

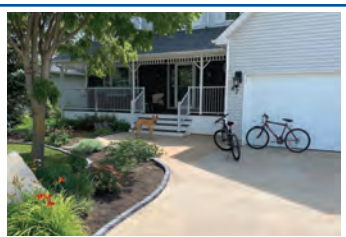


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THURSDAY,  
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## Investing in our future

TRIBUNE PHOTO BY JO-ANNE PROCTER

Town of Stonewall guests and Family Food staff were at Ecole RW Bobby Bend School to collect paper grocery bags last Monday that the students have designed in honour of Earth Day. Pictured back row, left to right: Peter Bullivant (deputy mayor, Town of Stonewall) Sydney, Erica Corrigan-Lowe (Family Foods), Nicky, Walter Badger (councillor, Town of Stonewall), Kylie, learning support teacher Jennifer Rukhra; front row: Theo, Frejya, Merik, Kyle and Ollie.

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# Celebrating 55 years on the Bookmobile!

By Jennifer McFee

The local library on wheels remains in the good books of readers throughout the region.

And the South Interlake Regional Library's Bookmobile has stacks of reasons to celebrate this month.

"National Bookmobile and Outreach Day is April 26, but we celebrate all month so that all of our patrons can enjoy the information and pictures we have displayed on the Bookmobile when they visit," said Bookmobile branch librarian Pam Palcat.

"This year, the Bookmobile is not only celebrating Bookmobile and Outreach Day but also our 55th year serving our communities. We have decorated the Bookmobile with balloons and steamers and photos of interesting events and information."

The photo display includes a shot of the first Bookmobile, which was a 1955 GMC van. Another photo shows a frost boil that Palcat encountered the first spring she served as the Bookmobile librarian. Another cute shot shows a kitten who was determined to visit the Bookmobile.

"The most popular question asked is 'Do the books ever fall off the shelves?'" Palcat said. "We have photo proof of just that. What a mess!"

Throughout the area, the Bookmobile visits 31 locations every four weeks.



Bookmobile Club in Gunton

"The Bookmobile is a library on wheels. We visit community halls, schools, Hutterite colonies and seniors' apartment buildings throughout the communities of our four funding groups, which are the RM of Rockwood, RM of Rosser, Town of Teulon and Town of Stonewall," Palcat said.

"We see approximately 1,100 people of all ages and lend an average of 3,200 books per month. The Bookmobile is closed during the summer months. I'm proud of the fact that we have been able to provide Bookmobile service throughout our commu-



TRIBUNE PHOTOS SUBMITTED

Bookmobile Day 2023 decor

nities for the last 55 years."

The South Interlake Regional Library's Bookmobile is currently the only Bookmobile in Manitoba, she added.

"Over the years, the Bookmobile has had many changes. For example, I was one of the lucky children to enjoy the Bookmobile when I was in school and we were always extremely excited when the Bookmobile visited. At that time, at the Stonewall schools, only children who were bus students were able to visit the Bookmobile," she said.

"Happily, that rule has changed and everyone is welcome to use the Bookmobile. We also now offer storytime in three different communities once per month and a Bookmobile Club in Gunton for children over eight years old."

The Bookmobile also participates in community events such as the Ready, Set, Grow wellness expo at Ecole RW Bobby Bend School for upcoming kindergarten children and the Touch-A-Truck event hosted by the Stonewall Children's Centre at the Rockwood Ag Society Grounds, she added.

"One reason our Bookmobile is important is it provides library services to people who are often unable to visit the larger libraries. Community members can register for a library card, borrow books, audio books, large print books, magazines, DVDs and puzzles, as well as participate in storytime, Bookmobile Club and community events — almost everything our larger libraries offer," she said.

"What I like best about being the Bookmobile librarian is meeting our amazing patrons. We hope to see you soon."

To check out the Bookmobile schedule, visit [sirlibrary.com](http://sirlibrary.com) or follow the Bookmobile on Facebook (South Interlake Regional Library-Bookmobile) and Instagram ([sirlbookmobile](https://www.instagram.com/sirlbookmobile)).

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# Quarry Choristers dinner theatre presents A Fair Affair

Tickets on sale for April 27-30 and May 4-6 shows

**Staff**

Hurry Hurry Hurry! Step right up folks, get your tickets here!

Don't miss out on the festivities of the 75th annual Fairfield Fair, as Quarry Choristers dinner theatre presents *A Fair Affair*.

This year's show promises to be an exciting and fun-filled experience for all ages with carnival games, food stands, feisty competition and familiar music including Billy Joel, Taylor Swift, Tina Turner and Maroon 5.

There's bound to be something for everyone at this year's fair.

However, a decade-old rivalry threatens to derail the atmosphere of friendly competition. Will it affect the overall fun and excitement? There's only one way to find out! So grab your tickets now before they run out.

Abas Catering will provide a delicious buffet meal reminiscent of a big family dinner with all the fixings like perogies and cabbage rolls.

Online tickets are available at quarrychoristers.com for shows on April 27-30 and May 4-6 at 6:30 p.m. Tickets cost \$60 each. Don't wait until it's too late; get yours today!



TRIBUNE PHOTO BY JO-ANNE PROCTER

Treat Mom to "A Fair Affair" dinner theatre for Mother's Day. The Quarry Choristers held a dress rehearsal last Sunday gearing up for their annual comedy/musical dinner show being held April 27-30 and May 4-6.

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# Students decorate grocery bags for Earth Day

By Jennifer McFee

An Earth Day initiative combines artwork and environmentalism to encourage grocery shoppers to ponder ways to protect our planet.

Young artists from Ecole RW Bobby Bend School have been busy decorating paper bags with Earth Day artwork once again.

On April 22 for Earth Day, the colourful bags will be available for Family Foods shoppers to purchase for 10 cents each. Family Foods will donate a portion of the proceeds of all bags sold on Earth Day to REACT (Rockwood Environmental Action Community Taskforce), a non-profit volunteer-run organization that focuses on environmental responsibility.

Erica Corrigan-Lowe, front-end manager at Family Foods, explained why the Stonewall-based grocery store is continuing with this Earth Day partnership.

"We think it's a really awesome project that we look forward to every year. It's amazing to see what the kids at Bobby Bend come up with to decorate their bags, as well as a fun and inventive way to get them involved as well," she said.

"We want to increase awareness in any way we can, and this opportunity is such a perfect way to do that while also involving the community as well."

The response from customers last year was extremely positive, she added.

"The customers absolutely adored the decorated bags and were asking if they could look through them to see all the creative artwork," Corrigan-Lowe said.

an-Lowe said.

"It's also really cool to see the students come in and try to find the bag they decorated and show it to their family. Everyone is always admiring them."

With the environment top of mind, Family Foods is also involved in a plastic bag recycling program with REACT.

"Customers are encouraged to bring back all their plastic bags that they collect from their shopping and drop them off here for REACT to then later recycle," Corrigan-Lowe said.

"We're also in the process of switching over all of our single-use packaging products to a biodegradable option."

Excitement is already beginning to build for the kids' much-anticipated Earth Day artwork, she added.

"Usually they go quickly since the customers love them so much, but if we don't hand them all out that day, then they'll be available in the following days as well," she said.

"We're super happy to be a part of this project and can't wait to hand out the bags on Earth Day. Projects like this really bring the community together in such a cool way, and we really believe in that here. We've already had a few customers asking about if they're getting them back, so it seems like everyone is really excited and anticipating it."

Jennifer Rukhra, a teacher at Ecole RW Bobby Bend School, said it's their third year co-ordinating with recreation facilitator Laine Wilson on this initiative.

"I look forward to continuing to con-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ecole RW Bobby Bend students decorated grocery bags with Earth Day art. The bags will be on sale at Family Foods on Earth Day, April 22. Pictured, back row, left to right: Wally Badger (Town of Stonewall), Erica Corrigan-Lowe (Family Foods), Peter Bullivant (Town of Stonewall) and Jennifer Rukhra (teacher); middle row: Nicky, Sydney, Kylie; front row: Ollie, Merik, Kyle, Frejya and Theo.

nect the school and our local community through this project," she said.

"We have had great success in the last few years with having students decorate the paper bags provided by Family Foods, and students across grade levels in our school have really invested time and creativity in decorating the bags. The response from the community at large has been very positive and enthusiastic."

All grade levels in the school, from kindergarten to Grade 4, participate in the bag-decorating initiative. Rukhra expects they'll likely have a bag decorated by each student in the school — about 440 in total.

Other school endeavours are also underway to ensure that environmental stewardship remains a top-of-mind topic.

"Our school is participating in 'April is Kindness Month' and one of

the focuses will be 'Being Kind to the Earth,' which will include a school grounds litter collection," she said.

"Good thing the snow has melted away quickly to allow for us to go ahead with this."

It's important for all grades to learn about sustainability and different ways to take care of the planet, Rukhra noted.

"I was able to make it into a few classrooms to talk about the importance of reusing items, and I think the fact that these students have brightened up these plain paper bags with their incredible artwork will give our community members the idea that even paper bags can be reused," she said.

"It was great to see that students connect to the topic of taking care of our Earth and had so many great suggestions to offer when we brainstormed for ideas for the bags."



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**STONEWALL**

# Local Smile Cookie campaign supports Bobby Bend playground project

By Jennifer McFee

This sweet partnership is sure to put a smile on your face.

Once each year, Tim Hortons locations across Canada partner with local charities to raise funds through Smile Cookie sales. This year, the promotion runs from May 1 to 7, and the Smile Cookies cost \$1.50 apiece.

Last year, the initiative raised a record-breaking \$15 million for more than 600 charities across the country.

Stonewall's Tim Hortons will donate the proceeds of its sales this year to Ecole RW Bobby Bend School's parent advisory council for their accessible playground project.

Jamie Pope, owner of the local Tim Hortons, said she learned about the school's fundraising initiative through recreation facilitator Laine Wilson.

"We both immediately knew it was a perfect fit for the Stonewall Tims — supporting local kids and supporting inclusion," Pope said.

"On a personal note, I have a child with autism who is just beginning to learn sign language to communicate. My experience with my son has added a new lens to how I view everything that we come across throughout our days, and there are lots of opportunities in our communities to be more inclusive. The accessible playground project at Bobby Bend will help more kids be included, and that's huge."

In previous years, the local Tim Hortons' Smile Cookie campaign has supported the Kinsmen's efforts to fundraise for the splash pad as well as the Children's Rehabilitation Foundation.

PAC chair Amanda Clarke expressed excitement about this generous contribution.



Quinn Clarke enjoys a tasty treat.

"We are completely honoured to be chosen by Tim Hortons to help us get closer to our goal to get the first inclusive playground for this area. We can't thank them enough for their support and willingness to work with us," she said.

"We can't wait to be able to complete this project for our school and community so that when children get to play, everyone can be included."

So far, the PAC has raised about \$83,000 towards the project.

"If this amazing fundraiser with Tim Hortons goes good, we could be so close to reaching our goal of \$120,000. We are hoping to be able to get the ball going, if everything keeps going good, this summer or possibly early next school year," Clarke said.

"We continue to do little fundraisers within the school. Hot lunches are a big hit right now, and families are



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Left to right: Debra Adamik, Amanda Clarke, Quinn Clarke, Sam Dacasin (Tim Hortons manager) and Jamie Pope (owner).

so happy to have those back at the school."

Clarke also extends gratitude to all involved in Smile Cookie endeavour.

"I want to thank Laine Wilson for the never-ending support and help for the parent advisory council — and to Jamie Pope and Tim Hortons for hosting this wonderful fundraiser to help us out. We plan to get the children in the school involved with decorating the cookies, along with many volunteers from PAC and their families," Clarke said.

"Students at Bobby Bend School will be sending home order forms to pre-order cookies by the half-dozen

and dozen to help out with sales. Businesses can purchase bulk orders, and those forms will be available at Tim Hortons."

For Pope, she hopes community members will indulge their sweet tooth to support her fundraising goal of selling 10,000 cookies.

"I know it's ambitious, but we can do great things together," she said. "I plan to update Amanda and the PAC every day throughout the campaign. Together, with the help of some volunteer cookie decorators, I'm confident we'll make it — and, hey, maybe we will sell even more."

## Balmoral School reunion cancelled

Staff

The Balmoral School reunion committee has opted to cancel the event following the recent passing of its main organizer.

"The Balmoral Olde School Reunion Committee is sad to let people know of the passing of Don Lawrence," said

committee member Bev Wait.

"The reunion was a great idea of Don's, and it is with regret that the committee has decided to cancel the reunion scheduled for June 24, 2023."

Anyone with questions can contact Bev Wait at bevwait70@gmail.com or 204-467-2435.

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EACH NIGHT**

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Ben Affleck  
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Coarse Language*

**14A**

# Syrett commits to Crookston's Equestrian team south of the border

By Emma McGill

It is common for those of us from Rockwood to take a spring trip out to Brandon for the Royal Winter Fair and enjoy a day of agricultural presentations, horse shows and general fair fun. Some of us may even look into the arena and wonder what it would feel like to be the one barrel racing or jumping.

Well, Argyle resident Belle Syrett did more than wonder about doing so this past weekend. Having been an admirer of all things equestrian her whole life, she experienced her dreams coming true at Brandon's Royal Winter Fair, where she competed with her horse, Bonnie, over spring break.

Syrett was practically born into loving horses. Her grandparents had a few and always loved them, and her dad worked for a long time as a farrier. So it wasn't long before she was ready to realize her potential as a rider.

"When I was six or seven, I told my grandma I wanted to do more," says Syrett.

She started in the Quarry Ridge Pony Club, located in Stonewall, at the age of seven and learned lots about riding



Belle Syrett and her Clydesdale mix Bonnie.

and caring for horses. She is grateful to have learned about these amazing animals in both ways.

Syrett's father rescued her horse, Bonnie, and Bonnie's sister from a meat auction when the pair were about two or three years old. He had wanted to train them to drive and work sleighs, but this was no longer possible when Bonnie's sister broke her leg. So after the two horses had been idle a while, Syrett took a chance on Bonnie. She found herself train-

Continued on page 7



TRIBUNE PHOTOS BY KARA BLACK PHOTOGRAPHY

Syrett and Bonnie finished fifth in the .90M Mini Prix Class.



Winter Fair friends, pictured left to right: Mya Oakley, Sylvie Allen, Belle Syrett, Jenna Truthwaite. Horses: Sriracha, Bonnie and Ginger.



Syrett has committed to the University of Minnesota Crookston's Equestrian Team for this fall.



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# Conservation that's close to home and close to the heart

## Robyn Yates named DUC's Volunteer of the Year in Manitoba

By Ducks Unlimited Canada

National Volunteer Week is April 16 to 22. To celebrate, Ducks Unlimited Canada (DUC) invites you to recognize Robyn Yates, a dedicated volunteer in your region who's been named DUC's Volunteer of the Year in Manitoba.

Robyn Yates grew up with one of the country's flagship conservation areas and an internationally important wetland right outside her backyard. Her home was just south of Manitoba's Oak Hammock Marsh, the site of Ducks Unlimited Canada's national office and the award-winning Harry J. Enns Wetland Discovery Centre. It's a place that would ultimately shape her lifelong commitment to conservation.

"I've known about Ducks Unlimited Canada since I can remember," said Yates.

After obtaining an environmental studies degree, she landed a job with DUC's fundraising department and found herself working inside that familiar building at Oak Hammock Marsh. Always eager to do more for DUC's mission, Yates became the volunteer chair of DUC's Selkirk committee five years ago.

Since then, she's led one of DUC's most profitable fundraising events in Manitoba. The chapter's main fund-



Robyn Yates has been volunteering with DUC for seven years.

raising dinner hosts 250 people each year, complete with unique raffles and a live auction. In 2023, this event will celebrate its 40th anniversary and with Yates at the helm, it's sure to be a memorable milestone.

Yates says she is motivated both by community and a love of conservation.

"I know that I can give back, can support something near and dear to my heart. My kids are also aware of the positive impact of wetlands. My son, when he was nine years old, could already identify more ducks than most people I know," she said with a note of pride. "We're passing this through the generations — it's bigger than you and me, and that's something that resonates in my heart and soul."

While Yates left DUC as an employ-



PHOTOS SUBMITTED

### Oak Hammock Marsh

ee three years ago, she continues to plan five or six events annually with her volunteer chapter.

"I leaned in, and this became my baby. It's something I'm incredibly proud of," she says, adding that she has a small but mighty group of seven volunteers beside her. "It doesn't feel like work with this amazing group of people."

In recognition of Yates' outstanding volunteer service, leadership and passion for conservation, she was named DUC's Volunteer of the Year in Manitoba.

"Robyn is always supportive of all things DUC, and her commitment this past year to our events program

has been second to none," says Brad Porath, DUC's manager of volunteer and corporate fundraising in Manitoba. "She has stepped up in a big way, contributing to the success of many other chapters and events throughout the province throughout her tenure as a volunteer. Her contributions are significant, meaningful and sincerely appreciated."

There are nearly 520 DUC volunteers in Manitoba and 3,950 across Canada. DUC is proud to recognize each of them, including outstanding leaders like Robyn Yates, as volunteer champions and conservationists who serve with generosity, passion and dedication.

## > EQUESTIRAN TEAM, FROM PG. 6

ing the horse from the ground up to be an English-style jumper, even though the Clydesdale mix was not necessarily meant for that. Syrett's hard work is paying off; she just returned from competing in Brandon last month.

The Brandon Winter Fair began in March of 1906, mainly to promote the sale of livestock as Brandon's agricultural influence began to grow. After more than 115 years, the Winter Fair is still going strong, hosting audiences as well as participants from all over Manitoba and Saskatchewan. This year's fair ran from Sunday, March 26 to Saturday, April 1.

"I've been going to the Winter Fair since I was four," recalls Syrett. "It was such a surreal moment walking into the big ring for the first time."

She and Bonnie competed in two jumpers: the 0.90 metre, where they impressively came in fifth place in a group of 21 competitors, and the 1.0 metre, where they again came in fifth. A typical course has an average of 10 jumps in the arena. Equestrians are judged on their form and their horse's athletic ability to clear the jumps in time. On top of this, Syrett and Bonnie competed in the 0.90 Mini Prix, coming in fifth against 18 oth-

ers. They also participated in a team cup, dressing up as a part of the Assiniboia Downs team, where they also came in fifth place in this category.

"We had a really, really good week. It was a big learning experience for both of us."

The level of involvement with horses and riding Syrett has kept up all these years will continue in her post-graduation plans; she has recently committed to the University of Minnesota Crookston's Equestrian Team. She had been looking for a way to stay involved with horses consistently while beginning her post-secondary education. After a recommendation from a friend, Syrett went through a fairly standard university sports recruitment process, which involved putting together a portfolio of videos that would showcase her skills in riding and its different styles and elements. Later, she travelled to Minnesota to meet the coach and other riders, and they offered her a position on the team.

"It's super exciting," said Syrett.

She looks forward to moving to the Minnesota campus to begin this next exciting chapter in her education, studying in the university's equine business program.

Other local riders placing at the Royal Manito-

ba Winter Fair 2023 (March 26-April 1, 2023) included:

### Grand Prix

1st Kate Curry (Irvine)

### 1.00M Mini Prix

1st - Lillian Curry (Isabella)

4th - Kate Curry (Athena)

7th - Michelle Johnson (Behntley)

### 1.20M Mini Prix

2nd - Kate Curry (Cordeth)

### .90M Mini Prix

3rd - Michelle Johnson (Geneva)

4th - Dominic Good (Little Big Sky)

8th - Elizabeth Abraham (Bon Echo)

## ODDFELLOWS DRIVE UP DINNER

DATE: May 6, 2023  
LOCATION: Oddfellows Hall, 374 First St. West  
TIME: 5pm-7pm



MENU: Chicken Cordon Bleu, Baked Potato and Trimmings; Vegetable; Coleslaw, Bun & Butter, Dessert  
PRICE: \$22.

DEADLINE FOR ORDERS: April 28  
CONTACTS: Doug Livingston 204-467-2690  
Ross Thompson 204-467-2438

Stonewall Teulon  
**Tribune**



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# getheard > Got news?

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



Jennifer McFee  
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## COVID infections, hospitalizations in Manitoba; province adding 70 surgical assistants

By Patricia Barrett

Sixty people were hospitalized with COVID during the first week of April, according to the provincial government's respiratory surveillance report for the period April 2-8 (reporting Week 14).

Eight of those people required intervention in the intensive care unit. There were 135 new hospitalizations, including 22 ICU admissions, reported the previous week.

There were 132 new COVID infections reported in Week 14. There were 274 new COVID infections reported the previous week. 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.

Wastewater surveillance data for Winnipeg and Brandon up to March 30 show sustained COVID activity.

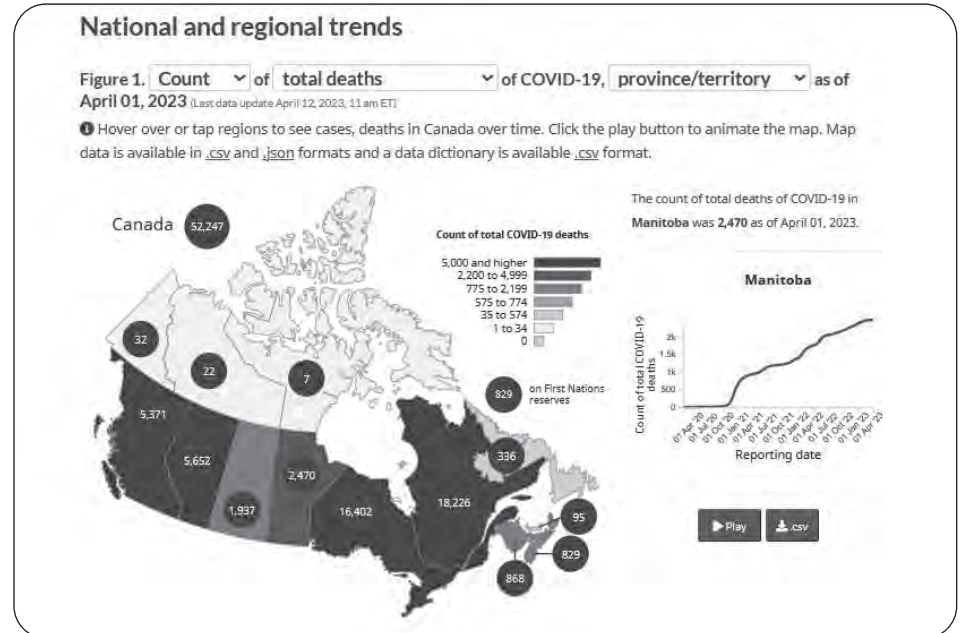
The province reported no deaths in Week 14, Week 13 and Week 11 (there was no surveillance report issued for Week 12, March 19-25).

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 52,247 as of April 1.

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

There were four new cases of influenza A and one new case of influenza B reported in Week 14. There were also three new hospitalizations and zero deaths. There were six and three new cases, respectively, in Week 13, along with four hospitalizations and zero deaths reported.

There were 21 new cases of respira-



GOVERNMENT OF CANADA

Manitoba's COVID death toll has remained at 2,470 since March 18. The province reported no deaths in Week 14, Week 13 and Week 11 (there was no surveillance report issued for Week 12, March 19-25). Canada's COVID death toll was 52,247 as of April 1.

tory syncytial virus (RSV) in Week 14. The previous week's report showed 11 new cases.

### OTHER HEALTH NEWS:

There were three million new COVID infections and over 23,000 deaths reported worldwide between March 13 and April 9, according to the World Health Organization's epidemiological update published April 13.

Globally, the U.S. and Russia reported the highest numbers of new COVID cases over the 28-day period at 455,939 and 291,895 respectively. The U.S. and the U.K. reported the highest numbers of new COVID deaths at 5,571 and 2,708 respectively.

Canada had the third highest num-

ber of new COVID deaths (443 new deaths or 1.2 new deaths per 100 000) in the Americas region (North, Central and South America).

The WHO is tracking one variant of interest, XBB.1.5, and seven variants under monitoring, BA.2.75, CH.1.1, BQ.1, XBB, XBB.1.16, XBB.1.9.1 and XBF. Three of the VUMs, XBB, XBB.1.9.1 and XBB.1.19, are showing "increasing trends."

"A recent laboratory study on XBB.1.16 shows the variant to have an increased growth rate compared to XBB and XBB.1.5 respectively," states the report. "However, their immune evasion characteristics are similar."

Continued on page 9

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# get informed

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



TRIBUNE PHOTO BY LAINE WILSON

Temperatures soared to 13 degrees C. on April 11, melting the snow and filling ditches with water. Jase and Weston Gulay took advantage of the opportunity to test out their kayak while their mom Bri Gulay walked alongside the road beside them. 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](mailto:weather@stonewallteulontribune.ca)

## > COVID, FROM PG. 8

XBB.1.16 has been reported in 29 countries.

India reported a surge in COVID infections last week and believes XBB.1.16 is responsible as it is the dominant strain after circulating there for a few months. The country is re-starting its manufacturing of the COVID vaccine, Covidshield, to provide additional boosters.

- The province announced it's investing \$5 million to add 70 operating room assistants to support surgical care teams. Health Minister Audrey Gordon said the initiative is part of the Diagnostic and Surgical Recovery Task Force's efforts to reduce waiting lists for procedures.

"Operating room assistants play an important supporting role in our operating rooms, freeing up time for nurses to focus on the delivery of safe and effective care of Manitoba patients," said Gordon in an April 11 news release. "These positions are designed to help facilitate increased surgical capacity in our province. ..."

The 12-week paid micro-certification course will offer virtual classes and on-the-job clinical orientation. Operating room assistants' responsibilities will include decontaminating rooms,

disinfecting equipment, preparing patients for surgery and getting instruments and equipment ready for procedures. They will not be trained to carry out the same responsibilities as nurses, states the release. The free training is being offered in exchange for a two-year return of service agreement.

The initial course started in January with 29 students who are expected to be deployed to Winnipeg hospitals and the Selkirk Regional Health Centre "in the coming months as part of a pilot project," said Gordon.

Applicants must have health-care aide training and at least three years' experience working in an acute care setting.

- The Interlake-Eastern Regional Health Authority extended its thanks to volunteers who provide support and services to patients. The region is celebrating National Volunteer Appreciation Week (April 16-22).

Volunteers undertake a variety of activities such as reading to patients, doing activities and crafts with them, assisting them with meals and providing transportation.

IERHA chief executive officer Marion Ellis said volunteers make value contributions to the system.

"National Volunteer Appreciation Week is a time to acknowledge volun-

teers for their dedication and for the valuable contribution made to those they help and support in our health-care system," said Ellis in an April 13 statement on the health authority's website.

The region welcomes new volunteers. Contact volunteer co-ordinator Barb Ramsay at 1-855-494-7369 or email [bramsay@ierha.ca](mailto:bramsay@ierha.ca)

- Health Canada issued a recall notice for the Great Pretenders Assorted Boutique Butterfly Jewel Necklace because of excess allowable limits of cadmium in the jewelry.

The gold-coloured necklace comes with assorted butterfly crystal pendants in blue, red and violet.

The agency asks that the jewelry is "immediately" taken away from children and returned to the place of purchase for a refund.

"Cadmium is highly toxic, especially to children," states the alert. "A range of serious health effects have been associated with exposure to cadmium, including anemia, vomiting, diarrhea, serious brain injury, convulsions, coma, as well as effects related to the liver, kidneys, heart and immune system. In extreme cases there have been deaths."

As of April 6, the company received no reports of incidents or injuries in Canada.

## worship

with us > FAITH

**What would it be like to hang out with Jesus, the Lamb of God?** That's how He was introduced in John 1:29 by John the Baptist to Andrew just before he began to follow him. What would Andrew have been thinking after an introduction like that and what an enlightening statement made by John toward Jesus, unveiling the Messiah — the anointed or chosen one before their eyes. No wonder they began to follow Jesus. And what an intriguing response from Jesus toward Andrew. "What are you seeking?" he asked. His question promotes a thoughtful response. I love that about Jesus! He didn't talk about the weather. He wanted to get to the heart of the matter as if time and what we do with it is important.

Maybe this is why people flocked to Him. They had real issues, questions that needed answering, problems that needed solutions and remedies for broken hopes and dreams and, sometimes, broken bodies. I can understand the sick who came because they wanted to be healed, and His reputation for bringing restoration to many preceded Him. But he offered so much more than a miracle! He exuded wisdom. Even Nicodemus, a Jewish ruler, sought conversation with Jesus, recognizing no one can do these signs that He did unless God was with him. 3:2 Again, Jesus answers profoundly with, "Truly, truly I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God."

In Mark 2, as Jesus passes by a tax booth, He says to the tax collector "Follow me," and he does. He was not concerned that others looked at him as a sinner. In fact, Verse 15 says, "Many sinners were reclining with Jesus and his disciples." Perhaps Jesus engaged in conversation with people in true sincerity. His compassion and concern for the people around Him must have been felt. It is quite clear this kind of selfless love for others was His motivation all the way to the cross. What would it be like to hang out with Jesus? Freeing, inviting, life-changing and peace.

"Dive Deep" with us this summer and host a 5-Day Club for kids 5-12!

Laura Lawrence, Discovery Time director with CEF of MB  
[llawrence@cefmanitoba.org](mailto:llawrence@cefmanitoba.org)

# Rosser post office closes

By Jennifer McFee

The Rosser village post office permanently closed its doors earlier this month.

"Unfortunately, the Rosser post office closed as of Thursday, April 6 due to unexpected reasons beyond our control," said Lisa Liu, who works in media relations for Canada Post.

"In the meantime, mail, parcels and packets will be made available starting Wednesday, April 12 at the Rural Municipality of Rosser building located at 77 E Provincial Road 221."

Mail pickup is available between 10 a.m. and 4 p.m. at the Rosser municipal building. Any other postal services are available in Elie, St. Eu-

stache, Warren or any other Canada Post designated outlet.

The RM of Rosser sent out communications to residents via its messenger service to notify them of the closure.

"We remain committed to the residents of Rosser and are currently exploring all options to continue services in Rosser," Liu said.

"We apologize to our customers for this unexpected inconvenience and thank them for their understanding."

If anyone has questions about their postal services, they can contact Canada Post's customer service team online at [canadapost.ca/support](http://canadapost.ca/support) or by telephone at 1-866-607-6301 (TTY: 1-800-267-2797).



TRIBUNE PHOTO BUY LORNE ROSS

The Tribune is now available for pick up outside of the Municipal office due to the closing of the Rosser post office.

## Manitoba government investing \$3 million in seniors' housing programs

Submitted by Manitoba government

The Manitoba government is investing \$3 million in two housing programs that will allow more Manitoba seniors to safely age in their homes and communities as long as they choose, Seniors and Long-term Care Minister Scott Johnston and Families Minister Rochelle Squires announced this week.

"We've heard from seniors, and we know that they want to remain in their home and communities for as long as possible," said Johnston. "By funding a new home modification grant program and increasing funding for supportive housing, our government is ensuring that we are fostering safe, inclusive and accessible communities where seniors can age comfortably while also improving access to com-

munity-based health care."

The new home modification grant program will have an annual budget of \$1.5 million and provide financial assistance to seniors over the age of 65 and/or family members who have seniors over the age of 65 living with them with a household income of \$60,000. The provincewide grant will allow for home modifications that enhance safety during daily living activities. "It is a priority for the Manitoba government to enhance the affordability of, and accessibility to adequate housing for Manitobans, particularly to those persons of low-to-moderate incomes or with specialized needs," said Squires. "This new and innovative program will provide an affordable housing option to support seniors to remain in the community longer, which is important to the health and well-being of Manitoba seniors."

Home modifications include adaptations designed to increase safety, accessibility and participation in daily activities such as ramps, curbless showers and increased lighting, which are common solutions that can keep people living in at home as they

age.

"Unfortunately, many older adults and older adults with disabilities do not have the means to make home modifications and may be forced to move if they experience a change in health status or can't be discharged home from hospital because of barriers in the home," said Marnie Courage, occupational therapist and CEO, Enabling Access Inc. "This new home modification program is a welcomed support that will reduce fall-related hospitalizations, premature admissions to long-term care facilities and enable Manitobans to safely live in place as they age."


A further \$1.5-million investment will stabilize and strengthen the Manitoba government's supportive housing program, which has over 750 units including 528 in Winnipeg and 236 in rural areas. The minister noted the investment will increase the per diem rate by 19 per cent to ensure residents receive high-quality services.

"This increase in the per diem rate for supportive housing is a step in the

right direction and welcomed by operators," said Julie Turenne-Maynard, executive director, Manitoba Association of Residential and Community Care Homes for the Elderly. "We hope the Manitoba government will continue to invest in this program as evidence has proven that supportive housing is used and needed by seniors who need additional support."

This housing-with-care model provides residents in community-based congregate settings with access to comprehensive support services including meals, laundry, light housekeeping and personal support services.

"From improving community supports to enhancing services to promoting financial security, the recently released seniors strategy defined seven strategic priorities that will guide our plan to make Manitoba an ideal place to age," said Johnston. "In less than two months since launching the strategy, we have already committed over \$34 million in multiple key initiatives."



STONEWALL CHAMBER OF COMMERCE *Local. Business. Community.*

## AGM

Wednesday, April 26, 2023  
Doors Open 6:30 pm  
Meeting 7:00 pm

Something Beautiful Cafe  
307 Main St, Stonewall

Appetizers and refreshments provided\*

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

Please RSVP to Christy at [info@stonewallchamber.com](mailto:info@stonewallchamber.com) by Friday, April 21, 2023

Take care of details so they don't have to. *Just ask Ken.*




55 Main St, Teulon Call 204-886-0404 or visit [www.klfuneralservices.ca](http://www.klfuneralservices.ca)



### ROYAL CANADIAN LEGION

STONEWALL BRANCH - 467-2261 Lic #418

**Clubroom Events for the Week of April 17**

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

Dinner tickets for April 29th are on sale - Ham and Scalloped Potatoes \$12.50

**All are welcome - Support your local legion!**

# A home for every animal

By Autumn Fehr

For Christopher and Torrence Ledwich, it all started when they fostered their dog in 2013.

That summer, they rescued their first animal, a Japanese Chin dog named Diesel. From then on, they got the itch to continue working with animals of every kind — saving them from whatever unfortunate circumstance they were in.

Ledwich Family Farm was born from this desire.

When they lived in their small, 500-square-foot home in Winnipeg, they rescued another dog and two cats, continuing to help animals in need.

In the fall of 2016, they moved out of their small home and onto 320 acres outside of Inwood, where they could expand their reach and help even more animals.

Once on their new property, they began to rescue farm animals. Many fur friends joined the family on Mother's Day of 2019, including a horse, Gunner; a pony, Buster; and two goats, Bobby and Lukie.

The Ledwich family took over animals rescued from another family, and they were getting too old to care for them properly.

"We kind of dove in two feet first. All of a sudden more animals needed homes, and we realized there was much need to have a sanctuary," said Torrence.

Ledwich Family Farm's mission is to rescue and provide lifelong care to animals in need. In addition, they want to advocate for animals that don't have a chance to be saved.

"Once we took in a few animals, the requests started flooding in. ... It was kind of like, well, we have the space, so we might as well do it. We love animals. We have compassion for it and the drive," said Torrence.

Their sons Hudson (4) and Thatcher (2) also help their parents run the farm.

The vegan animal sanctuary is a registered non-profit that aims to provide the best life for its animals.

"As a vegan sanctuary, we don't ask



much of them (the animals). They just get to live their best life. The farm does not use eggs from chickens, and we don't use the fibres from the alpacas. They (the animals) get to exist as they want to exist," said Torrence.

The sanctuary is primarily self-funded. During the off-season, people will sponsor animals through their website — they have a rough estimate of what it would cost to take care of each animal. They also accept e-transfers. The farm does GoFundMe pages for specific projects. For example, they hope to build a new chicken coop with a wren this year. They have had many struggles with predators in the area, so they want to make a safe space for the birds.

The Ledwich family has always loved animals, but it wasn't always their vision to do this.

The farm houses about 53 animals: pigs, horses, cows, ducks, chickens, turkeys, dogs, cats, ponies, rabbits and many more.

"We did have more at a point, but because we are self-funded, and we've seen such a decline in donations, we haven't been able to take on as many animals as we would like," said Torrence.

Ledwich Family Farm receives animals for all sorts of different reasons.

Torrence said every animal has their own unique story.

Their two cows came from British Columbia. They came to the sanctu-



TRIBUNE PHOTO SUBMITTED

Ledwich Family Farm is an animal sanctuary that gives animals that need a hand up a forever home where they receive proper care while living their lives to the fullest out on the farm.

ary through a registered Canadian charity called People Ensuring Animal Care Exists (P.E.A.C.E.). In 2020, Ledwich Family Farm was the only sanctuary willing to accept cows, so the charity drove them all the way there when they were one year old so that they could live their best lives.

The cows were born as a set of twins. When cows are born as twins, one male and one female, the female is infertile. The farmer let the neighbour's kids raise them, hoping he would send them to slaughter, but the kids became very attached, and they didn't want that for them.

Torrence said they are still in touch with the family today that were with these cows for their first year of life.

Other animals come to them because people can't take care of them because they are moving. In other circumstances, it's because the animal is a rescue and the owners can't take care of them anymore.

In the beginning, Torrence said they took on animals from other sanctuaries to share the burden.

In December 2021, the Ledwich Family welcomed the Reineke-Valenzuela family from Blumenort. They built a house on the Ledwich property to help the family with different outlooks and skills they use to help the



animals in ways the Ledwich family cannot. The family of four — Justin Reineke, Carolina Valenzuela, their two children Savannah (11) and Denzel (7) and then Grampy Hubert (Justin's grandfather) — had their dream of starting a pig sanctuary in the future but love all animals and wanted to help as much as they could.

"We couldn't do it without them," said Torrence.

This summer and fall, the farm will be hosting some fun activities people can come out to and have some fun while supporting the animal sanctuary.

There will be handmade markets on June 10 and Oct. 1 where artisans will sell their products, and they will have a free program for kids during the market. Their youth market program teaches kids about new skills, whether it's money, social skills or arts and crafts, as they create products to sell at the market. They piloted the project last October, and all the kids sold something at the market.

Their biggest funder for the animals is their music festival, "Bring Your Love Festival of Arts," which will return this year from Aug. 17 to 21.

Stay tuned for more details on both of these events.

To donate and support, or learn more about Ledwich Family Farm, visit their website.

*We specialize in celebrating life*

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# New Nav-CARE program seeks volunteers and clients

By Jennifer McFee

South West District Palliative Care is excited to announce its new Nav-CARE program, the first of its kind in Manitoba.

As the volunteer co-ordinator for the program, Gwen Sharp is ready to embrace her new role.

"Nav-CARE is brand new to Manitoba. We are the first region to launch this free service. Nav-CARE stands for 'Navigation: Connecting, Accessing, Resourcing and Engaging.' This is a volunteer program that works towards improving the quality of life of persons living with declining health," she said.

"To help establish the first Nav-CARE program in Manitoba is exciting. I'm looking forward to connecting with more people in the region and being a help to them — meeting new people, engaging in local community and seeing positive results from the program, filling a gap in assisting those in declining health who need our services."

At the same time, she expects she might draw on my her own experiences with palliative care. The program follows the philosophy that palliative care exists on a continuum that starts with diagnosis and ends with grief support.

South West District Palliative Care is a non-profit organization that covers the rural municipalities of Rock-

wood, Woodlands, Rosser, St. Laurent and Armstrong, as well as the towns of Stonewall and Teulon. Nav-CARE doesn't replace home care or other community groups in these areas, but it will work together with them to support residents with declining health so they live happier and more fulfilling lives.

Sandra Smith, board chair for South West District Palliative Care, shared the good news about their successful application to Nav-CARE.

"Not only were we approved to run the program, but it also comes with funding for two years. It's fantastic. The funding is \$30,000 for Year 1 and \$30,000 for Year 2. The exciting part about it is that it will go towards set up and salary costs for our co-ordinator," Smith said.

"After the initial two years, we will assess and see how successful the program has been in our area. If it's something that we're able to continue, then we will definitely be looking at different avenues to do more fundraising to cover the cost of the program moving forward. It's very exciting."

Many volunteers are needed to ensure the program is a success, Sharp added.

"They will be provided with training in order to prepare for their important role in the program. Volunteers will be matched with clients for whom they will support and build

relationships with," she said.

"Volunteers will assist with a variety of tasks, such as relieving loneliness, a listening ear, community connection, connecting clients with resources and services available in their community. These will be specific relationships tailored to individual needs."

In addition, Sharp is seeking clients with declining health who might need Nav-CARE's services and support. Nav-CARE is available to anyone in the area who is feeling lonely or socially isolated, facing loss and declining health, or experiencing complex treatments and decisions. It's open to those living at home, in long-term care or in assisted living facilities in urban, rural or remote areas.

Anyone who would like more information about becoming a Nav-CARE volunteer or client can contact Gwen Sharp at [navcare@swdpc.com](mailto:navcare@swdpc.com) or 204-404-3030.

A couple fundraisers are coming up to support South West District Palliative Care.

On Saturday, May 6, Hiking For Hospice will take place in Teulon. Registration will be from 10 to 10:30 a.m., and the hike will begin at 11 a.m. Refreshments will be available from noon to 1 p.m. at the Anglican Church Hall.

All are welcome to join in the five-kilometre event by hiking, biking, running, rolling or scooting.



PHOTO SUBMITTED

Gwen Sharp is the volunteer co-ordinator for the new Nav-CARE program.

A virtual option for the event is available from April 30 to May 7.

To register, contact [s.w.d.p.c@hotmail.com](mailto:s.w.d.p.c@hotmail.com) or call Nancy at 204-886-2792.

Then on Sunday, May 7, a pancake breakfast will take place at the Lions Manor in Stonewall, located at Entrance 1 at 622 Centre Ave. Parking is available on Centre Avenue.

The cost is \$8 for adults and \$4 for children.

# Town of Stonewall presents jam-packed budget

By Jennifer McFee

Stonewall residents can expect to pay slightly more for their property taxes this year.

The municipal property tax is increasing by four per cent, but the solid waste special services levy has decreased by \$37.20 per household for 2023. The total property tax change in Stonewall will be an increase of 2.6 per cent.

"For 2022, the Manitoba Consumer Price index for inflation rate was eight per cent, so that became the backdrop under which council was working with," said CAO Wally Melnyk, adding that 2023 is a reassessment year.

In total, the town will spend more than \$7 million towards in capital upgrades in 2023.

The town will continue to work on bringing a personal care home to the community.

"One of the things that needs to be done in order to do that is to have the land available for construction of the project. So we're going to hopefully

be able to complete the land purchase sale for some of the property that we're hoping to acquire there," Melnyk said.

"We've been going through a subdivision process that's almost been two years in length and we hope to have that completed on that site."

The town will also be working on a project to build a new daycare at the Veterans Memorial Sports Complex site.

"That building will be funded in terms of its construction through provincial dollars, but we have to provide for some pieces of that project, including the access road, sewer and water to the site," Melnyk said.

"It's an exciting project. It brings 74 new daycare spaces to the community, a really important piece for economic development for the town given that we're a bedroom community."

Another 2023 investment will focus on buying a new wildland unit for the fire department since they are dealing with increased occurrences of grass

fires and other environmental changes. As well, the town is investing in a new generator for the emergency operations centre at the public works shop.

In Quarry Park, the town will continue with power updates to the RV campground. The town also plans to pilot a new revenue-generating initiative by building three new "bunkies," or small cottages, that will be available for rent.

In addition, the kilns restoration project is expected to start this spring.

Within the budget, money is also set aside for the planning and design of 4th Avenue N. and work to design a new entrance to Quarry Park.

Fiscal services, utilities, and recreation and culture are the main areas where the town will spend money in 2023.

"It's going to be a busy summer," Melnyk said. "There's lots in the budget to get done."

Grant revenue includes funding from Manitoba Water Services Board

to help with the south lift station upgrade.

The Infrastructure Canada Improvement Program is also providing funds towards the regional water project.

"We're currently working through that process on some of the conditions that we need to find out whether the project moves forward or not," Melnyk said.

Mayor Sandra Smith extended gratitude to the administrative team for their diligent work on the financial plan.

"As a council, we feel that the budget is quite fair to our ratepayers," Smith said.

"We're ratepayers as well, so we always keep that in mind when we're talking about finances."

More information about the 2023 financial plan is posted on the Town of Stonewall's website at [www.stonewall.ca](http://www.stonewall.ca).

# Community helping community

**Staff**  
One community organization reached out to help another through a thoughtful and practical donation.

South West District Palliative Care (SWDPC) gave the gift of a hooyer lift to Community Living Interlake to support clients who are facing mobility issues.

The hooyer lift, which costs about \$3,500 to \$4,000 new, was originally used by SWDPC for a client. The device assists caregivers to help clients get in and out of their beds and bath.

“Being gifted this lift by Palliative Care gives the people we support,

adults living with intellectual disabilities, the opportunity to age in their home,” said Tracy Fidler, director of client care for Community Living Interlake.

“It is so important for people to be able to stay in their own home where they are familiar with their surroundings and the people who support them.”

To learn more about South West District Palliative Care, visit [www.swdpc.com](http://www.swdpc.com). To learn more about Community Living Interlake, visit [www.communitylivinginterlake.ca](http://www.communitylivinginterlake.ca).

# Celebrating inclusion



TRIBUNE PHOTO SUBMITTED

Ecole Stonewall Centennial School students participated in “Day of Pink” to show that they believe in kindness and respect for all. Students and staff also challenged themselves to a device-free day. Pink Shirt Day in February has an anti-bullying focus while International Day of Pink in April focuses specifically on homophobic and transphobic bullying. Pictured, left to right: Ruby R., Robert D., Sophie M., Hailey S., Dominic P., Olivia P., Sophia P. and Eva L.



TRIBUNE PHOTO SUBMITTED  
Ron Groenheide (CLI client), front, with Doug Pickell (SWDPC past board chair), Tracy Fidler (Community Living Interlake) and Sandra Smith (SWDPC board chair).



## COMMUNITY NOTICE

### ANNUAL VEGETATION MANAGEMENT PROGRAM

Every year, CN is required to clear its right-of-way of any vegetation that may pose a safety hazard. Vegetation on railway right-of-way, if left uncontrolled, can contribute to trackside fires and impair proper inspection of track infrastructure.

For safe railway operations, CN will conduct its annual vegetation control program on its rail lines in the province of Manitoba. A certified professional will be applying herbicides on and around the railway tracks (primarily along the 16 – 24 feet graveled area/ ballast). All product requirements for setbacks in the vicinity of dwellings, aquatic environments, and municipal water supplies will be met.

The program is expected to take place from May to October 2023. Visit [www.cn.ca/vegetation](http://www.cn.ca/vegetation) to see the list of cities as well as the updated schedule.

For more information, contact the CN Public Inquiry Line at [contact@cn.ca](mailto:contact@cn.ca) or 1-888-888-5909.

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# The Zen of Learning to Ride a Motorcycle shares liberating life lessons from the open road

By Kim Hornyak, Jenkins Group, Inc.

Her childhood was scarred by her mother's schizophrenia, but she still had fuel in the tank.

Leslie Reyes says she felt like a prisoner of trauma. At the tender age of 10, Reyes prevented her mother from committing suicide. Panic attacks soon followed, and Reyes ultimately realized that her mother's struggles with mental health had distracted her parents from teaching her the tools she needed to survive.

At age 50, Reyes decided to learn how to ride a motorcycle. Stunned by how many liberating life lessons lay within the open road, her years of living with stifling emotional pain gave way to the principle that broken things can invariably be fixed.

"I never thought a motorcycle would become the guru I needed in order to change my life habits and learn to trust myself," Reyes writes in her new book, *The Zen of Learning to Ride a Motorcycle*.

In this raw and poignant memoir, Reyes bares her highest highs and lowest lows on the long highway of humanity. And by applying the wisdom she gained in learning to ride a motorbike to her lifelong quest to conquer fear, she offers a guiding

hand along the hills and valleys of an unpredictable life.

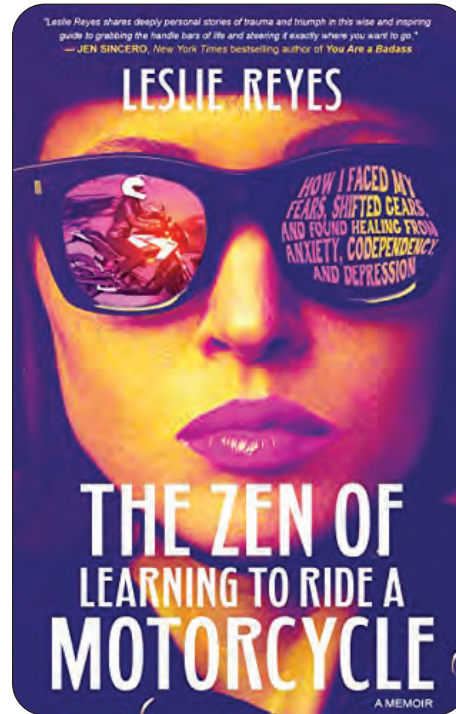
In *The Zen of Learning to Ride a Motorcycle*, readers will learn:

- The benefits of response over reaction
- How to respect your limitations so you can excel at your own pace
- Why breaking something is bad only if you don't learn how to fix it
- Ways to overcome the tunnel vision of target fixation so you always end up at your destination
- The power of mindfulness, the impact of enjoying the moment and much, much more!

With humour to balance out the sometimes heavy subject matter, *The Zen of Learning to Ride a Motorcycle* shares Reyes' empowering, revved-up tale of overcoming her fears and learning to be "present" in her approach to everything in life.

"When I'm riding my motorcycle, I'm riding my motorcycle," she writes. "Practising mindfulness, and responding instead of reacting, leads to peace of mind."

The book is available on Amazon: <https://www.amazon.com/dp/B09X4WCDK7/>



The *Zen of Learning to a Ride a Motorcycle* is available on Amazon.

### About the Author

Leslie Reyes is a psychiatric and chemical dependency nurse, yoga teacher and motorcycle enthusiast. She has seen mental illness up close, first as the daughter of a schizophrenic mother and later through her own personal mental health struggles.



PHOTO SUBMITTED

At age 50, Leslie Reyes learned how to ride a motorcycle.

Reyes lives with her husband, their five motorcycles and two dogs in northern California.

She is currently working on her second book, *Drowning Under the Spectrum: How Women Can Save Themselves from Being Misdiagnosed, Overlooked, and Abandoned, and Learn to THRIVE*, a book that opens a conversation about the lack of autism research involving females.

**April 22<sup>nd</sup>  
at 2:00 p.m.**

**AGM & Earth Day Celebration**  
**Saturday, April 22<sup>nd</sup> at 2:00 pm**  
**Quarry Park Heritage Arts Centre, Stonewall**  
**Presentation from the**  
**East Interlake Watershed District**  
 Learn about how to become a citizen scientist for Mission Monarch  
*Refreshments served*  
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 Rockwood Environmental Action Community Taskforce Incorporated

**85<sup>TH</sup> ANNUAL  
GENERAL MEETING**  
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 Meeting: 7:00-9:00pm  
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 MEMBERS ARE ENCOURAGED TO ATTEND  
 refreshments provided | prize draws

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[manitobapork.com/sustainability](http://manitobapork.com/sustainability)



## PORK PERSPECTIVES

### HOG SECTOR TAKING ACTION ON SUSTAINABILITY



Above all, farmers recognize the importance of being good stewards of the land, water, and air — their livelihoods are directly tied to the quality of the natural resources around them. To produce the food we all depend on, farmers know that sustainability and innovation must go hand in hand.

“We all know that both food production and agriculture have an impact on the environment,” says Tricia Schmalenberg, a professional engineer with Maple Leaf Agri-Farms. “We’re trying to do our best to reduce that impact and reduce our carbon emissions.”

Thanks to technological advances, lights, fans, and heating and cooling systems use significantly less energy than they once did, and electronic feeders ensure pigs are well fed while reducing the amount of wasted feed, increasing efficiency. Hog farms today require 40 percent less water, 33 percent less feed, and as much as 59 percent less

land for every kilogram of pork produced compared to 50 years ago.

“I am really enthusiastic about the future of agriculture in Manitoba,” Schmalenberg added. “Farmers have been stewards of the land for decades, and combining sustainability initiatives with their knowledge of the land will make for a great future in agriculture.”

Manitoba hog farmers regularly invest in research, adopting new and emerging nutrient management methods, technology, and best management practices to further lessen their environmental impact. They follow stringent legislation and regulations

to ensure not only the sustainability of the hog sector, but that our natural environment is preserved for future generations. This includes working with subject matter experts including environmental engineers like Tricia as well as professionals like scientists and agronomists to ensure our land and waterways are left in a better condition than they were found.

Manitoba’s hog sector is proud to provide a high-quality protein that is safe, affordable, and produced sustainably while reducing its environmental impact.

To learn more, visit [manitobapork.com/environment](http://manitobapork.com/environment)

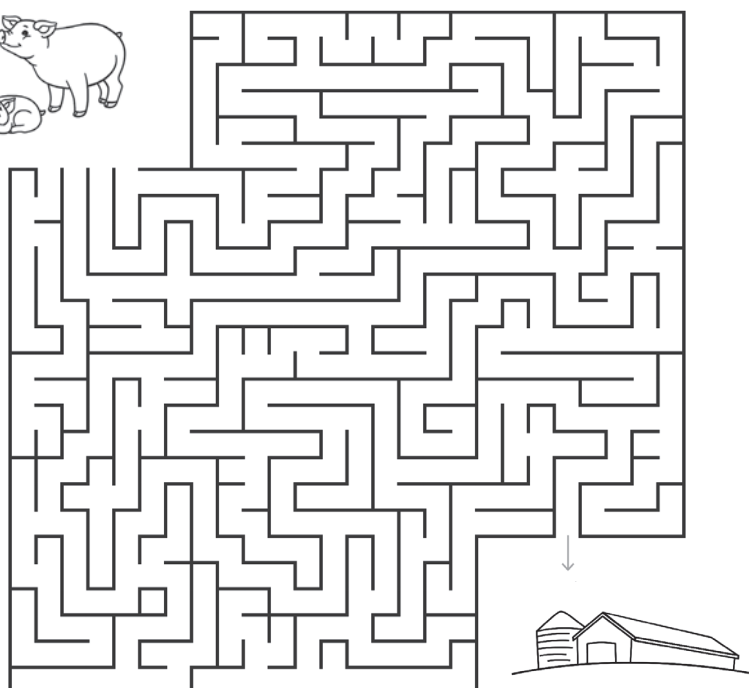


### SPICY RIBS IN A BAG

These tender, fall-off-the-bone ribs come loaded with a kick of spice for those ready to dust off their BBQs and return to grilling. Find the full recipe at [manitobapork.com/recipes](http://manitobapork.com/recipes)

### PIG TALES

Raising pigs indoors protects them from the sun, extreme weather and other dangers. Barns provide pigs with shelter and a healthy, comfortable and safe environment in which to grow. **Help the pigs get back to the barn.**



It’s satisfying to support hog farmers with continuous air quality improvements on their farms.

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Kevin Kurbis  
Sales Manager, New Standard Ag  
St. Andrews, MB

# Pancake breakfast helps rescued horses

By Jo-Anne Procter

Just over \$9,600 was raised at a sold-out pancake breakfast for the Blackbird Ranch Equine Rescue and Rehab in Anola last Saturday.

Anola Feed and Farm Supply sponsored the event and many volunteers stepped to up to the plate to help raise funds for the local rescue.

Amanda Cannon, an Argyle resident and Manitoba Country Music Award nominee, provided entertainment that included a song written about the rescue as well as some of her new music.

Other outside special guests included a one-time rescued late teen Molly Mule named Lark, who is now a permanent resident at the ranch and is part of the Prairie Gunslingers that robs the Prairie Dog Central during its travels to Grosse Isle throughout the summer, collecting funds for Helping Hands for Manitobans with Breast Cancer. Poppy, a rescued 15-year-old Suffolk Punch draught horse who has become a new ambassador for the ranch, was also at the event visiting guests.

Blackbird Ranch Equine Rescue is a volunteer-run, non-profit horse res-



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND SUBMITTED

Pictured left: Argyle's Amanda Cannon provided entertainment at the fundraiser. Right: rescued 15-year-old draught horse Poppy is now an ambassador for the ranch and teenage Molly Mule named Lark, who is a permanent resident at Blackbird Equine Rescue and takes part in the Prairie Dog Central Railway train robberies for charity, greeted visitors at the sold-out pancake breakfast in Anola last Saturday.

cue that takes in the most vulnerable, neglected and in-need horses. They rehabilitate, re-teach and re-home the horses.

Monies raised at the event will be used for spring worming, farrier work, some dental work, hay and other various expenses.

For more information, follow their Facebook page, Blackbird Equine Rescue and Rehab.

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# Soil management assoc. holds annual meeting

By Lorne Stelmach

The benefit and value of shelterbelts was highlighted as a key part of the valuable work of the Stanley Soil Management Association at its annual meeting last week.

It continues to be a main emphasis for the organization along with tree sales, noted technician Richard Warkentin as the association met March 22 at the Pembina Threshermen's Museum.

The past year was again a busy one for both planting and sales, Warkentin shared.

"We planted about 15 miles of trees, and there's 8,728 trees that we planted over the 15 miles," he said. "And we do planting all over the place really, anywhere from Killarney to Arnaud, which was another project we had, which isn't in the district, but we do some custom work for people."

The association had a record year for tree sales especially.

"Last year actually was probably our biggest year where we actually sold over 24,000 trees to about 60 different customers throughout the region," Warkentin said. "One of our biggest customers is Kroeker Farms. Kroeker Farms alone probably would plant about seven or eight miles every year, so they ordered, I would say, about 5,000 trees from us. They're a good example of sustainable farming. I think most of their farming is probably organic by now."

There are many benefits to shelterbelts, including serving as a wind break, aiding soil conservation, offering shelter for farmyards and even mitigation of airborne contaminants.



Stanley Soil Management Association staff at work planting shelterbelt trees.

TRIBUNE PHOTO SUBMITTED

There can be indirect benefits as well, such as water quality enhancement and aiding ground water recharge. Shelterbelts have also been shown to have agricultural benefits, Warkentin stressed, with one study estimating a corn crop increased by 12 per cent due to nearby trees.

Warkentin observed it is encouraging to see more businesses, growers and even individuals recognizing all these benefits.

"People might say we see all these trees being taken down, but there's also trees being planted all the time," he said.

"I would say particularly this area, the RM of Stanley particularly, is good for planting trees," he added, noting the municipality has offered a rebate for producers who plant trees.

The association also offers a number of other programs and services ranging from woodlot resource management plans to abandoned well sealing, which is done in partnership with the Pembina Valley Watershed District.

They also continue monitoring for diffuse knapweed, a noxious weed

that has long been only found in a small area west of Stanley Park.

"It's contained. ... It is very close to eradication," Warkentin said. "We spend a bit of time monitoring and looking for the weed. We did spray last year. If you miss a weed or two, you can have 20,000 seeds happening quite quickly."

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## Stonewall Quarry Run - 10K, 5K and 2K

### Sunday June 25th

9 a.m. start (next to the Interpretive Centre in Quarry Park)

All proceeds to be donated to the RW Bobby Bend Playground equipment fundraiser.

Sanctioned by the Manitoba Runners Association Youth Series which allows kids to compete for points and awards at the end of the running season.

Registration costs 10K - \$35.00 5K - \$30.00 2K - \$20.00

Registration opens April 15, 2023.

Race details can be found on the JO Massage website at [jormt.com](http://jormt.com).

# Your FARM



## Objectives for better beetle management

By Keith Gabert

Flea beetles are the pest of greatest economic risk to canola production, according to our 2022 Canola Council of Canada survey of canola growers. With more striped species, which emerge earlier in the spring and seem more tolerant of common seed treatments, and with spring weather conditions that challenge rapid crop emergence, flea beetle damage seems worse than ever.

Canola growers have two major objectives to reduce the risk:

### OBJECTIVE A: RAPID CANOLA EMERGENCE

The ideal flea beetle buster is a canola crop that establishes quickly with five to eight plants per square foot. More plants mean more food for the flea beetles, which limits the damage per plant.

Scenarios that require multiple in-season foliar sprays are often the result of a slow-establishing, non-competitive crop. Many factors can cause this, including moisture, temperature, plant populations, seed treatment and overall flea beetle numbers.

Management steps to reduce the risk include:

- Seed shallow into warm, moist soil. Consider seeding cereals first as they can tolerate cooler spring soils. Seed canola after soils have warmed up and ideally just before or after a spring rain.
- Use an advanced seed treatment to improve flea beetle protection in high-risk areas. These include Buteo Start, Lumiderm, Fortenza and Fortenza Advanced.
- Use safe rates of seed-placed fertilizer. The recommendation is to use only phosphorus in the seed row at rates of 20 lb./ac. of actual phosphate. Higher rates of seed-placed fertilizer can add more stress, slow the pace of growth and reduce the stand.

### OBJECTIVE B: EFFECTIVE FOLIAR SPRAYS

Fields under moisture stress may not meet objective "A." Flea beetles love dry conditions; crops don't. In that case, growers should set up for effective foliar insecticide.

What makes a spray effective?



CANOLA COUNCIL OF CANADA

Two species of flea beetle — striped and crucifer — on the same canola plant. Striped species emerge earlier in the spring and seem more tolerant of common seed treatments.

First, apply it at the right time. Action thresholds for canola are when damage exceeds 25 per cent cotyledon or leaf area loss. However, in warm weather with actively feeding flea beetles and slow-growing crop, this thresh-

Continued on page 21

**ONLINE REAL ESTATE AUCTION FOR  
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### 160 acres RM of Fisher Manitoba Recreation, with year round housing!

Recreation NE 1/4 9-25-3 West Roll #430300. Included on property: housebarn 30 x 70ft, all urethane insulated, deep well, sewage tank, water and electricity. Barn 2nd floor is all finished out in Pine with bathroom/laundry. Present owners have spotted deer, elk, bear, geese, wolves, fox, etc.

### Approx. 377 acres RM of Coldwell

NW 07-19-4W Roll #71300, 177 acres, adjoining quarter 160 acres NE 7-19-4W, Roll #71200. Total 260 cultivated acres, 110 hrs of drainage work done in the last two years. Has a deep well for water supply and electricity for spraying.

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2093 Ferndale Road, this is 3 mile south from Jct. Hwy 2 and 424 at Springstein turn off, Ph. 204-735-2478, ALL ITEMS SELL AS IS WHERE IS NO WARRANTY OF ANY KIND. Live in person auction with online bidding available beginning at 11 am. Jim and Celine are selling their beautiful acreage minutes from the perimeter at Oak Bluff and are down sizing. This auction has some excellent yard equipment, tools and very good household furniture and appliances. This will be a live on site auction with hot dogs and all.



**MACK LOVE ONLINE EQUIPMENT AUCTION  
MAY 10, 2023 AT 6:00PM**



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# Your FARM



## DUC receives \$1-million grant to revamp Wetland Discovery Centre

By Jennifer McFee

Ducks Unlimited Canada is getting its ducks in a row to revamp the Wetland Discovery Centre at Oak Hammock Marsh, thanks to a \$1-million provincial grant.

This large capital grant comes from the Arts, Culture and Sport in Community Fund. These provincial grants cover up to 50 per cent of eligible costs for projects that improve the quality, accessibility and availability of facilities and spaces needed for arts, culture and amateur sport programming and activities.

For Nathalie Bays, manager of the Wetland Discovery Centre, it feels

amazing to receive the sizable grant for the re-envisioning project.

"This is an incredible boost to the campaign to renew the Wetland Discovery Centre," she said. "The centre has had no significant upgrades in its 30-year existence."

The funds will go towards rebuilding the displays throughout the centre, while also improving the visitor flow. As a result, these changes will increase accessibility throughout the facility.

The three-year re-envisioning process began with surveys to members, volunteers and the public, she said.

"An exhibit consulting company



PHOTOS SUBMITTED

Trevor King (2023 PC candidate for Lakeside), Nathalie Bays (Wetland Discovery Centre manager), Ralph Eichler (Lakeside MLA), Wes Taplin (Rockwood reeve) and Sandra Smith (Stonewall mayor).

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PHOTO SUBMITTED

The Wetland Discovery Centre at Oak Hammock Marsh will be re-envisioned.

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was then hired to help re-envision the centre, create an interpretive plan and concept design," Bays said.

"We hope this renewal will engage audiences of all ages and encourage actions to help conserve wetlands."

The wetlands at Oak Hammock Marsh remain important to farmers and others throughout the area.

"Wetlands are critical habitats that provide many benefits, including flood prevention, water filtration and ground water recharge," Bays said.

"They also provide key nesting and staging areas for a multitude of wildlife species."

Lakeside MLA Ralph Eichler recently visited the site to share in the excitement of the funding announcement. He noted the potential for this type of project to boost tourism in the region.

# Your FARM



## MFWP celebrates first anniversary and announces continuation of program

By Manitoba Farmer Wellness Program

Manitoba's only free one on one counselling service for farm families celebrates its first anniversary this month. With significant support from sponsors and a growing following on social media, the Manitoba Farmer Wellness Program (MFWP) has lots to celebrate including their announcement of the continuation of the service in Manitoba.

"Last year was an exciting year for MFWP," says Marcel Hacault, MFWP's chair. "On March 1, 2022 we launched our confidential, no cost counselling services to support the mental health and wellness of Manitoba farm families. We saw a need and with overwhelming support from the industry, we are excited to announce we are continuing this service in Manitoba. We are thankful for the growing community of sponsors and supporters that see value in the program, and we are in a great position for the future."

The MFWP board is currently going through a

strategic planning exercise to define the future direction of the program. Part of that exercise is establishing the sustainability of the program, not just financially, but also from an awareness and promotion perspective.

"What we learned in our first year is that the program works, is valued by those who use it and it should be continued. This year we would like to raise funds to support 160 Manitoba farm families, and our focus will be on increasing awareness about the program with industry, farmers and health care professionals," says Roberta Galbraith, vice chair, MFWP.

The results of the program can be summed up in this unsolicited testimonial: "A true highlight of the 2022 growing season for me was finding out about and using the counselling services provided by MFWP. Not only was it encouraging to hear that such a program exists, my sessions with Kim provided me with valuable perspective and insight towards how my own mental health is connected to the health of my

farm. I better understand now that tending to my own self and my own mental health is equally as important as tending to the fields. These lessons are benefiting me immensely."

Farmers and their immediate family members can access six free, confidential one on one (one hour) counselling sessions with a registered counsellor with a background in agriculture, funded by the MFWP. The services are available during the day, evenings or on weekends to accommodate farmers' unique schedules, and can be in person, by telephone or video chat depending on preference.

If you are interested in booking an appointment with a counsellor, making a donation or learning more about the program, visit [manitobafarmerwellness.ca](http://manitobafarmerwellness.ca).

### > BEETLE, FROM PG. 18

old can be passed quickly. Growers will want to anticipate the speed at which damage is developing and proactively begin spraying before 25 per cent defoliation. In some cases, early spraying around headlands may be enough when damage is localized from flea beetles entering the field edge.

"Right time" is also when flea beetles are most active. Warm, dry and calm are good conditions for spraying. In rainy cool weather, flea beetles often take shelter in the soil and don't feed as much. In these conditions, insecticides, which all rely on contact with the flea beetle target, will have lower efficacy.

Second, consider the temperature effect on insecticide efficacy. On spray days with highs over 25°C, malathion and Sevin XLR may provide better results. On days with highs below 20°C, pyrethroids (Decis, Pounce, Perm-UP and others) will show better results. Pyrethroids have restrictions when temperatures exceed 25°C.

### > DUCKS, FROM PG. 20

"We're really excited about this opportunity for generations to come," Eichler said.

Overall, the renewal project is expected to cost an estimated \$7 million.

"The public campaign is just beginning," Bays added, "so if people would like to help us achieve our fundraising goal, please reach out and we would be happy to discuss opportunities."

Coming up, Earth Day events are scheduled at Oak Hammock Marsh on Saturday, April 22 from 10 a.m. to 4:30 p.m. Visitors can learn how to support wetlands, participate in a green

Third, achieve coverage. Flea beetle insecticides do most of their work through contact. Because young canola plants take up only a small percentage of the ground area and because flea beetles are small targets, effective contact requires adequate water (at least 10 gal/ac.) and medium nozzles. Check labels for specific nozzle recommendations. Low-drift nozzles, which are a good practice for some herbicides, produce a coarse spray droplet that may not provide efficient flea beetle contact. Without coverage, results may not be as good as hoped.

This is just a quick overview of the top points. Continue regular scouting for flea beetle damage until your crop is well established. For more on flea beetle management tips and how to make the spray decision, please see our agronomy-based articles in the Insects section at [canolawatch.org/fundamentals](http://canolawatch.org/fundamentals).

*Keith Gabert is an agronomy specialist and insect management lead for the Canola Council of Canada. Email [gabertk@canolacouncil.org](mailto:gabertk@canolacouncil.org).*

building tour, enjoy a self-guided Wetland Wanderer activity and check out various exhibits and presentations. A volunteer drive will also take place from 1 to 3 p.m.

Another upcoming event is a popular wildflower sale on Mother's Day.

"Our Mother's Day wildflower sale is a great event that promotes the use of native grasses and wildflowers," Bays said, "not only to embellish people's yards but also to attract pollinators."

To learn more about Oak Hammock Marsh, located on Highway 67 between Stonewall and Selkirk, visit [www.oakhammockmarsh.ca](http://www.oakhammockmarsh.ca) or call 204-467-3300.



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# Veselka dancers medal at Ukrainian Dance Festival

By John Bruce

The local Teulon Veselka Ukrainian Dance Club recently stamped and twirled to earn three medals at the Manitoba Ukrainian Dance Festival.

Led by instructors Nathan Fletcher and Teresa Melynchuk, the group's skill and finesse was on display and their hard work paid off.

The Dance Club performed March 31 to April 2 at Winnipeg's Seven Oaks Performing Arts Centre. So it's fitting that they came away with flying colours — Veselka means "rain-bow" in Ukrainian.

The beginner junior mixed class received a gold standing, and solo senior dancer Katheryn Chic received a silver standing during her first-ever official performance as a dancer.

"This was a huge accomplishment for her," said Fletcher. "To achieve



Katheryn Chic received a silver medal for a solo dance performance at the Manitoba Ukrainian Dance Festival.

that during her first year performing was very impressive, and we were proud of how she represented the club so well."

For Fletcher, the success marked a triumphant return to competition for the club. It was one of Veselka's first

opportunities to perform since COVID lockdowns ended.

"This was the best time for us to come out and announce that we're back and gearing up to a strong and healthy future," said Fletcher.

Judges assessed



TRIBUNE PHOTOS SUBMITTED

The senior girls of the Teulon Veselka Ukrainian Dance Club performed the club's signature number, "Dibrovchanka."

factors such as technique, precision, and overall performance quality. While several strong dance groups were at the festival, the Veselka dance group stood out.

Melynchuk noted that the group showed tremendous poise, not letting their nerves get to them.

"I think it was a great growing experience for them to be on the stage,"

said Melynchuk. "It's not something everyone can do."

One of the dances included input from some of the group's junior members.

"The kids had some say in the idea behind the dance," said Melynchuk. "They thought it would be fun to have a sort of call-response element."

Continued on page 23

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## Local Denturist receives international award for dentures

BY ELISHA VANDOR

Every 2 years, the world's largest dental convention is held in Cologne, Germany. Well-known dental brands/companies, like 3M and Candulor (a Swiss Dental company), come from all over the world to showcase their latest innovations, improved dental technology and products. This year, the convention was held in mid-March and Brock's denture was showcased as one of the best in the world. So how did he receive such accolades and this prestigious title? Well, he competed in a world-wide denture competition! It's like the Olympics for Denturists — they compete in hopes to have their denture showcased and ranked among the world's best. The Swiss dental company and school, called Candulor, hosts the denture competition and this year was their 13th International. They received over 100 world-wide submissions across 4 continents. Each competitor receives the same patient description, mouth moulds,

and criteria to create the dentures. The criteria are based on specific factors that a patient would normally request, like showing more upper and lower teeth, having a less protruding chin and more age-appropriate realistic looking teeth. Each competitor is required to custom-make the denture using their skills, knowledge and specific denture techniques. Those who placed in the top 15 were invited to attend the awards presentation ceremony in Cologne. With much anticipation and expectation, Brock was delighted to find out that he had placed in the top 15 and received a personal invite to attend the awards ceremony. He was honoured to receive 14th place for his denture work.

With the skills and knowledge he's acquired he has been asked to start providing lectures and courses on the art of Denturism. Ultimately, he says, "the best part is being able to serve my current and future patients in Winnipeg,

Selkirk and the surrounding areas with excellent quality dentures, because people deserve the best that I myself and everyone in our clinic can offer."

When asked what makes his dentures award-winning, he said "it's about identifying what each patient wants and what's important for them to love their new teeth and then find a creative solution to do just that. Also, you have to identify the things that they don't like or had a bad experience with previously, and make sure we don't do the same thing again. I give a lot of credit to my dad (who was also a Denturist). He taught me that there's always a creative solution to any denture problem."

Brock has competed three times in the international denture competition, with his highest place being 1st in North America. If you would like to see what world class dentures can do for you then give us a call for a free consultation and ask about our senior pricing.



Brock Vandor shows his award-winning denture submission to the 13th International KunstZahnWerk Denture competition.

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# Extended interswitching brings competition for grain transportation

By Western Grain Elevator Assoc.

Canada's grain shippers applaud the Government of Canada's announcement in Budget 2023 to bring back extended interswitching. This measure gives shippers who are physically located on a single rail line the ability to automatically seek competing service from the next closest railway within a certain distance at a guaranteed rate.

The Western Grain Elevator Association (WGEA) has long advocated to make extended interswitching a permanent measure in Canada's regulatory framework.

"Extended interswitching is one of the only policy tools that has histor-

ically created competitive options for shipper business," said WGEA's executive director Wade Sobkowich. "It offers an alternative service provider for single-served shippers which balances negotiations in a way that encourages better service or pricing for the benefit of entire supply chains."

Canada had extended interswitching in place from 2014 to 2017. During that time, extended interswitching did not cause major operational challenges and economic hardship on carriers. Instead, shippers experienced options for shipping product to its final destination, which benefitted the western Canadian grain industry in-

cluding grain farmers.

The intent of extended interswitching has always been to give all shippers the opportunity to have at least one other competitive shipping option. For that to happen in the grain sector, the extended interswitching distance will need to be 500 kilometres to allow for the Peace River and Carrot River growing regions to participate.

"Extended interswitching, provided it's at the right distance and automatically available, is a very important start to the government's response to the Supply Chain Task Force's report," noted Sobkowich. "We look

forward to providing the grain sector's input to the full response, especially those further measures that address the imbalance in the business relationship with shippers, such as automatic demurrage penalties associated with railcar supply and service level performance."

The WGEA is an association of grain businesses operating in Canada, which collectively handle in excess of 95 per cent of Western Canada's bulk grain exports. Its members account for approximately one fifth of bulk railway revenue in Canada and pay annual total freight of over \$1 billion.

## > DANCE, FROM PG. 22

The dance, called Pokazhy Rozkazhy (which roughly translates to show and tell), involved back-and-forth dancing between older and younger performers trying to steal flowers from each other. The number netted them a gold medal.

A third dance performed by the group was especially significant to the club. The "Dibrovchanka" had been initially choreographed by Ukrainian dancers visiting Teulon to teach in 1986. The number has been with the club for decades, but this was its first performance since 2003, and it won the group silver.

"I pulled it out again with the original costuming and refreshed it all. Together, I really think we gave it new life," said Fletcher. "To me, personally, and I think to the club, it was more than just a medal placement. It was a reminder of where we came from,



The beginner junior mixed class received a gold standing at the Manitoba Ukrainian Dance Festival.

a celebratory number that has been passed down through generations."

The Veselka Dance Club hopes to carry the momentum from these victories to their next performance at the

end of the month.

"We basically started to learn a whole new dance the next day," said Fletcher. "We celebrated for a minute and then we switched gears, going back to the studio to train again."

Fletcher hopes Ukrainian dance can have the same positive effect on his students' lives as it had on his.

He credits his involvement in Ukrainian dance for sparking a lifelong interest in dance, sewing and costumes. This eventually led him to work in professional costuming, in-

cluding TV and Cirque du Soleil.

"Winning medals was super magical for all our dancers," said Fletcher. "Some of our students might be a little too young to completely understand what they'd signed up for, but I think these experiences give them a sense of excitement and, you know, 'we wanna do that again.'"

The Teulon Veselka Ukrainian Dance Club's next performance is at the Teulon Collegiate on Saturday, April 29 at 2:30 p.m.

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# Tribune

Stonewall Teulon



Spring car maintenance checklist

# READY FOR SUMMER?

## Tips for stocking your car's emergency kit for spring

You know about the importance of preparing a winter emergency kit for your car, but what about a spring kit? Hot weather can be hard on your vehicle, resulting in unexpected breakdowns. Here's how to stock your emergency kit to prepare for warmer weather.

- Visibility equipment like road flares or reflective hazard triangles
  - Water bottles to stay hydrated in the heat
  - Blanket to shade you from the hot sun
  - Extra pair of clothing and shoes, including rain gear
  - Flashlight or headlamp
  - First aid kit, including ointment, gauze, bandages, adhesive tape and tweezers
  - Disinfectant wipes
  - Sunscreen with SPF 30 or 50
  - Booster pack or jumper cables
  - Work gloves
  - Paper maps
  - Insect repellent
  - Basic tool kit
  - Phone charger or extra battery pack
  - Toilet paper
  - Snacks that won't melt, such as granola, dried fruit and nuts
- Visit local stores to pick up everything you need to stock your spring emergency kit.



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> MEAL IDEAS



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## Hawaiian Huli Huli Chicken



Recipe courtesy of the National Heart, Lung, and Blood Institute

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 4

Sauce:

2 tablespoons ketchup

2 tablespoons light soy sauce

2 tablespoons honey

2 teaspoons orange juice

1 teaspoon garlic (about 1 clove), minced

1 teaspoon ginger, minced

12 ounces boneless, skinless chicken breast (about 2 large breasts), cut into 1-inch cubes (about 24 cubes)

1 cup fresh pineapple, diced (about 24

pieces)

8 wooden skewers (6 inches each), soaked in water

To make sauce: Combine ketchup, soy sauce, honey, orange juice, garlic and ginger; mix well. Separate into two bowls and set aside.

Preheat grill to medium-high heat. Preheat oven to 350 F.

Alternately thread three chicken cubes and three pineapple chunks on each skewer.

Grill skewers 3-5 minutes on each side. Brush or spoon sauce from one bowl onto chicken and pineapple every other minute. Discard remaining sauce from first bowl.

To prevent chicken from drying out, finish cooking to minimum internal temperature of 165 F in oven. Using clean brush or spoon, coat with sauce from remaining bowl before serving.



## Grilled Maine Lobster Tacos

pepper, to taste

8 small flour tortillas

pico de gallo

1 lime, cut into wedges for serving

To make vinegar slaw: In small saucepan over medium heat, heat apple cider vinegar, celery seeds, sugar and water; stir until sugar dissolves. In large bowl, pour mixture over cabbage; cover and refrigerate.

To make cilantro lime crema: In blender, blend sour cream, cilantro, mayonnaise, lime juice, lime zest and garlic. Season with salt and pepper, to taste; refrigerate.

To make lobster tacos: Preheat grill to medium-high heat.

Brush grill grates with oil to prevent sticking. Using kitchen shears, cut lobster shells in half lengthwise. Place skewer through meat to prevent curling during cooking.

Brush lobster meat with melted butter and season with salt and pepper.

Grill lobster tails meat side down 5 minutes then flip.

Brush meat again with butter and cook 5 minutes, or until opaque throughout. Cook to 140 F internal temperature.

Remove meat from shells and cut into bite-sized chunks or leave whole, if desired.

Place tortillas on grill 30-60 seconds per side, or until warmed and slightly brown.

Add drained slaw to tortillas. Top with lobster meat, pico de gallo and cilantro sauce. Serve with lime wedges.

Total time: 25 minutes

Servings: 8

Vinegar Slaw:

2/3 cup apple cider vinegar

1 teaspoon celery seeds

2/3 cup white sugar

1 cup water

1/2 small head green cabbage, shredded or cut thinly (approximately 8 cups)

Cilantro Lime Crema:

1/2 cup sour cream

fresh cilantro leaves, chopped

1/2 cup mayonnaise

4 teaspoons fresh lime juice

1 lime, zest only, minced

1/2 teaspoon minced garlic

kosher salt, plus additional to taste, divided

freshly ground black pepper, to taste

Lobster Tacos:

Extra-virgin olive oil

4 large (4-6 ounces each) Maine Lobster tails, defrosted

4 tablespoons unsalted butter, melted salt, to taste

# The healing power of laughter



Certainly there are times when there is nothing to laugh about, but we must not stay in that space for too long. Finding laughter means allowing ourselves to move into a lighter space, if only for a short while. Sometimes simply trying to bring a laugh or smile to another person is all it takes to shift our own energy. It is easy to forget how to be playful. The seriousness of life can make us lose that child-like innocence, but it need not be lost for good.

I was talking with a client recently about the importance of laughter. We were commenting on the health benefits, and I remembered the story of how Norman Cousins healed himself by watching funny movies. He had a serious illness, and rather than sitting around brooding about it, he decided it would be better to be positive and to laugh. So he watched old Groucho Marx movies and laughed a lot. His condition improved markedly.

It occurred to me that if laughter can do good things for the physical body, then it can also do good things for relationships and families. In the body, laughter relieves stress and likely produces endorphins, which make us feel good. In a relationship, laughter also relieves stress, and produces good feelings, which strengthen the relationship.

In families, the same thing applies. Shared laughter creates a warmth between people and, like a magnetic attraction, makes us want to be together. There is a lot of nonverbal bonding that occurs when two or more people share a laugh. Affectionate teasing is like a compliment, because we only do it with people we like. I think of laughter as the emotional equivalent of sunshine. Days without sun can be dreary, as can days without laughter. No matter what the burdens, if my clients can still laugh, I know they will be okay.

If we have no laughter in our lives, then we are at some risk emotionally, and probably even physically.

At first it might take outside stimulation to bring the laughter back, be it a funny movie, or doing something that you normally don't do, like going sledding, or playing a game. It might require a conscious effort to find something humorous each day, that you can share with others. Perhaps playing some (harmless) practical jokes will get you going, and show others that you are open to playfulness.

A smile is a magical thing. Have you noticed how the face of a stranger is transformed when they see you smiling at them. If your smile can have that effect on a stranger, think how much it does for those you live and work with. So if you have lost your smile, or forgotten how to laugh, it might be time to do something about that. Our children model our behavior, so if we are serious all the time, they may be too. Even if there is pain and struggle in our lives, a little laughter can make it more bearable. We don't have to wait for something that will make us laugh. We just have to see the humor that is already there, or create a little of our own.

*Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*



## 5-Minute Dark Chocolate Cereal Bars

4 ounces dark chocolate, melted

Heat saucepan over low heat. Add butter, marshmallows and peanut butter; stir to combine. Add cereal; mix until coated.

Line 9-by-13-inch pan with parchment paper. Add cereal mixture to pan.

In bowl, mix milk chocolate and dark chocolate. Drizzle chocolate over cereal mixture; spread evenly then allow to cool.

Cut into bars and serve.

Recipe adapted from [ScrummyLane.com](http://ScrummyLane.com)

4 tablespoons butter

10 ounces marshmallows

1/2 cup peanut butter

6 cups cereal

4 ounces milk chocolate, melted

# A new way to communicate with your canine

By Autumn Fehr

Dogs have always been a part of Yury Harczan's life, but it wasn't until about five years ago that they became a part of his life in a new way.

In 2017, Harczan started Paw & Order, a business where he helps both dogs and their owners better understand each other and be able to live together in perfect harmony.

Through his dog training business, Harczan teaches dog owners a different style of canine communication, which is a unique training style. Harczan wants to help people understand the dog's biology through this training method. This helps to retain and correct problems that can cause owners and their dog's trouble.

"The way we train service dogs to do detection is the same way dogs communicate with their handlers through pheromones. Many people don't know that. When we are stressed, happy or even frustrated with the dog, that's the way the dog communicates with us, and we have to be very careful if we are being authoritative or giving commands. Does it turn to reasoning and pleading? That's where most people have problems with their dogs," said Harczan.

Harczan explains that this new communication goes against how many dog owners are used to talking to or treating their dogs.

"I started a different form of training/communication that people can try when they've struggled. They've tried a few other trainers and were seeing some results but not getting the best. So, let's try something different," said Harczan.

Harczan said the major communication breakdowns that people are having are that they are reasoning and pleading with their dogs.

It's about keeping things simple and remembering that dogs go through time much more quicker than us. So this method keeps things simple. First, however, we must ensure that praise is the highest form of reward. The positive praise changes the pheromones, he said.

Harczan also explains that it's hard to pinpoint an exact process of what he does, since every dog is different, so the process is always tailored to that specific dog.

In his business, Harczan has a couple of assistants that he uses to help reactive or fearful dogs build trust. These assistants are his three dogs. His dogs help these fearful or reactive dogs feel more stable and comfortable and help with re-training.

Harczan started working with dog



Yury and his dog Ecko played a role in why he wanted to start his business.

rescues in the early 2000s and fostered one of his own.

Starting Paw & Order at the time he did helped Harczan when he was at a low spot in his life. One day, he was sitting down with his dogs lying on him, and he just felt at peace with them there.

"I just thought I needed to do something more with dogs," said Harczan.

From then on, he started an apprentice program with MSAR to train service dogs and started training them in 2015. It all snowballed from there. He wanted to learn more.

"I saw the power that a dog has to help people. That was the main goal. My dogs help me, so I wanted to show that dogs can do that with other people, too," said Harczan.

Starting a new business was a challenge in and of itself, but he also faced another challenge that came with the line of work. Harczan said it was challenging to educate people to understand a different way of communicating with dogs instead of wanting to give a dog everything it wants.

"Dogs can't express human emotion back, so it's tough to tell people that just loving and giving your dog everything it needs doesn't make it a loving, obedient dog. It's tough to get people to understand and change their communication to get the best from their dog. ... We have to be a little more directive instead of being overly affectionate," said Harczan.

Although he has had to overcome challenges, he has witnessed some great wins through his first five years running the business. Over his time training and communicating with other dogs, he has rehabilitated about nine dogs. He said they were all at the point of needing to be put down, and now they are thriving in other families and living their best lives. All of his three dogs are also rehabilitated.

"We gave them a second chance, and



TRIBUNE PHOTOS SUBMITTED

Yury taking all of his dogs for a pack walk.

they weren't put down — saving a dog's life," said Harczan.

Operating the business has also been very rewarding for Harczan. He said his favourite part of the job is when he talks to his client after he has worked with them and their dog(s) and sees how happy they are for the change they now see in their companion.

"The elation that they have that the dog is connected with them. They didn't have to surrender it. They didn't have to re-home it," said Harczan.

It's only the beginning for Harczan and his business. He hopes to expand his operation to open his day camp, a rehabilitation centre in a rural area for the more problematic dogs that are being put on the schedule to be euthanized.

Harczan is one of the most trusted professional trainers in the province, with 10 to 12 secondary degrees to show for it, such as a degree (with honours) in canine instructor/obedience from ICS Canada, and he is a registered canine detection trainer for service dogs for people with disabilities and medical ailments from the MSAR.

Harczan will never promise to fix a dog, but he will give dog owners the education and training techniques to make a happy home for the owners, their family and their dog.

Harczan operates his business out of East Selkirk but is willing to go to the client. For more information on Paw & Order and what Harczan does, visit his website at [www.pawandorder.net](http://www.pawandorder.net).



Laura Platt hired Yury (above) to help her family train their new pup Duke

**"AFTER OUR FIRST SESSION WITH YURY, OUR FAMILY ALREADY FELT MORE CONFIDENT WORKING WITH OUR PUPPY AND HIS BEHAVIOUR."**

**- LAURA PLATT**

# Locals featured in blockbuster Hollywood film, *Champions*

By Autumn Fehr

Last month, the new Hollywood comedy *Champions* hit theatres, starring a handful of locals.

The blockbuster film stars Woody Harrelson and Kaitlin Olson, but they certainly weren't the only stars of the show.

The film celebrates the community of people with disabilities and is only a testament to what they can do.

In the film, Harrelson plays a college basketball coach who is facing jail time or community service for his bad temper, which caused him to react with bad behaviour.

To avoid the circumstances he has put himself in, he coaches a basketball team of young adults with intellectual disabilities.

When casting for the film, producers wanted persons with disabilities to play the athletes, but they also needed to have basketball skills, which proved to be a challenge.

But, in the end, it wasn't as challenging as they thought it would be, since the community certainly wasn't lacking the skills they were looking for.

Tom Sinclair, a young actor with an intellectual disability from Springfield, played Blair, a supporting role of a 30-year-old basketball player on the main basketball team in the film. He is a fun, outgoing basketball player. He works well with the other teammates and is a fun guy to be around. Sinclair played the only Indigenous player on the basketball team.

This was Sinclair's first time acting in a major role, but he had been a part of the theatre in the past. A few years ago, he was in a show at Winnipeg's Fringe Festival and a part of the Manitoba Theatre for Young People (MTYP). He is also a filmmaker who makes films in his free time.

Sinclair said the auditioning process was interesting. He had to do at least three different auditions. In the first audition, they called him back because they liked his performance, and they asked him to do two more afterwards to show off his acting range. After all the auditions, he got a call saying he got one of the main parts in the movie.

"I always wanted to be a part of a Hollywood movie. I've always dreamed of working behind the camera or working in front of the camera, and this allowed me to do both," said Sinclair.



Tom Sinclair and Hollywood actor Woody Harrelson.

He heard about the opportunity to audition through his sister Robin, who saw a casting call for people with disabilities on Facebook and told Sinclair about it.

Sinclair said everyone in his family has a disability, so they all auditioned together to be on the cast of *Champions*. The whole family ended up landing roles in the film and were part of it in some way. Robin and Sinclair's brothers, Gerry and Charlie, were on the basketball team, Blair's team versed in the movie. His brother-in-law and Sinclair's dad were in the crowd as extras.

"Being a part of this film means so much to me. It shows that people with disabilities can do as much as anyone else can. We are showing people that

the disability community has opportunities, which is a great opportunity for us," said Sinclair, who has FAS.

Alex Hintz, a young actor with an intellectual disability from Winnipeg with relatives from Stonewall and Argyle, played the role of Arthur in the film.

Arthur is one of the basketball players from the Friends basketball

team that coach Marcus worked with. He is a nice and soft-spoken guy with a soft heart toward the coach when others are upset with him.

One of the ways Hintz said he connected with the role was through similar characteristics that they shared. Hintz deals with stuttering, a speech disorder where one repeats sounds, syllables and words, and so does Arthur, the character he plays.

Hintz said it was a long process from his first audition to when he got the role. First, he was given the scripts for the part of the main boy, Johnny. Once he did his first audition and sent it to Focus Features, the film industry company, he received a response pretty quickly and was asked to audition again for the role of Marlon. The wait



TRIBUNE PHOTOS SUBMITTED

The "Friends" basketball team with Kaitlin Olson. Alex Hintz (left) played the role of Arthur in the film.

after sending the second audition was long, but eventually he got a call from the casting director for Manitoba, Jim Heber, that he landed the role of Arthur.

Hintz was at church when he heard about the opportunity to audition. He was approached by a lady at the church who asked him if he was interested in basketball, telling him that there was a movie being filmed in town that he may consider auditioning for.

Auditioning for *Champions* was a new opportunity that Hintz was excited to pursue. Before auditioning for the role, he had never acted, so it was an entirely new concept.

"Up until this point, I never considered acting, but since we were new to Winnipeg and I was in the process of looking for work, this seemed like a great opportunity for me. Also, it was very exciting because it's the first time something like this has happened to me," said Hintz.

Even though all 10 actors that made up the basketball team had intellectual disabilities, it was no testament of what they could do, and it showed that they could do what those without disabilities can.

"Being part of the movie *Champions* helped me understand that even though I was born with special needs, I can still do amazing things with the help of those around me. Also, someone like me helps break down the barriers around understanding people who are different," said Hintz.

"I am very proud to be part of the movie *Champions* because it was not only a great opportunity for me, but I also made some great friends for life with the other actors on Woody's team. I am also grateful to Woody



Alex (on the left) with the director Bobby Farrelly and Bradley Edens.

Harrelson for all his support and to him and Bobby Farrelly for creating such an amazing movie that I know will help others follow their dreams."

Sinclair and Hintz were only two out of many locals that starred in this fantastic film. The *Express* would also like to shine a spotlight on all the other excellent actors that had a part in making the movie what it was. Some other actors from the area include:

Erik Anderson: a basketball player in some of the Memorial Hall scenes;

Alec Baldwin: a basketball player on the opposing team in the finals;

Anderson and Baldwin are athletes with Interlake Athletics Special Olympics Team.

Tanis Benson and Joel Baldwin (Alec's parents): extras, playing some of the spectators.

*Champions* is still playing in select cinemas in Winnipeg, such as Landmark Cinemas 8 Grant Park and Cineplex Odeon McGillivray and VIP Cinema.

**"BEING PART OF THE MOVIE CHAMPIONS HELPED ME UNDERSTAND THAT EVEN THOUGH I WAS BORN WITH SPECIAL NEEDS, I CAN STILL DO AMAZING THINGS."**

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake Dart Players Club members earn spots at nationals

### Submitted

Six members of the Interlake Dart Players Club have recently made it to their respective national tournament levels.

Doug Allard, Scott Sansom and Dean Corlett will be representing Manitoba/northwestern Ontario at the Royal Canadian Legion's Dominion championships in April.

Duane Langbis, Cheryl Hygaard, and Lisa Boyer will be representing Team Manitoba at the NDFC national championships in June.

Allard (Selkirk Legion), Sansom (Elmwood Legion) and Corlett (Elmwood Legion), while representing their respective legions, played off tournaments from the branch levels to the district level to the provincial level winning in their respective events at each level. Allard will be playing in the singles event and Sansom and Corlett will be playing in the doubles event at Dominion.

Langbis, Hygaard and Boyer partic-



Scott Sansom, left, and Dean Corlett won the provincial level of Legion darts (Command).



### TRIBUNE PHOTOS SUBMITTED

Doug Allard, Cheryl Hygaard, Duane Langbis and Lisa Boyer at the Selkirk Legion where they play in a Tuesday night Legion league, showing off their awards.

ipated in the MDAI Provincial play in March and successfully secured a spot on Team Manitoba. They will be

attending the nationals in June, which will be held in Quebec, playing singles and doubles events.

The Interlake Dart Players Club is a member of the Manitoba Darts Association (MDAi Zone 2).

## Rams, Wildcats hit the ice for rookie hockey action



The Wildcats' Colton Bruce scored against St. John's Ravenscourt during Winnipeg High School Hockey League Rookie Tournament action. Warren lost 8-7.



### TRIBUNE PHOTOS BY LANA MEIER

The Stonewall Collegiate Rams' Gavin Holod moves the puck up ice during Winnipeg High School Hockey League Rookie Tournament action.

# Selkirk to host Cheer Manitoba provincials for first time

Submitted by Cheer Manitoba

Cheer Manitoba will be holding its provincial championships in Selkirk for the first time at the Selkirk Recreation Complex on May 6. The event

will showcase 58 routines in the disciplines of performance cheer (pom), scholastic cheer and all-star cheer.

Athletes will range in ages from five to 30-plus and will feature routines

from the U6 Novice division all the way to Open Level 7 teams, which compete at the highest level in the sport. More than 500 athletes will be in attendance from all over southern Manitoba and northwestern Ontario.

Cheerleading continues to gain popularity with shows like Netflix's *Cheer* putting a spotlight on the often misunderstood sport. Cheerleading

now has Olympic provisional status, meaning it could be part of the Olympic Games in the near future.

Cheer Manitoba has been overwhelmed with the positive support it has received from the community of Selkirk from sponsorship opportunities to excellent service at the Selkirk Recreation Complex. Doors open at 9 a.m. with the event starting at 10 a.m.



**Bell named an SJHL player of the week**

TRIBUNE PHOTO SUBMITTED

The Battlefords North Stars punched their ticket to the SJHL final last Wednesday. Scoring a pair of goals in the clinching contest was SJHL MVP Kian Bell. With his pair of goals in Game 4, Bell, formerly of Stonewall, now has 13 goals in just nine playoff games, helping the Stars to an impressive 8-1 record.



TRIBUNE PHOTO SUBMITTED

The Stonewall Collegiate Rams' Carter Boughton gets prepared to smash the birdie during tournament action last week. The Rams' Sidney Schaeffer placed in the top three in girls' singles, while Hayden Turner and Spencer Schaeffer were undefeated in mixed doubles and finished first. Boughton was tops in the boys' single event after not losing a game.

## To see more photos of your favourite Interlake Athletes

**GO TO**

**Stonewall Teulon Tribune | flickr**

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## RURAL MUNICIPALITY OF WOODLANDS (LOCAL URBAN DISTRICT OF WARREN) EMPLOYMENT OPPORTUNITY

### SEASONAL POSITION

The Rural Municipality of Woodlands invites applications for an opening for a seasonal position.

The seasonal employee will be responsible for a variety of duties relating to the maintenance and repair of municipal infrastructure of the Local Urban District of Warren.

Specific duties include but are not limited to: Maintenance of ditches and boulevards, installation of signs, minor repairs and maintenance of equipment, other duties as assigned

Salary as per the Collective Agreement with Operating Engineers of Manitoba. The position shall be from May to October.

The successful candidate must have the following qualifications:

- Valid driver's license
- Clean driving abstract
- Good knowledge of equipment operations would be an asset

A full job description for the position is available by contacting the RM Office at (204)383-5679 or on our website at [www.rmwoodlands.ca](http://www.rmwoodlands.ca).

Persons applying should submit a cover letter including a detailed resume with three (3) references and drivers abstract.

Applications will be accepted until the position is filled.

R.M. of Woodlands  
Box 10  
Woodlands, MB, R0C 3H0  
Attention: Finance Manager  
or to [finance@rmwoodlands.ca](mailto:finance@rmwoodlands.ca)

*We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.*



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[www.mcna.com](http://www.mcna.com)

**Classified and Notice  
booking deadline is  
Monday at 4 p.m. prior to  
Thursday's publication.  
Call 204-467-5836**

### WANTED

Buying large amounts of coins & coin collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre1969 10¢, 25¢, 50¢, \$1., Olympic coins, coin sets, **Royal Canadian Mint Coins, Franklin Mints Sets, buying Entire Collections & Estates.** USA, Canada & world collections **wanted.** Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

**Todd  
250-864-3521**



**HIPPIE** : un nouveau programme pour les parents francophones au rural

Vous êtes?

- Maman d'un enfant en bas de 5 ans
- Résidente permanente ou réfugié

Vous voulez?

- maintenir une relation solide avec ton enfant par le jeu et des activités d'apprentissage
- activement préparer votre enfant pour la réussite scolaire
- rencontrer d'autres mamans au rural

Pour en savoir plus:

[www.lafpfm.ca/hippy](http://www.lafpfm.ca/hippy)  
[hippy@lafpfm.ca](mailto:hippy@lafpfm.ca)  
1-888-666-8108 ext.218

### METAL RECYCLING

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

### SCRAP METAL

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

**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.**

### HOUSE FOR SALE

3 bdrm., 2 bath home in Stonewall. \$489,000 for information call or text 204-404-9728 or email [37elm4sale@gmail.com](mailto:37elm4sale@gmail.com)

### HELP WANTED

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](mailto:dboleski@gmail.com) or call 204-293-0884.

### Need to Promote Your Business?

Call 204-467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

### HAVE A NEWS TIP OR AN INTERESTING STORY??

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## PUBLIC NOTICE

Public Notice is hereby given that the **Interlake School Division** intends to conduct the following Rodenticide and Pesticide Control Programs during 2023:

Wilson Mouse Out – Rat and Mouse Killer Pellets, Wilson Predator Wilsarin Rat and Mouse Killer, King Rodentex Mouse Bait, and Tomkat Mouse Killer.

The proposed dates of application for insecticide programs is May 1, 2023 through October 31, 2023.

- To control insect pests including wasps, hornets and yellow jackets, the following insecticide may be used: Wilson One Shot Wasp and Hornet Long Shot.
- To control ant colonies, the following insecticides may be used: Ortho Ant B Gon Max Ant Eliminator Liquid, Ortho Ant-B-Gon, and Raid Max Double Control Ant Baits.

**Any person may, within 15 days after the notice is published, send a written submission to the department, regarding the control program or register with the department their written objection to the use of pesticide next to their property:**

Environment and Climate  
Environmental Approvals Branch  
14 Fultz Boulevard (Box 35)  
Winnipeg MB R3Y 0L6

Poison applications may be done at any or all of the following locations:

- Administration Office, 192 – 2nd Ave. N., Stonewall, MB
- Transportation/Maintenance/Technology Facility, Winfield & Summit Rd., Stonewall, MB
- Balmoral Elementary School, Balmoral, MB
- Brant Argyle Elementary School, Argyle, MB
- Grosse Isle Elementary School, Grosse Isle, MB
- Rosser Elementary School, Rosser, MB
- École R. W. (Bobby) Bend School, 377 – 2nd Ave. N., Stonewall, MB
- École Stonewall Centennial School, 573 – 2nd Ave. N., Stonewall, MB
- Stony Mountain Elementary School, 139 School Rd., Stony Mountain, MB
- Teulon Elementary School, 20 Beach Rd., Teulon, MB
- Warren Elementary School, 300 Hanlan St., Warren, MB
- Woodlands Elementary School, 222 Good St., Woodlands, MB
- Collège Stonewall Collegiate, 297 – 5th Street W., Stonewall, MB
- Warren Collegiate, 119 MacDonald Ave., Warren, MB
- Teulon Collegiate, 59 – 1st Street NE, Teulon, MB



## 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



## We have job openings for a LEAD INSTALLER

Must have a minimum of 2 years residential construction experience.

## and INSTALLER'S ASSISTANT

Experience an asset but not required. Training will be supplied.

Benefit Package, No weekend work, Some overtime required.

Send resumes to: [trevor@stonewallglass.com](mailto:trevor@stonewallglass.com) or drop off at #2 Patterson Drive, Stonewall

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## HELP WANTED

Hair Source is hiring in Stonewall full/part time in a very busy salon. Great location for walk-ins. Matrix Salon to join our elite team of stylists. Please drop resume off at # 5 408 Main St. Stonewall or email [hairsource@gmail.com](mailto:hairsource@gmail.com) or call 204-461-1450 for more information.

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.

Support Local business

## FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 [www.firstandsecondmortgages.ca](http://www.firstandsecondmortgages.ca)

## WATER TREATMENT

Water softeners. Well pumps/tanks. 5 stage reverse osmosis systems, \$285. E-coli ultraviolet systems. Iron/odour/manganese removal filters. 10" & 20" Polyspun. Pleated. String wound. Carbon replacement water filters. Best prices. All Seasons Furnishings 204-661-8581.

**Grow Your Business by placing a HELP WANTED ad in the Tribune**

## 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.

## UPCOMING EVENTS

Cluck & Quack Poultry Club Auction. Poultry & small animals auction on Saturday, May 6, 12 noon. Springfield Curling Club in Dugald, MB. For further vendor information contact Danica Mutcher, email [danimonica@hotmail.com](mailto:danimonica@hotmail.com) or phone/text 1-204-770-3857.

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Call 204-467-5836



E.F. Moon is a well-established Heavy Construction Company founded in 1962 and located in Portage la Prairie, MB.

We are currently seeking experienced, goal oriented individuals for employment in a number of areas: Class 1 & 3 Drivers, Foremen, Skilled Laborers, Sewer & Water Personnel, Directional Drill Personnel, Excavator, Dozer, Grader, Rock Truck, Loader, Vac Truck and Packer Operators.

We offer competitive wages, comprehensive benefits plan, safety training and a safe work environment.

Requirements are: Minimum class 5 driver's license, positive work attitude, reliable, able to work well with a team or alone, safety oriented, able to work extended hours.

If you are interested in joining a well-established and growing company with room for advancement, please visit us at 1200 Lorne Ave. E. in Portage la Prairie, MB to fill out an application, apply online at [www.efmoon.ca](http://www.efmoon.ca) or email a resume to [jackie@efmoon.ca](mailto:jackie@efmoon.ca)

Do you have a unique service you would like to advertise?  
Get the word out with an ad in the Tribune!

**McSherry Auctions**  
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Closes Wed. April 26 @ 7:00PM

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## RURAL MUNICIPALITY OF ROSSER

THE RURAL MUNICIPALITY OF  
**ROSSER**

**BY-LAW CADET (SUMMER STUDENT) TWO (2) POSITIONS**

The Rural Municipality of Rosser is seeking candidates interested in community by-law Education and Compliance investigation.

The Rural Municipality is committed to the development and maintenance of a livable, safe, orderly, viable and sustainable community. By-law Cadets will be representatives of the Municipality and expected to be Ambassador's for the Municipality of Rosser. By-law Cadets will have to engage with and promote the health, safety, and well-being of the Citizens of the Municipality through observing and recording by-law compliance.

### Duties:

- Coordinate activities with the South Interlake Planning District/RM of Rosser By-law Officer.
- Inspect/observing properties, vehicles, and buildings to ensure their compliance with designated by-laws (i.e., noise, parking, nuisance, dogs, zoning, licensing, open burning, fireworks, abandoned/stolen vehicles)
- Responding to questions from residents on certain programs and municipal services and providing information, advice and guidance on by-laws, municipal programs, and service requirements.
- Responsible for the intake, examination, and processing of complaints and answering enquiries regarding complaints.
- Travel throughout the Municipality to conduct inspections, establish compliance, investigate complaints, and conduct other duties as required.
- Special project work as assigned.

### The successful candidate must:

- Be knowledgeable and comfortable with electronic communication and computers.
- Be fit and capable of walking reasonable distances.
- Be capable of working outdoors in all weather.
- Have a positive and friendly customer service attitude.
- Driving record check (abstract).
- Strong verbal communication skills.
- Effective interpersonal skills.

**Wage Scale:** \$16.75 - \$18.30 per hour;  
Hours ranging from 20 to 40 hours per week.

Applications must contain a cover letter and full resume with three references, deadline being **May 8th, 2023** at 12:00pm.

Forward application marked "Application for By-Law Cadet Position" to:  
RM of Rosser  
Box 131  
Rosser, Manitoba R0H 1E0  
Fax: 204-467-5958  
e-mail: [info@rmofrosser.com](mailto:info@rmofrosser.com)

The Rural Municipality of Rosser supports inclusivity and accessibility in the workplace. Reasonable accommodation is available to applicants with disabilities.

## SUMMER STUDENTS

The Teulon and District Museum is hiring 2 summer students Ages 15-30. Must be continuing their education. 30 hours per week for 9 weeks. \$14.40 per hour.

Starting date June 27th, 2023.

**Deadline to apply May 15, 2023.**

*Please send resume to:*

Teulon and District Museum  
P.O. Box 44, Teulon, MB. R0C 3B0

**204 PALLET AND PACKAGING**

Like working with wood and working close to home?

204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. *Please call 204-344-5404 for more details.*

Eddie's Gravel Supply Ltd. is Hiring

**CLASS 1 TRUCK DRIVERS WANTED!**

**Camp Work**  
Competitive Wages, Health Benefits,  
Lift 50lbs, Experience an asset  
[info@eddiesgravel.com](mailto:info@eddiesgravel.com)  
204-389-2023  
102086 Hwy 9, Wpg Beach, MB



## PUBLIC NOTICE 2023 Financial Plan

In accordance with Section 162(2) of the Municipal Act, the Town of Teulon shall hold a **PUBLIC HEARING** to present the 2023 Financial Plan on:

**Tuesday, May 9, 2023 at 6:00 p.m.**  
**Teulon Civic Centre**  
**44 Fourth Avenue S.E.**  
**Teulon, Manitoba**

The Town of Teulon 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 this Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Teulon's 2023 Financial Plan.

Copies of the 2023 Financial Plan will be available for review as of April 12, 2023 on our Municipal Website at [www.teulon.ca](http://www.teulon.ca) or by calling 204-886-2314, or emailing [info@teulon.ca](mailto:info@teulon.ca)

The public is invited to interact, ask questions, and have the opportunity to speak for or against the proposed By-Law.

Dated this 31st day of March, 2023.

Andrew Glassco  
Chief Administrative Officer  
Town of Teulon

# Classifieds

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## SHOP LOCAL and help your local economy

### RURAL MUNICIPALITY OF ARMSTRONG NOTICE OF DUST CONTROL PROGRAM 2023

The Rural Municipality of Armstrong will now be accepting requests for the application of dust control on rural roads in front of residences in the RM of Armstrong on a **PRE-PAYMENT BASIS ONLY**.

Costs are as follows:

- 12 ft x 300 ft \$280 plus gst = \$294.00
- 16 ft x 300 ft \$390 plus gst = \$406.50

It is the homeowners' responsibility to flag the site for application.

Applications can be made in person or by using our drop box at the municipal office Lot 55 Highway 17 in Inwood Manitoba. Or

You may mail in your application form with payment to the RM of Armstrong, **All information on the application form must be completed or your order may not be processed. Forms can be found at [www.rmofarmstrong.com](http://www.rmofarmstrong.com).**

Cheques are made payable to the RM of Armstrong or you may make a payment by e-transfer, please call the office for details 204-278-3377.

Applications will be received up to and including May 12th, 2023.

The Municipality can not guarantee the effectiveness of the dust control suppressant. Once a dust control suppressant has been applied, no refunds will be made. The use of a dust suppressant is meant to control dust on the roadway, not to eliminate it completely.

Rural Municipality of Armstrong  
Box 69  
Inwood, MB R0C 1P0

## EMPLOYMENT OPPORTUNITY

### Class 1 Driver / Heavy Equipment Operator (Seasonal)



Prairie Earthworks Ltd. is a family run construction business located in Grosse Isle, MB and has been in operation since 2009. We are looking to grow our company and are seeking two motivated individuals for the upcoming construction season.

#### JOB DESCRIPTION:

- Lowbed transport heavy equipment to and from jobsites
- Tandem / End dump trailer deliveries of topsoil and gravel products
- Operation of heavy equipment in yard and on jobsites
- Assist with the operation of our busy topsoil screening plant
- Assist with the maintenance of all equipment
- Duration from April - December

#### QUALIFICATIONS:

- Valid Manitoba Class 1 driver's license
- Minimum 1 year experience in operating excavators, dozers, loaders, and rock trucks
- Minimum 1 year experience with wide loads, detach low beds, tandem, & end dump gravel trailers
- Positive attitude and willingness to learn
- Excellent communication and time management skills
- Ability to work in a fast-paced team environment as well as with minimal supervision
- Basic mechanical skills for service and maintenance would be an asset

Please forward resumes to:  
[prairieearthworks@gmail.com](mailto:prairieearthworks@gmail.com)

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

#### HAY / STRAW

Large square bales of dairy quality alfalfa. Large square bales of alfalfa/grass. Round bales of net wrapped grass hay. Round bales of silage wrapped alfalfa. Feed test results available. Contact Ken at 204-981-7593.

#### LIVESTOCK

Black Angus bulls, 2 yr olds and well grown out yearlings, fed TMR, no self feeders, semen tested, delivered. Phone Ross Jerney, Spruce Ridge Stock Farms, Ashern, 204-768-0333.

#### MACHINERY

2006 Case/IH DCX 131 disc hay bine, very good working cond., only cut 25 acres last 12 years, original owner, \$22,500. Call 204-467-8537 or 204-955-2068, Stonewall.

#### ADVERTISE IN THE TRIBUNE



## INTERLAKE SCHOOL DIVISION GREEN TEAM

The Interlake School Division invites applications for **GREEN TEAM** members for the upcoming summer season. Duties include maintaining grounds and playgrounds, cleaning building exteriors, and assisting tradespeople as required.

Details of the position can be found on the Division's website at [www.interlakesd.ca](http://www.interlakesd.ca).  
Deadline for receipt of applications is April 28, 2023.

Please forward resume, complete with the names of three references, to [hr@isd21.mb.ca](mailto:hr@isd21.mb.ca).

## RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY

### SEASONAL PUBLIC WORKS EMPLOYEE

The Council of the Rural Municipality of Armstrong invites applications for the position of Seasonal Public Works Person for the 2023 season during the months of May 1 to October 2023.

#### Specific Duties and Responsibilities:

- Cuts grass on roadsides, parks and cemeteries;
- Installs and repairs culverts;
- Hauling and loading of culverts;
- Installs and repairs signs;
- Operates tractor and mower;
- Gravel checking;
- Use of various power tools and equipment;
- Minor property/building maintenance;
- Assistance at the Waste Transfer Stations and Waste Disposal Grounds as required;
- Supervise Green Team;
- Other duties as assigned.

#### Working conditions:

- Must be able to handle physical tasks as some heavy lifting may be required.
- May have to work in poor weather conditions & emergencies.
- Safety procedures and use of safety equipment are required.

#### Skills and experience:

- Experience in road construction and maintenance would be beneficial;
- Ability to work with minimal supervision;
- Supervisory skills;
- Good communication and interpersonal skills;
- Valid driver's licence;

Salary, depending on experience. Persons applying should submit letter of application, on or before 4:30 p.m. Monday, May 1st, 2023 to:

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

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

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and publishing needs

204-467-5836

## HEALTH CARE AIDES

All shifts available. Wages dependant on experience. To join our Bonded Health Services Team call or drop resume in person or email to [ihebert@bondedhealth.ca](mailto:ihebert@bondedhealth.ca)



## BONDED HEALTH SERVICES

230 Manitoba Ave., Selkirk  
204-785-1992

## ADMINISTRATIVE ASSISTANT POSITION

### Required immediately

This permanent full time position is with Bonded Mobility a long standing Selkirk business dedicated to assisting people with disabilities.

Compensation is based on experience. The right candidate must have a high school graduate certificate and experience is an asset. You must have excellent computer skills with knowledge of Quickbooks, have a driver's licence and own your own vehicle.

This position requires that you must work well under pressure and have an attention to detail especially when attending to repetitive tasks. You must have the ability to multi task, have excellent written and verbal communication skills. You must be organized, accurate, flexible, have a focus on the client. This candidate must also be reliable and be a team player.

Apply in person or by mail to:  
230 Manitoba Avenue in Selkirk R1A 0Y5,  
email: [reception@bondedhealth.ca](mailto:reception@bondedhealth.ca)



**BONDED  
HEALTH**



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Want to learn how to fly? Interested in a career as a commercial pilot? Lakeside 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.

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

## 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.

**SPRING HIRING???** Need Class 1 drivers or construction workers? **BOOK YOUR 2023 BLANKET CLASSIFIED ADS NOW** in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Let people know in the Blanket Classifieds! Call 204-467-5836 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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HAVE A NEWS TIP OR AN INTERESTING STORY?? CALL US AT THE TRIBUNE 204-467-5836

## FARM LAND FOR SALE BY TENDER

Sealed, written tenders for property in the RM of ARMSTRONG described below will be received by:

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](mailto:scott@mmjlaw.com)

Starting a new business? Call us - We have everything you need to promote your business Call 204-467-5836

## 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.

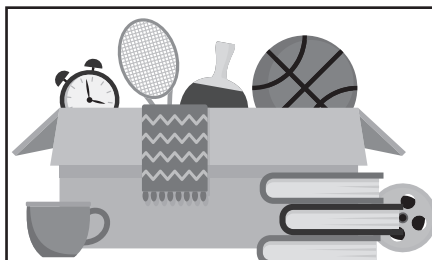
### Qualifications:

- 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](mailto:news@stonewallteulontribune.ca)

The Carman-Dufferin  
**STANDARD**



## Garage Sale

Friday, May 5 • 10am-7pm  
Saturday, May 6 • 9am-2pm

In support of Bethel Children's Orphanage and School, Kenya

New Life Church, Hwy #67, Stonewall

Donations accepted at church, May 1-4, 9 am - 7 pm.

No big furniture, mattresses, pillows or old electronics

Info: [cathrynmary384@gmail.com](mailto:cathrynmary384@gmail.com)

## SALES CAREER OPPORTUNITY

### 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.

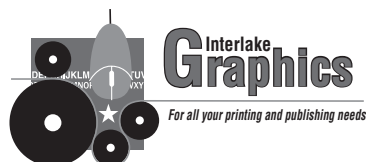
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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](mailto:Bigandcolourful@mts.net)



Stonewall Teulon  
**Tribune**  
THE EXPRESS  
WEEKLY NEWS

# Announcements

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## RURAL MUNICIPALITY OF ARMSTRONG

### PUBLIC HEARING

#### REGARDING THE 2023 FINANCIAL PLAN

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

**Thursday, May 4th, 2023 at 7:00 P.M.**  
**FRASERWOOD HALL**  
**10140 PR 231 Fraserwood, MB**

The Rural Municipality of Armstrong 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 (2024), and
- 4) A five (5) 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 Armstrong 2023 Financial Plan.

Copies of the Financial Plan will be available for review and may be examined by any person on the RM of Armstrong website at [www.rmofarmstrong.com](http://www.rmofarmstrong.com) or at the Municipal Office at Lot 55 Highway 17, Inwood, Manitoba during regular office hours.

Dated this 5th day of April, 2023.

Nancy Howell

Assistant Chief Administrative Officer  
Rural Municipality of Armstrong



## INTERLAKE SCHOOL DIVISION SCHOOL ADMINISTRATIVE ASSISTANT

The Interlake School Division invites applications for the position of **School Administrative Assistant at Woodlands School.**

Details of the position can be found on the Division's website at [www.interlakesd.ca](http://www.interlakesd.ca).

Deadline for receipt of applications is April 25, 2023 4:00 p.m.

## RURAL MUNICIPALITY OF ARMSTRONG

### REQUEST FOR TENDER

#### 2023 ROADSIDE GRASS-CUTTING SERVICES

The Rural Municipality of Armstrong invites tenders for 2023 Roadside Grass Cutting along municipal roads.

Please contact the office at the address or phone number below or visit the municipal website [www.rmofarmstrong.com](http://www.rmofarmstrong.com) to obtain the mandatory tender document.

Roads to be cut are all throughout the municipality Wards 1 to 5 approximately 588 miles (1,176 lane miles).

All tenders are to be submitted by sealed envelope to the RM of Armstrong marked "Roadside Grass Cutting" by Monday, May 1st, 2023 before 4:00 PM.

Contractor to supply own equipment and fuel.

Lowest or any quote not necessarily accepted.

Nancy Howell, ACAO  
RM of Armstrong  
Lot 55 Highway 17  
Box 69, Inwood, MB ROC 1PO  
Phone: 204-278-3377



## THE RURAL MUNICIPALITY OF WOODLANDS

### EMPLOYMENT OPPORTUNITY

#### PUBLIC WORKS CLERK FULL-TIME POSITION

The Rural Municipality of Woodlands invites applications for the position of a Public Works Clerk. The Public Works Clerk will provide clerical assistance to the Foreman and other staff members, performing other departmental and municipal related work as required.

Education, Skills & Ability Required:

- High School Diploma, GED or equivalent.
- Certificate in Office Administration, or comparable work experience.
- Proficient in computer software applications, word, excel and Outlook.
- Knowledge of book keeping is considered an asset.
- Knowledge of government departments and legislature.
- Have analytical problem solving skills.
- Strong verbal and written communications skill.

Salary and benefits are as per the Collective Agreement, with Operating Engineers of Manitoba.

A full job description for the position is available by contacting the RM Office at (204)383-5679 or on our website at [www.rmwoodlands.ca](http://www.rmwoodlands.ca).

Persons applying should submit a cover letter including a detailed resume with three (3) references.

Applications will be accepted until the position is filled.

R.M. of Woodlands  
Box 10  
Woodlands, MB, ROC 3H0  
Attention: Finance Manager  
or to [finance@rmwoodlands.ca](mailto:finance@rmwoodlands.ca)

*We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.*



## THE RURAL MUNICIPALITY OF WOODLANDS

### EMPLOYMENT OPPORTUNITY

#### Youth Employment (2 Positions)

Qualifications:

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, weed eater
- Knowledge of safety procedures and of the use of safety equipment
- Ability to do physical labour
- Available from July to August
- Must be 16-to 29 years old

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands.

All applications must be in writing and may be sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB, ROC 3H0, emailed to [finance@rmwoodlands.ca](mailto:finance@rmwoodlands.ca) or delivered to 57 Railway Avenue, Woodlands, MB. Applications will be accepted until the positions are filled.

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

## BIRTHDAY



We're fashionably late, just like Baba!

Please help us wish

Teulon's newest Septuagenarian  
a very happy birthday!

She's at her best

when she's about to bake something for us,  
her grandkids!

-Lots of love from

Liam, Lucy, Cohen and Maggie

## CARD OF THANKS

We would like to thank Sharon, Wayne and Sherry, Melvin, Tanya and Rob and family, Derek and Kyrie and family, Shelley and Tyrone, and Perry for the beautiful birthday party. Thank you to the kitchen and bar volunteers, Prairie Crocus for the music and everyone who attended and for the beautiful gifts received.

-Rose Kozak  
Adeline Mishtak

## Open House & Earth Day Event!

- Give Aways!
- Coffee & Donuts
- Tour Renovated RVs
- Blow out pricing on used parts & fixtures

Saturday, April 22  
10AM - 3PM

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If you possess a lot of skills, enjoy a rural location, are motivated, responsible, independent and respectful, this may be your dream lifestyle/employment.

Any excessive alcohol consumption (beyond social) or substance abuse is not welcome at our fishing/hunting camp.

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## OBITUARY



### Beverly Sherred

With heavy hearts, the family of Beverly Sherred announces his sudden passing on Thursday, April 6, 2023 at the age of 88.

Left to cherish Bev's memory are his wife of 65 years, Sheila; son Rick (Val); daughter Carol (Ryan); grandchildren Kayla (Ivan), Charles, Devin, Randy, Tristan, Taylor, Shae-Lyn, Racheal (Jonah) and Kenadi; great-grandchildren Ashton, Jayde and Abigail; as well as numerous nieces, nephews, relatives and friends.

Bev was predeceased by his parents, Martin and Eva; brothers Bob and Pete; and sister Norma. Bev was born in Wawanesa, Manitoba on May 31, 1934. He loved sports and played a bit of junior hockey with the Brandon Elks (now Wheat Kings) and Dauphin Kings. Dad said he had to quit playing hockey as he ran out of money and needed to find a job. So, while working at the grain elevator in Mather, MB., he met Sheila. Sheila's father wouldn't allow her to date Bev at the time, and Bev eventually took a job with Manitoba Hydro and relocated to northern Manitoba for a couple of years. He then moved to Winnipeg to pursue work as an electrician. When we would drive in the city, Dad would proudly point out the buildings his crews wired including all the Safeway stores and Assiniboine Race Track. It always put a smile on his face.

Bev and Sheila were reunited at a Legion dance a few years later in Winnipeg and got married on October 12, 1957, moving to Inwood in 1961 after purchasing a farm. They operated a dairy farm until 2001, when they retired and moved to Inwood.

Bev was heavily involved in the community, having served on volunteer boards for the Inwood Sports Club, Inwood Hall, as well as coaching baseball and hockey. He still enjoyed playing hockey and would suit up to play with the Inwood Seniors team. Bev served three terms as a town councillor and was also a school board trustee. He volunteered with the Inwood Fire Department for 28 years and was instrumental in getting the Inwood Fire Hall built.

Bev loved joking around and teasing everyone. If he called you bourgeois, you were A-OK in his books. Bev will be deeply missed by all who knew him.

As per Bev's wish, cremation has taken place and no formal service will be held. A private family gathering will be held at a later date to celebrate Bev's life.

Our family would like to thank Dr. Venter and the staff at Stonewall Hospital for the care Bev received. A special thank you to the ambulance attendants who drove through a snowstorm to attend to Bev, and to Sonny Rohne for plowing a path for the ambulance; we simply can't thank you all enough.

Flowers gratefully declined, donations can be made in Bev's honour to the Heart and Stroke Foundation of Canada or to JDRF (Juvenile Diabetes Research Foundation).

Missing you lots; till we meet again.



204-886-0404

## IN MEMORIAM

### SMITH, Helen

In loving memory of our dear Mother who left us April 24, 1967.

-Forever remembered by son Richard and his wife Sheelagh, Children Sheena and Shawn and Daughter Judy, husband Ken Paluk, Children Wesley and Trevor



## OBITUARY



### Teresa (Terry) Scott (nee Moore)

January 7, 1948 - April 9, 2023

It is with profound sadness that we announce the unexpected passing of our wife, mother and grandma. Terry passed away Easter Sunday at Stonewall hospital in the arms of her loving husband of 57 years, Jim.

Terry was the only child of Curt and Kathleen Moore. She was born and raised in Stonewall and moved to Stony Mountain not long after getting married. This is where she and Jim raised their three kids. Terry was always a hard worker and enjoyed working in the mining equipment sales business for many years. Terry enjoyed her getaways to the United States shopping and spending winters in Phoenix. She also enjoyed spending time with family and friends.

Terry will be greatly missed by her husband and best friend Jim; her son Rob (Chris); grandson R.J.; her daughter Tarra (Mitch Poirier); granddaughter Dakota (Anthony Vogiatzakis) and grandson Dawson Poirier; as well her three nieces and a nephew.

She was predeceased by her youngest son Clint in 2021 with whom she is now reunited; her parents, Curt and Kathleen Moore; and sister-in-law and brother-in-law Rlee and Ralph Gilson.

A private family service will be held at a later date.

In lieu of flowers, if friends so desire, donations may be made to CancerCare Manitoba.

"We love you so very much and will see you when we see you. XOXO"

## OBITUARY



### Daniel Smela

November 3, 1987 - April 4, 2023

It is with great sadness we announce the sudden passing of our son Daniel at the young and tender age of 35.

Daniel will be missed by his parents, Dorothy and Dennis; his sons Xander and Silas; his bio siblings Charity, Josh and Jesse; his friend Aurora; family and friends.

Daniel was easy to like, easy to love. From his youth, he blended well with family and friends. He was a fun loving kind of guy. Full of adventure. He was very competitive in soccer while attending Stonewall schools. He quickly learned how to snowboard trying out his prowess locally and on the slopes of the Rockies. He enjoyed all the seasons, making the campground and beach his summer playground on weekends.

As Daniel grew in maturity, he found a kinship with building construction. He rose to the height of a supervisor with Concord Projects on major sites, historical buildings in the Exchange District to major building sites in the Bridgewater and Sage Creek communities. Amazing and remarkable.

Daniel married and started a family. He had two sons whom he loved dearly. He enjoyed spending time with them and hanging out. They will miss him greatly.

When Daniel was 18 he was diagnosed with severe ulcerative Colitis which was his struggle every day. More recently he experienced another flare up making coping with his life and health difficult.

We will miss you son. We love you. Its just so sad to see you go so soon. Love Mom and Dad, family and friends.

Cremation has already taken place as per his wish. A Memorial Service will be held at New Life Church on Saturday, April 22, 2023 at 2:00 p.m. New Life Church is located on # 67 Highway between Stonewall and # 7 Highway. Pastor Henry Ozirney will be officiating.

We would like to thank our church family and friends for their prayers and support.

If you are so inclined, donations may be made for maintenance and improvements of the Norweigin Cemetery, in care of Arne Giesbrecht, Box 105, Dauphin, MB. R7N 2T9.



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