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Rosser firefighters were on the scene fighting a fire on a rural property just off Highway 7 on May 23. The hay shed was a total loss.

TRIBUNE PHOTO BY LANA MEIER

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Hay shed destroyed by fire

By Jennifer McFee

A fire destroyed a hay shed on the Abas farm last week.

The 911 call came in on Tuesday, May 23 at 6:18 p.m., said Rosser fire chief Mike Palmer.

“Rosser responded from our fire hall with all our apparatus. Our Rosser tanker trucks hauled over 165,000 gallons of water to the incident,” he said.

“Stony Mountain Rockwood Fire Department was called under mutual aid for tanker support and additional manpower.”

They cleared the scene at 10 a.m. Wednesday morning after 16 hours on scene, he added.

The cause of the fire is unknown and no animals were involved. The shed and its contents are a total loss, and some farm equipment was damaged as well.



TRIBUNE PHOTO BY LANA MEIER

Fire destroyed a hay shed at the Abas Farm on May 23. Rosser and Stonewall-Rockwood firefighters were on the scene for well over 12 hours making sure that the fire didn't spread to other buildings. Winds were gusting over 40 km/h.

Aurora borealis reigns over the night sky

Fun facts for the Friday night lights

By Emma McGill

On Friday, May 19, the northern lights could be seen from Teulon and surrounding areas dancing across the night sky. They seemed to be clearest at about 10:45 p.m.

This wondrous display of nature is known as solar wind, created when a stream of charged particles from the upper atmosphere of the sun are released and when they intersect with the Earth's magnetic field. From this, an aurora is created.

The term “borealis” is to classify the aurora as northern. These lights have

a southern counterpart, seen by people in places like Antarctica, South Africa and Australia, called aurora australis. The science of this was first explained by a Norwegian scientist by the name of Kristian Birkeland in the early 1900s.

Northern lights generally occur around 100 kilometres above the Earth, and though we can only see them in the dark, they can occur at any point in time. However, they are most likely to appear during a winter equinox. Some cultures believe that the northern lights are a sign of good luck.

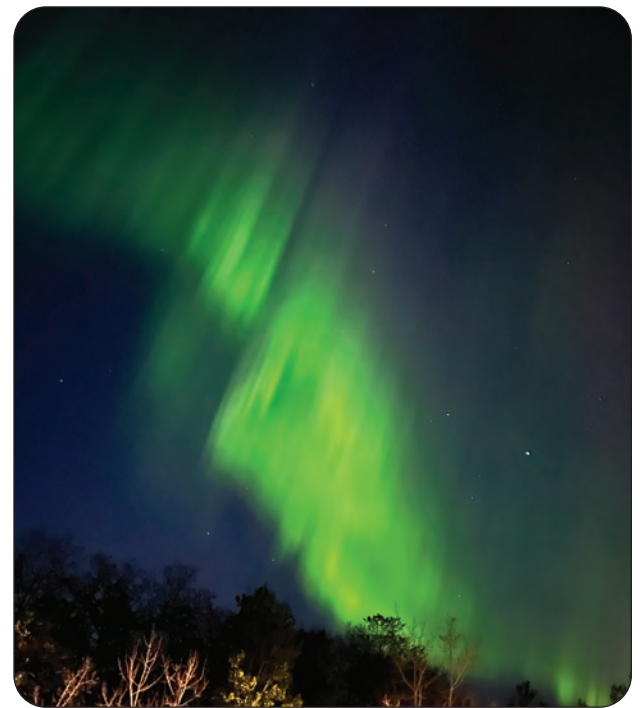


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Northern lights gracing a treeline in Gunton on Friday night.

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Stony Mountain Rockwood Fire Department hosts open house

By Jennifer McFee

The Stony Mountain Rockwood Fire Department welcomed the community to an open house event last weekend.

On Sunday, May 28, visitors dropped by the fire hall to meet the team and get a close-up look inside the fire trucks. They also had the chance to check out the fire safety trailer to learn what to do in case of fire.

Youngsters enjoyed a bouncy house and they even had the opportunity to try out the fire hose.

Kids could also take home some fun items such as stickers, magnets, a fire safety activity book, temporary tattoos and a pop-up fire truck for colouring.

Adding to the excitement, all were welcome to dine on a hot dogs, chips and pop.

“Our hope is to provide some information about summer fire safety to our community while making our equipment, trucks and personal protective gear not scary for children, all while having some fun,” said Fire Chief Marcel McIvor, who served up more than eight dozen hot dogs to a steady stream of visitors.

“The best part of the day is watching the smiles on the kids’ faces while they get to explore the trucks.”



TRIBUNE PHOTOS BY SAMUEL BURBANO MCFEE AND JENNIFER MCFEE
Above: Jacob, age 8, enjoys the opportunity to try out the fire hose. Other excitement included a hot dog lunch, tours of the fire safety trailer, a bouncy house and a chance to check out the fire trucks.



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Stonewall family excels at artistic upcycling

By Jennifer McFee

With nerves of steel, a Stonewall couple embarked on an artistic endeavour that breathes new life into repurposed metals.

Greg and Tracy Gill launched Steel Leaf Designs, along with their son Tyson, in 2017 as a way to create a home-based business that would allow them to work together while also enjoying time as a family.

They relocated to the Westman area for a few years, but they recently decided to move back to Stonewall.

"We love it so much we came back," Tracy said.

Since Greg had always been interested in metalsmith and blacksmith work, Tracy signed him up for a blacksmithing course for his birthday six years ago. It soon became an enjoyable hobby.

Over time, he began to brainstorm ways to incorporate Tyson's love of thrifting and Tracy's design background into his efforts.

"We decided to try repurposing and reusing items such as silverware to make jewelry pieces. It has grown from a hobby in the shed to a full on-line Etsy shop, craft markets and social media presence," Tracy said.

"We enjoy using mostly silverware, repurposed copper sheet and wire, even silver plate serving trays and turning them into something new and beautiful."

Together, they create a range of items, including spoon rings, bracelets, pendants, keychains, earrings, money clips, bookmarks, Christmas ornaments and more.

"We love that it reuses, keep things out of the landfill or from collecting dust in people's cupboards and it is suddenly something shiny and new," Tracy said.

"We have even had families contact us to do custom pieces with their family silverware to give to all the family members as keepsakes."

Example of their unique work is showcased on their social media pages (Etsy shop: SteelLeafCreations; Facebook: SteelLeaf123; and Instagram: @steel.leafdesigns).

The entrepreneurial artistic spirit runs strong in the family, since 15-year-old Tyson has now embarked on his own business idea.

"Tyson has always had a very natural interest and flair for sales and marketing as well as social media — so much so that he has actually branched out on his own the last couple of years," Tracy added.

"While he still helps us, he now has his own small business that he more



Steel Leaf Designs will be at the Red Barn on June 3 and 4.

or less runs on his own called Cloudy Cases Official."

Through this business, which he launched about three years ago, Tyson designs, prints and makes his own cell phone cases and accessories such as pop sockets and wallets that attach onto the cases.

"Cloudy Cases Official started because there wasn't anything fun or colourful available when I was trying to buy a case for myself," Tyson said.

"Now I can create cases for everyone, with a variety of designs designed by



TRIBUNE PHOTOS BY LANA MEIER

Steel Leaf Designs repurposes silverware and more into new creations.



Tyson Gill of Cloudy Cases Official can create and customize any phone case.



myself, collaboration collections with artists and customizable options. We are proud to offer a variety of iPhone and Samsung sizes."

Tyson's business also has an Etsy shop called CloudyCasesOfficial, Tracy added. Its online presences also extends to Instagram (@cloudycasesofficial), TikTok (@cloudycases.official) and Facebook (@Cloudycasesofficial).

"He has been very successful, shipping worldwide and he comes along to the local craft shows and markets with us," Tracy said.

"So now we usually book two spots and he does his thing beside us — and we still all work together on both businesses helping each other."

Since moving back to Stonewall a few months ago, the creative family

has sold their wares at several craft shows and markets in town as well as in Selkirk and Winnipeg.

They plan to add more market and craft shows to their schedule, including the upcoming Craft and Vendor Market at the Red Barn on June 3 and 4. Other dates will be announced on their Instagram and Facebook pages when available.

Local senior warns residents of convincing phone scam

By Katelyn Boulanger

Grandparent scams are once again making the rounds in our community, and an 82-year-old resident wants to share her experience so that others know how convincing these frauds are becoming.

The resident does not want to be identified in this article but is a senior who lives in the City of Selkirk.

"I received a phone call and he said, 'Hello, Grandma. How are you?' And then I said fine. Then he said, 'Do you know who this is?' And I said his name. And, he started to tell me that he was in big trouble," said the Selkirk resident.

The resident did think that the fraudster's voice didn't sound exactly like her grandson's but thought that he might have had a cold because his voice was quite similar to that of the family member she assumed he was.

The fraudster then ramped up the urgency by saying that he only had one phone call.

"And, of course, me thinking, well, his mother and dad are both working and if you're only allowed one call [it makes sense to call your grandmother who is often at home]," said the resident.

The scammer then went on to say that the grandson and his friend had been caught on drug possession

charges and that they were in jail.

"He shared the story and then he said, 'I'll let you talk to my lawyer or a policeman.' I'm not quite sure but I did talk to a 'policeman' and a 'lawyer.' They kept saying, 'You know, I think he's not guilty. He seems like such a nice kid and he's got no record or anything.' Convincing me that he wasn't guilty," she said.

This fraud took place on a Friday.

They then told the resident that if her grandson stayed in jail over the weekend that he would have a record but if they could get him released by the end of the day that that wouldn't apply but that her grandson would need a bond.

Initially, they said that they would need a \$50,000 bond but the resident said that she didn't have that kind of money. The fraudsters then told her that they could get a bondsman involved, which would reduce the cost to \$7,000 and that she would get the money back when her grandson showed up to court.

"[The fraudster] said, 'What I want you to do is go to get the money out of the bank and I'll call you back in 20 minutes.' I said, 'I don't think the bank's going to give me that type of money.' And he says, 'Well, just say that you've got an emergency or you're going on holidays,'" said the

resident.

She then said that she didn't know how to ship that kind of money safely to the city where her grandson lives.

The fraudster then made a big mistake that clued the resident into the fact that this was a scam. He asked her how to spell the name of her grandson's city, which is a well-known city in the province.

"I continued eating [my lunch] and I'm thinking, this is not right," said the resident.

She decided to double-check and called her grandson. Her grandson was home safe and sound and she says she was so happy that she would have jumped for joy if her knees were capable of it.

She then went right to the police station to let our local RCMP officers know that this scam happened.

Luckily the quick thinking of this local senior made it so that she didn't get scammed herself but she wanted to share her story so that other seniors who may be in a similar position recognize the scam for what it is without having to worry like she did.

This type of scam, called a grandparent scam, is a variation of an emergency scam that targets grandparents. Residents should be aware that scams like this can target anyone in our community, not just grandparents, as

scammers can use the same type of trickery to try to convince people that any relative, friend or loved one is in immediate need.

Emergency scams create a sense of urgency, making the person who is being targeted feel like they must act quickly instead of thinking the situation through.

Const. Paul Human, community policing officer with the local Selkirk RCMP detachment, says that residents need to "be an investigator."

"These calls will grab at your heart and all you will want to do is help them out. Take a time-out. Recount the story with someone else, hopefully another family member. If the story sounds weird, it is."

His Top 3 tips to prevent grandparent scams are:

- Ask the caller a few personal questions that only a real grandchild would know and an imposter would not.
- After they hang up, verify the story by calling the parents or other relatives of the grandchild.
- NEVER send money to someone under uncertain conditions.

To report a scam or learn more about recent frauds in Canada, visit the Canadian Anti-Fraud Centre website at <https://www.antifraudcentre-centre-antifraude.ca/index-eng.htm>.

Manitoba RCMP celebrates RCMP 150 milestone with contest giveaway for youth

Submitted by RCMP

Today marks the historic 150th anniversary of the RCMP in Canada and, in honour of this momentous occasion, the Manitoba RCMP is launching a contest to give away 150 Back to School prize packs.

Every child under the age of 14 who lives in Manitoba can enter.

How? It's easy! Simply write us an email, as long or short as you like, about what the Royal Canadian Mounted Police means to you. We would also love to hear about any positive experiences you may have had with a Mountie.

The prize pack consists of a backpack filled with items to start out the next school year:

- 1 backpack with RCMP 150 logo

- 1 lunch bag with RCMP 150 logo
 - 1 colour-changing water bottle with RCMP 150 logo
 - 1 Stetson-wearing polar bear stuffed toy
 - 1 sticky-note notebook with RCMP 150 logo filled with various sticky notes
 - Limited edition "RCMP 150" stickers and tattoos
 - 1 RCMP 150 ballpoint pen
- Send your email to DRCMP150-D150GRC@rcmp-grc.gc.ca.

Please also include your name, mailing address and phone number.

Note: we cannot accept any attachments; therefore, the message must be written within the body of the email.

The contest closes June 30, 2023, so get those emails sent in.

Good luck to everyone that enters. Due to the number of entries anticipated,

we can only reply to those that are selected for a prize pack.

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Jennifer McFee
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How to reduce risk of Lyme disease through prevention, treatment

May is Lyme Disease Awareness Month

Submitted by Manitoba Health

Manitoba Health is encouraging Manitobans to take steps to help protect against tick bites and Lyme disease.

May is Lyme Disease Awareness Month, and Lyme disease is becoming more common in southern Manitoba.

Lyme disease can be prevented if antibiotics are given quickly after a high-risk tick bite. Manitoba Health recommends people visit a health-care provider within 72 hours to receive antibiotics if:

- the bite was from a reliably identified blacklegged tick;
- the tick was attached for 36 hours or more, or the tick was engorged; and
- the bite occurred in southern Manitoba (south of the 53rd parallel) or another known risk area for Lyme disease outside the province.

All Manitobans can help protect against tick bites and exposure to Lyme disease by:

- applying an appropriate tick repellent on exposed skin and clothing, following label directions;
- wearing long pants and long-sleeved shirts;
- staying to the centre of walking trails;
- inspecting themselves, children and pets after spending time outdoors;

- removing ticks as soon as possible from people and pets; and

- keeping grass and shrubs around homes cut short to create drier environments that are less suitable for blacklegged tick survival.



Blacklegged ticks have a 2- to 3-year life cycle.

It is also important for people to be aware of the signs and symptoms of tick-borne diseases including anaplasmosis, babesiosis or Lyme disease. A list of symptoms for these tick-borne diseases can be found at www.gov.mb.ca/health/publichealth/cdc/tickborne/index.html. People should contact a health-care provider if they think they may have a tick-borne disease. For more information, individuals can also contact Health Links-Info Santé at 204-788-8200 or (toll-free) 1-888 315-9257.

Blacklegged ticks, which can carry Lyme disease, anaplasmosis and babesiosis, are most commonly found in and along the edge of forests and in areas with thick, woody shrubs or other vegetation. However, they can also be found in urban areas including household yards. These ticks are typically found from snowmelt to snowfall, with peaks in activity in spring and fall.

Manitoba Health's partnership with the eTick program, which is devel-

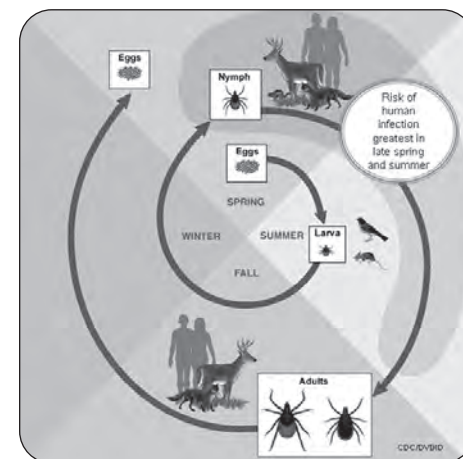


PHOTO SUBMITTED

In most cases, a tick must be attached for 36 to 48 hours or more before the Lyme disease bacterium can be transmitted. If you remove a tick quickly (within 24 hours), you can greatly reduce your chances of getting Lyme disease.

oped and operated by Bishop's University, helps monitor and assess the continued expansion of blacklegged tick populations. Manitobans who find ticks on animals, humans or in various habitats can submit a picture to have it identified by experts, which will confirm if the tick belongs to a species capable of transmitting diseases. For more information or to submit a picture of a tick, visit www.etick.ca.

To learn more about blacklegged ticks, tick-borne diseases and prevention, visit www.gov.mb.ca/health/publichealth/cdc/tickborne/.

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Thursday morning, before temperatures began to soar to the high 20 degrees Celsius for the rest of the week, 11-year-old Fiona Adams and her seven-year-old brother Oakley were out watering their flowers and vegetables at the community garden north of the Stonewall cemetery. 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

Manitoba small business optimism falls slightly this month

Submitted by CFIB

Manitoba's small business optimism index was on the rise for six months in a row but is now beginning to slow down according to the latest Canadian Federation of Independent Business (CFIB) Business Barometer®. The province's long-term (12-month) optimism index is sitting at 63.5 in May.

PEI (75.0) and Newfoundland and Labrador (68.0) have the most 'up-beat' entrepreneurs due to the beginning of the summer tourism season. Manitoba sits at the top with the two eastern provinces, only seeing a drop of 1 point from last month. Health and Education services (67.6) topped the sector rankings, while Agriculture (45.6) and Finance, Insurance, Real Estate and Leasing (45.7) were virtually tied for last place.

"Small business optimism in Manitoba has remained quite steady over

the past few months," said Brianna Solberg, CFIB Provincial Affairs Director. "However, challenges such as lower sales, record-high business costs, and a historically difficult labour market are making it difficult for businesses to fully recover and that is why we are beginning to see optimism levels plateau."

While some headwinds have eased, labour shortages and their side effects are still one of the biggest headaches for small businesses. Manitoba's top limitation on business development and growth in May continues to be labour shortages – with 46% of Manitoba small business owners reporting a shortage of skilled workers and 28% reporting a shortage of semi- or unskilled workers.

One CFIB member commented that labour shortages have forced their business to reduce their service offerings. Another reported a productivity

hit after having to train technicians in-house due to a lack of qualified workers, while a third mentioned having to automate and swap domestic manufacturing with imported goods to cope with higher labour costs.

Full-time staffing plans have been on a steady upward trend in Manitoba since March, with 26% of businesses looking to hire in the next three months.

"Usually, businesses are looking to hire more people ahead of the busy summer season. At only 26%, the moderate indicator this month suggests employers are struggling to find qualified staff, or are looking for alternatives, in a cooling labour market," said Andreea Bourgeois, Director of Economics at CFIB. "The good news though is that fewer employers (10%) were planning to lay off in the next three months."

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As a pastor, I view the divisions between Christians a great tragedy and a scandal for those who look at Christianity from the outside. We may have improved relations notably since the last century but we still have so far to go. Sometimes it isn't that we directly put people of other denominations down in public, but that we give ourselves permission to use unkind and prejudicial sayings and words with members of our own congregation.

A few years ago, I was listening to a lecture about ecumenism in Jerusalem where unfortunately there has historically been a real lack of respect for people of other faiths. The lecturer mentioned that we human humans have a tendency to revert back to the basest of human behaviour when we interact with people that are different from ourselves. That is, there is a knee jerk reaction to think ourselves superior and then use that emotion to denigrate or even harm others. The speaker encouraged everyone, when interacting with other faiths (and denominations), to ask God to help us behave as the redeemed people that we claim to be and rise above our most base human thoughts and actions. I have personally taken this insight to heart. To respect one another publicly or in private is what Jesus would want for us. Let's ask for the Grace to do so.

Rev. Barry D. Schoonbaert v.g.
Pastor of St. Joseph, Stony Mountain, St. John Vianney, Teulon and Christ the King church in Stonewall

Paramedic vacancy rate and increased call volumes: a growing concern

By Patricia Barrett

People living in the Interlake could be facing longer wait times for an ambulance as the region continues to bleed paramedics.

The Interlake-Eastern Regional Health Authority currently has a 25 per cent paramedic vacancy rate and it's expected to get worse, according to the Manitoba Association of Health Care Professionals (MAHCP), the union representing 7,000 allied health-care professionals including rural paramedics. There are very real fears rural communities will see a further exodus of paramedics to higher paying jobs in the city.

MAHCP president Jason Linklater said the provincial government is creating 20 additional paramedic positions and providing two more ambulances for Winnipeg but has offered nothing to rural Manitoba.

The upcoming jobs in the city will hand rural paramedics an incentive to leave. City paramedics get paid more than their rural counterparts for roughly the same job. They have opportunities to move up a career ladder that rural paramedics don't have. And they have a better work-life balance because there are more of them to fill shifts, says MAHCP.

"In the Interlake area in particular, we've got paramedics leaving to come to work in Winnipeg for a significant increase in pay. And many of the paramedics who already work in the Interlake live in Winnipeg and surrounding areas and commute to work. When positions open up in Winnipeg, they leave the rural areas," said Linklater. "The government's announcement yesterday [May 24] is

fantastic for Winnipeg, but it harms rural EMS access because those paramedics will be leaving to fill those city positions."

The government announced last Wednesday it's providing funding over five years to the City of Winnipeg for two additional ambulances that will be staffed 24-7 in order to address an increase in patient volumes.

Linklater said the overall rural paramedic vacancy rate in Manitoba has reached alarming proportions, and the worst hit regional health authorities are Prairie Mountain and Interlake-Eastern.

"In Manitoba the paramedic vacancy rate has more than tripled in two years. That's a serious exodus out of EMS," said Linklater. "We have a 30 per cent vacancy rate (average vacancy rate, excluding Winnipeg) with 218 open positions across rural Manitoba."

The IERHA's paramedic vacancy rate in December 2020 was three per cent, he said. That shot up to a 25 per cent paramedic vacancy rate by January 2023.

"We have fewer paramedics trying to respond to a significant increase in calls. Call volumes are up 50 per cent since the end of 2018," said Linklater.

There are a number of plausible reasons for an increase in ambulance call volumes, including an aging population, significant reductions in the operating hours of hospital ERs [e.g., Arborg and Eriksdale hospitals], escalating health conditions because of a lack of access to primary care physicians and ER departments, and increased drug and alcohol use, he said.

"And we're heading into the summer season with a concerning paramedic vacancy rate. When you have call volumes up and a 25 per cent vacancy rate in the IERHA, there will be calls from people who will have wait far longer for EMS than they

should," said Linklater. "Right now, every effort must be made to prevent us losing 20 more paramedic positions to Winnipeg."

Paramedics in rural Manitoba have been working without a contract for over five years and that's made it difficult to retain and recruit them, he said. The first thing the provincial government needs to do is offer them a "competitive deal." The government promised incentives, including ending mandated overtime and paying weekend premiums, to some health-care professionals in November 2022 but didn't extend those incentives to rural paramedics.

"In our opinion, everything possible should be done to retain rural paramedics. The government needs to ... improve their working conditions and work-life balance," said Linklater. "We have huge problems right now due to the crisis in staffing and work conditions that are putting rural paramedics in an impossible situation. Burnout and stress are higher than ever. At times when people need to have a break, they don't get one."

The government promised last November to create 35 new rural paramedic positions, but since that time there has been a "net loss of 35 paramedics" and rural areas are "continuously bleeding paramedics," he said.

MAHCP has spoken with rural municipalities across the province and knows that "wait times can go up to an hour" for an ambulance, he added. Municipalities have a vested interest in having access to EMS service for their residents. A number of them expressed concern about the government's announcement for the city because "everyone knows where those paramedics are coming from."

MAHCP's membership recently voted overwhelmingly (99.3 per cent) in favour of a strike, leaving no question as to what the "will of our membership is," he said. The union hasn't set a date as a strike is a "last resort" and the union is still negotiating with the government with the assistance of a mediator.

"Right now, the government's plan is to ask fewer paramedics to work



TRIBUNE FILE PHOTO

An ambulance makes its way down Highway 68 towards Arborg.

more overtime and pick up more shifts. That's not a plan," said Linklater.

A spokesperson for the government said the *Express* should ask the regional health authority about paramedic staffing and hours, and that there is "no rural element to announce" regarding paramedics because the government was negotiating specifically with the Winnipeg Fire Paramedic Service for more ambulances and paramedics.

The Manitoba NDP obtained government documents through freedom of information requests on the loss of paramedics from rural Manitoba.

Since Heather Stefanson was sworn in as premier, there are 87 fewer paramedics working in rural Manitoba and rural communities are waiting longer for ambulances, said the NDP in a May 24 statement.

"Rural paramedics are leaving their jobs at an alarming rate and it's not hard to see why," said health-care critic Uzoma Asagwara. "The level of stress and burnout these dedicated frontline workers face is staggering. As Premier Stefanson continues to close rural hospitals and ambulance stations, rural paramedics are forced to do more with less. This critical staffing shortage is dangerous and will continue to get worse the longer the PCs are in power."

The documents the NDP obtained show 704 rural paramedics in 2020-21. There were 617 in 2022-23. They've been without a contract and have had their wages frozen since 2017.

NDP leader Wab Kinew said his party will rebuild rural health care.

"We will give rural paramedics a fair deal, pay them the same wages as their Winnipeg counterparts and allow advanced care paramedics to work to the full scope of their practice," he said.

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Stonewall Legion Decoration Day Parade

The Stonewall Legion Br #52 of the Royal Canadian Legion will be having their Decoration Day Parade & Service on Sunday, June 4th.

Parade leaves the Legion Parking Lot at 1:30 p.m. and the service starts at the Memorial Park at 2:00 p.m.

All are welcome to participate in our Service.

Looking for household donations for family left homeless by fire

By Patricia Barrett

A fire that broke out at an apartment building on Quail Ridge Road in Winnipeg on the May long weekend left 180 people homeless, including the granddaughter of Lunder business owner Randy Gudmundson and his wife Tannis.

The Gudmundson family, which owns Randy's Tire & Sport, is collecting donations of clothing and household goods for their five-year-old granddaughter, Charlee Fuller Gudmundson, and her mother, Pax Fuller, who lived in the four-storey Quail Ridge Apartment Homes, north of Portage Avenue and the Grace Hospital in the St. James neighbourhood.

Tannis said she and her son were at the apartment on the evening of May 19 with Pax and Charlee when the fire broke out. All four were outside when they noticed that a balcony on the fourth floor was on fire.

"I was at the building with my son to drop off some stuff. The four of us were in the parking lot," said Tannis. "We said goodbye and we turned around and saw a barbecue on fire on a fourth floor balcony. I didn't see anybody on the balcony. We called 911 and my son went into the building [to Pax's apartment on another floor] to alert her friend."

Tannis said the fire advanced as fast as a wildfire, burning the balcony of the apartment and jumping to the roof where it spread along the wood-framed building. Fire trucks poured water over it for about two hours. The Red Cross arrived on the scene, providing support to residents, and social services brought buses to take people to a shelter. A canopy was also set up where food such as pizza and sandwiches were provided to residents.

The building's owner, Weidner Apartment Homes, told city media the complex is unsafe and uninhabitable because of the damages from fire, water and smoke. And media reported last week that after the fire was extinguished, several suites had been broken into and personal items stolen.

The *Tribune* reached out to Pax for comment but was unable to speak with her by deadline.

A friend of Pax's set up a GoFundMe page to raise \$20,000 for her and Charlee. Pax and her family wrote on the page that the fire dramatically changed their lives and left them with



Pax and her five-year-old daughter Charlee are in desperate need of living accommodations and day-to-day living necessities.

a profound sense of loss and disorientation.

"The fire ravaged most of the building, leaving it condemned," they wrote. "We were left with nothing more than the clothes on our backs. Yet, the most painful loss wasn't our material possessions, but the irreplaceable pieces of our past – old family pictures, heartfelt letters and

"THE MOST PAINFUL LOSS WASN'T OUR MATERIAL POSSESSIONS, BUT THE IRREPLACEABLE PIECES OF OUR PAST."

writings from loved ones, cherished gifts that held an inestimable place in our hearts. All of these vanished into the smoke and embers."

Pax and Charlee need to replace furniture, beds, kitchen supplies, toys and food and water.

Unfortunately, Pax did not have apartment insurance and the building management did not provide any,

they wrote. They are in the process of reaching out to local charities and relief organizations to see whether they can receive some aid to get them back on their feet.

"To those who choose to stand with us on this difficult journey, we cannot express our gratitude enough," they wrote. "Your compassion and generosity are the silver lining in this dark cloud, a testament to the power of community and shared humanity. We thank you from the depths of our hearts and promise to keep you updated about our progress."

People can drop off clothing, household items and toys at Randy's Tire & Sport, which is located on Highway 6 in Lunder. For more information about donating items, call the dealership toll-free at 877-762-5815.



TRIBUNE PHOTO BY TANNIS GUDMUNDSON

One hundred and eighty people have been left homeless following a fire at Quail Ridge Road in Winnipeg on May 19.

Helping Manitobans Make Ends Meet

PHARMACARE RATES: FROZEN



For the third year in four, Manitoba is holding the line of Pharmacare rates.

This will help make life more affordable for seniors on fixed incomes, lower income Manitobans and families.

Learn more about Pharmacare and how it helps cover the cost of prescription drugs at

Manitoba.ca/pharmacare



Stop kochia from setting seed

By Shawn Senko

Kochia that survived pre-seed burn-off needs to be taken out before it drops seed later in the season. The big weeds can produce at least 15,000 seeds per plant — often many more — so letting them set seed and then spreading that seed with the combine can move a herbicide-resistant population across a field very quickly.

Kochia with resistance to both Group-2 and Group - herbicides is found all across the Prairies in big numbers. Agriculture and Agri-Food Canada weed scientists have also confirmed kochia populations with resistance to Group-4 and Group-14 herbicides.

The best practice is to control small kochia plants in the pre-seed window with a tank mix of effective herbicides. If kochia is still alive after crop emergence, growers have fewer options in canola fields.

The only in-crop herbicide option that works on Group-2 and Group-9 resistant kochia is an early application of Liberty on Liberty Link canola cultivars. Group-10 glufosinate in Liberty will control all resistant kochia populations as long as plants are not too large to kill at the time of spraying.

Roundup Ready, TruFlex and Clearfield systems based on Group-9 and Group-2 weed control are no longer effective on most kochia across the Prairies.

In all cases, scout after spraying. If kochia plants survived pre-seed burn-off and the first in-crop spray, use these other measures to stop them:

Physically remove kochia plants

Options include mowing areas where kochia is the dominant species and crop yield expectations are low. Hand weeding could be worthwhile in areas where individual resistant (or likely resistant) plants are present.

Use combine seed destroyers

Combine weed seed destroyers, the mechanical hammer mills that pulverize all seeds in the chaff, can effectively destroy at least 90 per cent of kochia seeds — as long as harvest is not delayed to the point where major seed drop has begun.

Apply Edge in the fall

This won't stop seed set this year but could be part of the solution in fields with a lot of resistant kochia. Group-3 ethalfluralin (Edge) applied in the fall on fields planned for canola the following year can help manage kochia resistant to glyphosate and other herbicides.

Canola growers with herbicide-resistant kochia may want to look at other long-term management strategies.

They could seed kochia-infested areas to salt-tolerant perennial forage rather than continue to throw inputs



PHOTO SUPPLIED BY CANOLA COUNCIL OF CANADA

There are steps producers can take to prevent kochia from running rampant in their fields.

at acres with no hope of profitability.

They could diversify the crop rotation with early- and late-seeded crops, including winter cereals and forages that provide early season competition.

If poor drainage is at the root of salinity problems, localized tile drainage may remediate low productivity areas where kochia tends to thrive.

Farms that prefer Roundup Ready or TruFlex canola may want to consider cultivars with stacked systems — Tru-

Flex and Liberty Link — to give them flexibility to manage herbicide-resistant kochia.

For more on this topic, please read "How to contain herbicide-resistant kochia" and "Integrated weed management: Best practices" in the Weeds section at canolawatch.org/fundamentals.

Shawn Senko is an agronomy specialist with the Canola Council of Canada. Reach him via email at senkos@canolacouncil.org.

Interlake Eastern Health Foundation introduces new executive director

Submitted by Interlake Eastern Health Foundation

The Interlake Eastern Health Foundation board of directors is pleased to announce Averill Stephenson as the foundation's new executive director.

Stephenson replaces Pam McCallum, who led the foundation for many years. Stephenson brings a range of experience, having spent her whole career in the not-for-profit sector. She is a passionate leader and fundraiser, with a proven track record of advancing initiatives, building partnerships and achieving results.

"I am honoured to have been given the opportunity to lead the Interlake Eastern Health Foundation," says Stephenson. "Health and community are my passions. I am excited to build on the exceptional foundation that exists and advance the organization to increase the support for the communities we serve."

A born-and-raised Manitoban and mother of two, Stephenson joins the foundation after spending the past 10 years in senior community fundraising roles for various health charities. Prior to that, she worked for 10 years

in the recreation and medical fitness sectors, developing programs and services to improve the health of diverse communities.

"Averill is an accomplished leader with a strong background in community fundraising and relationship development," says Brent Wynnyk, chair of the Interlake Eastern Health Foundation board of directors.

"She is known for her collaborative approach and strong work ethic. We are thrilled to have her join the foundation and excited to see what we will accomplish under her leadership in



Averill Stephenson

the years to come."

Interlake Eastern Health Foundation's mission is to raise funds that support health care in the Interlake-Eastern health region. Through the generous support of our community, we are able to re-invest funds into the communities we serve.

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Clubroom Events for the Week of May 29
Wednesday 4-10 Chase the Queen Draw at 8:30
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Thursday 4-10
Friday 4-close BBQ 5:30 to 7 Meat Draw at 6:30
Saturday 2-close
Sunday Decoration Day Marching from Legion to Memorial Park
at 1:30 Service at 2 and March back to legion after the service
Light lunch served afterwards - Everyone Welcome
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Manitoba government's construction on Selkirk Regional Health Centre underway

Submitted by the Manitoba government

The Manitoba government is investing roughly \$45.7 million to expand and renovate the Selkirk Regional Health Centre, and three construction projects are currently underway at the facility to significantly expand acute care inpatient capacity and its surgical program, Health Minister Audrey Gordon recently announced.

"We are healing the health-care system by expanding and renovating Selkirk Regional Health Centre to provide more services and increase patient capacity," said Gordon. "These strategic investments improve the quality of patient care for residents in the region and improve access to timely care for all Manitobans, closer to home."

The projects include the addition of 30 acute care inpatient beds and three emergency department treatment spaces to enhance the health centre's ability to treat and monitor patients.

Construction on the 30-bed acute care inpatient addition is now underway and the steel structure of the new building can be seen emerging from the 28,147-square-foot site, the minister noted. The new beds will allow for an increased number of inpatients and a higher volume of surgical and endoscopy services to be delivered locally. The inpatient addition is expected to be completed by the summer of 2024, the minister added.

Renovations to the emergency department have just begun and will include the expansion of the existing waiting room and the addition of three new treatment spaces. The emergency department will remain open to patients during construction. Renovations are expected to be completed by March 2024, the minister said.

The project expansion will support an increase in surgeries performed at the site, such as general procedures,

gynecology, urology and endoscopy. The project will include minor design changes to improve patient flow and expand treatment capacity within the emergency department.

The facility's outpatient centre is also undergoing minor renovations to accommodate the use of a C-arm fluoroscopic X-ray system for the new pain care clinic, opening this fall, which is an expansion of the Manitoba Pain Care Program.

"Selkirk Regional Health Centre cares for more than 2,500 inpatients and over 26,550 patients who attend the emergency department from all across the Interlake-Eastern region annually," said Marion Ellis, chief executive officer, Interlake-Eastern Regional Health Authority. "By expanding the health centre and renovating to accommodate new services, we're improving people's ability to access the right care they need in a timely way in our region."

The Manitoba government is providing a total multi-year capital investment of \$1.3 billion to support the building, expanding and renovating of health-care facilities across the province. This includes Manitoba's Clinical and Preventive Services Plan, led by clinicians to establish a geographic network of care that improves access for Manitobans.

The plan is comprised of 39 projects including:

- construction of new hospitals in Neepawa and Portage la Prairie;
- renovations at Dauphin Regional Health Centre; and
- expansions at Boundary Trails Health Centre in Morden-Winkler and Lakeshore General Hospital in Ashern.

For more information on Manitoba's Clinical and Preventive Services Plan visit https://sharedhealthmb.ca/wp-content/uploads/CPSP_Overview_NL.pdf.

Gimli International Film Festival looking for volunteers

Submitted by GIFF

The highly anticipated Gimli International Film Festival (GIFF) is back, bringing the magic of cinema to the picturesque shores of Lake Winnipeg.

Mark your calendars for July 26-30, as GIFF promises to deliver an unforgettable cinematic experience for film enthusiasts of all ages.

Early bird tickets for this year's festival will go on sale on June 1, offering an exclusive opportunity to secure your spot at discounted rates. Regular

tickets will be available for purchase starting July 1, ensuring everyone has a chance to join in on the excitement.

GIFF is also calling for volunteers to be a part of the festival. Engage with industry professionals as you contribute to the success of this renowned event —not to mention receive your complementary GIFF Volunteer Film Pass, merchandise and other exclusive invitations to events as a token of appreciation.

Volunteer roles include pre-event set-up, site management, box office operations, guest services, hospitality, venue operations, event tear-down, transportation and more. Your minimum commitment of 12 hours will make a significant impact on the festival.

By joining the GIFF volunteer team, you'll gain valuable experience, con-

nect with talented individuals and contribute to one of Manitoba's most unique summer experiences.

For more information on volunteering, tickets and all things GIFF, visit the official website at gimlifilm.com. Don't miss out on this incredible opportunity to be a part of Manitoba's most unique summer experience!

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2. Indigenous and Aging Populations Steering Committee
Works to improve health outcomes, access and reduce health disparities. (Meets for 1 hour nine times a year.)

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Interlake-Eastern
Regional Health Authority

Local opera singer performs spring concerts

By Jennifer McFee

A local opera singer brought music to life through a classical music concert at the Canadian Museum for Human Rights.

Camryn Dewar of Stony Mountain, along with pianist Paul Williamson, performed a concert entitled Living Music in the museum's picturesque Garden of Contemplation on May 20.

The spring concert served as a tribute to living North American composers, including Métis composer Ian Cusson and Grammy-award winning composers Caroline Shaw and Jake Heggie.

"It was fabulous. There were so many people there from various periods of my life. I had a childhood friend from middle school that came out and also Mel Braun, who was my voice teacher for my undergrad at University of Manitoba," said 22-year-old Dewar, who is pursuing her master's degree in music at Montclair State University in New Jersey.

"Neil Weisensel is one of the composers whose music I sang at the concert and he came out too with Larry Desrochers, who is the CEO of Manitoba Opera."

After studying classical opera, Dewar discovered that living composers created the music she most enjoys singing.

"This past year showed me how much talent we have right here in our backyard in Canada and the States as well. Since this music is really difficult, not many people are performing it very often. I really wanted to bring a lot of this music to Manitoba," said Dewar, an operatic soprano who is a member of Red River Métis Nation.

"You can follow all these people on Instagram and see what they're up to, which you can't do with Mozart. You can't call him up and ask him why he composed something a certain way."

Dewar also wanted the concert to take place at a venue that was meaningful to her.

"I was looking at maybe doing it at Cloverdale church, which is the church where my grandma played organ, or somewhere else in Red River that was meaningful to my family and ancestry, maybe



TRIBUNE PHOTO SUBMITTED

Camryn Dewar of Stony Mountain performed a spring concert, along with pianist Paul Williamson, at the Canadian Museum for Human Rights.



Camryn Dewar

like Louis Riel's house," she said.

She decided to reach out to the Canadian Museum for Human Rights to see if they had a performance space available for the concert.

"They were really gracious for us to work together and do the collaborative effort. I chose the Garden of Contemplation and we went from there," she said.

"It was totally cool to be making meaningful music in an inspiring space like that. I'll definitely be back there because everything went really well. It was amazing."

Inspired by a homegrown opportunity, Dewar has decided to take a year-long academic sabbatical next year.

"At Manitoba Opera, they're doing an opera called *Li Keur: Riel's Heart of the North*, which is about Louis Riel and the central role of women in his life. It's about Métis women in general and their positive impact on the founding of Manitoba," she said.

"I don't think I'll ever have the opportunity again to be on the ground floor in Red River, where the Métis people were born, workshopping an opera about my people and my culture — and specifically about my experience as a Métis woman."

Métis poet and librettist Suzanne Steele wrote the production, with music from Métis composer and

fiddler Alex Kusturok and composer Neil Weisensel.

"Li Keur" means "The Heart" in Michif, and the title reflects how Métis and Indigenous women are at the heart of the story. The collaborative effort includes songs and speech in Heritage Michif, French Michif, Anishinaabemowin, French and English.

"We actually prepped a lot of this opera back in 2021. Back when we were learning it, I was back in the chorus with my dad. I get my Métis from my dad's side of the family. We're singing the Métis folk songs that my grandma used to play on piano and we're singing them in Michif, the Métis language. It was just so powerful," she said.

"It's going to be so amazing to see how all of this is created for the first time. Because of that, I decided to take a year off. I'm going to be working on community involvement and section leading, and I'm also going to be in the chorus."

For those who missed Dewar's performance of the Living Music concert, you'll have another opportunity to enjoy the show. She will be performing the same program on June 5 from noon to 1 p.m. at Canadian Mennonite University (500 Shaftesbury Blvd. in Winnipeg) in the Laudamus Auditorium as part of the Agassiz Chamber Music Festival.

Manitobans encouraged to host Lemonade Stands for Hope

Submitted by CancerCare Manitoba

It's the season for lemonade stands, and this summer CancerCare Manitoba Foundation is asking Manitobans to host a stand for a good cause.

Lemonade Stands for Hope is the perfect opportunity for kids, teens and anyone young at heart to create hope and raise important funds for CancerCare Manitoba. Families, friends, businesses, community teams, leagues or groups can all host a lemonade stand.

Upon registering, stand-holders will receive supplies to host their stand, including a free starter kit, on-line donation page and tools to help them promote their stand.

"My daughters and nephew hold their lemonade stand on our driveway each year, and seeing all of our family, friends and neighbours coming together to support the kids is so special," said Nikki Phaneuf. "A

couple of years ago, a young girl we know was diagnosed with leukemia and the kids wanted to do something to help, so we held a lemonade stand and have been doing it every year since."

Getting started is easy. Register your stand online at LemonadeForHope.ca.

Pick up your free starter kit from the foundation at 825 Sherbrook St., Monday to Friday, 8:30 a.m. to 4:30 p.m.

Host your Lemonade Stand for Hope anytime over the weekend of July 14-16 or anytime this summer.

Manitobans are encouraged to rally their community to support their lemonade stand while they raise funds for crucial research, patient care and support services at CancerCare Manitoba. All funds raised from Lemonade Stands for Hope stay in Manitoba and help cancer patients and their families.



TRIBUNE PHOTO SUBMITTED

Jayden and Graeme Slatcher took part in the CancerCare Manitoba Foundation Lemonade Stand for Hope in 2019 in memory of their grandfather.

Government marks Menstrual Hygiene Day with update on access in schools

Submitted by Manitoba government

Sunday, May 28 was Menstrual Hygiene Day, which aims to break the silence, raise awareness and change negative social norms around menstrual health and hygiene, as well as engage decision-makers to take action around menstrual health and period poverty.

The Manitoba government is proud to support this work in schools through the Access to Menstrual Products Initiative, Education and Early Childhood Learning Minister Wayne Ewasko and Families Minister Rochelle Squires, minister responsible for gender equity.

"On Menstrual Hygiene Day, I'm pleased to provide an update on this project and affirm our government's commitment to providing menstruation products with the aim of ending period poverty in schools," said Ewasko. "Reducing the impacts of period poverty will give students who menstruate the opportunity to better participate in all school-related activities and achieve better health and educational outcomes."

Announced in fall 2022, the Manitoba government partnered with Shoppers Drug Mart to provide free menstrual products to schools and other agencies to improve accessibility and reduce period poverty. Through this agreement, schools, domestic violence shelters, resource centres and second-stage and specialized programs are receiving menstrual products to administer to those most in need.

"Access to menstrual products is a

basic necessity, not a luxury. Menstruation is part of healthy, normal human development — not something to be stigmatized," said Squires. "This innovative partnership works towards addressing myths, taboos and stigma around menstruation health and changes the conversation towards supporting health and well-being for those who menstruate."

The initiative is on track to distribute 3.3 million menstrual products in its first year throughout participating schools, school divisions and domestic violence sector agencies across Manitoba. Since October 2022, over 2 million products have been distributed. Of the 2.2 million, 1.9 million were distributed to school divisions and 293,000 were distributed to domestic violence sector agencies. All 37 school divisions across Manitoba have engaged in the initiative to date, in addition to many independent schools and First Nations schools.

Ewasko noted providing free menstrual products to students delivers on the government's commitment to building a fair and equitable public education system, supporting the student engagement and well-being pillar of Manitoba's K to 12 Education Action Plan. As noted in the plan, the Manitoba government continues to work with education stakeholders, parents and caregivers to ensure holistic supports are available to address student needs, including mental health and wellness.

A resource guide for teachers has been developed to increase awareness

of the initiative as well as to highlight the physical education/health education curricular connections with menstrual health and hygiene, the minister added.

More information on the Access to

Menstrual Products Initiative in Manitoba schools is available at https://edu.gov.mb.ca/k12/cur/physhlth/menstrual_products/index.html.



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Selkirk Regional Hospital to get two new CT scanners

By Katelyn Boulanger

Last Friday local dignitaries congregated at the Selkirk Regional Health Centre in order to celebrate the announcement of two new CT scanners that will be going to the medical facility. One CT scanner will replace an older scanner and the other will be an expansion for the hospital.

"The Selkirk Regional Hospital plays an important role in our health-care system, serving as a central hub for hospitals and health centres throughout the Interlake-Eastern health region. This is why I'm pleased to announce that our government is healing health care and investing over \$15 million to purchase and install two new CT scanners for the Selkirk Regional Health Centre," said Minister of Mental Health and Community Wellness Janice Morley-Lecomte.

She said that this investment would mean residents will have faster access to integral diagnostic services closer to home, reducing the need to travel out of the region.

"This new equipment aligns with the ongoing efforts of the diagnostic and surgical recovery task force, who continue to find innovative solutions

to reduce waitlists by building capacity to reduce waitlists in the health-care system and to ensure Manitobans have timely access to the care they need," said Morley-Lecomte.

CT scanners combine X-ray images from several angles to create detailed three-dimensional models of structures inside the body. They perform critical diagnostic procedures that support the diagnosis and treatment of a wide range of injuries and diseases, and the new equipment will be able to complete these important scans faster and with sharper and clearer images.

Mohammed Bhabha, executive director of diagnostic imaging operations of Shared Health, next said that these CT scanners would be available to patients that are accessing the emergency department, those that are admitted to the hospital, as well as those in an ambulatory and community setting.

"One scanner will replace aging equipment and provide safer more reliable services and less waiting, while the other will be entirely new to this facility. This will allow CT scans performed by Selkirk to double from



TRIBUNE PHOTOS BY KATELYN BOULANGER

Minister of Mental Health and Community Wellness Janice Morley-Lecomte making the CT scanner announcement last Friday. Below: Mohammed Bhabha, Debbie Fiebelkorn, Larry Johannson, Alan Lagimodiere, Michele Polinuk, Marion (Mary Anne) Ellis, Janice Morley-Lecomte, Jeff Wharton, Carla Devlin, Joy Sul and Derek Johnson.

Lions donate to SWDPC



TRIBUNE PHOTO LEN KOLENICH

Stonewall and District Lions Club member Linda Doubleday, middle, presented a cheque for \$1,306.38 to Karen Sorenson and Chuck McClure with the South West District Palliative Care board of directors from funds raised at a pancake breakfast held on May 7.



the current about 17,000 to 34,000 per year," he said.

The CT scanners will serve to support expected increases in endoscopy diagnoses and surgeries at the hospital.

Marion (Mary Anne) Ellis, CEO of Interlake-Eastern Regional Health Authority, thanked the provincial government for funding the new CT scanners and replacing the older one, which she said was very well used.

"It really is what our physicians and care team have wanted and they feel so grateful that their ask was heard. It makes it easy for our staff and our patients to have timely access to this resource," she said.

Ellis noted that this will have a pos-

itive impact throughout the region as many of the over 26,000 patients that the Selkirk Hospital's emergency room helps every year require CT scans, as well as scans being used for diagnostic purposes.

MLA Jeff Wharton closed the event by thanking health-care workers.

"We appreciate each and every day the work you do on the front lines and thank you so much. We know that our government, as the minister alluded to, is working hard to provide care closer to home, and just under \$50 million has been invested over the last year and a half in the Selkirk hospital to do just that," said Wharton.

Teulon celebrates Métis culture and heritage



TRIBUNE PHOTOS SUBMITTED

Left photo: on May 25, Alfred Anderson, Manitoba Métis Federation's minister of Culture and Heritage, visited Teulon Elementary School to teach students about the history of the Métis culture in Manitoba. Two of his staff members shared a presentation, which included information about the history of the sash, the flag, jigging and fiddling. The entire student body and all staff then headed outside where they enjoyed jigging along with the accompaniment of the music van. A wonderful time was had by all. Right photo: Grade 6 students Lilly Skinner, Brae Jimenez and Emilee Mowat enjoyed a lively jig.

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Penny Parade returns to Stony Mountain

By Jennifer McFee

The Penny Parade tradition continued in Stony Mountain last weekend with 130 donated raffle prizes up for grabs.

The event drew crowds to the Stony Mountain Rec Centre on Sunday afternoon to raise funds for St. Joseph's Catholic Church. Attendees had the chance to buy one sheet of 25 raffle tickets for \$10 or three sheets for \$25.

The Penny Parade started more than 60 years ago and it's back once again after a pandemic pause.

Organizer Leanne Sinclair said her aunt Allene Deprez initially launched the initiative. Over time, Sinclair's mom, Germaine Deprez, took over the popular project.

After her mom died in 2011, Sinclair became the organizer.

"My mom looked after it for about 55 years. She's passed, so it's on my shoulders but because of COVID, we couldn't have it," she said.

"We weren't going to continue with it until I looked downstairs and saw all the ticket sheets. Before COVID, we had gotten 10,000 sheets printed. I said 'We need to do this.' And we're getting really positive feedback about it."

In the early days, the event started off in the church basement where a sheet of 25 tickets cost 25 cents, making them a penny apiece. Community members would line up or "parade" around the tables to peruse the prizes.

"That's where the name Penny



TRIBUNE PHOTOS BY JENNIFER MCFEE

Community members gathered at Stony Mountain Rec Centre for the Penny Parade to raise funds for St. Joseph's Catholic Church.



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Parade comes from," Sinclair explained.

The fundraising dollars aren't pegged for any project in particular this year, but the funds will likely go towards general maintenance of the church.

"We had to put a new furnace in this past fall. We had to get the roof done, so we're busy," Sinclair said. "There's always maintenance that needs to be done."

In addition to tables lined with raffle prizes, the event also featured a 50/50 draw that amassed \$745 in a take-home prize for the lucky winner.

"When we announced that we were over \$600 for the take-home prize, people just rushed up and bought more tickets. It was amazing," she

said.

"There was overwhelming support from family, aunts, cousins from my family alone. It was unbelievable. It went over very, very well. We definitely have to continue this. It leaves a good feeling that people walk away happy. It was a huge success."

"IT LEAVES A GOOD FEELING THAT PEOPLE WALK AWAY HAPPY. IT WAS A HUGE SUCCESS."



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Choir concerts bring music to the masses

By Jennifer McFee

Music lovers are singing a happy tune since choirs are now singing together again after a pandemic hiatus.

The local music community is enjoying a harmonious spring with more excitement on the horizon.

Kendra Obach has her hands full with multiple Interlake choirs. She conducts the Collège Stonewall Collegiate choirs, as well as the Selkirk Community Choir and the brand new Meliora choir. She's also a founder and organizer of the Interlake Youth Choir program, which brings in different guest conductors each year.

Collège Stonewall Collegiate choir is back in full swing this year, Obach said.

"Last year, we were masked and distanced; however, by June we did have a concert," she said.

"This year, we have performed at a Winnipeg ChoralFest, recently performed at Stony Mountain, Centennial and Balmoral schools and a 55+ luncheon. We also put on a musical production through the school this year. We certainly feel as though we have returned to the community."

For Obach, singing is all about community and connection with others.

"It is an inclusive experience where we work together to create something bigger than each individual," she said.

"Singing is vulnerable and personal in a way that is different from instrumental performance. Singers also get the additional challenge of having lyrics to build story and emotion."

There's plenty to celebrate with Selkirk Community Choir, which is marking its 45-year milestone this spring.

"Last season, we had returned to in-person singing, but even by the end of the year, the choir and audience were masked and distanced," Obach said.

"This year, we have nearly doubled our membership with the return to singing and are excited to share our music."

The Interlake Youth Choir is a project that launched in the fall of 2016.

"The program includes a rehearsal camp weekend and a small Interlake tour for select singers from the region," Obach said.



TRIBUNE PHOTOS SUBMITTED

The Collège Stonewall Collegiate choir performing at the 55-Plus centre in Stonewall.



The Interlake Youth Choir.

"The 2023 Interlake Youth Choir is happening in October and currently accepting applications from interested singers who will be in grades 9-12 next school year. This year's guest

Continued on page 23

Well Water Testing Program

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Tuesday, June 6th
Tuesday, June 13th

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| | | |
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| | R.M. of Grey | |

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|---------------------|----------|---|
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| | | |
|-----------------|------------------------|--|
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| 6 | pita | |
| 6 | leaf lettuce leaves | |
| 1/4 cup 65 ml | red onion, sliced | |
| Marinade | | |
| 1/4 cup 65 ml | fresh lemon juice | |
| 1/4 cup 65 ml | olive oil | |
| 1 tbsp 15 ml | oregano | |
| 1 tbsp 15 ml | garlic, finely chopped | |
| 1 tsp 5 ml | salt & pepper | |

More BBQ Turkey Recipes at:
turkey.mb.ca



Jam sessions brings music lovers together

By Robert Price-Lewis

On May 11, the Stonewall Strummers Ukulele Club were joined at their regular meeting spot of Something Beautiful by two carloads of Carman-based musicians for an inter-club jam.

The event had been in the making since one of the Strummers, Kathy Turner, had approached The Boyne River Ukulele Group (BRUG) at a memorial service they were playing in Carman. This led to Barry Gosnell, one of the founders of BRUG, and Rob Price-Lewis, one of the leaders of the Strummers and half of local band Black Belt Brothers, corresponding to connect the two clubs for an evening of ukulele tunes.

The event was a huge success, with 25 in attendance, including two members of the Winnipeg Ukulele Club who had heard about the event and came along for the ride.

The Boyne River Ukulele Group formed following Folk Fest 2016 when three of the current cohort came away from the event with a desire to start a group in the Carman area. They gathered a few known local musicians and BRUG was formed. Gosnell heard them perform in the early days and decided to join. The group of 10-12 regulars meets every Wednesday and plays a selection of songs.

The Stonewall Strummers started in 2019 and enjoyed the hospitality of Something Beautiful every other

Thursday. The club was created as a 55-plus venture by the board member (and the other half of the Black Belt Brothers) Rick Williamson. Many of the original members remain, with newcomers always welcome.

Both clubs were forced to halt over the pandemic but came back stronger than ever once restrictions lessened. Gosnell mentioned how social media helped keep their group together when they couldn't be in the same room.

"We had two members of the group email videos of themselves playing two songs. We then recorded our own individual versions. A talented local man then arranged the two pieces for us. ... It worked very well and they can still be viewed on the Carman Area Foundation Facebook page."

In 2022, after applying for a grant, BRUG recorded six of their favourite songs and uploaded them to YouTube. Gosnell foresees more collaborations and posted videos in their future, especially after having such a successful jam session with the Stonewall Strummers.

All those attending want to thank Something Beautiful and their tireless staff, who made everyone feel very welcome and didn't call the last orders until they were played out.

For more information on The Stonewall Strummers, visit the 55-Plus club or stop by from 7 p.m. on Thursdays at Something Beautiful.



PHOTO SUBMITTED

The Stonewall Strummers Ukulele Club welcomed the Boyne River Ukulele Group to their jam session on May 11.

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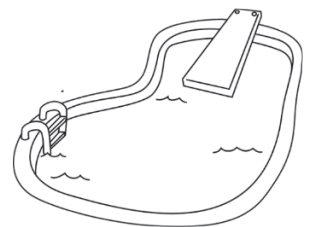
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SOUTH INTERLAKE PLANNING

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The South Interlake Planning District (SIPD) would like to give a friendly reminder that **private pools (inground and above ground), hot tubs and swim spas** require a Development and Building Permit.

The *Manitoba Building Code* requires any artificially constructed basin, capable of containing a water depth of two feet or more, to conform to the *Code*. Part of conforming to the *Code* means having proper fencing installed, which helps prevent accidents.



Permits help ensure that buildings and structures meet the *Manitoba Building Code*, which makes things safer for everyone! **To assist with this, SIPD is pleased to announce reduced wait times for pool permits in 2023! Please visit our website (www.sipd.ca) for current wait times.**

If you are unsure whether your project requires a permit, or if you have any questions, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information is also available on our website: www.sipd.ca

The South Interlake Planning District (SIPD) is a partnership between the Rural Municipalities of Rockwood and Rosser (including CentrePort), and the Towns of Stonewall and Teulon.

Interlake WAVE artists will take you on a creative journey: upcoming studio tours

By Patricia Barrett

People who want to indulge their curiosity about how art is created will have an opportunity next month when artists with the WAVE Interlake Artists Studio Tour throw open their doors to the public.

WAVE artists from Arborg to St. Andrews and Dunnottar to Gimli are taking part in two studio tours in June and September.

Several WAVE artists were on hand at the Gimli Art Gallery on May 6 to showcase their unique works of art and provide demonstrations to the public.

The three-hour event, which included a light buffet, attracted dozens of people wanting to get the lowdown on how artists work with paint, glass, wood, metal and other media to bring their creative visions to life.

"We had close to 50 people come through already," said Jerry Maryniuk, a retired forensic artist, cartoonist, author and sculptor who specializes in creating works of art out of home-grown gourds. "We have 18 artists involved with this year's WAVE tours."

Gary Foidart, a Métis artist from Winnipeg Beach, had an array of chisels lined up to show people how he shapes wood into artwork. He also uses chainsaws and electrified probes, but he left those tools at home so as not to cause a ruckus in the club's workroom.

He harvests his own wood and will show you how to navigate the grain using different sized chisels.

"I'm really a chainsaw carver; that's my main gig. It can be dangerous," he said as he demonstrated how to chisel on what will be a wall-hanging of a woman with flowing hair. "You

have to carve with the grain. You'll know which way the grain is going because the chisel will get caught. If it starts tearing out the wood, I know the grain has changed direction and I need to chisel from another angle."

He also specializes in Lichtenberg burning in which he electrocutes wood to create stunning designs. The electricity gouges a pathway in the wood that he sometimes fills with a glow-in-the-dark epoxy.

"I rewired a microwave oven transformer. I have wires on two leads attached to screwdrivers that you push into the wood. I dampen the wood and back off 20 feet. Then you basically electrocute it," he said. "It only takes one shock and you learn how to do it safely. The guys that get burnt hold on to the leads."

Breaking pieces of glass to make intensely colourful decorative and functional artwork seems less risky. Artist Patricia Tymkiw, who is new to the WAVE tour this year, has special tools to score and break coloured glass into small pieces that she incorporates into her artwork.

"I cut glass into squares that become part of the design, such as seeds for a flower, then put it into a kiln for 24 hours so that it becomes one piece," said Tymkiw.

She buys sheets of glass that are naturally coloured through minerals such as gold (red) and mercury or zinc (pink).

Heather Dawson also works with glass, making decorative art such as lanterns and jewelry with designs that are screen-printed right onto the glass.

"Basically, it's like screen-printing on a T-shirt," said Dawson, demonstrat-

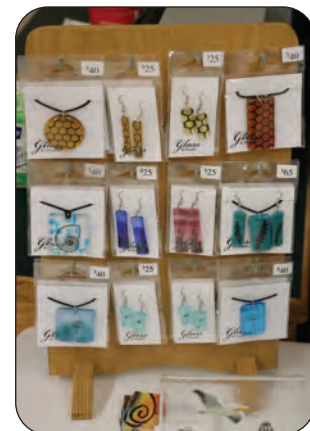


TRIBUNE PHOTOS BY PATRICIA BARRETT

From left: Interlake artists Stephanie Sutton, Heather Dawson, Gary Foidart, Jerry Maryniuk, Helma Rogge Rehders, Patricia Tymkiw, Ainslie Davis, Gayle Halliwell and Alan Lacovetsky.



Jerry Maryniuk's thunder gourds and humorous trolls playing hockey and curling.



Some of Heather Dawson's glass jewelry.



Jerry Maryniuk, who lives west of Arborg, is a cartoonist as well as a sculptor.



Ainslie Davis from Sandy Hook is an acrylic painter and also makes cards, pottery and jewelry.



Patricia Tymkiw from Sandy Hook demonstrates how she scores pieces of glass and cuts it with a special tool. She incorporates the pieces into intensely colourful works.

ing how to make a bookmark on paper using acrylic ink. "I'll make a design on the computer, print off a stencil and cover my screen with emulsion paint. The emulsion fills the tiny squares in the screen, which transfers onto the glass. Afterwards it goes into the kiln and gets fired so it becomes sintered onto the surface."

The public can visit the artists in their studios from June 10 to 11 and from Sept. 2 to 3. For information about the artists and where their studios are located, visit www.watchthewave.ca



Heather Dawson from Winnipeg Beach demonstrates how to screen-print on glass.

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TRIBUNE PHOTOS BY EMMA MCGILL

This past Saturday, a farm auction took place at Green Acres in Teulon. Families gathered from all over the Interlake to witness and see what they could purchase among ducks, sheep, mini horses, pigs, saddles, animal carriers and more. Though the weather wasn't ideal, people stuck around for the food truck, face painting, and other booths that were set up. Pictured above are Laila Bittner showing off her unicorn face paint and a youngster checking out the sheep.

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Lakeside Quilters prepare for annual two-day show: June 9-10

By Annaliese Meier

Lakeside Quilters is a vibrant and supportive community that shares a passion for quilting and the group responsible for organizing an annual quilt show in Winnipeg Beach.

This event brings together quilters from all over Manitoba to showcase their incredible creations, learn new techniques and connect with like-minded individuals. The 2023 quilt show is on Friday, June 9 from 10 a.m. to 8 p.m. and Saturday, June 10 from 10 a.m. to 4 p.m. at the Gimli Recreation Centre.

Nancy Stillinger, a co-chair for the Lakeside Quilters Quilt Show, is an experienced quilting enthusiast who finds joy in every aspect of creating a quilt. From selecting the perfect pattern to choosing a complimentary colour palette and fabric, Stillinger enjoys each step of the process.

For Stillinger, quilting isn't just about creating beautiful pieces but forming close friendships with like-minded individuals who share her passion for stitching. Being part of Lakeside Quilters has allowed her to teach others, work on community projects together and support each other as they complete their masterpieces. It's clear that

Stillinger's enthusiasm for quilting extends beyond just making beautiful creations; it's also about being part of a creative community where everyone can learn from each other and grow in their craft.

"Attending a local quilt show is an excellent way to get inspired and motivated to take your quilting projects to the next level," said Stillinger. "You'll find new techniques, patterns and colour combinations that you may not have considered before. The creativity on display at these shows is truly awe-inspiring."

One of the best things about attending a quilt show is discussing all aspects of quilting with like-minded individuals. You can learn so much just by talking with other quilters. Stillinger's love for sewing and quilting began at a young age. Even though her mother didn't sew, she instilled in Stillinger an appreciation for art, colour, texture and creativity. As a result, they spent many hours crafting together. Now with over 30 years of experience in quilting, Stillinger has honed her skills and developed a keen interest in the use of colour to create light and shadow on any quilt. To her, a successful quilt is one where



TRIBUNE PHOTOS SUBMITTED

Lakeside Quilters co-chair Nancy Stillinger, left, and Elaine Lezubski at Show and Tell at Winnipeg Beach Fibre Arts. Stillinger is one of the many who will have quilts on display for the quilt show June 9 and 10.



Nancy Stillinger working with another quilter at Winnipeg Beach Fibre Arts group.

the viewer is drawn from one block to the next.

At the show, visitors can shop some of Manitoba's finest fabric vendors, enjoy food and drinks in The Fat Quarter Cafe. There will be presentations by quilting experts and fabric artists for all, along with a silent auction and door prize. With admission

for \$8, it is the perfect weekend event.

Lakeside Quilters has humble beginnings that date back to 2011. It all started with a simple idea from Shelly, the owner of Keeper's Quilts in Winnipeg Beach: why not bring together quilters from all over the region to plan a

Continued on page 23

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Stonewall Teulon Tribune

> QUILTERS, FROM PG. 22

quilt show? Quilters from as far north as Arborg and south as Matlock are invited. The goal wasn't necessarily to make money — just enough to cover the costs of putting on the show. Instead, it provided a platform for local quilters to display their work and inspire others in their community. And it worked! After their first successful event, they had some leftover funds, which they used for future events or donated to charity.

Fast forward several years later, and Lakeside Quilters' annual event is now highly anticipated by quilting enthusiasts throughout Manitoba. Thanks to Shelly's vision and dedication, this group has grown into an incredible community that supports each other.

Giving back to the community is a crucial part of their mission. They believe quilting is not just an art form; it's also a way to spread warmth and comfort throughout our communities. They don't just donate money — they donate handmade quilts as well.

In 2019, they proudly presented 50 baby quilts to the Thelma Wynn Foun-

ation at their annual quilt show. This organization assembles layettes for babies all over Manitoba, providing essential items for needy families.

Over the years, the Quilters have donated thousands of dollars. Past recipients include Camp Stepping Stones, the Evergreen School Division meal program for its eight schools, the Nova House women's shelter in Selkirk, Winnipeg Beach School's new playground, the Gimli Recreation Centre's after school program, Arborg Collegiate's outdoor track, Arborg Personal Care Home for a blanket warmer and the Gimli & District Health Auxiliary for a power stretcher.

The event is a fantastic opportunity for quilters to showcase their work in a welcoming and supportive environment. What makes this event even more special is that it's completely run by volunteers from the quilt groups in the Interlake, which shows just how much passion and dedication goes into making it happen. Organizing and running a two-day quilt show requires an enormous amount of planning and energy, but the volunteers always rise to the challenge,

said Stillinger. They work tirelessly to create an unforgettable experience for attendees, while also providing a platform for local quilters to share their creations with each other.

This year has been particularly challenging due to COVID-19 restrictions preventing group gatherings. However, many of the quilts displayed at this year's event will have been created during lockdown when individuals were unable to meet up with their usual quilting groups. This adds an extra layer of excitement as attendees will get to see brand new quilts that they may not have seen before. Stillinger said most quilters will agree that their weekly quilt group meetings are something they look forward to every week.

"It's not only an opportunity for them to work on their projects but also to share experiences and learn from each other."

The members of Lakeside Quilters

have created a community where everyone feels welcome regardless of skill level or experience. From beginners to experts, all members come together with the common goal of creating beautiful quilts. For those who are new to quilting, there is no need

to feel intimidated. The group provides support and guidance throughout the process. Whether you prefer hand stitching or using a sewing machine, there is always someone willing to help you learn new techniques.

If you're new to the Interlake region or looking for more information about local quilting groups, visiting a local quilt show is an excellent place to start. Not only will you be able to gather valuable information about different groups in the area, but you'll also get to see some beautiful examples of their work firsthand.

"ATTENDING A LOCAL QUILT SHOW IS AN EXCELLENT WAY TO GET INSPIRED AND MOTIVATED TO TAKE YOUR QUILTING PROJECTS TO THE NEXT LEVEL,"

> CHOIR, FROM PG. 17

conductor is GiUng Lee, an incredible, creative and passionate Winnipeg-based conductor."

For more information about Interlake Youth Choir, email iychoir@gmail.com or check out its Instagram page.

Adding to the local choral offerings is the new choir Meliora.

"My most recent passion project came from the joy of singing challenging music with good friends and good snacks. We met for the first time last summer and have gotten together every month or two. These 17 singers are all accomplished musicians and long-time choristers with exceptional musicality," Obach said.

"Our first concert is coming up with a theme of 'New Beginnings.' Creating this choir from the ground up, with a collection of amazing people, has been a super gratifying experience. We have explored things like who we want to be as an organization, what types of music we want to sing and how we want to be involved in the community."

This exploratory experience led the group to the name "Meliora," which means "the pursuit of better things."

"We believe that, as a choir, we help each other be better people and better musicians, and we can contribute to help make our community better

as well. For each program we create, one of our goals is to not only host our own concert but partner with community groups to outreach and sing for others for free," Obach said.

"Our first community collaboration is going to be a quasi-choir concert and karaoke party with the clients at Interlake Community Living. Our evening concert will be performed at the Selkirk Gaynor Family Library, where we highly encourage our guests to come early or stay after to spend some time in the Sacred Spirits of Turtle Island."

It's refreshing to be practising and performing together again, she said, since all school and community choirs were shut down in the spring of 2020 when singing was deemed a high-risk activity.

"The school program pivoted to a general music program and the Selkirk Community Choir continued to meet over Zoom in order to stay connected and sing a little bit. We were physically away from each other for well over a year," Obach said.

"The return to singing in the fall of 2021 was gratifying; however, there were still many challenges. Singing with masks is hard enough, never mind sitting two metres apart. It is certainly more difficult to hear each other, and we didn't have any social events, coffee breaks or receptions."

The choir community certainly took a hit and had to find creative ways to

survive — and some choir programs didn't make it.

"Tabula Rasa was a young adult choir that has decided to dissolve after having been apart for too long," Obach added.

"There are other choirs in the area that I know have recently returned to singing in-person together, have been rebuilding and are back to regular singing and concerts."

These groups include the Quarry Choristers, Back Pew Boys, Octavia, Westshore Singers, church choirs and more.

"This singing season, beginning the fall of 2022, the choir world is back in full-swing. School choir is back to 'normal' with the hopes of rebuilding numbers as people become less hesitant of singing together and the possibilities of shut down," Obach said.

"Selkirk Community Choir membership has increased this year, back to similar pre-COVID numbers. We have slowly starting to sit closer together; however, we also have kept the option of masks and Zoom live-streams to help ensure people take precautions. In some ways, it feels very normal to do things like sing side by side, but we are still recent enough to appreciate the novelty of enjoying what we missed."

Selkirk Community Choir performed a concert called "Colour and Light" on Sunday, May 28 at the Lutheran Church of the Good Shepherd.

Coming up on Saturday, June 10 at 7:30 p.m., Meliora will perform a concert called "New Beginnings" at Gaynor Family Library Theatre (806 Manitoba Ave. in Selkirk). Tickets cost \$10 and can be purchased in advance since seating is limited. For more information or to buy tickets, visit meliorachoir.ca.

The Collège Stonewall Collegiate Concert will take place on Wednesday, June 14 at 7 p.m. at Stonewall United Church. Admission is by donation.

Interlake Youth Choir is currently accepting applications for the fall camp program (students in Grade 9 to 12 in September). This opportunity is not a weekly ongoing choir but an intensive experience on weekends. The early bird deadline is extended until June 10.

Selkirk Community Choir is always welcoming new members, especially at the beginning of each season. The choir will start again on Tuesday, Sept. 12 at 7 p.m. at Good Shepherd Lutheran Church. Email selkirkcommunitychoir@gmail.com for more information.

"Choir is back, and concert season is in full swing," Obach said.

"Choirs will be looking to build with new members in the fall. There are lots of groups and opportunities across the Interlake — so let's sing!"

Craig Skonberg retires from St. Andrews Airport after over 20 years

His retirement plans include travel and spending time with his wife

By Katelyn Boulanger

Craig Skonberg retired from his position as the executive director and airport manager at the St. Andrews Airport after over 20 years last month.

This position required him to know all of the details of our local airport and upon his retirement, Skonberg decided to share some of his experience with the *Tribune*.

‘[I did] everything. I did up the documents. I write up leases and licensing agreements. I may be on a snowplow. I may be inside the lift station of the sewage plant, less and less of that as you get older, but everybody is cross-trained. You have all of these experiences that go on,’ said Skonberg.

Being in such an important position had its downsides as Skonberg handled 13 catastrophic air crashes in his career. Three of those times he knew the pilots personally, but he also was able to be in a decision-making position in order to help maintain and expand the airport to what it is today.

One of the major things that has changed in his career is the growth of the airport.

‘I first came here from Transport Canada because I went to talk to Transport Canada too and they said, ‘Why would you want to go there?’ Because I’d been used to working on bigger things, if you will. They used to call St. Andrew’s Airport Sleepy Hollow because nothing had hap-

pened here for so many years. And it was like, ‘Well, no, there’s all kinds of things that can happen here,’” said Skonberg.

When he first came to the airport, it had 42 hangars, however, it’s expanded to have 104 now. Seven more hangars are under construction, and there are plans for three more larger hangars and two new companies to move to the airport in the future.

The St. Andrews Airport is unique since it follows all federal regulations but is owned by the RM of St. Andrews.

One of the things that Skonberg mentioned is great about the St. Andrews Airport is its volunteer board and the sense of community he felt from everyone there.

He’s stayed for so long at this airport because of all of the incoming projects that he wanted to take part in.

‘It’s been a good place to work. I was made an offer by the Vancouver Airport Authority a few years ago to manage a couple of airports in B.C., and I was offered a job in the airport in Ontario in Timmins and some others in northern Quebec twice. I was made offers, one of the offers was to control 14 airports, back in northern Quebec. They were all interesting sorts of things, but I’m not done here yet, either. Russ [Paradoski] has invited me to move on over to the board



TRIBUNE PHOTO BY KATELYN BOULANGER

Craig Skonberg is retiring from the St. Andrews Airport after over 20 years of service.

once I’m done cleaning up the little bits and pieces, and I want to do that,” said Skonberg.

He says that retirement for him feels both good and bad but that he’s anticipating travelling more with his wife.

‘The good is I’m anticipating more time with my wife. I’ve got my ball cap from Barcelona. I’ve been teaching myself through Duolingo Spanish and Portuguese,’ he said.

He hopes for continued expansion

of the airport in the future.

‘I’d like to get like to see a runway extension so that we can get better utilization. Because of the shortage of our runways, aircraft that are like a King Air, which should be leaving here at 12,500 pounds, because the runway isn’t long enough, they’re only leaving with 11,000 pounds and leaving both 1,500 pounds capacity on the ground. That would be one of the things that I’d like to see,’ he said.

Run for Ronald fundraiser held in Stonewall



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Run for Ronald organizers Hayden Turner and Lexi Anderson-Schmidt and Collège Stonewall Collegiate classmates and staff that volunteered were pleased with the turn-out for the fundraising 5km run/walk they hosted last Sunday in Stonewall. Just over 50 people participated in the event and raised approximately \$2,000. There was a barbecue and a craft/vendor market and all monies raised at the event will go directly to Ronald McDonald House, which is a home away from home for rural Manitobans and out-of-province families with a child requiring treatment at a nearby hospital.

Activities for Seniors in Your Area



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

Clip & Save

- | | |
|--|--|
| <p>June 1: Talks & Treats: Wills, Power of Attorney, Health Directive 7:00pm June 1: Ukulele Club 7:15pm (at Something Beautiful) June 2: Quilter's Corner 11:00am (In Person) June 2: Canasta/Games/Texas Hold'em 1:00pm (In Person) June 7: Stitch N Craft/Men's Chat 10:30am (In Person) June 7: Book Club 12:00 (In Person) June 7: Cards 1:00pm (In Person) June 8: The Forks Trip (Pre-registration required) June 8: Virtual Chat 3:00pm (Zoom) June 8: Talks & Treats: Funeral Planning 7:00pm June 8: Ukulele Club 7:15pm (at Something Beautiful) June 9: Travel Club Meeting 11:00 (In Person) June 9: Canasta/Games/Texas Hold'em 1:00pm (In Person) June 14: Luncheon 12:00pm (Pre-registration required)</p> | <p>June 14: Cards 1:00pm (In Person) June 15: Talks & Treats: Frauds, Scams, Abuse 7:00pm June 15: Ukulele Club 7:15pm (at Something Beautiful) June 16: Quilter's Corner 11:00am (In Person) June 16: Canasta/Games/Texas Hold'em 1:00pm (In Person) June 21: Stitch N Craft/Men's Chat 10:30am (In Person) June 21: Cards 1:00pm (In Person) June 22: St. Vital Shopping Trip (Pre-registration required) June 22: Virtual Chat 3:00pm (Zoom) June 22: Ukulele Club 7:15pm (at Something Beautiful) June 23: Canasta/Games/Texas Hold'em 1:00pm (In Person) June 28: Stitch N Craft/Men's Chat 10:30am (In Person) June 28: Cards 1:00pm (In Person) June 29: Ukulele Club 7:15pm (at Something Beautiful) June 30: Canasta/Games/Texas Hold'em 1:00pm (In Person)</p> |
|--|--|

June Luncheon
Wednesday, June 14, 12:00 pm
Pulled Pork on a Bun
 Ticket purchase deadline: Friday, June 9
 Limited tickets available! Get yours early!
 Tickets: \$10.00 ADVANCE TICKETS ONLY
 Available at South Interlake 55 Plus Office

St. Vital Shopping Trip
Thursday, June 22
 Registration Deadline: Tuesday, June 20
 Members \$20 / Non-members \$25

Pickleball
STONEWALL CURLING RINK
TUESDAYS & THURSDAYS 6:00PM
WEDNESDAYS 9:30AM
SATURDAYS 9:30AM
 Suitable for all adults at all fitness levels!
 Members \$3.00 / Non-Members \$5.00

Tour of the Manitoba Legislative Building
Tuesday, July 11
 Lunch to follow (at your own expense)
 Registration deadline: Friday, June 30
 Members \$25/Non-Members \$30
 Call 204-467-2582 to register

Thursday Talks and Treats
 7:00-8:00pm followed by refreshments
 374 1st Street West, Stonewall
 Are you and your family ready to enjoy a Carefree Retirement?
 Community Members both pre-retirement and those retired are invited to attend FREE informal talks on the following:
JUNE 1: Wills, Power of Attorney, Health Directive. PRESENTER: Doug Grantham
JUNE 8: Funeral Planning. PRESENTER: Ken Loehmer
JUNE 15: Keeping Seniors Safe-Frauds, Scams, Abuse. PRESENTER: RCMP
 Register 204-467-2582 or at the door for each Talk

We would like your feedback!
 Would you be interested in taking part in a "refresher" guitar program in the fall? Dust off your guitar and re-learn your chords and scales in a group setting, with an instructor.

 Would you be interested in a beginner Wood Carving course where you would learn to make a Comfort Bird in the fall? We would provide the instruction and tools in a group setting.

 Prices and details to be determined based on response.
 Please call 204-467-2582 if interested.

2023 MEMBERSHIPS AVAILABLE NOW!
\$25.00 FOR A CALENDAR YEAR
 To renew or become a new member, check out our website at www.si55plus.org to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).
 • You do not have to be 55 + to become a member!
 • Payments can be made by cash, cheque or E-transfer to si55info@gmail.com



For more information call 204-467-2582

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

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

Are you looking for an opportunity to help support seniors and those with disabilities stay independent in their homes and community?
If yes, consider joining the South Interlake Seniors Resource Council Inc. (SISRC)
 Our purpose is to assist senior and disabled persons who reside in Stonewall, Stony Mountain, Rosser, Rockwood and Woodlands to continue living independently and with dignity in their own homes and communities as long as possible. A variety of services such as driver/escort, housekeeping, friendly visits, equipment lending, meals on wheels, form assistance and resource information are available with the help of volunteers and fee for service workers.
We are currently recruiting additional volunteer members to the Board of Directors
 Please contact the SISRC office at (204) 467-2719 for any additional information.

A HUGE THANK YOU TO PARADISE MEDIA & MARKETING!
 The South Interlake Seniors Resource Centre website (www.sisrc.ca) was designed from the ground up with ease of use in mind by Paradise Media & Marketing. This website was donated to SISRC by Paradise Media & Marketing at no cost as part of a community day of giving last year.
 Paradise Media & Marketing is a small business committed to their local community. They do their best to work with organizations when possible to provide discounted services, work with grants, and when they have the capacity, to do pro bono work.

South Interlake Seniors Resource Council Inc.
ANNUAL GENERAL MEETING
Tuesday, June 20th, 2023 1:30 pm
 Lions Manor Multipurpose Room (Entrance One),
 622 Centre Avenue, Stonewall *Everyone Welcome!*

Elder Abuse Prevention Presentation
Thursday, June 15th/2023 @ 2:00pm
 Lions Manor Multipurpose Room (Entrance 4) 622 Centre Avenue, Stonewall
 Lori Pickerl, BSW RSW – Social Worker, Community Services Programs.
 The presentation will include education and information on Elder Abuse Prevention and A & O Elder Abuse Prevention Programming.
SHOW YOUR SUPPORT - WEAR SOMETHING PURPLE
Reservations Required! Call Seniors Resource at 204-467-2719 to reserve your seat!
Everyone Welcome! RSVP by June 13/23

For more information call 204-467-2719

St. Laurent Seniors Resource Council Inc.
"A HELPING HAND WHEN YOU NEED IT"
55+ and people with disabilities
Offering support services within the RM of St. Laurent and surrounding areas
St. Laurent Community Health Centre
51 Parish Lane, 204-646-2504 ext.4
Seniors Resource Coordinator, Darlene McKay
 • Footcare Clinic • Mobility Aids • Victoria Lifeline
 • (E.R.I.K.) Emergency Response Information Kit
 • Volunteers for Different Services Such as Telecheck • Transportation
 • Resource Information • Fundraising Activities Throughout the Year.
Inquire about our new bike club coming soon!
"Celebrating Seniors in Action"

Teulon & District Seniors Resource Council Inc.
Providing a Helping Hand Find us at 54 Main St, Teulon 204-886-2570
PROVIDING FREE SERVICES TO SENIORS:
 • PHONE BUDDY • DRIVER ESCORT
 • INFORMATION/FORM ASSISTANCE
 • COMMUNITY VOLUNTEER INCOME TAX PROGRAM
 • MEDICAL EQUIPMENT LOANS
REGULAR OFFICE HOURS: 8:30AM-4:30PM

Redboine Watershed offering well water testing

Submitted by Redboine Watershed District

Drinking water can contain many things because water is a universal solvent. Anything that water touches leaves a trace, which is a good thing because our bodies need the minerals in our drinking water. If we drank distilled water all the time, it would leach minerals from our bones and make our bones weak.

However, some things that aren't so good for us get into our water. The province has established limits for water parameters for over 100 water constituents. Most of these additives to pure water are harmless and have more of an esthetics limit. For example, if your water has more mineral manganese than is recommended, you may have staining of your plumbing fixtures but no adverse health ef-

fects. In fact, you need manganese to be healthy. The esthetic limit is 0.15 mg/L; if your water test shows more than this, you may notice staining.

The three water quality parameters most concerning in terms of well water health are coliform bacteria, e.coli-bacteria and nitrates. According to watershed district manager Justin Reid, well water should be tested yearly for bacteria and about every 10 years for a more extensive suite of parameters to ensure your drinking water is safe. But, he adds, "It may not take much for well water to fail a test, and that is why proper upkeep around your wellhead and regular water testing are key."

Surprisingly enough, at any given time, approximately 40 per cent of private wells test positive for total co-

liform bacteria and roughly five per cent test positive for E.coli. Coliform bacteria are commonly derived from fecal matter. E.coli are one family of naturally occurring bacteria in our digestive tracts. Everyone needs to guard against E.coli, but the risk from illness are most significant for young children, the elderly, pregnant women and anyone with a weakened immune system.

In most cases, the bacteria contamination is due primarily to construction and maintenance issues associated with the well or nearby on-site septic systems, not widespread aquifer contamination.

Good water quality should be a priority for all. If you are concerned about your water, start with a thorough independent water analysis

through a reliable private laboratory. The Redboine Watershed District will be offering a well water testing program the first two Tuesdays in June. Landowners can pick up testing supplies and drop off samples at various locations within the district. The landowner is responsible for the cost of the lab test, and RBWD will transport the samples into the lab in Winnipeg at no additional charge. To better understand well water issues and what to do about them, please get in touch with the Redboine Watershed District at 204-526-2578 or email admin@redboine.com.

Water is a precious resource. How we manage this resource will determine our economy's and health's future.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams win Zone 5 baseball championship

By Brian Bowman

The Stonewall Collegiate Rams are the best baseball team in Zone 5 this season.

There's absolutely no question about that.

Stonewall punched its ticket to the MHSAA provincials after blasting the Fisher River Hawks 26-0 and the Warren Collegiate Wildcats 21-0 at the Zone 5 championship last Wednesday in Lundar.

Everyone chipped in for the Rams offensively the entire day.

"The day overall went really well. We played solid in every aspect that you want," said Rams' head coach Cody Benson. "We obviously hit well enough to score some runs and everyone that threw gave us strikes when we needed them. Our defence made outs when they had to. It was an all-around good effort by our whole team."

The Rams outscored their opponents 47-0 in the two games so Stonewall should be feeling really good about themselves heading into provincials this week.

"I think coming off that tournament we played and getting to the (semifinals) and then getting back into the win column and having two real good wins will help us going into provincials, for sure," Benson said.

The competition at provincials will obviously be stiff with the top teams in the province there. But if the Rams play to their potential, anything can happen.

"I think we're very similar to where we were last year," Benson said. "If we can (pitch) well enough, we have a shot. We can hit well enough but I think



TRIBUNE PHOTO BY LISA SLATCHER

The Stonewall Collegiate Rams won the Zone 5 Boys Baseball Championship after defeating the Fisher River Hawks 26-0 and the Warren Collegiate Wildcats 21-0 last Wednesday. Stonewall now advances to the MHSAA provincials in Glenboro June 1-3. Pictured back row, left to right: Curtis Grieve (assistant coach), Alex Myers, Hayden Faragher, Carter Boughton, Carson Schaeffer, Tyler Persoage, Adam Newcombe, Evan Reimer, Easton Killbery, Ella Holm, Spencer Schaeffer, Cody Benson (head coach), Eric Swanson (assistant coach). Front row, left to right: Trent Hogg, Rylan Slatcher, Brody Kopys, Hayden Wheddon, Evan Grandmont, Daniel Forsythe and Brody Slatcher.

it will come down to our pitching. If we can pitch well enough (then) we should be OK."

Warren, meanwhile, started play at zones with a 16-1 win over the Ashern/Fisher Branch/Lundar

Kodiaks.

The MHSAA provincials will take place in Glenboro, beginning Thursday and concluding on Saturday.

Interlake splits doubleheader with Pembina Valley

Staff

The Interlake Blue Jays split a doubleheader with the Pembina Valley Orioles in Manitoba Junior Baseball League action on Sunday in Winkler.

Interlake won the first game 6-4 but lost the second one 3-1.

The Blue Jays' record is now 4-2 and they sit in second place in the eight-team league with eight points. The St. James A's lead the league with a 5-2 record and 10 points.

On May 22, Interlake defeated the Carillon Sultans 10-8 at Quarry Park.

The Blue Jays will host the St. Boniface Legionaires on Wednesday (7:30

p.m.) and then will play St. Boniface at Whittier Park Friday (7 p.m.).

On Sunday, Interlake will battle the St. James A's in a doubleheader at Optimist Park. Games will start at 1 p.m. and 4 p.m.

The Stonewall Blue Jays, meanwhile, were shut out 10-0 by the Elmwood Giants on Thursday at Koskie Field.

Last Wednesday, Stonewall dropped a 13-3 decision to the West Winnipeg A's at Charleswood Park.

The Blue Jays played the North Winnipeg Pirates this past Tuesday and will visit the Springfield Sr. Braves on Wednesday at 7 p.m.



TRIBUNE PHOTOS BY RICK HIEBERT

Above, the Interlake Blue Jays' Chris Fines puts the tag on a Pembina Valley Orioles' player while Liam Proven slides into a base during Manitoba Junior Baseball League action on Sunday.

United shut out by Central Plains FC

Staff

Stonewall United was shut out 1-0 by Central Plains FC in MMSL 4th Division action last Sunday in Stonewall.

The loss evened the United's record to 1-1 this season.

On May 12, Stonewall defeated SCM Academy 4-3 in Winnipeg.

United goals were scored by Matt Olnick, Kevin Penner, Scott Yeo and Jesse Fernandes.

Leeroy Kachere, Jeremiah Talisuna and Gabriel Talisuna replied for SCM Academy.

Stonewall will play Argentinos F.C. on Wednesday (7:15 p.m.) at the University of Manitoba.



TRIBUNE PHOTO JO-ANNE PROCTER

The Stonewall United's David Deroche avoids a Central Plains FC player during MMSL 4th Division action last Sunday evening in Stonewall.

In U18 AAA action, the Interlake Orioles were scheduled to play the Carillon Sultans on Sunday in La Broquerie but no score was posted on the league website at press time.

On Saturday, Interlake lost a doubleheader to the Brandon Marlins. The Orioles were defeated by scores of 9-4 and 12-1.

Last Thursday, Interlake suffered an

11-5 home loss to the Winnipeg South Wolves.

On May 22, Interlake dropped a doubleheader to Carillon, losing 11-5 and 19-1.

The Orioles took on the Wolves on Tuesday and then will play a twinbill with Midwest at Rivers Viterra Field. First pitch is 1 p.m.

Phillies' teams in action

Staff

The U17 AAA Interlake Phillies dropped a doubleheader to Central Energy on Sunday.

Interlake lost games by scores of 9-2 and 12-10.

Saturday saw Interlake blast the Manitoba Thunder 10-0 and 16-0.

The Phillies are now 3-8 and 5.5 games back of the first-place Eastman Wildcats (8-2) heading into this week's action.

Interlake's U15 AAA team, mean-

while, pounded the Manitoba Thunder 18-7 and 8-0 on Sunday.

On Saturday, Interlake was edged 2-1 by the Winnipeg Lightning and then won 6-3.

The Phillies currently sit in second place with an impressive 6-2 record. Interlake is just a game back of Central Energy (9-3).

The Phillies' U13 AAA squad is now 5-5 after splitting a doubleheader with Central Energy last Sunday. Interlake won 11-4 and lost 8-7.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder varsity girls' football team continues to improve

By Brian Bowman

The Interlake Thunder varsity girls' football team continues to improve each week.

Despite seeing their record drop to 0-2 after a 42-12 loss to the North Winnipeg Nomads last Thursday in Stonewall, the Thunder are showing vast improvement in all areas of the game.

"The reality is we drastically improved from our first game," said Thunder head coach Joel McDonald. "It's a team full of rookies. We've only got one player with any playing experience and the rest are all brand new football players. Overall, we're pretty pleased with the progress that we've made. The teams that we've been up against are basically all veteran teams."

Interlake's offence gained plenty of first downs against North Winnipeg and the defence forced many three and outs, said McDonald.

"We stayed with them for most of the first half and then they started to slip away from us in the second half of the half," he said. "But, overall, the girls accounted for themselves very, very well."

The Thunder held two practices this past week which are extremely important in the team's development. McDonald said Interlake has a great, young coaching staff that is doing a fantastic job

working with the girls.

"Practices are huge. During a game you get the playing experience but you don't get the chance to coach them up after every rep," McDonald said. "We've really been focusing on fundamentals in practice and taking them aside. We have an awesome coaching staff that have been able to work with the girls individually on their skills."

Interlake will host the St. Vital Mustangs this Thursday at 7:45 p.m. in Stonewall in front of what should be another good crowd.

"Home crowd is a big deal. The girls are really excited," McDonald said. "We had a really good turnout on Thursday, the sidelines were full and the girls do feed off of that. They like playing in front of their friends and family."

The Mustangs defeated the Thunder 36-6 on May 18. Interlake is hoping for a better result this time around.

"We're really excited about (this upcoming game)," McDonald said. "It will help give us a measuring stick as to how far our development is at. It's our second game against them and they knocked us pretty good in the first half but once the girls got their bearings about them, we had some (good) drives and we had some success."



TRIBUNE PHOTO JO-ANNE PROCTER

The Interlake Thunder's Maisey Williams of Teulon carries the ball against the North Winnipeg Nomads during varsity girls' action last Thursday in Stonewall.

Rams host successful track and field meet

By Brian Bowman

There was tons of exciting action at Stonewall Collegiate last week.

Stonewall hosted the Interlake Relays Track and Field Meet on May 23. A total of 17 schools — and 150 athletes — showed up for the one-day event.

There was great competition and a really fun event for everyone.

"That was our biggest meet ever and we've been doing this for 15 or more years," said Rams' teacher/coach

Rene Comeault. "It was great. In the long jump, we had 40 kids lined up. It was really competitive and there a lot of provincial standards met. So, based on their performances at that meet, some have punched their ticket right to provincials. I think a lot of coaches were impressed with their kids' performances."

The meet is a great prelude to the MHSAA track and field provincials, which will take place June 8-10 in Brandon.

"It really is," Comeault said. "We usually go earlier in the year but we decided because Brandon was hosting (provincials) we would go a little later and that is our second year of doing that and it's a good brushup for provincials which are right around the corner."

"For us it's a great meetup for our zone championships (this week)."

Both Stonewall and Warren Collegiate were well represented at the Interlake Relays meet.

"I know Warren is pleased with their numbers, they're up over 40, and we have about 35 in Stonewall so we're well represented," Comeault said. "The Warren and Stonewall teams are going to represent well and do well and Arborg has some great kids, too. Our Zone 5 always represents well at provincials and I see that we're probably going to do that again this year."

What's *Your* story?

We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas at

news@stonewallteulontribune.ca Phone 204-467-5836

Stonewall Teulon
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> MEAL IDEAS

FamilyFoods
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Cheesy Pepperoni Dip

1 baguette
butter
Heat oven to 375 F.

In skillet over medium heat, heat oil. Add onion and cook, stirring until softened, about 5 minutes. Add chiles and tomatoes; simmer.

Reduce heat and stir in cubed cheese until smooth. Turn off heat; stir in cheddar and mozzarella until melted. Stir in jalapeno and half the pepperoni.

Garnish with remaining pepperoni.

Slice baguette into 1/2-inch slices. Place on baking sheet. Add butter to tops of slices. Toast in oven until tops are golden brown. Serve with dip.

Recipe adapted from thepioneerwoman.com

Servings: 6-8

- 1 tablespoon vegetable oil
- 1 white onion, diced
- 1 can green chiles, diced
- 3/4 can diced tomatoes with green chiles
- 1 block (16 ounces) cheese, cubed
- 8 ounces cheddar cheese, shredded
- 4 ounces mozzarella cheese, finely shredded
- 1 jalapeno, diced
- 3/4 cup pepperoni, chopped



Margherita Pizza Pierogy Skewers

Preheat air fryer to 400 F.

To make pizza skewers: In small bowl, combine cherry tomatoes, olive oil, salt, ground black pepper and oregano; toss to coat. Transfer tomatoes to air fryer tray or basket. Cook in air fryer 10 minutes, or until tomatoes are slightly charred; remove and set aside.

Lay pierogies on same tray or basket. Make sure not to overlap. Lightly brush each side with olive oil. Cook about 12 minutes, or until golden brown and crispy. Flip halfway through cooking.

To make pesto: In food processor, process basil; garlic; olive oil; pine nuts; Parmesan cheese; salt, to taste; and pepper, to taste, until smooth. (If preferred, use store-bought pesto.)

Add one pierogy to bamboo skewer followed by one tomato, one mozzarella ball and one basil leaf. Repeat with ingredients until each skewer is filled. Drizzle with pesto.

Prep time: 10 minutes

Total time: 35 minutes

Servings: 9

Pizza Skewers:

- 1 box (12.8 ounces) Mrs. T's Mini Classic Cheddar Pierogies
- 3 cups cherry tomatoes
- 2 tablespoons olive oil, plus additional for brushing pierogies, divided
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon oregano
- 1-2 cups mozzarella balls (18 total)
- fresh basil leaves
- bamboo skewers (10 inches)
- Fresh Pesto:
- 2 cups fresh basil
- 2 garlic cloves, peeled
- 1/2 cup olive oil
- 1/4 cup pine nuts
- 1/4 grated Parmesan cheese
- salt, to taste
- ground black pepper, to taste



Citrus Watermelonade

- 1 cup hot water
- 2 cups sugar
- 6 cups watermelon, seeded, rind removed and cut into 1-inch pieces, divided
- 2 cups Florida Orange Juice

Five easy ways to get more nutrients daily

By Fitness & Nutrition Expert Julie Germaine Coram

Finally sunshine and summer weather is here! It is natural to have put on a few pounds during the wintertime, often due to a more sedentary day (in hibernation!), especially if you're working from home. I'm here to help you shed that weight quickly. Remember, you always have control of what food you eat, and it is becoming increasingly important to put in effort to make healthier food choices.

Whether you want to lose weight, maintain your current size, build muscle, or just optimize your health to keep your immune system strong, your diet is ultimately going to decide your success. Here are my top five tips as a food expert to boost the nutritional content of your meals without doing a complete lifestyle overhaul.

1. Eat more eggs, especially for breakfast or before bed. More protein is always beneficial for your health and eggs offer you a complete protein that your body can effectively use. Eating more protein helps develop and maintain lean tissues, which increases your metabolism naturally. Check out this recipe: <https://www.juliegermaine.com/turkey-bacon-oat-cups>
2. Choose dishes that are baked or roasted rather than grilled or fried at restaurants. Or cut the serving size in half by sharing it with a friend.
3. Solve sugar cravings with fruit, nature's candy. And, hey, now and then, enjoy those strawberries dipped in thick dark chocolate. You deserve it.
4. Love the crunch of chips at night? I hear you! Lately I've been loving Protein Chips by Quest, which you can find at Popeyes Supplements stores all around Winnipeg.



Fitness and Nutrition expert Julie Germaine Coram

5. Choose whole grain foods, such as multi-grain breads, whole wheat pastas, and brown rice over the white, processed versions. Your body will receive more nutrients to keep you healthy and these carbs take longer to digest, so you feel satisfied longer.

If you'd like even more information on healthy meals for weight loss and exercises to go along with that, my book, The 90 Day Weight Training Plan, is available for loan in Selkirk's Gaynor Family Library. Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge where you can lose 2" from your waistline in 4 weeks with 30 minute home workouts!

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

- 1 cup Florida Grapefruit Juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 cups Florida Oranges, cut into 1-inch pieces, peeled
- 1/2 cup mint leaves
- ice, for serving
- Florida Orange Slices, for garnish (optional)
- watermelon chunks, for garnish (optional)
- In small saucepan over low heat, combine hot water and sugar; heat until sugar is dissolved. Refrigerate until

chilled.
In blender, puree 4 cups watermelon until smooth.
In large pitcher, stir watermelon juice, chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice until combined.
Add remaining watermelon pieces, orange pieces and mint leaves; refrigerate 2-3 hours until well chilled.
Serve over ice in glasses. Garnish with orange slices and watermelon chunks, if desired.

Classifieds

Stonewall Teulon
Tribune

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

JOIN THE TEAM!

Positions Available Include

- Chef/Cook
- Housekeeper
- Bartender
- Cooks
- Servers
- Dishwasher/Barback
- Convenience store customer service



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Email: office@narrowssunsetlodge.com
Phone lrv at 204-981-2831 or Chris at 204-901-3993
Drop in and leave your resume with our staff

Full time/Part time
Options to cross train
Seasonal and permanent options
Potential options for housing/subsidized site



EMPLOYMENT OPPORTUNITY

Charisons Turkey Hatchery is currently hiring for GENERAL LABOURER positions.

- Full time and part-time positions available with a competitive compensation and benefits package, including health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.



2023 LAGOON Valve REPLACEMENT PROJECT

The Town of Teulon invites you to price quote on the following project:

1. Remove two existing nonfunctioning 12 inch shut off valves at the Town's lagoon.
2. Supply and install two new 12 inch shut off valves.

This project is to include the following work:

- Two new 12-inch Clow valves c/w gaskets.
- Two valve boxes c/w casing, base, rod, and disc.
- Four 12" Romac Macro 2 bolt couplings 12.70-13.80.
- 12" C-900 PVC pipe.
- Bedding sand.
- The contractor is responsible for pick-ups, deliveries, and shipping.
- The contractor shall be responsible for contacting all utilities for line locations, if needed, prior to the commencement of any excavation.
- The contractor is responsible for providing any excavation equipment and tools if needed.
- The contractor is responsible for safety equipment and tools if needed.

Projects must be completed by July 30, 2023.

For further information on this project contact the Teulon Public Works Foreman at 204-886-7080

All quotation submissions must be in writing and submitted in an envelope clearly marked "2023 Lagoon Project" to the Town of Teulon, Box 69, Teulon, MB R0C 3B0 (Fax 204-886-3918) or emailed to info@teulon.ca on or before **12:00 p.m. CST on Friday June 9, 2023.**

HAVE AN INTERESTING STORY??
CALL
204-467-5836

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.

SHOP LOCAL

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

HELP WANTED
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.

MOBILE HOME FOR SALE
Approx. 1996, 4 bdrm. Best Buy mobile home with addition. Comes with skirting, fridge, stove, dishwasher, electric heat, air conditioning. Located in Gimli. \$80,000. Ph 204-641-8137.

FOR RENT
1 bdrm. suite in Winnipeg Beach, fully furnished, satellite TV, hydro and parking spot with plug in included, internet avail., \$850/mo. Phone 204-886-2774.

SERVICES
Tile installation & repair. Tub surrounds, back splashes, floors & walls. Call 204-430-5501.

Need to Promote Your Business?
Call 204-467-5836 or Email igraphic@mts.net

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews. 204-338-4292.

Teulon Day Care is hiring! Wouldn't it be cool to choose the hours you work in the summer, we are looking for substitutes who are energetic, flexible, caring individuals to join our team. We are also looking to fill a summer student 8-week position starting July 4th. This position is funded by the Canada Summer Grant. If you are 18-30 years of age & love children, this position is for you. Please send cover letter & resume to teuloncdc@mymts.net

THE RURAL MUNICIPALITY OF ROCKWOOD PARKS & FACILITIES PARKS ATTENDANT SEASONAL

The Rural Municipality of Rockwood's jurisdictions are Stony Mountain, Argyle, Balmoral, Gunton and a portion of Grosse Isle and Komarno.

Under direction of the Parks & Facilities Manager, the Park Attendant will assist in the Manager in maintaining the quality, the efficiency and effectiveness of the RM of Rockwood's parks, greenspace and properties by maintaining the standards set forth by the RM of Rockwood Maintenance Plan.

- The successful candidate must possess the following:
- Provides a broad range of accurate, professional care and maintenance, accommodate services in accordance with RM standards and in an efficient manner that emphasizes workplace safety.
 - Assists the Parks Manager in fulfilling the required tasks and responsibilities while ensuring maintenance routes and their scheduled tasks are achievable.
 - Be able to drive a ½ ton work truck with required valid class of license and be capable of loading of truck and/or trailer.
 - Follows safety procedures required before and during operation of any machinery, equipment, and/or mechanical tool.
 - Operates machinery and equipment in a safe manner to prevent harm to the operator, the public, and damage(s) to adjacent property that may surround it.
 - Maintains RM properties, parks and greenspace to a satisfactory standard.
 - Provide horticultural care for community flowers, planters, and pots.
 - Ensure the greenspace is clean, free of debris, garbage and/or items of safety concern(s).
 - Practice and assist in the development of the Parks' Integrated Pest Management System IPM
 - Write up safety incident reports and implementing WPHS procedures.
 - Prepares and provides all required expense forms and timesheets to Manager.
 - Helps improve and/or update specific job procedures.
 - Perform any other duties as required.

Duties to commence as soon as possible.
Applicants who do not meet the above qualifications will be welcomed, providing they are willing to obtain certification in the future.

Salary shall commensurate with experience.
Interested candidates should submit a cover letter and a complete resume outlining education, experience, and three references, and should be submitted in a sealed envelope marked:

"Application for PARK ATTENDANT" on the outside and mailed or delivered to the Attention of Kito Nishibata, Parks & Facilities Manager, The Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall MB R0C 2Z0, or via Email: parks@rockwood.ca or Fax: 204-467-5329

The deadline for application submissions is open until filled
For further information on this position, please contact Kito Nishibata, Parks & Facilities Manager 204-467-2272.

The Rural Municipality of Rockwood would like to thank all the applicants for their interest, however, only those selected for an interview will be contacted.

GIVEAWAY WEEKEND

TOWN WIDE IN TEULON
JUNE 10TH & JUNE 11TH
UNTIL DUSK.
Sponsored by:
AGE FRIENDLY TEULON

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3. KEEP ALL OTHER ITEMS SAFELY STOWED AWAY
4. IT IS THE RESIDENT'S RESPONSIBILITY TO REMOVE ALL ITEMS BY SUNDAY DUSK. NO FABRIC FURNITURE OR MATTRESSES

Participants are responsible for the goods they are giving away or goods they are acquiring. Age Friendly Teulon (as a committee under the Umbrella of Town of Teulon) does not accept any Liability for any actions taken by participants or quality of goods as part of the Giveaway Weekend.

Classifieds Stonewall Teulon Tribune

Call 204-467-5836 or Email classifieds@stonewallteulontribune.ca

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SALES CAREER OPPORTUNITY

BigandColourful 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.

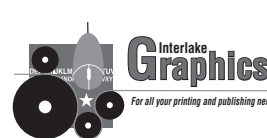
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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



Summer Employment Opportunity

Maintenance Assistants in various facilities for various locations within the IERHA:

Locations: Arborg, Ashern, Eriksdale, Fisher Branch, Lundar, Teulon, Selkirk & Stonewall

Competition number: IERHA 628/23

Please refer to complete job posting at:

<https://selfservice.ierha.ca> and search under "View All" and scroll to : Student Maintenance Assistants.

Deadline for submissions is Tuesday, June 13, 2023 at 11:59 pm.



THE RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY



OPERATOR 1 SEASONAL EMPLOYEE

The Rural Municipality of Woodlands invites applications for the position of Operator 1 Seasonal Employee. The Operator 1 reports to the Public Works Foreman.

Summary of Position:

The Operator 1 is responsible for operating a variety of light equipment and vehicles in performing a variety of labour tasks in constructing, maintaining and repairing the municipal infrastructure.

Specific Duties and Responsibilities:

- Operates all-wheel tractor, crawler and mower
- Cuts grass on roadsides, parks and cemeteries
- Installs and repairs culverts & signs
- Installs and repairs signs
- Hauls and spreads gravel
- Performs minor repairs and maintenance to equipment and vehicles
- Performs other related duties as assigned

Working Conditions:

- Seasonal: May 1 to October 31
- Working hours: 7:00 am to 5:30 pm
- Must be able to handle moderate physical tasks as some heavy lifting may be required

Education, Skills, Abilities, Knowledge and Experience Required:

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of tractor and Schulte mower.
- Training in operating construction and maintenance equipment an asset.
- Ability to perform a variety of labour tasks in constructing, maintaining and repairing municipal infrastructure.
- Knowledge of safety procedures and of the use of safety equipment.
- Good communication and interpersonal skills
- Experience working in Municipal Environment would be an asset.

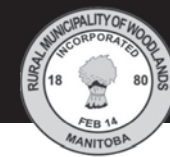
Starting salary is \$21.90/hr as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. The R.M. of Woodlands provides excellent group benefits and pension program following the probationary period.

All applications must be in writing and sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB. R0C 3H0, emailed to finance@rmwoodlands.ca or delivered to 57 Railway Avenue, Woodlands, MB.

Applications will be accepted until the position is filled.

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

THE RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY



OPERATOR 2/3 FULL-TIME EMPLOYEE

The Rural Municipality of Woodlands invites applications for openings for a **Heavy Equipment Operator**, under the Operator 2 or Operator 3 classification as per the OEM 987 collective agreement.

The Operator 2/3 will be reporting to the Public Works Foreman and will be responsible for safe operation of a variety of heavy/light equipment in constructing, maintaining, and repairing municipal infrastructure.

Hours of work: November 1 to April 30, 7am to 3:30pm
May 1 to October 31, 7am to 5:30pm

The successful candidate must have the following qualifications:

- Valid Manitoba Drivers License, Class 1 driver's license with air preferred.
- Experience operating a grader and/or excavator.
- Knowledge of safety procedures and safe operation of equipment.
- Good communication and interpersonal skills.
- Will be required to obtain various safety courses.
- Willingness to continuously further education.

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands. Starting salary for the Operator 2 position (without Class 1 license) \$24.81/hr. Starting salary for the Operator 3 position (with Class 1 license) \$25.75/hr. There is a \$2.00/hr premium for all hours operating the excavator.

Upon completion of probation employees receive Health & Dental, Pension, Group Benefits, and Long-Term Disability.

All applications must be in writing and sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB. R0C 3H0, emailed to finance@rmwoodlands.ca or delivered to 57 Railway Avenue, Woodlands, MB.

Applications will be accepted until the position is filled.

A full job description can be found on our website at www.rmwoodlands.ca.

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

WANTED

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

WANTED/BUYING 1950's-70's Scandinavian, Danish, Canadian mid-century modern Furniture (Teak, Walnut, Rosewood), lighting, ceramics, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

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Job Requirements

- Must diagnose problems with tires ranging from automotive, semi-truck and farm
- Perform on-site and emergency road service
- Must have a valid class 5 driver's license
- Committed to safety
- Work independent
- Perform oil changes

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Fax to 204-467-2845 or drop resume off at
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Grass calves, grass calves and more grass calves for sale - 300 lb to 750 lb Holsteins from \$1.85 lb beef grass calves 350 lb to 750 lb from \$2.90 lb live weight, can and will deliver anywhere. Call or text Darryl 204-216-0931 D.W. Enns Farms, Altona, Mb.

RURAL MUNICIPALITY OF ROCKWOOD UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a **PUBLIC HEARING** will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

R.M. OF ROCKWOOD BY-LAW NO. 02/23

Being an **AMENDMENT** to the R.M. OF ROCKWOOD
ZONING BY-LAW NO. 20/19, as amended.

- HEARING LOCATION:** R.M. of Rockwood Council Chambers
285 Main Street, Stonewall, MB
- DATE & TIME:** Wednesday, June 14, 2023, at 11:00 AM
- GENERAL INTENT:** To make housekeeping amendments as follows:
1. Add a definition for "Farm Diversification Operation" in Part I, Section 7.1;
 2. Delete a Municipal Licensing By-law requirement for Home Industries in Part II, Section 41.1;
 3. Add Special Land Use Regulations for Farm Diversification Operations in Part II, Section 61.0;
 4. Add Bulk Requirements for residential lots, created under Policies 3.3.1.6, 3.3.1.7, and 3.3.1.8 of the SIPD Development Plan, in Part III, Section 69.1.2;
 5. Add Bulk Requirements for select Agricultural Use Class developments in Part III, Section 69.1.3;
 6. Replace references to the "RCS Zone" with "RSC Zone" in Appendix A: Zoning Districts Table and Appendix C: Bulk Regulations Table;
 7. Add "Farm Diversification Operation" as a Conditional Use in the AL, AL-1, and AG Zones in Appendix B: Use Table;
 8. Add "Single-Family Dwelling" as a Permitted Use in the AL-1 Zone in Appendix B: Use Table;
 9. Add "Mobile Home Dwelling" as a Permitted Use in the AL and AL-1 Zones in Appendix B: Use Table;
 10. Add "Religious Assembly" as a Conditional Use in the AL, AL-1, and AG Zones in Appendix B: Use Table;
 11. Add development criteria for a Religious Assembly use, authorized as a Conditional Use in the AL, AL-1, and AG Zones, under Footnote "(6)" in Appendix B: Use Table;
 12. Replace reference to Footnote "(j)" with Footnote "(i)" regarding front, side, and rear yard setback requirements in the AL, AL-1, and AG Zones.

FOR INFORMATION CONTACT: Eric Shaw, General Manager,
South Interlake Planning District
Two Offices: 5-15 Davis Way, R.M. of Rosser |
285 Main St., Stonewall
Phone: 204-467-5587 | eric.shaw@sipd.ca

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District offices (5-15 Davis Way, R.M. of Rosser, or 285 Main Street, Stonewall) during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note: Property owners are responsible for notifying lessee

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- 1992 DORAL PRESTANCIA 270MC boat
 - 2015 FARM KING 1395 Auger
 - 2015 FARM KING 1385 Auger
 - 1975 CEDARAPIDS 4136 Crusher
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 - CWS IT28 Fork, Pipe/Pole
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 - SELF-PROPELLED MOWER CONDITIONERS/WINDROWERS HAY AND FORAGE EQUIPMENT
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 - PLATFORM HEADERS HARVESTERS PLATS
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IN THE MATTER OF: The Estate of Henry Allen Janzen, late of Stony Mountain, Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at the offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 5th day of July, 2023. DATED at Stonewall, Manitoba this 24th day of May, 2023. **GRANTHAM LAW OFFICES** Solicitor for the Executor

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Deadline for applications: 12:00 PM on Monday, June 5, 2023
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IN MEMORIAM



Cam Baldwin
June 15, 1931 – June 1, 2022
Your presence we miss,
Your memory we treasure;
Loving you always,
Forgetting you never.

-Eleanor,
Cameron, Kerry, Ken, Kathryn
and families

OBITUARY



William (Bill) Frederick Swan
November 26, 1946 - January 21, 2023

It is with deep sadness that we announce the unexpected passing of Bill Swan at his home on Saturday, January 21, 2023 at the age of 76.

Bill was predeceased by his parents James (Jim) and Zylpha (Cook), brother-in-law John Goertzen and his son Chris, also brother-in-law Gordon Cairns.

Leaving to mourn his loss is his sister Patricia Cairns of Winnipeg, numerous cousins, friends and neighbors.

Celebration of life will be held on Friday, June 16, 2023, at 1:00 p.m. at the Stonewall Legion, 459 Main Street, Stonewall.

Donations in Bill's memory can be made to a charity of one's choice.

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OBITUARY



Seth David Mandryk
November 22, 2000 - March 20, 2023

The family of Seth Mandryk is devastated and heartbroken at the loss of our son and brother at the age of 22.

Seth will be forever remembered by his proud and loving parents Peter and Paula, brother Sam (Symantha), sister Dana (Jason), Baba Lena, Auntie Brenda, Uncle Gino, Auntie Donna, Uncle John and numerous cousins and friends.

Seth was predeceased by his Gigi, Nonnie and Grampa. Seth will be remembered for his big heart, social spirit, love for sports and his will to never give up.

Seth has been characterized by those who know him best as kind; polite; respectful; helpful; caring; funny; friendly; thoughtful and always smiling and willing to help out. Seth was hard working, a good teammate and always fit in well with a positive attitude. He

was always punctual and never liked to be the last guy to class or practice and was always very appreciative of his opportunities.

Seth was an overall awesome guy and leaves a lasting impact on anyone he crossed paths with. He was easy going but also had no problem speaking his mind. Seth was an absolute "beaut" and the best little bro.

Seth always had something funny to say and was especially quick at one liners. He had a sarcastic side as well which was just as comical. Seth would entertain us with his talent for remembering and reciting lines from movies or singing songs or jingles without hearing the music.

Seth was always so friendly and whenever he saw anyone, he would do his half wave with his elbow tucked into his side and flash his big smile.

When Seth had down time he enjoyed hanging at home, playing Xbox online against Sam or his friends or just hanging out with his friends or family. When he was home in the summers, he could be seen rollerblading all around town. Seth enjoyed fishing with the boys even though he was usually the only one to never catch. People would gravitate towards Seth as he was entertaining and fun to be around. It was fun to watch hockey with Seth as he always had many humorous comments. Seth became a self-taught cook and liked to try different recipes. He was very proud of perfecting the spices in barilla tacos or making a delicious burger which would include an egg, fried onions, and avocado.

Seth grew up in Stonewall, MB where he attended school from K-12. Seth graduated with honours from SCI in 2018.

Seth was preparing to graduate this past May with a master's degree in TESOL (Teaching English to Speakers of Other Languages). He joined Greensboro College in North Carolina in 2022 as a graduate of Barton College also in North Carolina where he earned a bachelor's degree with magna cum laude distinction in English.

Proudly, from 2018-2022 Seth played lacrosse for four seasons at NCAA Division II Barton College. Each year Seth earned academic recognition by being on the Barton College Dean's Honours List, the Conference Carolinas Presidential Honour Roll, and the Conference Carolinas Academic All-Conference team. In 2021 Seth was selected to the Conference Carolinas Championship Lacrosse All-Tournament Team.

Seth loved college life, playing lacrosse and his teammates, friends, coaches, trainers, profs and advisers. We are so grateful Seth had these friendships.

Growing up, Seth played field lacrosse for True Manitoba travelling to many USA showcases and tournaments. Seth was proud to represent Team Manitoba as an All-Canadian in the U18 all-star game. Seth loved playing box lacrosse and being a part of the Manitoba Blizzard Junior team. Winning the league in 2017 was one of Seth's proudest sports memories.

Hockey was Seth's other favourite sport. If Seth wasn't playing hockey, he was watching hockey. When he was younger, he would spend many hours with friends on the outdoor rink. Seth loved playing High School hockey.

Seth's passing has left a huge hole in all our hearts. We are forever grateful that Seth will always be a part of our family and we will miss and think of him every day.

Our family would like to thank the enormous amount of support we have received from our family, friends, Barton College and Greensboro College coaches and Seth's teammates, college friends, and college admin, as well as the Stonewall community. Thank you for all the food, gift cards, flowers, support, and kind words about Seth. We are grateful and will cherish the memories that have been shared with us.

A celebration of Seth's life will be held at 2:00 p.m. on July 6, 2023, at the Stonewall Heritage Arts Centre, 166 Main St. As there is limited seating, Seth's celebration will be live-streamed as well and will be available through a link provided on Seth's announcement at www.kfuneralservices.ca (Ken Loehmer Funeral Services)

Seth, you will forever be in our hearts – loved and missed but never forgotten.

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IN MEMORIAM



Dwayne Swanson
November 25, 1960 – June 2, 2020

“Forever in our Hearts, Always our Inspiration”
Right from the time we lost you,
Life just hasn't been the same;
We wish that we had one more chance,
To see your smile again.
The sun still rises with each dawn,
Night still follows day;
But there's always something missing,
Ever since you went away.
The time comes in, the tide goes out,
The sands of time pass by...
But thoughts of you will never fade,
We hope you're peaceful wherever you are.
Life has surely lost it's sparkle,
The world often feels blue;
But what gives us strength and hope,
Is the precious memory of you.

-Love always and forever,
Penny, Eric and Neely

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

IN MEMORIAM



Georgette Proctor
September 26, 1930 – June 5, 2014

Softly in the morning,
You heard a gentle call;
You took the hand God offered you,
And quietly left us all.
The day you left us all,
Our hearts just broke in two;
The smallest part is still with us,
And the biggest part with you.
For the rest of our lives we will miss you,
Our secret tears still flow;
Oh, how we really loved you,
No one will ever know.
We miss your smile, your joking ways,
We miss the things you used to say;
And when old times we do recall,
It's when we miss you most of all.
You were always there when we needed you,
No task too great or small;
With loving heart and willing hands,
For us you did it all.
Look around your garden, Lord,
And when she turns and smiles;
Put Your arms around her,
And hold her for a while.

-Forever missed, forever loved,
Mareta, David, Claudette
and family

OBITUARY



Evelyn May Buchanan (Slagerman) (nee Peterson)

Evelyn passed away peacefully at the age of 90 in Stonewall, Manitoba, on May 26, 2023 with family at her side.

She is survived by her sons Larry (Donna), Dale (Paulette), Gordon (Laura) and Murray (Emma); by grandchildren Raymond (Grace), Ryan (Deena), Scott (Sarah), Ashley (Korbin), Sarah (Curtis), Amanda, and Rachel; by great-grandchildren William (Kenzie), Kadence, Leeroy, Eedan and Samuel; great-great-grandchildren Oaklynn and Mackenna; and step-children Lloyd (granddaughter Audrianna) and Carla (Wade). Predeceased by husbands Harry Slagerman and Harvey Buchanan and granddaughter Jennifer.

Evie was born August 7, 1932 in Gordon, Manitoba the middle daughter of Sten and Kathleen Peterson, with older sister Iris (Wedge) and younger sister Joan (Lillebo). Childhood summers were spent on the farm and winters in lumber bush camps. Her father's successful construction business led to a move into Winnipeg where she attended St Mary's Academy and upon graduation took a business course at Success Business College, becoming a stenographer.

Her early career did not last long as she soon met Harry and married at the age of 19 in 1951 and moved to the family farm in Rosser. Evie became a busy farmwife and mother as life together yielded more than crops, with Larry born in 1954 followed by Dale, Gordon, and Murray over the next 10 years.

Family and community were very important to Mom. She was active in local community clubs and enjoyed curling at Rosser and local rinks.

In 1970 she began work at Sears, Garden City as Manager of coats and dresses, which suited her sense of style! She later moved to children's wear and worked part time for many years.

Mom and Dad were blessed with 30 years of happy marriage, but Harry's sudden passing in 1981 was a heartbreaking time. Her strong will kept her on the farm and with the help of her boys she continued to run the farm.

In July 1999 Evie married Harvey Buchanan and they began a happy life together at Lion's Manor in Stonewall, where she remained after Harvey's passing in 2012.

Mom celebrated her 90th birthday in good health on the farm with family and friends. Unfortunately, her health declined soon after. A fall in February led to admission to hospital. The family would like to thank Dr. Graham and the dedicated healthcare team at the Stonewall Hospital who provided such compassionate care.

Services will be at Chapel Lawn Funeral Home, 4000 Portage Avenue, Winnipeg on Saturday June 10th, 2023, at 10:00 a.m. Interment will follow, and all are welcome.

In lieu of flowers donations can be made to South West District Palliative Care or a charity of your choice.

OBITUARY

Janet McGillvary

Peacefully in the early hours of Sunday, May 28, 2023 Janet McGillvary passed away with family at her side.

Longer obituary to follow.



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