrition, different seed types that are suited to the area, specific products the company is highlighting and the company's trial and plot data.

"The goal of the newsletter is to have each month's edition reflect upcoming issues farmers could be facing in the next three to four weeks," said Sigvaldason. "We want to prepare them with product information they might need for crop health, maybe some seasonal issues to watch for like insect issues or if there are environmental stressors, and what to watch out for and who to contact. We're trying to set our customers up for success for the next month ahead."

Sigvaldason said although it didn't look like spring with the Colorado low and cool temperatures across much of the province last week, the inaugural newsletter issue leaps into spring and focuses on seeding issues.

One article covers macronutrients such as nitrogen, phosphorus, potassium and sulfur and the roles they play in plant growth. Other articles talk about seedling diseases and what growers should look for, why farmers should grow forage seeds — the In-

terlake is known around the world for producing high quality forage seed — and pre-seed herbicides to help farmers "set their crops up for success," she said.

Also included in the newsletter are important dates and reminders (e.g., crop insurance seedling deadline) and a Q & A based on questions the company has received.

"We talk to our customers every day all season long and this newsletter is a way to amalgamate all that infor-

mation about what we're seeing in the fields. We want to make sure everyone has access to that data," said Sigvaldason. "If we're seeing an insect or disease outbreak near Fisher Branch, for example, we'll put that in the newsletter so that everyone else in the area can be aware of it and prepare for what might come."

The newsletter will be delivered via email around the first of the month,

Continued on page 10



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Thursday, May 18, 2023

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Quarry Park Heritage Arts Centre, 166 Main St, Stonewall, MB

Individual Tickets \$20, Table of 6 for \$100

Snacks will be provided

For tickets or info call Christy at 204-467-5836 or email info@stonewallchamber.com



Live wrestling in Balmoral April 29

By Brian Bowman

The Balmoral Recreation Centre will be hosting some high-flying wrestling action on April 29.

The event, called the Bash in Balmoral, will act as a fundraiser for the Recreation Centre.

"Myself and Travis Williams have been wrestling fans for a long time," said Don Slater, who came up with the idea to host the fundraiser along with Williams. "We noticed that a local wrestling promotion, CWE, tours around Manitoba and thought we would take our family. We went to a couple of CWE events around the Interlake. Our kids really enjoyed the live-wrestling event."

The idea of hosting a wrestling event in Balmoral is a unique one.

"Travis and I thought this would be a great opportunity as a fundraiser for the Balmoral Rec Centre" Slater said. "It's fun entertainment for all ages, and something different and unique. This has never happened in Balmoral that we can remember. The support for this event throughout the community and surrounding area has been amazing. Everyone is very excited for this."

The Balmoral Recreation Centre is a big part of the community.

"We have hockey, ringette, curling, baseball and soccer here throughout the year," Slater noted. "We have a restaurant with dine in and take out and we have many family events/fundraisers that happen here. We need to support our rec centre as much as we can to keep it running for our families and the future of our community. This is just one way we thought we could help out, bring families together, and have an evening of fun, live-action wrestling entertainment."

Doors open for the event at 3 p.m. and the bell rings at 4 p.m.

Those in attendance are asked to bring their own chair.

Tickets prices for adults are \$15 while kids aged six to 18 get in for \$10. Youngsters five and under get in free.

Tickets for the licence-aged event can be purchased at the Balmoral Rec Centre or by calling Slater (204-513-1515) or Williams (204-899-8277).

> SHOP TALK, FROM PG. 9

and it will also be available in print at the company's office.

Besides Foster Ag customers, Sigvaldason said anyone in the ag industry or those curious about it are welcome to sign up for the newsletter.

"Even if people aren't actively farming but they

just want to know more about farming and about the situation out there, they're welcome to sign up," she said. "We want to 'agvocate' (a play on the word advocate) for our industry.

To sign up for Shop Talk, call Foster Ag at 204-364-2358 or text 204-378-0110. Visit the company online at www.fosterag.ca

LIVE PRO WRESTLING
BASH IN BALMORAL
 BALMORAL RECREATION CENTRE
 FUNDRAISER

SATURDAY, APRIL 29TH, 2023
Balmoral Rec Centre
 Doors: 3pm Bell Time: 4pm
PLEASE BRING YOUR OWN CHAIR
 Tickets: Adults \$15- Kids ⁽⁶⁻¹⁸⁾\$10- Free for Kids 5 and Under
 Tickets can be purchased at
 The Balmoral Rec Centre or Call
 Don Slater (204) 513-1515 or Travis Williams (204) 899-8277
 Licensed All Ages Event

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The Balmoral Recreation Centre will be hosting live wrestling to act as a fundraiser on April 29. Doors open at 3 p.m. and the bell rings at 4 p.m.

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Argyle museum receives \$25,000 in provincial funding

By Jennifer McFee

The local Argyle museum is making tracks towards setting up its permanent home.

Settlers, Rails and Trails received a \$25,000 small capital grant through the provincial government's Arts, Culture, Sport in Community Fund.

These provincial grants cover between 50 and 100 per cent of eligible expenses for projects that support the development and renewal of the facilities and spaces needed for arts, culture and sport programming and activities.

"We will be using the \$25,000 in provincial funding, with an additional \$5,000 coming from Community Futures East Interlake, to install hydro and water services to our museum's 12-acre park property. This is very important as we currently have no services on site," said president and executive director Shayne Campbell.

"Hydro will be important for lighting, security, our contractors and volunteers when they are working at the park. Water is important for all of our trees, plants and fire protection. As the museum grows, and we add more buildings and infrastructure, these essential services will be required for visitors, volunteers, employees and tradespersons."

Campbell also draws attention to some exciting events coming up on the museum's calendar.

"On Saturday, June 3, Manitoba's lieutenant governor will be visiting our museum during Argyle Day celebrations. Activities are currently being planned, with more information closer to the date," he said.

"This is an incredibly important



The Manitoba Brick and Block exhibition will open July 15.

event as King Charles III's representative in Manitoba, the lieutenant governor, will be conducting a tree planting ceremony. These are the museum's Royal trees, which were initially installed for the late Queen Elizabeth II's 2022 Jubilee celebration."

This event is particularly timely since two museum directors — Shayne Campbell and Charlie Amy — were recently honoured with the Queen Elizabeth II volunteer medal.

Museum volunteers have also been working hard over the last several years to create the newest exhibition, which will open July 15.

"The Manitoba Brick and Block Exhibition tells the masonry heritage of our province. We are the only museum in Manitoba with such a comprehensive permanent collection," Campbell said.

"This exhibit will showcase bricks, tools, photos and histories from around 70 locations and 196 manufacturing companies based in Manitoba between 1860 and 1990."

Settlers, Rails and Trails is currently located in the lower level of Argyle Community Centre on Highway 322.



TRIBUNE PHOTOS SUBMITTED

White spruce trees, planted in 2022, celebrate the Jubilee year of her late Majesty.

It's open on the first Saturday of each month from 1 to 4 p.m. with free admission. Appointments can also be arranged by emailing argylemuseum@gmail.com.

For more information about Settlers, Rails and Trails, visit www.settlersrailsandtrails.com or facebook.com/argylemuseum.

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- Facing the opposite direction of the flow of traffic
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THE TOWN OF STONEWALL BY-LAW ENFORCEMENT OFFICER HAS BEEN MONITORING PARKING VIOLATIONS AND ISSUING WARNINGS SINCE THE FALL OF 2022.

BEGINNING SPRING OF 2023, PARKING IN VIOLATION OF TRAFFIC BY-LAW 8/04 **WILL BE TICKETED** AND MAY BE SUBJECT TO BEING TOWED.

New book by Susie Schwartz helps you get the best medical care

Staff

At nine years old, Susie Schwartz (our “Expert Patient Here to Help” correspondent) was diagnosed with Type 1 diabetes after being rushed to the Winnipeg Children’s Hospital and almost dying. She’s been collecting illness ever since: retinopathy, gastroparesis, fibromyalgia and myalgic encephalomyelitis, to name the highlights.

Schwartz is no stranger to needles, blood tests or doctor’s appointments — all too numerous to count. Susie had to learn to self-advocate very early to get the proper tests and diagnoses and be truly seen by her doctors.

She regularly finds herself in conversation with people who are having health challenges and feels like the medical system is failing them. They feel rushed at appointments, not truly heard or understood, or that what the doctor says goes. They feel like a number and not a person.

“It doesn’t have to be this way,” Schwartz said.

When asked her greatest lesson learned from all her years of illness, she said, “Apart from learning that life is all things — fun, hard, beautiful and scary — my time in the health-care systems has taught me it’s possible to have great relationships with doctors and medical staff and that this makes a difference in the care I receive.”

Schwartz, an avid writer, decided to put what she learned to print. So, her book, *Help the Doctor Help You – 31 Secrets and Tips for Self-Advocacy to Get the BEST from Your Appointments*, was born.

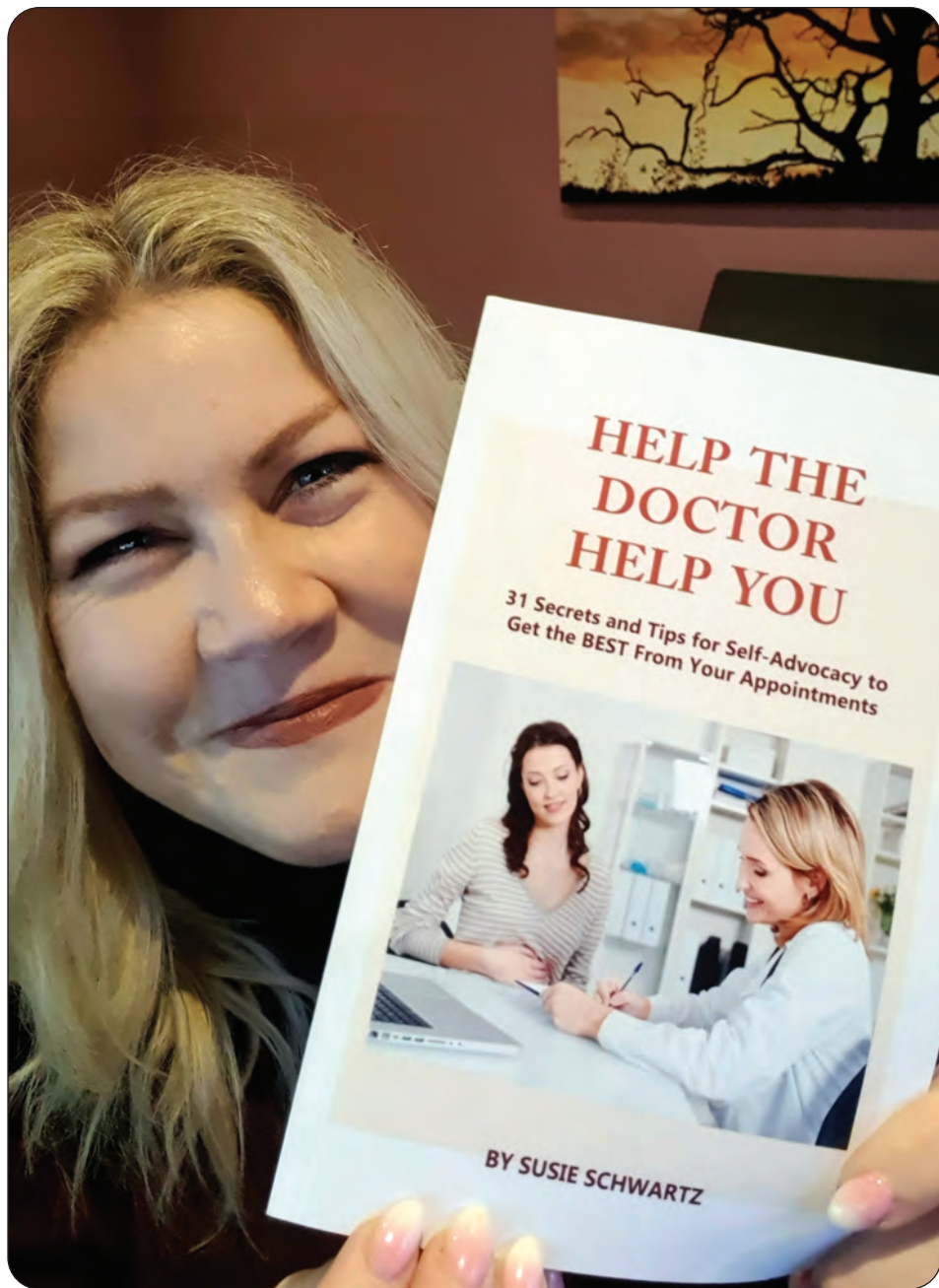
Angela Corbin of Stonewall said, “I read *Help the Doctor* and absolutely love it. As someone who has just gone through two years of having to fight for what I knew was right for my health, this book would’ve been quite helpful had I had it in my hands a couple of years ago!”

In *Help the Doctor Help You*, you’ll find simple but powerful tips that will impact your care. Tips for attending an appointment prepared, treating the doctor as a person and not just a white coat, and learning to complain wisely are examples of what you’ll learn. Schwartz has also woven stories from her experience, showing the tips in action.

Barbara Lucas, formerly of Stonewall and an emergency room nurse said, “In this book, Susie uses her personal experience and wit to pass along clear, concise information on how to get the most out of any health-care interaction. She knows how to turn an often tedious topic into an enjoyable and, dare I say, fun read.”

Schwartz is from Stonewall and currently lives in the U.K..

Help the Doctor Help You is now available on Amazon.



TRIBUNE PHOTO SUBMITTED

Susie Schwartz has just released *Help the Doctor Help You – 31 Secrets and Tips for Self-Advocacy to Get the BEST from Your Appointments*, which is now available on Amazon.

BASIC SEED STARTING
 Presented by Nicole Kapusta
Wednesday, April 19
 7:00 pm - Parochial Hall,
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Hosted by the **GARDEN CLUB**

Join us for a presentation on seed starting basics
 What to start, when to start, how to start, supplies to use and care
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Grant Funding Application 2023
 SIGC is a non-profit community group made up of avid gardeners. Part of the role of the club is the promotion, education and support of other community projects that may beautify the community through gardening, promote native species or composting projects. **Deadline for Applications is April 29, 2023.** Grants up to \$400 are available. Grant application forms will be available at the Seed Starting event.

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 Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is over \$1,000
 Thursday 4-10 Crib starts 7:00
 Friday 4-close Meat Draw at 6:30
 Saturday 2-close Darts at 7
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Thank you and farewell Battle of the brains

By Autumn Fehr

On March 31, the term was up for the Goodwin Lodge uncertified recreation staff. Their term started in October 2020 and was only supposed to be for a short time, but because of the pandemic it fortunately kept getting extended.

Over the last three years during the COVID-19 pandemic, these people played massive roles at the lodge. The staff assisted with screening visitors at the doors, POD visits and Facetimes, which became very popular to stay connected when families couldn't visit in person. In addition, the staff spent time with residents with one-on-ones and helped with programs.

These staff members were the face of the recreation department. They ensured all families and residents stayed safe during visits by teaching proper hand hygiene. They worked days, evenings and weekends including holidays, spending a lot of time doing one-on-ones with residents, which made a significant impact on the residents' mental health and kept them stimulated with programs.

Crystal Bergeron, recreation coordinator from Goodwin Lodge, said they had hoped it would be extended again, but it wasn't. She said the staff will be missed by all, but by the residents that they helped over the years the most.



TRIBUNE PHOTO SUBMITTED

The Goodwin Lodge staff and residents said farewell on March 31 to their uncertified recreation staff, left to right, Keara, Tammy, Crysta (co-ordinator) and Jerzee, who were hired to assist with extra duties during the COVID pandemic.



TRIBUNE PHOTO SUBMITTED

Team "Damn Gerry D" won the Mark Bird Memorial Cup trophy and bragging rights for being the smartest team in the room at the Annual Rosser Spring Quiz night fundraiser last Saturday at the community club. Eleven teams competed for the cup designed in honour of the late Mark Bird, who was a community member that enjoyed participating in the annual quiz night fundraisers. The money raised will be used to support the Rosser Community Club and the Rosser United Church. Pictured back row, left to right: Dusty Wiebe, Laura Wiebe, Janelle Fitzpatrick, Liam Fitzpatrick and Josh Bird; front row: Kennedy Bird, Gary Letkeman, Rolly Gillies and Amanda Gillies.

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Spring car maintenance checklist

READY FOR SUMMER?

4 car deodorizing tips

Keeping your car windows closed during the winter can trap nasty odours in the cabin. As you welcome warmer weather, it's time to deodorize your vehicle. Here are four tips.

1. Vacuum your car from top to bottom, including under the floor mats, in the trunk and between the seats. Use the upholstery attachment to rid your vehicle of smelly dirt and debris in hard-to-reach areas.

2. Vinegar is a natural deodorizer. Make a mixture of equal parts water and white vinegar.



Then, spritz the mixture on your car's dashboard, cupholders, seats and carpets. Let the solution sit for 30 minutes, then wipe it away with a clean, damp rag.

3. Baking soda lifts unpleasant scents. For example, sprinkle some baking soda on your vehicle's carpet or upholstery if you've spilled something on your vehicle's carpet or upholstery. Rub the baking soda into the area and leave it for a few hours. Then, vacuum it up.

4. Charcoal absorbs impurities and nasty smells. That's why it's commonly used in air and water filters. Pick up

a charcoal briquette, like the ones used for grilling, at a local store. Leave the briquette in your car for a few days. Charcoal is highly porous and absorbs any nasty odours floating in the air.

Lastly, spray down your car vents with a specialized cleaner. Over time, your car's vents build up dirt and debris that can cause an unpleasant smell. If any bad smells persist, take your car to a cleaning professional.

How to clean your car's undercarriage

Your car's undercarriage accumulates dirt, debris and road salt. It also periodically gets wet from rain, mud and snow, leading to rust. Spring is a great time to give the undercarriage a good cleaning. Here's how to do it.

1. Lift the vehicle. Lifting your car with a jack makes accessing every part of the undercarriage easier. Skip this step if you have a lifted truck.

2. Remove the tires. This is an optional step, but it allows you to move more freely around the vehicle and get into all the nooks and crannies.

3. Rinse the undercarriage. Wash the undercarriage section by section using a pressure washer or garden hose with a spray attachment. Start from the front, moving toward the back. Hold the spray attachment or pressure washer wand at a 45-degree angle for the best cleaning action.

4. Clean stubborn areas with a degreaser. To get rid of persistent dirt and debris, spray degreaser on the undercarriage and let it sit for 20 minutes. Scrub with a brush and then rinse the surface.

5. Dry the undercarriage. Rust can develop if moisture is left behind on the metal. Dry every part of the undercarriage with old towels.

6. Apply a protectant. This helps protect the metal of the undercarriage against damage. It'll also keep it cleaner for longer.

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Stony Mountain parents deliver baby at home

By Jennifer McFee

A Stony Mountain baby brought smiles to the faces of many with her glory-filled entry to the world.

Slava Stefania Deprez made her grand entry on March 14 in a surprising way, giving her parents Daria Lukie and Chad Deprez a captivating story to share.

The duo was prepared for a long birth experience, following a 48-hour labour with their firstborn daughter Luka two years ago.

Baby Slava, however, had a different plan.

Around 9 p.m. on March 13, Daria began to experience mild cramping, but she was convinced it was nothing urgent. An hour later, she realized that she was likely in labour. She took a bath, listened to music and concentrated on breathing through her contractions. Meanwhile, Chad tried to get some rest next to the tub.

At about 1 a.m., Daria went to lie down in bed. All the while, her contractions continued to get stronger. They soon decided to call Chad's mom, Laurie Deprez, to come over and take care of Luka while they headed to the hospital.

But they didn't make it that far. In fact, they didn't make it out of the bedroom before things progressed rapidly.

"The second he hung up, my water breaks and I can feel pressure. I told Chad to call 911 and he looked at me in full disbelief," Daria said.

"The 911 call operator was helping to talk Chad through everything. She said 'You're having this baby at home.' She tells him to get clean towels and everything else he needs to collect. Chad gets me up on the bed and his mom arrives. He yells at her that the baby's coming."

Laurie heads upstairs and realizes she's no longer there to take care of Luka but to help with the delivery instead.

"She springs into action too. Once Chad's mom was there, we were a little more at ease. It was so wonderful having my mother-in-law at my delivery," Daria said.

"The 911 call operator said we need a clean shoelace or shoestring of some sort because you're going to need to tie the umbilical cord. She looks at Chad and yanks the string out of her hoodie."

At this point, Daria is holding the baby in, trying to wait for the para-

medics to arrive.

"The 911 call operator said 'You cannot hold this baby in. You have to have the baby.' I release and push — and suddenly there's the head," Daria said.

"The operator was like, 'Now you have to push out the body.' She told Chad the body would be very slippery so make sure he's prepared for it. So I push out the body and Chad's now holding our daughter. His mom's ready with the clean blankets and towels. She's completely silent and purple, which is normal but we don't know that because none of us have ever delivered babies before. The cord was wrapped like a lei around her."

Laurie moved the cord and began to rub Baby Slava's back.

"The baby started crying and all of us started breathing fresh air. The 911 operator told us we needed to tie the string around the cord in three minutes to allow for delayed clamping — and the paramedics arrived right at that time. They came running up the stairs, clamped the cord and took over," Daria said.

"They were checking baby's vitals, checking mine, making sure everything's good. They knew exactly what to do. The paramedics were just the most wonderful. The 911 operator hung up when the paramedics got there, but we'd like to try to track her down too. She has no idea how much impact she had on our lives."

Daria and Baby Slava headed to Selkirk's hospital in separate ambulances. While she was being taken out on a stretcher, Daria stuffed gift cards in the paramedics' pockets.

"We named our daughter Slava Stefania. Stefania was the name of my baba — and that's exactly what my baba would have done is stuff some toonies in their pockets. My baba came to Canada as a Ukrainian refugee. She was fierce, brave, strong, selfless and kind — all qualities Slava will inevitably inherit," Daria said.

"Slava is her first name, which means glory in Ukrainian, most commonly known for 'Slava Ukraini, Glory to



Slava Stefania Deprez made her debut on March 14 weighing 6 pounds 12 ounces.



TRIBUNE PHOTOS SUBMITTED

Ukraine.' Daria Lukie and Chad Deprez with newborn baby girl Slava and big sister Luka.

We knew we wanted our daughter's name to be Ukrainian and meaningful. With the war going on in Ukraine, it's more important than ever to celebrate and uphold Ukrainian culture and traditions. What better way than to name someone so meaningful in Ukrainian?"

The healthy baby girl was born on her due date of March 14, weighing 6 pounds, 12 ounces, and measuring 18.5 inches long.

"We stayed at the Selkirk hospital for 24 hours, and everyone was just so amazing there too," Daria said.

"They told us at the hospital that the birth registration has to indicate the nearest landmark from where the baby was born, so we had to put our house address as the baby's birthplace. She's probably one of the few babies born in Stony Mountain."

For Chad, he's still a bit awestruck that he delivered his own daughter.

"From the time we called my mom, she was born 16 minutes later. That is how fast everything happened. Luckily, we stayed home. Otherwise, we'd be on the highway somewhere at 1:30 in the morning with nothing open. I just had to listen to the 911 operator and do everything that she told me to. She was unbelievable. She directed us and did all the thinking. We just had to act," he said.

"It's a really cool story now that everything worked out well — and if anyone knows Daria and I, we love telling a good story. At the same time, it wasn't a story that we were looking to tell. I never had it on my bucket list to deliver a baby, but I crossed it off anyway."

And big sister Luka is already adapt-



Grandparents Don and Laurie Deprez enjoy a cuddle with Baby Slava.

ing well to her important new role.

"Luka slept through the whole thing. She has been the most maternal big sister. She jumped right into it and she's only two years old," Daria said.

"Slava has never been without a blanket or a stuffy because Luka comes over immediately. She's been an amazing big sister so far."

Daria reflects that Slava's four-hour delivery couldn't have gone better, although she would have preferred to be in the hospital.

"I'm still wrapping my head around the fact that Chad delivered the baby. Her birth was most glorious," Daria said.

"I feel honoured that my husband delivered my baby and my mother-in-law was there to share that special moment."

Crime on the upswing in February, RCMP deter bootlegging on rural roads, Hwy. 6

By Patricia Barrett

Drugs, property crime and other offences in the RCMP's east district, which includes the Interlake, significantly increased in February compared to the same period last year, according to newly released RCMP crime statistics.

The data, released March 28, compare crimes committed in February 2023 with those committed in February 2022 in areas such as drug enforcement, crimes against the person and crimes against property.

The Manitoba RCMP has three districts: east, west and north. The east district includes communities such as Arborg, Ashern, Fisher Branch, Gimli, Lundar, Peguis, Selkirk and Stonewall in the Interlake, as well as Beausejour, Berens River, Falcon Beach, Headingley, Morris, Oakbank, Sprague, Steinbach and the Winnipeg Airport.

Overall, calls for RCMP service in the east district increased by 17 per cent, from 4,597 in February 2022 to 5,527 in February 2023.

Drug enforcement saw a significant increase of 160 per cent (from 15 in February 2022 to 39 in February 2023). Crimes Against the Person, which includes robbery, extortion, harassment, threats and assaults, jumped by 16 per cent (from 351 in February 2022 to 407 in February 2023). And Crimes Against Property, which include arson, break and enter, and fraud, increased by 12 per cent (615 in February 2022 to 690 in February 2023).



RCMP stop a vehicle on a rural highway during a check stop.

The RCMP's February report does not break down statistics for specific crimes as previous reports have done.

There were three fatal motor vehicle collisions and two serious collisions in the east district in February 2023. There were three and three, respectively in February 2022.

Other RCMP news:

RCMP seized a significant amount of alcohol along northern routes in March during check stops to deter bootlegging, or the illegal distribution of alcohol.

Over a three-day period (March 10-12), RCMP from the north district patrolled winter roads to "disrupt and deter" the bootlegging of alcohol and other contraband goods from entering northern communities.



TRIBUNE PHOTOS BY RCMP

RCMP conducting check stops on northern winter roads.

Officers from Wabowden, Cross Lake and Norway House, along with the North District Crime Reduction Enforcement Support Team (CREST), Traffic Services and the Roving Traffic Unit, conducted patrols along Highway 6, Highway 373 and winter roads leading to Island Lake, God's Lake Narrows and their associated communities.

"The initiative led to the significant seizure of liquor, including 26 bottles from one vehicle," states a March 28

RCMP news release. "Also, 75 tickets were issued for various Highway Traffic Act offences, 4 Warrants of Arrest were executed, 1 driver charged with Impaired Driving and 1 person charged with Trafficking under the Cannabis Act."

The service said it will continue to work with First Nation communities that have enacted bylaws to prohibit the sale and possession of alcohol and provide enforcement in response to requests from community leadership.

Registration open for Ralph Eichler Charity golf tourney

Staff

All are welcome to take a swing at raising funds for two great causes



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Meeting 7:00 pm

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

Please RSVP to Christy at info@stonewallchamber.com by Friday, April 21, 2023

while enjoying a round of charity golf.

Registration is now open for the 18th Annual Ralph Eichler Charity Golf Tournament, which will benefit the Interlake Community Foundation and South West District Palliative Care.

The event will take place on Friday, June 9 at Teulon Golf and Country Club, with the shotgun tee-off at 11 a.m.

"We will be providing deluxe boxed lunches for you to enjoy on the course," said Tracy Holod, execu-



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tive director of Interlake Community Foundation.

"We have kept registration fees the same — one of the few things that hasn't increased in price — at \$125 per golfer. This included golf, lunch and a shared golf cart."

A corporate package of four golfers plus a hole sponsorship is available for \$600. Other corporate sponsorship options are also available.

"Last year, we raised over \$11,000 for the Interlake Community Foundation and South West District Palliative Care, thanks to our golfers' and sponsors' generosity," Holod said, "and

we would love to beat that this year."

To register online and pay by credit card as a guest through PayPal, visit <https://interlakefoundation.ca/cause/golf-tournament-2/>

To register using e-transfer, please send funds to info@interlakefoundation.ca and follow up with an email with the names and contact info of your golfers.

For more information, please contact Bob Beck at bob.beck@accesscu.ca, Sandra Smith at tns@mymts.net or Tracy Holod at tracy@interlakefoundation.ca.

To see more photos of your favourite Interlake Athletes



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Bustard breaks Canadian U13 barebow record

By Brian Bowman

Stonewall's Tiauna Bustard first picked up a bow and arrow just over a year ago.

There's no question that she is a very fast learner.

The first medal she ever received was a bronze at her first competition at the First Flight Matchplay in February 2023.

"I was pretty nervous because I had to go against compound, which is a totally different bow than me," Bustard said Monday afternoon. "I was pretty proud of my place."

She won gold at the 2023 Archery Manitoba Provincial Indoor Target Championships on March 18.

In early March, Bustard competed at the Canadian Championships, placing first while breaking a Canadian record in the U13 Woman barebow.

"It's pretty cool," Bustard said. "I'm really proud."

She also has won gold for Regional Indoor Championship (this is across Canada on March

4). She competed in the U11 barebow category.

She is currently waiting for another gold medal for ranking first in the Canada wide "mail match."

Quite the fantastic season, wouldn't you say?

"I'm really proud of myself," said Bustard. "It's definitely something I wasn't expecting."

Bustard said archery is a challenging sport to learn, but she picked it up quickly.

"I'm a fast learner so I guess I pick it up faster than other people," said the 11-year-old, who trains out of Silver Heights. "It's a lot about technique and skill. It's also a lot about focusing."

Next up is the outdoor season. Bustard is looking forward to that, and she really enjoys archery.

"It's a really fun sport. I really enjoy it," she said. "I like the community. With archery, you gain a whole new family and friends that you never had and you really get to relate with them. Whenever you go to a competition, there's always people saying hi to you



Tiauna Bustard won gold at the 2023 Archery Manitoba Provincial Indoor Target Championships on March 18.

and talking to you and having a conversation."



TRIBUNE PHOTOS SUBMITTED

Tiauna Bustard's coach presented her with a Canadian Championship record-setting certificate in the category U13 Woman Barebow.

Hagen recently headed south to Atlanta for softball

By Brian Bowman

While Manitobans were braving the cold and snow here in March, Olivia Hagen was enjoying the nice weather in Atlanta.

Stonewall's Hagen plays softball for RSDA at the Regional Skill Development Academy, which is put on by Softball Manitoba.

She was part of the 14U team that competed at the PGF March Madness tournament. Ricki Frost-Hunt, also from Stonewall, was down in Atlanta as one of the coaches.

"It was really fun and it was warm," said Hagen, who played third base down in Atlanta.

"It was very neat, a very cool experience," added Hagen's father, Taylor. "It was a lot of fun."

The Atlanta tournament attracted 48 teams and Hagen's squad was the only Canadian one. Most teams were from Georgia but others came from

North Carolina, South Carolina and a couple from Tennessee.

"The teams were good but it wasn't super different from here," Olivia said. "But you could just tell that we hadn't been on the diamond for six months. It was good, though."

The experience of playing against American teams should help Hagen and her teammates as they prepare for their seasons here in Manitoba.

"Getting on the diamonds earlier (will help) and it won't be as much of a difference transitioning into playing softball," she said, adding her team was able to visit a huge aquarium while in Atlanta.

Hagen played softball last summer for the Interlake Phillies. She will be with the Phillies again this year but she'll move up to the U15 age group. With Interlake, she plays third base and pitches.



TRIBUNE PHOTO SUBMITTED

Stonewall's Olivia Hagen played softball for RSDA's 14U team at the Regional Skill Development Academy in the PGF March Madness tournament in Atlanta.

Broadbent flying high in freestyle skiing

By Brian Bowman

Leven Broadbent competed at the Canadian Jr Nationals Freestyle Ski Competition held at Canada Olympic Park (now called Winsport) in Calgary recently.

He performed extremely well at his first competition. More importantly, he had a ton of fun.

"It was a lot of fun seeing people my age doing the same thing and even better," said the 12-year-old Broadbent, who trains at Springhill and Asessippi here in Manitoba. "I got to meet a ton of people."

Stonewall's Broadbent was one of just four Manitoba athletes at nationals.

"It was pretty cool. It took a lot of effort to get there," he said. (During) the winter (I practise) three to four times a week."

Broadbent loves the feeling of being airborne while spinning. He started skiing when he was about four or five years old.

There were over 100 competitors from all over the country at the Jr Nationals, including Yukon, Nova Scotia, Ontario, Manitoba, Saskatchewan, Alberta and British Columbia in attendance in four age categories.

Broadbent trained with the Calgary



The Canada Olympic Park (now called Winsport) in Calgary.

team and then competed in under 14s in three events: Halfpipe (biggest Halfpipe in Canada with 22 feet walls), Slopestyle and Big Air.

Broadbent came ninth in half pipe, 12th in Slopestyle, and the wind caused him to struggle in the big air, placing 14th.

"He had a really good time doing it," said Broadbent's father, Gavin. "That was the main thing. He kind of came in the middle of the pack, which, for



TRIBUNE PHOTOS SUBMITTED

Leven Broadbent, far right, just returned from the Canadian Jr Nationals Freestyle Ski Competition held at Canada Olympic Park (now called Winsport). He was one of four Manitoba athletes.

his first competition, was outstanding. We had a really good time. It was a lot of fun. Watching him is always fun."

St. Anne takes 1-0 series lead in provincial Senior 'A' championship

By SEMHL

In the first game of the best-of-three provincial Senior "A" championship series, the SEMHL champion St. Anne Aces, whose roster includes former Stonewall Jets' captain and Balmoral product Brett Meilleur, came back from an early two-goal deficit to beat the THHL champion Miniota/Elkhorn C-Hawks 3-2 at East End Arena last Saturday.

The C-Hawks jumped out to an early lead on goals from Curtis Gardham and Taylor Sanheim before the game was four minutes old. The Aces' Owen Blocker made it a one-goal

game a short time later and it was 2-1 C-Hawks after one period.

Blocker tied it up three-and-a-half minutes into the second with his second of the game. Keith Grondin scored the eventual-game winner midway through the second period and, with a scoreless third, the Aces are one win away from a provincial championship.

AP Steve Christie turned away 38 shots for the Aces while his counterpart in the C-Hawks net, Cory Gardham, stopped 27 in a losing cause. St. Anne took five of nine minors called in the contest.

Woods headed to Michigan



TRIBUNE PHOTO SUBMITTED

Ty Woods has committed to attend school and play lacrosse for the Davenport University Panthers, located in Grand Rapids, Mich.

To see more photos of your favourite Interlake Athletes

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THE RURAL MUNICIPALITY OF WOODLANDS REQUEST FOR QUOTATION

Gravel Hauling & Spreading

The RM of Woodlands is requesting quotations for 2023 hauling and spreading of approximately 22,000 tonnes of RM gravel.

The option for contractor self-loading must be shown separately in the quote.

The successful applicant agrees to sign a one (1) year agreement.

Information package is available at the RM Office located at 57 Railway Avenue, Woodlands during regular business hours or by visiting the municipal website.

Quotations must be submitted to the RM Office no later than 2:00 P.M. on April 21, 2023:

RM of Woodlands
PO Box 10
57 Railway Avenue
Woodlands, MB. R0C 3H0

The lowest quote or any quote will not necessarily be accepted.

RURAL MUNICIPALITY OF ROSSER PUBLIC HEARING 2023 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act the Council of the Rural Municipality of Rosser will hold a PUBLIC HEARING to present the 2023 Financial Plan for the Municipality at:

7:00 P.M.
TUESDAY, APRIL 25, 2023
ROSSER MUNICIPAL OFFICE

Important Note: This Hearing will be conducted both in-person and virtually.

For anyone who wishes to attend the Public Hearing by in-person or virtual means, you are required to pre-register by emailing the RM of Rosser at clerk@rmofrosser.com.

The Rural Municipality of Rosser 2023 Financial Plan consists of:

- 1) the 2023 Operating Budget,
- 2) the 2023 Capital Budget,
- 3) an estimate of the operating revenue and expenditure for the 2023 fiscal year, and
- 4) a five-year Capital Expenditure Program (2024-2028).

At this time the Council will present the proposed 2023 financial plan for the Municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

Copies of the proposed financial plan are available upon request at the Municipal Office, 77 E PR 221 in Rosser, Manitoba during regular office hours Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Larry Wandowich
Chief Administrative Officer
Rural Municipality of Rosser

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Overview

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Responsibilities

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- Interpret and communicate all test results to QC Supervisor and Production in a timely manner
- Ability to multi-task within business unit, flexible with regard to hours of work and responsibilities.
- Develop and maintain strong working relationships with Logistics, Production and Sales
- Responsible for the maintenance and cleanliness of equipment and lab
- Performs additional duties as assigned

Safety and Environment

- Adhere to all company safety and environmental practices and policies – training provided
- Assist operations in the support and implementation of safety protocols
- Enforce safety on the work site (truckers, visitors, and plant crew)
- Required PPE must be worn at all time

Qualifications

Education:

- Grade 12 or equivalent
- CCIL Technician Certificate would be an asset

Knowledge & Skills:

- Able to understand and work with QC lab equipment
- Works well in a team environment.
- Excellent communication and leadership skills.
- Able to handle difficult issues in a positive way.
- Organized self-starter and can work independently.
- Strong problem solving.
- Excellent time management skills

Requirements:

- Valid Driver's License, own transportation – must be reliable
- Full-time hours with some OT

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Green Acres Art Centre (GAAC) is a non-profit organization located in the entrance of the Green Acres Park. The GAAC offers yearly and summer art, culture and wellness programs for people of all ages in the community of Teulon and surrounding areas.

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INCLUSION CAMP LEADERS

The Green Acres Art Centre is also looking to hire energetic empathetic individuals ages 15 – 29 who are committed to supporting campers who may need additional supports to have a positive camp experience.

VOLUNTEERS

The Green Acres Art Centre is seeking mature outgoing individuals ages 12 – 14 who are creative, enthusiastic and reliable youth looking for volunteer opportunities in our community.

Details of ALL positions and the process for applying go to <https://greenacresartcentre.ca>

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Help Wanted - Looking for someone who can support and provide in home care to a woman approaching 70 years of age, living at home. Located at Lake Manitoba Narrows North Cottage development, this is an opportunity to provide companionship and essential care, which is both rewarding personally and professionally. Duties include acting as a personal companion, transfers, assistance with personal care, and assistance with meals. Candidates should have a current Criminal Record check with Vulnerable Sector and Adult Abuse Registry check (within 12 months), a current BLS/CPR certification would be beneficial. We are willing to pay above and beyond the standard rate for similar positions within the health region to a candidate who can help us. Email resume: dboleski@gmail.com or call 204-293-0884.

Mature reliable adult to work cashier/concession alternate weeks/evenings, minimum 15 hours per week worked. Work week is Wednesday to Monday, September to June; Tuesday to Monday, July and August. Responsible for ticket & concession sales, clean-up & to watch front during show. Apply to Flicks Cinema, evenings.

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CAREER OPPORTUNITY

Chief Administrative Officer (CAO)

The Rural Municipality of St. Laurent is seeking qualified and interested applicants to fill the role of Chief Administrative Officer. Under the direction of Council, the CAO is responsible for the overall management of the operations of the Municipality as set out in The Municipal Act.

The successful candidate should possess the following skills and qualifications:

You must have demonstrated management and leadership experience, superior computer and communication skills, both written and verbal, experience maintaining an effective working relationship with staff and the public, and a strong understanding of The Manitoba Municipal Act. A degree in Public Administration or a Municipal Administrator's Certificate, combined with extensive experience in a senior administration or management role, preferably in municipal government would be required.

There are many areas of knowledge required in this role: Accounting and Budget Planning, Development Agreements, Zoning and Subdivisions, Contracts, By-Laws, Board of Revision, Economic Development, Human Resources Management, Public Works, Environmental Issues, Elections, Tax Sale, Payroll and Union, Emergency Management, just to name a few.

As this is a bilingual municipality, having the ability to communicate and correspond in both official languages would be considered a strong and desired asset.

The qualified candidate can expect a salary and benefits package that reflects level of experience.

Please forward your resume with cover letter along with salary expectations and references no later than noon on April 21, 2023.

Rural Municipality of St. Laurent
16 St. Laurent Veterans Memorial Road
Box 220
St. Laurent, Manitoba R0C 2S0
Phone: (204) 646-2259
Fax: (204) 646-2705
Email: cao.rmstlaur@mymts.net

We thank all who apply. Only those selected for further consideration will be contacted for an interview.

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



THE RURAL MUNICIPALITY OF WOODLANDS
PUBLIC HEARING

REGARDING THE 2023 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 2023 Financial Plan for the Municipality on

April 24, 2023 at 6:30 P.M.
Woodlands Municipal Office
57 Railway Avenue, Woodlands, MB

The Rural Municipality of Woodlands 2023 Financial Plan consists of:

- 1) 2023 Operating Budget
- 2) 2023 Capital Budget
- 3) an estimate of the operating revenue and expenditures for the following fiscal year (2024), and
- 4) a five-year Capital Expenditure Program (2024-2028)

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 2023 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.

Information and documents concerning the 2023 Financial Plan are available for review by email, mail or fax as of April 12, 2023 at the R.M. of Woodlands Office at 57 Railway Ave., Woodlands, MB.

Kaitlyn Griffith, CMMA
Chief Administrative Officer
Rural Municipality of Woodlands

Dated March 27, 2023

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NOTICES

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NOTICES

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Starting a new business?
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Call 204-467-5836



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McCulloch Mooney Johnston Selby LLP
Box 1670, 14 Main Street S.
Carman, Manitoba R0G 0J0

PROPERTY

SW ¼ 29-20-2 EPM
Being Approx. 159.33 Acres

Section 6-21-2 EPM
Being Approx. 654 Acres

SW ¼ 32-20-2 EPM
Exc Sly 1320 feet perp
Being Approx. 82 Acres

SE ¼ 32-20-2 EPM
Being Approx. 162 Acres

NE ¼ 30-20-2 EPM
Being Approx. 155.89 Acres

NW ¼ 29-20-2 EPM
Being Approx. 162 Acres

NE ¼ 29-20-2 EPM
Being Approx. 162 Acres

CONDITIONS OF TENDER

1. Interested parties must rely on their own inspection and knowledge of the property.
2. Tenders may be placed and accepted on one or any number or all parcels of land.
3. Tenders must be received on or before 2:30 pm on April 28, 2023.
4. Tenders must be accompanied by a **\$10,000.00** cheque payable to **MMJS LLP** in Trust as a deposit. Deposit cheques accompanying unacceptable bids will be returned.
5. Highest or any tender not necessarily accepted.

TERMS AND CONDITIONS OF SALE

1. The bidder whose tender is accepted will be required to complete an agreement covering terms and conditions of sale.
2. In addition to the deposit, the balance of the accepted tender must be paid on or before the date of closing which shall be **June 1, 2023**, or evidence provided that the purchase funds will be available under conditions acceptable to the Vendor. If the balance of the accepted tender is not paid within the set time limit the deposit may be forfeited as liquidated damages and not as a penalty.
3. Possession is not authorized until acceptable arrangements for full payment are made following acceptance of tender.
4. Successful bidder will be responsible for real property taxes commencing January 1, 2023.
5. The purchaser shall be responsible for payment of GST or shall self-assess for GST.

For further information contact
Scott W. Johnston at:
Ph: 204-745-2546
Fax: 204-745-3963
email: scott@mmjlaw.com

THE RURAL MUNICIPALITY OF ROCKWOOD 2023 FINANCIAL PLAN - PUBLIC HEARING

In accordance with Section 162(2) of The Municipal Act, the Rural Municipality of Rockwood shall hold a **PUBLIC HEARING** to present the 2023 Financial Plan for the Municipality at:

6:00 p.m.
Wednesday, April 26, 2023
RM of Rockwood Administrative Office
285 Main Street
Stonewall, Manitoba

The Rural Municipality of Rockwood 2023 Financial Plan consists of:

1. The 2023 Operating Budget;
2. The 2023 Capital Budget;
3. An estimate of the operating revenue and expenditures for the following fiscal year; and
4. A five (5) year Capital Expenditure Program.

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 Rockwood 2023 Financial Plan.

Any person who wishes to make a Presentation, Ask a Question, or Send a Letter to Council must provide a copy of the presentation and/or documentation no later than 4:00 p.m. on April 21, 2023.

Copies of the 2023 Financial Plan will be available for review after April 18, 2023. Persons wishing to review the municipality's financial plan may view the documents at the Municipal Office, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Chris Luellman, CMMA
Chief Administrative Officer
The Rural Municipality of Rockwood

THE RURAL MUNICIPALITY OF ROCKWOOD 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, grader, 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 \$20.66 - \$21.95/ 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 20, 2023.

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.

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Big and Colourful Printing & Publishing is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

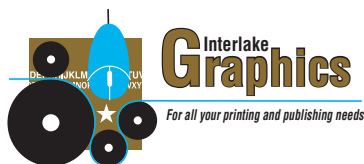
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to Bigandcolourful@mts.net



Stonewall Teulon
Tribune
THE EXPRESS
WEEKLY NEWS

Public Open House

Teulon Secondary Plan and Zoning By-law Review

The Town of Teulon is creating a new Secondary Plan and Zoning By-law and is seeking your input.

The Secondary Plan is a policy document to guide future development in the Town. The Zoning By-law divides the municipality into zones and sets out the requirements for various land uses. In order to ensure that the Secondary Plan and Zoning By-law meet the needs of the community, we will be holding a **Public Open House on April 24th, 2023** to gather information and provide you with the opportunity to share your vision for the future of the Town.



The Public Open House will be a come-and-go format with a series of posters to explore opportunities and issues in the municipality.



Please join us to learn more about the project, ask questions and to have your say.

Date: Monday, April 24, 2023
Time: 7:00 p.m. to 9:00 p.m.
Location: Teulon Rockwood Centennial Centre, 14 Main Street, Teulon

If you require more information, please contact:

Kari Schulz, Senior Planner at WSP | **T:** 204-259-1477 | **E:** kari.schulz@wsp.com



Announcements



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CARD OF THANKS

I would like to thank the couple at Home Hardware who called the ambulance as well as the ambulance attendants for their quick response to help me when I was sick, and to Dr. Ventor for the care while I was in the hospital. Also, thank you to my nephew Billy and Diane Ammeter for their concern and help getting me home the next day.

-Silvia Ammeter

IN MEMORIAM



Douglas W. MacDonald
September 26, 1947 – April 12, 2022

Thinking of you is easy,
We do it every day;
Missing you is the heartache,
That never goes away.
We love and miss you so much.
Forever in our hearts.
Love you forever and always.

-Your loving wife Maggie,
Shawn, Char and family,
David, Aaron and family,
Trevor, Angela and family

*Your memory will live forever
Engraved within our hearts*

OBITUARY

Beverly Martin Sherred

Suddenly on Thursday, April 6, 2023 Beverly Sherred aged 88 years of Inwood, MB. passed away at Stonewall & District Health Centre.

Longer obituary to follow.



Your memory will live forever Engraved within our hearts

BIRTHDAY



Congratulations Mom on turning 80!!!

Kathleen Biloki
April 18th, 1943

-Love from Curtis, Alison (Chad),
Cory (Michelle),
your puppy Stryker
and all your grandchildren

IN MEMORIAM



Richard Chudley
January 2, 1939 - April 11, 2022

Someone's watching over us,
we feel it in the air.
That someone can't be seen or heard,
But we know that he is there.
It's someone very special,
All around us and above;
We know that he'll take care of us,
He's watching us with love.

-Lovingly missed
Louise

Shauna, Rick, Nadine, Brad, Jolene, Grant,
all your grandchildren
and great-grandchildren

*There is a link death cannot sever,
Love and remembrance last forever.*

IN MEMORIAM



Rose Bezyk
May 5, 1946 – April 16, 2003

**In Loving Memory of
our Mom and Baba
who passed away 20 years ago
on April 16, 2003**

Mom, thanks for showing us love,
For we now know how to love.
Mom, thanks for showing us faith,
For we now know how to pray.
Mom, thanks for showing us life,
For we all know how to enjoy life.
Mom, thanks for showing us courage,
For we all know how to face adversity.
We miss you dearly Mom and Baba.
Vichnaya Pam' Yat

-Love always,
Bev, Grant and Stephanie
Brad, Arlene and Clay

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