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# Stonewall Teulon Tribune

THURSDAY,  
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TRIBUNE PHOTO BY JO-ANNE PROCTER

Starting Blocks school-age children were selling lemonade last Friday and had a surprise visit from Michael and Alyssa of 94.3 Now! Radio's Trucksicle with a cooler full of popsicles for everyone. The children are taking part in Lemonade Stands for Hope in support of CancerCare Manitoba Foundation and raised \$577 on July 14. The fundraising will continue with hopes of raising \$1,000 by Friday, July 21 when they set up their lemonade stand again in front of Stonewall's town hall between 1:30 and 3 p.m.

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## Yard of the Week honours



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Communities in Bloom Yard of the Week honour was awarded to Tracey and Dave Unrau at 415 9th Ave. South. The Unraus have resided at the corner lot for the past 22 years. To keep in the theme of the Town of Stonewall's flower colours for 2023, Tracey made sure her pots were filled with purple petunias. Recipients of Yard of the Week receive a \$25 gift certificate from Stonewall Home Hardware and, of course, bragging rights. To nominate a Yard of the Week, ballot boxes can be found at the Stonewall Home Hardware and the Stonewall library.

## Lake Winnipeg clean up funding announced

Submitted by Manitoba government

The Manitoba government is supporting the City of Winnipeg by providing approximately \$8 million for wastewater infrastructure projects to help protect Manitoba's precious freshwater resources, Environment and Climate Minister Kevin Klein announced Monday.

"One of our government's top priorities has been to clean up Lake Winnipeg and work with the City of Winnipeg in a collaborative way to advance the much-needed upgrades to the North End Water Pollution Control Centre," said Klein. "Together, we are taking another step forward to improve the health of our waterways. These upgrades will provide immediate pollution relief to the Red River and Lake Winnipeg and mitigate flood risks for many homes in Winnipeg and the surrounding area."

The Manitoba government is announcing its support for the City of Winnipeg and critical wastewater infrastructure projects, including \$7.5 million for the southwest sewer interceptor project and \$433,000 for the risk mitigation infrastructure at the Darcy Sewer Lift station. This project is part of the City of Winnipeg's long-term combined sewer overflow project to build additional system capacity, get more wastewater to the South End Sewage Treatment Plant while reducing nutrient loading into the province's freshwater systems.

The announcement followed a recent meeting of a provincial-municipal task force on advancing wastewater projects. The task force, chaired by the minister with Brian Mayes, City of Winnipeg councillor, serving as vice-

chair, works collaboratively alongside academics and experts to advance wastewater infrastructure projects that will improve environmental outcomes for Lake Winnipeg and the overall quality of life for Manitobans.

"I would like to thank Minister Klein and the premier for their support of wastewater projects," said Mayes. "The southwest interceptor and Darcy Lift station projects are much needed in the city's old and new neighbourhoods in the southwest part of Winnipeg."

In 2013, Lake Winnipeg was designated the most polluted lake in Canada. Since 2016, the Manitoba government has been working diligently to protect the province's lakes and ensure they are clean and accessible for future generations, Klein said.

"The work the Manitoba government continues to do in partnership with the City of Winnipeg supports organizations like ours, to tackle these shared issues together," said Garry Wasykowski, board chair, Manitoba Association of Watersheds. "Working together toward our shared vision to enhance our water infrastructure and environment will benefit us all, our children and our grandchildren."

The wastewater projects support the Manitoba government's water management strategy framework, the first comprehensive plan of its kind in nearly 20 years, along with the initial water action plan, which was unveiled in early July, the minister noted.

For more information on the Manitoba government's water management strategy, visit: [www.manitoba.ca/water](http://www.manitoba.ca/water).

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**STONEWALL**

# Argyle museum receives \$23,500 sprucing up grant

By Jennifer McFee

A local museum will receive a sizable grant to spruce up its space within the community.

Settlers, Rails and Trails Museum, located in Argyle, is getting a \$23,500 Spruce Up Your Story grant from Red River Mutual.

This year, the insurance company is granting more than \$150,000 to 10 communities across Manitoba and Saskatchewan through the grant program. The initiative received a record 317 submissions this year, which is its fourth iteration.

Kailynn Newediuk, marketing manager for Red River Mutual, explained that the goal of Spruce Up Your Story is to honour and protect the spaces at the heart of communities.

"They are well-used but likely well-worn and need some attention and care to restore them," she said.

"As a company, we understand the positive impact we can make by working with our communities and broker partners, and Spruce Up Your Story has really helped us stay connected with the spaces and causes that our communities care about."

Each year, staff volunteers, known as the Spruce Squad, read the sub-



TRIBUNE PHOTOS SUBMITTED

The Ekhart Railway Station with platform is constructed and ready for paint.

missions and look for a connection to four pillars: involvement, volunteerism, sustainability and a connection with one of their broker partners.

After the Spruce Squad creates a short list, they share it with all Red River Mutual employees for a staff-wide vote.

"Ultimately, our staff are selecting the recipients each year based on those pillars — if the space stands out to them as one that connects to our own company values or a space with a story that just really tugs at their heart strings," Newediuk said.

The Argyle-based museum stood

out among more than 300 entries, earning one of 10 sought-after grants.

"Settlers, Rails and Trails has been selected as one of our winners this year as they showed good involvement with their community, great opportunities for volunteerism, are sustainably conscious with their projects and have a connection with one of our broker partners, ONE Insurance," Newediuk said.

"In addition to this, their submission really told a story of how their space



Artist concept of the McLeod home when completed, along with trees, paint and landscaping.

has developed over the years, starting from one child's dream into this engaging space where the community has truly come together to care for it, to learn about its roots and to feel connected to that."

Settlers, Rails, and Trails will receive \$23,500 to work on a project that involves planting historically accurate foliage around the museum, plus painting and staining buildings to

Continued on page 5

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# SIGC members open up their yards for garden tour

By Teagan Sheppard

Four South Interlake Garden Club members opened their yards to share their passion with the community for all to enjoy their beautiful gardens in the Stonewall area on July 16.

The yards and gardens showcased included Asta Johannesson, Nancy McGowan, Jo-Anne Procter and Tanya Daher. These home gardeners work hard to create gardens with many varieties of plants and flowers. The creativity from each yard is an inspiration for others to aspire to have in the following years.

Each gardener was able to share their love and knowledge of gardening along with some tips and tricks. Many of the gardens house and feed butterflies, bees, birds and other critters. Daher, the president of the South Interlake Garden Club, was thrilled with how many members and non-members came out to tour the wonderful yards. For more information about upcoming events and how to join the South Interlake Garden Club, please contact Tanya Daher at 204-467-2235.

The Garden Club has a show coming up on Aug. 12 and anyone is welcome to enter. Please visit [www.southinterlakegardencub.ca](http://www.southinterlakegardencub.ca) for more details.



Jo-Anne Procter welcomes guests all summer into her yard and often uses her yard for a backdrop for photo shoots.



TRIBUNE PHOTOS BY TEAGAN SHEPPARD

Nancy McGowan has worked hard to create a space with many varieties of plants and flowers that she can enjoy throughout the summer months.



Asta Johannesson shares her love and knowledge of gardening with fellow community members.



Tanya Daher was thrilled to open up her yard for guests to enjoy.

## > ARGYLE MUSEUM, FROM PG. 3

update them.

Shayne Campbell, the museum's founder and executive director, said he feels proud to receive the Spruce Up Your Story grant from Red River Mutual.

"The museum has been working hard to develop our 12-acre park property," he said, "and this funding will make a huge impact with our long term plans."

The funds will go towards a project that Campbell calls "Paint and Plant at the Park." This project involves painting all three of the museum's heritage buildings — a station, livery and small home — in historically accurate colours. They'll also treat the outdoor wood stairs, platforms and wheelchair ramps to be more weather-resistant.

In addition, the project involves planting more than 70 trees in the park, which is located about a kilometre north of Argyle on Meridian Road.

"These will be historically accurate foliage to the types and styles of trees and plants that people in the Prairies were using for shelterbelts, in their orchards and decorative flowers and shrubs for their yard spaces," Campbell said.

"As the entire park is set in the 1920 to 1940s era, choosing the correct fo-

liage for this time period is an educational piece too, where visitors will learn about the living past. A community garden will be started this summer. We are hoping to find a volunteer who would like to maintain this garden, using it as their own growing and harvesting space."

In addition, rest benches will be strategically placed throughout the large outdoor space for visitors to sit, rest and enjoy the outdoor exhibits. Landscape and security lighting will also be discreetly installed, since Argyle had no hydro electricity back in the historic era.

Work will begin this summer for the Paint and Plant in the Park project and wrap up in the spring of 2024.

"The museum has a long-term development goal that will see more trees, plants, flowers and landscaping over the next 10 years," Campbell added.

"The museum is always looking for volunteers who are interested in landscaping, exhibit setup, painting, restoration, maintenance, tours and general assistance. Anyone within 50 miles of Argyle is welcome."

To learn more about the Spruce Up Your Story initiative, visit [www.spruceupyourstory.com](http://www.spruceupyourstory.com).

To learn more about Settlers, Rails

and Trails, visit [www.settlersrail-sandtrails.com](http://www.settlersrail-sandtrails.com) or follow "Argyle Museum" on Facebook.

The museum's new Manitoba Brick & Block Exhibition opened July 15 in the lower level of Argyle Community

Centre on Highway 322. This province-wide masonry exhibition will run until July 2024.

The museum is also open the first Saturday of each month from 1 to 4 p.m., and admission is free.

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## Increase support announced for people living with disabilities

By Jennifer McFee

Increased support is now available for eligible low-income Manitobans and adults living with disabilities.

The provincial government is providing more than \$13 million in additional funding to index Rent Assist benefits for eligible low-income Manitobans.

In addition, the provincial government is also indexing basic needs benefits for the first time for people enrolled in the new Manitoba Supports for Persons with Disabilities income assistance program.

Through the Rent Assist program, eligible households receiving Em-

ployment and Income Assistance or benefits through Manitoba Supports for Persons with Disabilities are provided shelter benefits as part of their monthly assistance. Low-income renters not receiving income assistance can also apply to receive benefits.

Now Rent Assist benefits for families receiving income assistance will be indexed to ensure that maximum rates reflect 77 per cent of the median market rent. Rent Assist benefits for families not in receipt of income assistance will be indexed to 80 per cent of the median market rent.

Continued on page 7

Stonewall Teulon  
**Tribune**



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## What you should know about rabies

Submitted by IERHA

Now that summer is here, animal encounters might be more common during camping and cabin adventures.

It's important to be aware that rabies can be transmitted from animals to humans. The viral infection is most commonly transmitted through the saliva of an infected animal to fresh broken skin or a mucous membrane in the eye, nose or mouth.

Rabies attacks the nervous system, eventually affecting the brain, and it's usually fatal once symptoms appear.

According to the Provincial Rabies Management Program, three positive animal cases were confirmed in Manitoba from January to March 2023. In 2022, there were a total of 15 confirmed animal cases. However, there have been no reported human cases of rabies on record in Manitoba.

In Manitoba, skunks, bats and Arctic foxes in the north are the most common animals to transmit and become infected with rabies. All mammals can transmit rabies, including domestic pets like cats and dogs. However, there is no risk of rabies transmission for mice and squirrels that look and behave normally.

Even if an animal bite or scratch is an accident, it still needs to be reported to a health-care provider. When an animal bite or scratch occurs, Public Health conducts a no-blame follow-up meant to reduce rabies risk to humans. They don't take pets away from their homes.

"While the rabies virus is dangerous, post-exposure rabies treatments are highly effective at preventing rabies disease in people," said Joshua Aquin, public health physician with Manitoba Health. "Even if the animal exposure happened several days ago, it's not too late to get assessed by a

health-care provider and find out if you need treatment."

If an animal bites or scratches you, immediately clean the wound with soap and water. If possible, take note of the animal owner's name and phone number. Visit your health-care provider, a Quick Care Clinic or walk-in clinic to get your wound assessed. If it's a serious injury, go to the emergency department. Your health-care provider will fill out an animal exposure form and send it to Public Health. If you haven't had a tetanus vaccine in the past five years, you might need to get one.

If you're not planning to get medical attention, call Health Links toll-free at 1-888-315-9257 to report the animal encounter. To report a domestic animal exposed to or injured by an animal suspected of having rabies where no human exposure has occurred, contact Manitoba Agriculture at 204-470-1108.

Public Health discourages destroying an animal that was involved in an animal encounter. If you choose to euthanize the animal, do not damage the animal's head or put yourself at risk. You should contact Public Health before destroying a pet that was involved in a bite or scratch situation. Public Health will follow up on the encounter, whether it was with a pet, a stray or a wild animal. They will contact the person exposed to the animal, as well as the animal owner to ask about the vaccination status and health of the animal. Public Health might ask the owner to observe and humanely isolate cats or dogs for 10 days. The quarantine period ensures pets are healthy, even if their rabies vaccinations are up to date since the vaccines are not 100 per cent effective.

When a healthy-looking dog, cat or ferret has rabies, they are only con-

tagious to others for up to 10 days before they will become severely ill. However, some other animals have a longer quarantine period such as wildlife and livestock.

On Day 10, Public Health will contact the cat or dog owner to ask about its health. If the animal is healthy, then the rabies risk from that encounter is zero. No further public health follow-up is required at that point.

If the animal has died, testing might be undertaken. If the test is positive for rabies or if the animal cannot be found, Public Health will discuss with the person exposed if post-exposure treatment is needed through a series of vaccinations. If it was an unknown animal, attempts will be made to find and capture the animal for quarantine. Bites from wild animals have a higher risk for exposure to rabies. If the animal can't be captured and tested, Public Health might recommend post-exposure treatment.

In an effort to avoid rabies, vaccinate your pets and don't let them roam free outdoors, especially at night. If your pet was in contact with a wild animal, do not touch your pet with bare skin. Wear work gloves when comforting pets or checking injuries.

You should also avoid wild animals — don't feed them or leave your pets' food bowls outside. It's important to teach kids to never approach an unfamiliar animal.

If you find a bat, alive or dead, don't touch it. If the bat is in your house, open windows to let it escape. If you find a bat in your bedroom, call Health Links toll-free at 1-888-315-9257 for advice since you might have been bitten while sleeping.

For more information about rabies, visit the Manitoba Health website at <https://www.gov.mb.ca/health/publichealth/diseases/rabies>.

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# get informed

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## Story time in the sand

TRIBUNE PHOTO BY JO-ANNE PROCTER

Children took a break from playing in the water at Kinsmen Lake last Thursday to take part in the South Interlake Regional Library's story time at the beach. Kelsey Dingwall, Stonewall branch library technician, read *Jules vs The Ocean*, a story about building a sand castle as the tide came in. Following story time, everyone made a sand castle craft. The next story time on the beach will be on Aug. 3 at 1 p.m.

## Highway Traffic Act updated to prohibit driving on closed roads

Submitted by Manitoba government

The Manitoba government's amendments to the Highway Traffic Act under Bill 46 has come into force, which creates new offences for driving on a road that has been closed to traffic, Transportation and Infrastructure Minister Doyle Piwniuk announced last Friday.

"We have heard from the RCMP that drivers ignore road closure signs and barricades and proceed to use roads that have been closed due to severe weather and other hazardous conditions," said Piwniuk. "This puts motorists, law enforcement, emergency responders, operators of snow-clearing equipment and road maintenance staff in danger. That is why our government has enacted an amendment to the Highway Traffic Act to make it an offence to drive on closed roads."

Amendments to the preset fines and offence description regulation under

the Provincial Offences Act establish the following preset fines for new Highway Traffic Act offences:

- \$298 for driving a light vehicle (such as a car, SUV or pick-up truck) on a closed road;
- \$672 for directing a person, such as an employee, to drive a light vehicle on a closed road;
- \$672 for driving a heavy vehicle on a closed road; and
- \$1,296 for directing a person, such as an employee, to drive a heavy vehicle on a closed road.

In addition to fines, individuals convicted of driving on a closed road will be penalized two demerit points. Law enforcement will also have the option of sending drivers to court in very serious cases where fines may be applied of up to \$2,000 for offences involving light vehicles and up to \$5,000 for offences involving heavy

trucks and buses, the minister noted.

"Far too many times we have seen vehicles ignore the barricades or find ways around them, such as using service roads, and it is very dangerous," said Insp. Michael Gagliardi, officer in charge of traffic services, Manitoba RCMP. "It has always been illegal to go around a road-closure barricade, but these amendments provide a more effective way for us to enforce this type of offence as it is now a specific charge under the Highway Traffic Act. This will help us in our efforts to keep Manitoba roads safe for everyone."

The amendments bring Manitoba in line with other provinces including British Columbia, Ontario and Saskatchewan, which have already made it an offence to drive on closed roads.

## > SUPPORT, FROM PG. 5

The provincial government also amended the Disability Support Regulation to now include a formula to index these benefits to inflation annually.

Further, the provincial government is seeking an agency to deliver community-based assistance through a one-year pilot project called Manitoba Supports Community Helper.

Through this project, community helpers will identify and assist poten-

tially vulnerable persons enrolled or seeking enrolment in Manitoba Supports for Persons with Disabilities to access services and programming offered by the provincial government and in the community. This service aims to help them meet their financial needs, build support networks within their community and achieve greater access and social inclusion.

Jimm Simon, executive director of Community Living Interlake, said this announcement is good news.

"Any increase in funding for people

living with disabilities is a good thing. Not only does this change to the program help vulnerable people through increasing their support levels, it also creates a new category of employment assistance for vulnerable people that should help them access funding more easily," he said.

"Lastly, this program allows for vulnerable people who are able to obtain some employment the opportunity to work more without affecting their income assistance."

## worship

with us > FAITH

**"Praise him, sun and moon: praise him stars of light." Psalm 148**

Most recently I was reading an article about what every Christian should try to do this summer by Becky Roach. I found it to be very thoughtful so I have decided to mention a few of her suggestions here.

During the summer, we often pick up a book or two to read when we have a few moments of down time. Consider making the choice to have one of those books be something that could provide some good spiritual insights. In fact, do the same for the kids too. There are many good reads for young people of all ages to be found at your favourite book store or local parish.

During the summer it is a good time to invest in yourself. Search out a person of faith, maybe a grandparent or elder from your parish, and ask them to them to mentor you. Perhaps they can help you grow in your faith in ways you have never imagined. Never discount the wisdom of older persons who have loved and served the Lord for many years. You will be happily surprised at the message God has for you through their wisdom. Similarly, don't be afraid to mentor others. If you think you might help someone to grow in their faith, offer your own wisdom if they ask.

Finally use the outdoors to pray. Personally, I find that there is something about nature that helps me to connect with the creator. The beauty of nature can raise our spirits and make us conscious of God's constant creative presence in our own lives. Being outside in the summer can also provide an opportunity to be constantly grateful for all of God's creation, including all the people he has put in our lives.

Rev. Barry Schoonbaert v.g.  
Pastor of the Catholic communities of South Interlake

# Interlake organizations receive accessibility funds

By Jennifer McFee

It will soon be even easier for Manitobans with reading disabilities to foster their love of literacy.

The South Interlake Regional Library is receiving a \$27,900 grant from the provincial government through the Manitoba Accessibility Fund.

Clint Curle, director of the South Interlake Regional Library, explained the impact of this grant during an announcement last week at FortWhyte Alive.

"In 2022, thanks to the generous support of the Province of Manitoba, our rural libraries in the province have access to CELA, the Centre for Equitable Library Access, which makes available to patrons with print disabilities 1.2 million titles in accessible formats," he said.

"This is fantastic — and for most library users, all you need is a smart device to access these materials in accessible formats."

However, this approach doesn't work for all library users.

"What we've learned in engaging with library users with lived experience of print disabilities is that the realities in rural Manitoba are a little bit complicated. Many of our patrons simply do not have access to a smart device — and there's a few reasons for that," he said.

"One of the barriers is economic; some patrons cannot afford one. Some patrons in their senior years are not comfortable using a smart device, and if they became print-disabled later in life, the learning curve to use a smart device is steep indeed. The third barrier is technological. For a lot of the folks living in rural Manitoba, they do not have access to high-speed internet, so it can be really challenging to access those 1.2 million titles through CELA if you've just got dial-up."

As a result, not everyone can easily access library materials.

"For patrons who love books, this is a really tragic and unfair situation. Our project offers a solution to this super barrier. Our concept is to use an adaptive technology called a Daisy Player, load those players with CELA

books of a patron's preference at a library and then lend the CELA player the same way you lend any library book," Curle said.

"And furthermore — and this is the part I think is brilliant — using the interlibrary loan system in rural Manitoba, which has been in operation for decades, we could lend these CELA players right across the province. Anyone who's got a library card in the province of Manitoba can now borrow for free a CELA player and get access to all of those print materials."

In addition, the project includes a training component for all participating libraries.

"We'll be offering training, awareness raising of the AMA standards and assistance to help foresee, prevent and remove barriers for Manitobans who are living with print disabilities," Curle said.

"We are so excited to implement this project and we believe that literacy is a human right that belongs to every Manitoban. We simply could not do this without the Manitoba Accessibility Fund."

In total, this fund is providing more than \$890,000 to 42 Manitoban organizations that are undertaking projects to promote accessibility and remove barriers.

These projects must fulfill one of three objectives: raising awareness about the prevention and removal of barriers; developing tools, resources and training to support compliance with legislated standards; or removing barriers to information and communications electronically, in print and in person.

The RM of Woodlands is also receiving \$17,388.95 through the fund towards the purchase and installation of an induction hearing loop system in the reception area of the municipal office. In addition, the funds will also go towards the installation of a DigiMaster system.

Judy Olson, chair of the RM of Woodlands Accessibility Committee, said the municipality is currently in the process of ordering the equipment.



The Province of Manitoba announced funding for \$890,000 to 42 Manitoban organizations that are undertaking projects to promote accessibility and remove barriers.

"When presented with the opportunity for grant funding from Manitoba Accessibility, we chose to pursue assistive listening devices as this was an identified need on the RM accessibility plan. We were so fortunate to receive grant funding for both a mobile induction hearing loop system for our reception area as well as a DigiMaster system for both council chambers and our multipurpose meeting room," she said.

"The hearing loop system is a copper wire induction loop, which surrounds the area where the listening device is located and produces a magnetic field. This is the gold standard of assistive listening devices and is used to enhance communication for hearing aid wearers as the magnetic signal is picked up by a hearing aid when the aid is set to a T-coil setting."

For users without this setting, or for those without hearing aids and who have a hearing impairment, a headphone and receiver on a belt pack can be worn to benefit from the system, she explained.

"The mobile unit was an adequate size for the reception area but unfortunately not a fit for the meeting rooms, and the meeting room flooring was not amenable to a larger perma-

nent hearing loop system. We alternatively chose a DigiMaster system for these areas," Olson said.

"This system uses SoundField speakers to dynamically detect the room's sound and adjusts acoustics to an optimal level for all present. A neck loop and headphones are an option for those with more severe hearing loss to direct-hear at ear level."

The greatest benefit will be for individuals experiencing hearing impairment since they will hear more of what is being communicated and can participate in a more relevant way, Olson noted.

"They will have equal access to information and communication. Indirectly, the family, friends and neighbours will benefit through shared knowledge," she said. "The demographic most likely affected by hearing loss will be seniors. The community benefits from not only an informed public but from a shared pride in an accessible community."

The RM of Woodlands has responsibilities identified in the Accessibility for Manitobans Act, Olson added.


"The council is committed to identify and remove barriers in our communities to ensure accessibility and inclusiveness for all citizens and visitors. This grant is very helpful in achieving this goal," she said.

"The Canadian Hard of Hearing Association (CHHA) has been very supportive of our research and application for funding with offers of ongoing education for individuals with hearing impairment, including families and friends. This is a great opportunity. We would like to acknowledge sincere appreciation to both Manitoba

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**We are taking July and August off so check back with us in September for the Saturday Dinner.**  
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# Speeding is a growing concern in Manitoba

Staff

Speeding on Manitoba roads continues to be one of the top contributing factors in serious and often deadly collisions.

The results of an Manitoba Public Insurance study show 40 per cent of vehicles were found to be travelling above the posted speed limit, and seven per cent of these vehicles were travelling more than 10 kilometres above the limit.

The 2022 study included over 1.2-million vehicles at over 50 different urban and rural locations throughout the province, and it was aimed at better understanding how frequently drivers were speeding on Manitoba's roadways.

MPI plans to use the findings to improve existing programs and devel-

op new targeted initiatives to reduce speeding.

"MPI data has consistently shown us that speed is a contributing factor in almost 20 per cent of all fatal collisions annually, and this latest study tells us that remains a common and risky habit for many drivers," said Satvir Jatana, MPI's chief customer officer. "No matter what road you're on, when you're behind the wheel it's important to drive the speed limit for that area and remember to adjust for weather, road and traffic conditions."

Preliminary fatal collision data shows speed was the primary contributing factor in about 30 per cent of the fatalities on Manitoba roads to date in 2023.

To increase drivers' awareness of their travelling speeds, MPI is launch-



TRIBUNE FILE PHOTO

Preliminary fatal collision data shows speed was the primary contributing factor in about 30 per cent of the fatalities on Manitoba roads to date in 2023.

ing a new program this fall to provide electronic speed display signs to interested municipalities and First Nations.

As part of the program, MPI will fund the purchase of up to 35 electronic speed reader signs in 2023 and an additional 20 signs in 2024 with no cost to communities.

"The results of our pilot program conducted last year found electronic signs are effective in reducing vehicle speeds and making our roads safer for all road users," Jatana said.

MPI also encourages drivers to follow these road safety tips to always keep speed in check:

- Plan your route and give yourself enough time to safely reach your destination.

- Use cruise control to avoid inadvertently going over the speed limit.

- Maintain a safe following distance, which means a four-second distance in ideal driving conditions.

- Remember when passing by a roadside emergency vehicle, you must move to the farthest lane from the scene whenever possible. In this situation, drivers also are required to slow down to 40 km/h when the posted speed limit is below 79 km/h or 60 km/h when the posted speed limit is 80 km/h or higher.

## Teulon council news in brief

By Autumn Fehr

The Town of Teulon held its regular council meeting on July 11.

Council appointed Reid & Miller, Chartered Professional Accounts Inc. as auditor for the town of Teulon for the 2023 fiscal year for \$14,500, in 2024 for \$14,900, and in 2025 for \$15,250. The proper offices are authorized to execute the 2023 engagement letter.

Council approved several payments for the following accounts:

- Staff payroll dated July 7 for \$17,353.49.

- Council indemnities dated July 10 for \$1,642.37.

- The fire department's payroll dated July 15 for \$5,303.90.

The town has authorized the service agreement for interim CAO James (Jim) Fenske. Signing authority has been carried over to Fenske, as current CAO Andrew Glassco has resigned and will have his last day on Aug. 4.

In other council news:

- Council gave a third reading to bylaw No. 3-2023 — a bylaw to provide for administrative and procedural requirements for the application and enforcement of new buildings, occupancy, change of existing buildings and requirements for unsafe buildings.

- Council approved the application to the Rural Transit Solutions Fund for the Teulon and District Handivan Service to purchase a new handivan to replace one of their aging vans. The mayor will sign a letter of support on their behalf. The Teulon & District Handivan Services Inc. 2018 Mercedes-Benz Springer V6 2500 diesel passenger van-wheelchair accessible handivan is for sale for \$43,000 or best offer.

- The town authorized the payment of \$600 to the Teulon International Truck and Tractor Pull for event sponsorship in 2023.

### > ACCESSIBILITY, FROM PG. 8

Accessibility and the CHHA."

Another funding recipient is the Town of Winnipeg Beach, which will receive \$23,650 towards the redesign of existing signage to be visibly and physically accessible. The town will work with the local historic society, professional interpretive sign designers and inclusive sign makers with experience in creating Braille signage.

In addition, Lord Selkirk School Division will receive \$16,800 towards the placement of core communication boards in every school playground in the division. Divisional speech-language pathologists

will design the boards in an effort to meet students' communication needs.

The Winnipeg Foundation manages the Manitoba Accessibility Fund, which launched in 2021 with a \$20-million investment. The fund promotes increased compliance with the Accessibility for Manitobans Act, which became law in 2013 to ensure accessibility in important areas of everyday life. The act's accessibility standards focus on government and public sector organizations, businesses, non-profit groups and municipalities.

## Kids spreading kindness



TRIBUNE PHOTO BY JO-ANNE PROCTER

Emma Hennessey and Sami Sorokowski stopped by to purchase some lemonade in support of Arla, Nora and Sawyer Williams. July 13 marked the seven-year anniversary of the passing of Danica deLaroque. To honour her memory, the Williams family including set up a lemonade stand by Memorial Park in Stonewall. They served regular and raspberry lemonade and iced tea for donations. All funds raised are donated to Danica and Abby's Village. The Williams family has raised more than \$500 for the cause over the past three years.

# Woodlands council news in brief

By Autumn Fehr

Woodlands council held an open house on July 18 at the Royal Canadian Legion on 120 Argyle St. from 5 to 6:30 p.m. to discuss the following 2023 budget items:

- the Porteous Avenue project
- the Road 82N project
- the 2023 grader purchase

All three projects are part of the Woodlands 2023 financial plan.

The widening and reconstruction of a portion of Road 82 west of PTH #6 is a capital expenditure for the RM that will cost \$350,000. The funds for this high-level project will come from three areas: \$117,000 from the general operating fund, \$50,000 from the general reserve and \$183,000 from the federal gas tax fund.

The purchase of a new motor grader is for the public works department via trade-in. The new machinery will take up the RM's entire machinery replacement reserve for \$350,000.

JRoss Construction and Landscaping Ltd. will complete the reconstruction and paving of Porteous Avenue

in Woodlands. During construction, the company noticed that the adjacent asphalt at the radii of Porteous Avenue where it meets Proctor Street had a significant sag. The municipality deemed it necessary to correct the sag, adding it to the agenda for items to be completed in the Porteous reconstruction project. This will add \$3,996 plus applicable taxes to the current estimated budget of \$353,000.

The come-and-go style event allowed all residents to discuss the project funding and answer any community questions.

The RM of Woodlands released an update on the municipal regional water project. The project will be done in collaboration with Stonewall for Warren, Woodlands and Stonewall communities. A portion of the project's funds come from the Investing in Canada Infrastructure Program (ICIP). The municipalities are working with Manitoba Water Services Board and Stantec Engineering to complete the engineering study and

design for the project.

The regional project is being funded by contributions from the federal government and the province for up to 73 per cent of the overall cost, meaning the portion the municipality would pay for the project would be 27 per cent. The study results will come in the following weeks, and the RM will then be able to share additional information regarding the financial and environmental impacts of the project.

Council news for the regular meeting of on July 11:

- Council has accepted the streetlight design by Manitoba Hydro, provided by Silverbridge Land Development Inc.

- Gravel hauling and spreading have been completed for 2023, but additional requests have been received for gravelling. Council has authorized the completion of several service requests for gravel.

- Council has agreed to issue letters of support to Teulon & District Handivan Services Inc. towards their

grant applications for funding from the federal government's Rural Transit Solutions Fund, Thomas Sill Foundation, New Horizons Grant, the FCC Agri Spirit Fund, Patterson's Family Foundation and Blue Cross Community Engagement to assist in funding the new handi van.

- The partnering municipalities of Rosser, St. Laurent, Woodlands and the Town of Stonewall will continue working on the initiative for a new regional personal care home built in Stonewall. A capital fundraising campaign will raise a portion of the community's financial commitment to the project. The RM has approved the proposal from Parkka Fundraising Solutions as the consultant to work with the partner municipalities to complete the Stonewall personal care home project campaign.

- Council will request quotes 2023-003 for supplying and installing two concrete footings for columbariums for the cemetery.

## Government invest in rent assist and new disability income support

### Indexed benefit rates improve affordability for low-income Manitobans

Submitted by Manitoba government

The Manitoba government is providing more than \$13 million in additional funding to index Rent Assist benefits for eligible low-income Manitobans, and is also indexing basic needs benefits for the first time for persons enrolled in the new Manitoba Supports for Persons with Disabilities income assistance program, Families Minister Rochelle Squires, minister responsible for accessibility, announced last month.

"The annual indexation of Rent Assist and basic needs benefits demonstrates our government's commitment to improving affordability for low-income individuals," Squires said. "We will continue to support vulnerable Manitobans who might otherwise become trapped in a cycle of poverty."

Under Manitoba's Rent Assist program, eligible households receiving Employment and Income Assistance or benefits through Manitoba Supports for Persons with Disabilities are provided shelter benefits as part of their monthly assistance. Low-income renters not receiving income assistance can also apply to receive benefits.

Effective tomorrow, Rent Assist benefits for families receiving income assistance will be indexed to ensure that maximum rates reflect 77 per cent of the median market rent. Rent Assist benefits for families not in receipt of income assistance will be indexed to 80 per cent of the median market rent.

Rent Assist rates are adjusted annually, as required by legislation, to align with Winnipeg's median market rental rate, which is established independently by the Canada Mortgage and Housing Corporation.

As of tomorrow, the Manitoba government is also increasing the basic needs benefits for eligible adult participants of Manitoba Supports for Persons with Disabilities, a new income assistance program for individuals living with disabilities launched in April. Persons enrolled in the new program receive monthly benefits that include basic needs and shelter components, as well as other financial supports tailored to the needs of persons with severe and prolonged disabilities.

The minister noted that in addition to increased basic needs, amendments to the Disability Support Regulation now also include a

formula for indexing these benefits to inflation on an annual basis, a commitment made when the program was first announced and the first of its kind in Manitoba.

Additionally, as part of the ongoing development of Manitoba Supports for Persons with Disabilities, the Department of Families is seeking, through an expression of interest, an agency or agencies to deliver community-based assistance to Manitobans across the province as part of a one-year Manitoba Supports Community Helper pilot project.

Community helpers will identify and assist potentially vulnerable persons enrolled or seeking enrolment in Manitoba Supports for Persons with Disabilities to access services and programming offered by the Manitoba government and in the community. This service is intended to help them meet their financial needs, build support networks within their community, and achieve greater access and social inclusion, the minister added.

"This pilot project will allow us to test and evaluate an important new service and ensure that we are effective in the help we provide," Squires noted. "It responds to the feedback we received from Manitobans who participated in public engagement sessions over the past three years, which revealed significant support for community-based navigation services and a more tailored approach in supporting the unique needs of Manitobans living with disabilities."



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# Making wishes come true

By Jo-Anne Procter

Silver Peltier raised just over \$7,000 at a unique fundraiser as a kickstart to her goal of raising \$10,000 for Women for Wishes last Thursday.

Peltier hosted an outdoor five-course gourmet dinner prepared by her son Dustin Peltier, who is the owner, caterer and cheesemaker of Loaf and Honey.

Peltier was touched and honored when she was invited to be a part of the Women for Wishes program. Alongside 139 other remarkable women from across the country, Silver has committed herself to raising \$10,000 — the exact cost of granting one wish through Make-A-Wish Canada.

Sean Crawford, director of the Manitoba and Nunavut Make-A-Wish chapter, attended the event and explained that the Women for Wishes program has been created to increase the number of wishes granted.

“A wish is not what that child got or did; it is the impact of the memories,” he said. “All donations are to help another child and their family have an incredible memory for the rest of their life.”

To date, 160 children have had their wishes granted thanks to the incredible efforts of Silver and her husband Gary Peltier through their Ride for a Child’s Wish fundraiser. Their dedication and commitment over the past 32 years have raised an astonishing \$1.6 million for Make-A-Wish Canada.

The five-course meal included mushroom risotto rolls, cheese crisps, thyme aioli and blistered tomatoes. The second course was a kale and strawberry salad, cucumber ribbons,



The first course of the evening was mushroom risotto rolls, cheese crisps, thyme aioli and blistered tomatoes.

pickled scapes and whipped ricotta. Next up was seared pickerel, swiss chard and radish, and the fourth course was very tender smoked pork loin with a saskatoon demi, butternut squash, rainbow carrots and pickled mustard seeds.

The grand finale was dessert that consisted of saskatoon pie, strawberry-rhubarb pie by local café Lillies and Lattes’ Bobbi-Jo Bolun and her mom Ella Lillies. Loaf and Honey also made lemon curd cookies served with a honeycomb.

As guests savoured every bite of the delectable meal, they were serenaded by the melodic tunes of Sweet Alibi. They also enjoyed refreshments from the bar featuring Patent 5 products. Following dinner, eight pies were auctioned off with the highest bid of \$100 for a strawberry-rhubarb pie.

To make a donation towards granting more wishes on Silver’s behalf, visit [www.womenforwishes.ca](http://www.womenforwishes.ca). Remember to include both your name and address in order to receive a tax receipt for your contribution.

Be sure to mark your calendars to attend the 33rd Ride for a Child’s Wish on Aug. 26 at the Peltier farm north of Warren.



Bobbi-Jo Lillies of Lillies and Lattes plates dessert with Dustin Peltier of Loaf and Honey.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Silver Peltier, middle, and her husband Gary, right, hosted a fundraising dinner for Make-A-Wish last Thursday, catered by their son Dustin Peltier of Loaf and Honey in Woodlands.

## 10th Annual Stonewall Quarry Days PARADE

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# Teulon's annual Farmers' Market reopens Fridays

By Emma McGill

The Teulon Farmers' Market, hosted by Teulon Senior Resources, opened again for the summer last Friday and will run from July 14 to Sept. 8 from 3 to 7 p.m.

The new hours have been set to make it more convenient for those who work during the day and want to stop by for a treat at the end of the work week or for people heading to the lake for the weekend.

The market is located south of Teulon's Co-Op on Highway 7, with plenty of room to park and roam around the different vendors.

This market has been running since the 1980s. It was originally organized by the Teulon Agricultural Society, and eventually run by Darci Loehmer and Lana Knor and has since been taken over by Teulon Senior's Resource in 2020.

There is always a great group of vendors with lots for sale, including fresh vegetables and fruit, baked goods, honey, handmade jewelry, clothing, children's books, face painting, Tupperware, meats and more. Each week will hold a variety of different ven-

dors.

Some small businesses local to Teulon that will make appearances at the market are From Farmhouse to Yours Cafe and Bakery and Finders Keepers, both of which can be found on Main Street right next to one another, one with baked goods and coffee and the other with trinkets and unique clothing.

Other businesses will include Fox n' Fuddle, Clover Honey Pot, Dylsey's Fresh Veggies, Interlake Microgreens, Minnie's Perogies, as well as Sara's Greenhouse along with Down2Earth Farms.

Christine Tronrud had a tent last Friday selling baked goods and fruit as a part of the Manitoba Community Food Currency Program, which is an organization that supports members of the community who face obstacles in accessing healthy whole foods. The program provides these people with food currency and partners directly with Manitoba farmer's markets.

Any vendor interested in joining the market is welcome to contact Dianna at [teulonmarket@gmail.com](mailto:teulonmarket@gmail.com).



TRIBUNE PHOTOS BY EMMA MCGILL

The Fox n' Fuddle booth with a variety of jewelry and trinkets.



Christine Tronrud with grandsons Hudson and Jaxson selling baked goods in partnership with the Manitoba Community Food Currency Program.



Mother-daughter duo Madison Brady and Tanya Penner selling their handmade jewelry.

## Raising funds in the quarry



TRIBUNE PHOTO BY JO-ANNE PROCTER

Glacial and Standard Limestone Quarries served 100 pork on a bun with a \$20 taxable receipt in support of the Save the Kilns restoration project. The quarry workers and truckers raised more than \$2,000 last Friday. To donate to Save the Kilns, contact the Interlake Community Foundation at [www.interlakefoundation.ca](http://www.interlakefoundation.ca) and search the Town of Stonewall Save the Kilns Fund. Pictured left to right: Scott Aikman, Connie Ogilvie, Kath Aikman, Merle Balsillie, Dale Oughton and Kolynn Schnell.

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# Film shot in Teulon area to premiere at Gimli Film Fest

Gimli Film Festival runs July 26-30

By Emma McGill

Rachel Beaulieu has been in the film industry for more than 10 years, but just recently, she began working on her own personal project.

Her first personal film, *Mémère*, tells the story of a grandson's experience in taking a trip with his grandmother, who battles memory loss down memory lane.

Beaulieu is an Anishinaabekwe filmmaker from Sandy Bay First Nation. She started her career as a video editor after graduating from Assiniboine Community College in 2010 with a Media Production diploma. She has worked on many post-production products for other individual films and has a career as a video producer.

In July of last year, Beaulieu pitched her short film idea to a jury in front of five other people as a finalist for the RBC \$10,000 Emerging Filmmaker Pitch Competition. Her film was pitched under its original title, *Marie*, and she was selected as the winner of the 11th annual competition, helping her dreams of becoming a director begin to come to fruition.

Beaulieu has spent much of her ca-

reer helping others' film ideas be brought to life, supporting and encouraging her fellow creatives.

"I like to support everybody in their own goals," she says.

She has worked professionally in various styles, including promotion, narrative, documentary, broadcast and educational film.

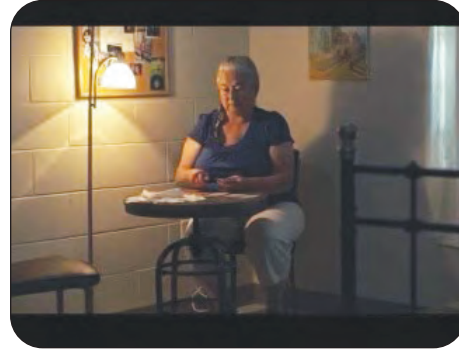
When Beaulieu heard of this grandmother who lived in a care home, she wondered more and more why our elders are so often treated the way they are, with little respect. In *Mémère*, the devoted grandson listens patiently to his grandmother as she tries to relive her past through storytelling.

"For this film, for a long time, I wanted to tell this story but I wasn't sure why," shares Beaulieu.

Much of the film was shot on the Trudzik farm just north of Teulon, chosen because Beaulieu's grandparents had farms when she was growing up, and she wanted to bring that look back. The Trudzik farm had the right atmosphere for just that. It was the location that represented *Mémère's* old homestead.

The cast included Jacqueline Lauzon, Alexander McLellan, Charlene Moore, Alexandra Carriere and Sophia Trudzik, who provided the land

Continued on page 18



TRIBUNE PHOTOS SUBMITTED

Stills from the upcoming film, which is still in the editing process.

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- indexing benefits for Manitobans with disabilities
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# Your FARM



## This year's Saskatoon berry harvest, fast and furious

By Emma McGill

Interlake Saskatoons had one of their fastest and earliest harvests on record this year, lasting all of eight days.

This year's harvest ran smoothly but was short due to a windy spring season.

"It took a lot of blossoms off the trees before the berries set, so we had a smaller harvest than usual," said Wendy Rutherford of Rutherford Farms.

United as Interlake Saskatoons, five orchards across the area have been working together to bring quality Saskatoon berries to surrounding communities since 2013.

Though the majority of the orchards themselves were planted around 2007 or 2008, it took about five to eight years, using the DDJ orchard as a specific example, for the orchard to grow enough berries to make harvesting them worthwhile.



Delicious Saskatoon berries that double as antioxidants.

Harvesting across all five orchards is done mechanically. Each orchard owner farms individually, but they harvest, spray for fungus three times before harvest and fertilize annually collectively.

Interlake Saskatoons, also branded as PurpleFit Saskatoons, consists of



TRIBUNE PHOTOS SUBMITTED

The processing line at Warren's DDJ Orchard.

Continued on page 16



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# All from a good place

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> SASKATOONS, FROM PG. 14

Rutherford Farms in Grosse Isle, the Research Orchard in Stonewall at the South Interlake Agricultural Centre, the Jensen Orchard just east of Stonewall (the oldest of the orchards established in 1999) and two Warren-based orchards: the DDJ Orchard and the Riddell Seed Farm Orchard.

The DDJ Orchard, named as an acronym for the three siblings that ran the farm, Doug, Dennis and Jennifer, began in 2008 as a commemorative orchard for their parents who loved Saskatoon berries that grew on left-over family land.

It comes time for harvest when approximately 60 per cent of the berries are purple. They ripen about 43 days after the petals drop, which tends to be at the end of May or in early June. This year's harvest was spotty and, therefore, less than average for all orchards except the largest, but returns of the crop are shared among the board members of Interlake Saskatoons.

"We sell several thousand pounds fresh right out of our building in Warren," said Doug Langrell of the DDJ Orchard. The berries not sold to Warren and surrounding communities are frozen and then sold all across Canada and parts of the northern United States.

"One thing about saskatoons is, even though they're perennials, after 15 to 20 years, the trees get very large," shared Langrell.



He and his sister are currently in the process of chopping the orchard down so that rejuvenation of the new trees will happen from the tree's crown up. Because the orchard was planted 16 years ago, the trees are older, so their energy is going more into sustaining the wood rather than the leaves and berries, as it would if the tree were younger. Berries begin to grow only on the top and sides of the plant. This creates diminishing returns for harvest, with fewer and fewer berries as the orchard becomes overgrown, making it time for a trim.

Saskatoon berries are known for their sweetness and accessibility to the prairie populations and are most often used for delicious jams, pies, tarts and pastries.

"We like them, of course, for the taste," said Langrell.

People don't often know about these berries' many health benefits. They



Harvest has been done by machine since the trees were large enough.

are very high in antioxidant properties that help protect and enforce our immune system and reduce the risk of diseases, including heart disease, diabetes and cancer. They also contain anti-inflammatory properties.

In Grosse Isle, Rutherford runs a U-Pick orchard where people of all ages can enjoy the berries they've picked directly from the trees. The U-Pick started about 12 years ago when the trees were still too small to harvest the berries mechanically. It began with friends coming to try it out, and later many mothers and children came. Even after the harvesting could be done by machine, it kept running.

"It is my happy place and a happy place for a lot of people," shared Rutherford. "The income is a bonus."

There has never been a huge number of people to come and pick, but some come every year and are considered "lifers." The orchard is off the beaten path, and it may take a bit of



Christine Lichti and Lorraine Walton enjoying a day of picking.

effort to find, but it's accessible with lots of berries and room to roam.

"It's a more traditional way of picking saskatoons, and people often do it for nostalgic reasons," said Langrell.

Board members of Interlake Saskatoons and PurpleFit are enthusiastic about the upkeep of their orchards, the benefits of the berries they harvest and getting them to the Interlake.

## The difference dental implants made for Lynne

BY ELISHA VANDOR

"I'll be able to eat again" exclaimed Lynne as she felt her lower denture snap into 3 lower dental implants for the first time; "oh, and they're so natural-looking too!" With built up emotion, Lynne hugged and thanked Denturist Brock saying, "it was worth it".

We wish you could hear the SNAP as Lynne pushed down on her lower denture securing it into her three dental implants like snapping together a button tightly. For us, it's the successful sound of a tight-fitting lower denture, but for Lynne it's the sound of freedom. Freedom from struggling with a loose lower denture. She says, "to go from not being able to eat anything but soup and yogurt, being embarrassed and holding up my hand in front of my mouth to now being able to eat normally again and smile at people, it's been an excellent, excellent experience and I would suggest having it done to anybody." So, the big question ev-

everyone wants to know is, what is the dental implant procedure like? Lynne says, "I was petrified. I wasn't sure if it was going to work properly. Now, feeling the way they fit properly and being able to take them in and out, it's been worth it. If the person can afford it, then definitely get it, even if it's 2-3 posts like I was able to get done. It feels natural, it really does."

A dental implant should feel natural! After all, the purpose of the dental implant is the same as a tooth root - anchoring the teeth for chewing purposes. Without an anchor, the ship floats away... the same can be said for a lower denture (specifically). Trying to chew with force and accuracy with a lower denture will not be as successful without it being snapped into at least two dental implants. Natural teeth can bite using a substantial amount of force and mulch food with ease because of the teeth's stability being rooted into the jawbone. The difference with dental implants is an anchored denture providing greater chewing force,

accuracy, and stability. All three combined will provide you with the ability to successfully and easily eat with a denture. As Lynne so excitedly said to us that she's trying out steak for the first time in a while because she's now confident in her chewing again like she once was with natural teeth.

For Lynne, the total amount of time it took to have the denture snapping into the dental implants from the time of the procedure was 3.5 months. In contrast, some dental implant procedures allow for the teeth to be secured onto the dental implants the same day. The wait period or no waiting period is dependant on the procedure, which can be discussed with our Denturists Brock and Matthew. Our consultations are free of charge! As Lynne says, "I always felt like it was family working with me here, you were excellent that way. To know I can eat properly again and smile, it feels natural. You all have been excellent."



Lynne (pictured right) celebrates her new teeth with her friend Anna and Denturist Brock.

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# It's in the blood: Narcisse family rodeos together every weekend

By Becca Myskiw

A typical workday for Terence Caumartin looks a lot like the rodeo — the only difference is one is for fun.

Caumartin started competing in rodeos shortly after he started a career as a cowboy. Straight out of high school, he started working for the Prairie Farm Rehabilitation Administration (PFRA), an Agriculture and Agri-Food Canada branch.

PFRA essentially took useless land in Western Canada and turned it into grazing land. The federal government then hired people to look after the land and other people's cattle on it. Caumartin still does this job today, looking after 14,000 acres every day of the week.

"It kind of just evolved," he said. "Evening practice was basically what you did at rodeo, so a few years after I started this job, I got into rodeos on the weekends."

With his horse already broken for the tasks, he came out hot doing team and calf roping. Caumartin has dabbled in other events, but these two remain his strongest to today.

He's part of the Heartland Rodeo Association (HRA) now, which does nine rodeos a year. Caumartin's been with other rodeo associations, but he likes that HRA is family-focused, having only one rodeo a weekend. Family-focused was a

big selling feature for him as Caumartin's daughters rodeo with him.

All three of his daughters competed in rodeos at one point, but his oldest has since moved on. Raelyn, his middle daughter, and Karen, his youngest, load up their horses and hop in the truck with their dad every weekend to head off to that weekend's rodeo.

The girls started competing as soon as possible, meaning they did it once they were old enough to sit on the horse while their dad led them around. His oldest daughter did her first barrel racing pattern at four years old.

**"IT KIND OF JUST EVOLVED," HE SAID. "EVENING PRACTICE WAS BASICALLY WHAT YOU DID AT RODEO, SO A FEW YEARS AFTER I STARTED THIS JOB, I GOT INTO RODEOS ON THE WEEKENDS."**

Today, Raelyn and Karen compete in team roping, breakaway roping, and barrel racing. The horses they compete with have been trained from birth to do the job as Caumartin uses them for work.

"It's just part of our life so the horses just learn that 'cause they have to," he said.

The family has eight horses right now — four are their usual rodeo horses, a couple are older and have done their time, and a couple are on their way up.

At home, the family trains in their arena with barrels, live cattle and roping dummies. On Monday, Caumartin gives roping lessons to other people. On Tuesday, Raelyn gives barrel racing lessons to other people. On



TRIBUNE PHOTO SUBMITTED

Karen Caumartin and Raelyn Caumartin learned to rodeo from their Dad, Terence.

Wednesday, they go roping, and on Thursday, they rope the live cattle. The Caumartins practise at least four nights a week, then go off to the rodeo each weekend.

Come winter, though, they take some time off.

"My philosophy is if I want to rope more, I'll do it in the summer," he

said. "I don't have to do it in the winter."

The Caumartins will be competing at the Arborg rodeo this weekend. Along with the nine HRA rodeos, they'll do some jackpots, hoping to make finals.

## Stonewall and District Health Centre Sidewalk Repair Temporary change in medical clinic and lab access



Concrete replacement work is taking place outside of the medical clinic located at Stonewall and District Health Centre. For the duration of this project, patients are being directed to use the hospital entrance. Please follow signage inside and outside the building if you are attending for an appointment, laboratory services or community health office services (home care, public health and mental health).

**Thank you for your patience and understanding as we undertake these necessary facility upgrades.**



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# Local woman seeking a living kidney donor

## Staff

A woman with local roots is seeking a life-changing kidney donation.

Monica White, originally from Balmoral, has been battling chronic kidney disease for several years, stemming from long-standing Type 1 diabetes.

Her family penned a letter indicating that the time is approaching when she will need dialysis.

"Her kidney function is now around 12 per cent and the need for dialysis will be around eight per cent. This is no fault of Monica's who, in the past many years, has led an active, inspiring life while managing her diabetes, blood pressures and kidney disease," states the letter, which was shared with family and friends.

"Commencing life-sustaining dialysis will be dramatically life-changing for Monica in terms of how she feels, her ability to work and travel and manage her diet. Dialysis comes with significant risks of many complications and a high rate of mortality that is within the same range of many metastatic cancers. In short, it is devastating for a still relatively young person to have to go through."

To date, they haven't found any compatible matches for living kidney donors in White's immediate fami-

ly. As a result, they're hoping others might be interested in finding out if they're compatible.

"Even if you are not a match for Monica, the Kidney Paired Donation Program allows you to donate to another person who needs a kidney that you are compatible with and Monica to receive a kidney that is a compatible match for her," the letter states.

"Thus, donors from incompatible pairs are swapped to create compatible pairs, making two transplants possible."

More information is available by contacting the Transplant Manitoba Gift of Life team at 204-787-2323 or toll-free at 1-888-205-8833 or by email at [livingkidneydonation@hsc.mb.ca](mailto:livingkidneydonation@hsc.mb.ca).

Applicants will need to provide their name, date of birth, address, health card number, name of recipient (Monica White) and her date of birth (Sept. 12, 1983).

"If you decide to come forward as a possible donor, this is strictly confidential between you and the donor team and you can stop the donation process at any time without anybody ever knowing," the letter states.

"The decision to donate is personal, and only you and your health-care providers will receive your test results. The full compatibility testing



TRIBUNE PHOTO SUBMITTED

Monica White is in need of a life-changing kidney donation.

process can take up to six months, so the timelines are now very tight."

Overall, living kidney donors have the same life expectancy, general health and kidney function as healthy people with two kidneys, the letter states.

White also encourages everyone to

sign their organ donor card or sign up online at [signupforlife.ca](http://signupforlife.ca).

"This saves lives," she said. "I have never wanted to ask for anything, but I still feel I have not done what I was sent to do in this life."

## Customer appreciation



TRIBUNE PHOTO BY PAULA HOFER

To celebrate two years in business, Sahib Nanda and Solomon Negash, owners of Warren Fuels (the Domo gas bar on Highway 6 west of Warren and the Tempo gas bar in Warren), invited customers, friends and family to join them for a barbecue last Saturday. The duo served 300 hotdogs and 200 burgers, as well as salads and drinks, and they sold diesel and gas at nine cents off.

## > GIMLI FILM FESTIVAL, FROM PG. 13

for parts of the film to be shot on and worked as a production assistant along with Farrah Murdock.

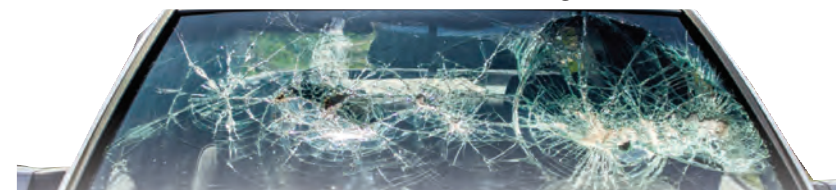
Lisa Diane Rueckert did the makeup while Cody Blacksmith looked after the sound. Other crew included Amanda Kindzierski, Joyce Delaronde, Cathy Herbert, Daryl Palapuz and Johanne Rose Reimer-Henteleff. John Wapioke and Kane Kirton were directors of photography.

Although still going through the editing process, this film has been the beginning of Beaulieu's filmography experience as a director. Her favourite part of working on this piece is sharing the final product and seeing how the audience relates to and connects with it.

"All my stories have a little bit of truth from my perspective," she says.

*Mémère*, with a run time of approximately 10 minutes, will premiere at the Gimli Film Festival on July 29.

The full schedule and tickets can be found at [gimlifilmfestival.ca](http://gimlifilmfestival.ca).



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INSIDE > OUTSIDE > UPSIDE DOWN

## Locals win RBC Golf Scramble event in Minnedosa

By Brian Bowman

A local foursome of Carson Ouellette, Curtis Beck, Ryan McMahon and Jerzy Stadnichuk won a RBC Golf Scramble event at the Minnedosa Golf & Country Club on July 8.

The foursome finished with a total net score of 53.6. The event attracted nine teams.

"It was pretty awesome. It was a really fun day," said Beck. "We did it a couple of times last year so it was really fun to win one."

The competition was very tight with a bunch of really good golfers taking part.

"When we were playing it was a really close day between all the teams scoring-wise," Beck said. "We knew we were close to the lead and had a chance to win, but it ended up coming down to the 18th hole. The group we were playing with made a par and finished second, while we made a

birdie to finish first."

This was the local team's second year playing in the RBC scramble events. It's a best-ball competition.

"You have to use at least three of everyone's drives and, other than that, it's pretty standard. You just pick the best ball and go from there," Beck explained. "They have a rule where when you're on the green, it's a maximum two putts to speed up the game."

Now, the local foursome will play at a regional qualifier at Quarry Oaks on Aug. 28. The team that wins that event will move on to the nationals in Nova Scotia.

"We're really looking forward to it and we're just happy that we qualified," Beck said. "We're just going to try our best at the next one. We're really looking forward to the next one to see what that's like."



TRIBUNE PHOTO SUBMITTED

Carson Ouellette, Curtis Beck, Ryan McMahon and Jerzy Stadnichuk won an RBC PGA Scramble at the Minnedosa Golf & Country Club last Saturday. They will now compete for a chance at nationals in Cabot on Aug. 28.

## Sharp shooter



TRIBUNE PHOTO SUBMITTED

Connor Osborne of Stony Mountain finished first in the Manitoba Junior Shotgun Association provincials. The 13-year-old trap shooter shot 62 out of 100 hits in the 13 and under Novice division at the Pembina Triangle Gun Club on June 25.

## Interlake teams compete at baseball provincials

Staff

The Stonewall Blue Jays posted an 0-4 record at the 15U AA baseball provincials in La Broquerie last weekend.

Stonewall started the provincials with a tough 4-2 loss to Mitchell last Friday morning.

Later in the day, the Blue Jays were defeated 14-4 by Bonivital.

On Saturday, Stonewall was edged 7-6 by St. James and then downed 18-1 by Brandon.

Lundar also finished with an 0-4 record at the 15U A provincials in Niverville.

They were defeated by Seine River (16-0), Neepawa (7-4), Winkler (16-0)

and Niverville (9-8).

At the 13U AA provincials in Winkler, Stonewall played some great baseball, finishing with a 2-2 record.

They pounded Portage 18-5 and then crushed Charleswood 12-2.

But Stonewall's winning streak ended with a tough 6-5 loss to Virden on Saturday afternoon and then they were beaten 11-3 by Winkler Sunday morning.

Stonewall also competed in the 11U AA provincials in Altona, finishing with a 1-2 record.

They defeated Portage 3-1 but then lost to St. James (6-1) and Hartney (10-0).

## Dunstone rink awarded a spot in 2024 Brier

Staff

Winnipeg's Matt Dunstone's rink has been awarded a spot in the 2024 Brier national men's curling championship.

The team, which includes Winnipeg Beach's Colton Lott, pre-qualified based on its Canadian Team Ranking System performances last

season.

Brad Gushue of St. John's, N.L., will return to the Brier as defending champion while 15 spots still have to be filled during the upcoming season.

Dunstone won the 2023 Manitoba championship but lost to Gushue in the Canadian final.

# Fauquier running the races of her, mother's life

By Joshua Frey-Sam

"One foot in front of the other."

It's a personal message that's pushed Stephanie (Steph) Fauquier in the most challenging moments over the last 11 months and what she will continue preaching as she completes the race of her, and her mother's, life.

Fauquier, 34, is in the midst of a 16-week nation-wide endeavour that would make even the most elite athletes a bit skittish.

The Toronto product is attempting to complete 10 triathlons or half-ironmans, each in a different Canadian city, over the next four months to raise money for research toward Alzheimer's disease. Fauquier, who is five races into her journey, coined #RaceWithSteph, has raised almost \$250,000 since she started swimming, biking and running in May.

Her Canadian race made a pit stop in Hecla Island on Saturday, when she competed in the Hecla Triathlon — a 750-metre swim, 22.5-kilometre bike ride and five-kilometre run. It was the fifth stop on her tour.

It's the reason Fauquier took on the ambitious journey that has inspired supporters, though.

Fauquier's mother, Dr. Robin McLeod, a world-renowned surgeon and officer of the Order of Canada, was diagnosed with Alzheimer's in 2021. Knowing the disease was fatal, Fauquier set her sights on making her mom's remaining days something the country could rally around.

"My mom had the best work ethic. She was tireless; she did everything," said Fauquier. "She achieved so many amazing things — being named to the Order of Canada — but then she was also an amazing parent and I think that was because she was very consistent, very deliberate — she was very focused with the time that she gave and was giving to you. So I see a lot of parallels coming together through this endeavour. We see my mom a lot."

Fauquier, who had already run 10 triathlons in her life and was a cross-country runner during her time at St. Thomas University in Fredericton, N.B., began training for the four-month challenge last August. Indeed, the task has been demanding as she had imagined, especially after fracturing her toe



Stephanie Fauquier, an amateur athlete, has undertaken an endeavour in honour of her mother, a renowned surgeon who was diagnosed with Alzheimer's disease two years ago. Through #RaceWithSteph, she has raised nearly \$250,000 to support Alzheimer's research and is boosting awareness about a disease that affects 747,000 Canadians and their families. Pictured left to right: Stephanie Fauquier with her parents, Dr. Robin McLeod and John Fauquier.



Inside the suit shows two photos Stephanie keeps close to her heart during her races.



Stephanie Fauquier competed in the cycle course of the Half Ironman Triathlon in Victoria, B.C., in May 2023.

during a race almost two months ago.

"There's been two really interesting things that have come from this: the first being I've always been very ambitious and I've always taken on different challenges. But through training this year, I have really gotten into this idea of 'one foot in front of the other.' That is, by putting and being very consistent and deliberate, all the small pieces together make big outcomes," she said.

"So often when I'm racing, I've just thought to myself, 'It's one foot in front of the other,' and you're totally unstoppable when you do it. And you get that feeling of consistency and discipline."

Fauquier finished third overall — first in her age group — at the Hecla Triathlon on Saturday. She made no reference of the importance of her finishes but said it's great to see people who are supportive.

"When a family member goes through a change like Alzheimer's or a cognitive impairment, you don't really talk about it at first because there's embarrassment and all these sort of feelings. I felt like my mom went from being seen as an amazing person to people almost writing her off and saying, 'OK, well, this is the end.'"

"It's not the end; it is a next chapter and it's an important chapter and one that we should talk about. I felt that this was something I could do for my mom and start this conversation and make a disease like Alzheimer's disease, which is terminal and no one wants to talk about it — talk about it and educate people," said Fauquier, adding she decided to do a Canada-wide endeavour because the disease affects the whole country.

"I just felt like there's this uniquely patriotic thing — like let's race across the country, let's be united in this fight and let's have a conversation about it."

Andrew Flynn has been training Fauquier six days a week since she decided to race 11 months ago. While Flynn, who has coached all forms of ultra-endurance athletes for the last 15 years in Toronto, said he's seen others try to run multiple triathlons in a short period, he noted a few things that have separated Fauquier's journey.

"What's unique about this is the triathlon, coupled with doing it in every province, coupled with the philanthropic arm of it," said Flynn, who will



TRIBUNE PHOTOS SUBMITTED

Dr. Robin McLeod celebrates with daughter Stephanie Fauquier at the finish line of the Western Cycle Triathlon at Stony Plain, Alta., in July 2023.

cheer on Fauquier at a couple of races this summer.

"It's been a real pleasure working with Steph. One of the things that I really love about endurance pursuit is as we pursue these endurance goals, we really get in tune with who we are as people, so I really am able to see transformation through people."

That transformation for Fauquier, he explained, has come in the form of resilience and persistence, which were tested greatly once she broke her toe.

"The mental fortitude but also the trust — at some point, we have to trust ourselves and really get connected to who we are, and trust and believe in ourselves, and that was a real turning point for her with the broken toe because she had to believe and trust that her fitness was going to be there to support her," he said.

"Even though what most would consider to be a roadblock with a fractured toe really just became a resistance for her to figure out."

Fauquier will take the next couple weeks off before flying to the Maritimes for three races. She'll finish her journey with a triathlon in Montreal and a half-ironman in Toronto. She said she's already considered making it an annual endeavour but would like to find a way to make

#RaceWithSteph more inclusive going forward.

"I said I was going to do it and I just did it," Fauquier said. "It's really cool to see all the people who are so supportive and get on board with your ideas and rally behind you."

If anyone is interested in donating, they can visit [racewithsteph.com](http://racewithsteph.com). They can also email [associates.utoronto.ca](mailto:associates.utoronto.ca) and indicate that your gift should be directed to support the Tanz Centre for Research in Neurodegenerative Diseases and mention Race with Steph.

**"IT'S NOT THE END; IT IS A NEXT CHAPTER AND IT'S AN IMPORTANT CHAPTER AND ONE THAT WE SHOULD TALK ABOUT."**

# Interlake athletes competing at North American Indigenous Games

**Staff**

The North American Indigenous Games (NAIG), held in Kijipuktuk (Halifax), N.S., on the territory of the Mi'kmaq, began last Sunday and will wrap up this Sunday.

This is the 10th edition of the NAIG. The event is the first since 2017 because of cancellations due to COVID.

The NAIG are an international sporting competition that occurs every three years in different locations across North America.

Team Manitoba has 30 teams, with athletes aged 13 to 19, competing in 16 different sports.

It is the largest indigenous gathering in Atlantic Canada's history and CBC has coverage throughout, including 1,500 hours of streamed events.

The NAIG has 750 nations coming together, more than three times the 200 that will compete at next summer's Paris Olympics.

Interlake athletes that are competing at the NAIG, along with coaches,

include: ARCHERY 3-D 16U Female Chanelle Sumner - Pinaymootang First Nation, ATHLETICS 19U Male - Blaze Benediktson - Gimli - Hollow Water First Nation, 19U Female - Seanna Price - Steep Rock - Metis Interlake, 14U Female - Addison Price - Steep Rock - Metis Interlake, BADMINTON U16 Male - Reese James - Stonewall - Peter Ballantyne Cree Nation, BASEBALL 19U - Rylan Slatcher - Stonewall - Metis Interlake, coach - Roger Langlais Garson - Metis Southeast Region, BASKETBALL-14U FEMALE Aliyah Amin - Grand Marais - Poplar River First Nation Puya Amin - Grand Marais - Poplar River First Nation, U14 - MALE Noah Kuzyk - St.Laurent - Metis - Interlake, U16 - MALE Aidan Lambert Park - St. Laurent - Metis - Interlake, 19U - FEMALE Jayna Maytwayasking - Lake Manitoba First Nation, 19U - MALE Lawson Spence - Peguis First Nation, Tyson Christensen - St.Laurent - Metis Interlake, CANOE/KAYAK 14U Fe-

male Kaitlyn Courchene - Peguis First Nation, 16U Female Kinly Cochrane - Fisher River Cree Nation, 19U Male Brayden Bear - Peguis First Nation, 19U Male Robert Spence - Fisher River First Nation, coaches Frederick Spence - Peguis & Shawna Joint - Warren - TR'ONDEK KWECH'IN UK, GOLF 19U Male Cole Link Fisher River Cree Nation, 19U Female Reghan Kirk - Stonewall Metis Winnipeg, LACROSSE 16U Male Box - coach Cruz Jimenez - Selkirk - Metis Interlake, 19U Female Box, Mackaila Bruce-Tapley - St. Laurent - Metis Interlake, Shanice Stevenson - Peguis First Nation, SOCCER 19U Female Riley Korosil - West St. Paul Brokenhead Ojibway FN, SOFTBALL 16U Female - Danica Chaske - Stony Mountain - Sioux Valley Dakota Nation, 16U Female - Paige Powroznik - Teulon - Metis Interlake, 16U Male - Bernie Garson - Fisher River Cree Nation, 16U Male - Josiah Govereau - Fisher River Cree Nation, 16U Male - Nor-

man John Lacquette - Warren - Peguis First Nation, 16U Male - Trent Forster - Peguis First Nation, 19U Female - Aniya Monkman - Lake Manitoba First Nation, 19U Female - Madison Dauphinais - Peguis First Nation, 19U Female - Taylor Audette - St. Adolphe - Metis Southeast, SWIMMING 16U Male - Riley Anderson - Pinaymootang First Nation, VOLLEYBALL 16U Female Alyssa Cador - Selkirk - Metis Interlake, 16U Male - Owen Giesbrecht - Lockport - Metis Interlake, 19U Female - Madison Hefferman - Peguis FN, coach Tristan Dreilich Selkirk - Metis Interlake WRESTLING Female Kaidence Tran - Peguis - Grassy Narrows FN, Margret Brunei - West St. Paul - Peguis First Nation, Anaka Chartrand - St. Laurent - Metis Interlake, Kierstan Sinclair - Peguis First Nation, Emma Bear - Peguis First Nation MALE coaches Savannah Chapman-Cochrane - Peguis First Nation and Winona Morrison - Peguis First Nation.

# Stonewall Blue Jays bounced by St. B in MJBL playoffs

**By Brian Bowman**

The Stonewall Blue Jays' quest for a Manitoba Junior Baseball League title this season ended on Friday.

Stonewall was defeated 3-1 by the St. Boniface Legionaires at Whittier Park in Winnipeg.

St. Boniface won the best-of-three first round series 2-1.

"It was a good game Friday night, that's for sure," said Blue Jays' head coach Dave Meyers. "It was 3-1. We had a chance in the third or fourth inning and we had the bases loaded and we managed to score one run. If things go right in that inning, we score a few and it's a different story. That's part of the game, you never know what you're going to get every

night."

On Thursday, Interlake took one on the chin in a disappointing 20-1 home loss to St. Boniface.

"I think we kind of blew it on Thursday night. They didn't pitch anyone that good and things just didn't go our way," said Meyers. "Everything went bad that night and then they threw their best at us Friday night and they got the best of us."

The Blue Jays took a 1-0 series lead with a solid 10-7 road victory over the Legionaires. Interlake chased St. Boniface's best pitcher Ethan Minaker out of the game. Minaker then pitched again in Game 3 of the series.

"The kids battled real hard," Meyers said. "We were down 6-3 and they

came back and went up 7-4 and then they tied it up. We managed to do a good job and (our guys) were really fired up."

In the other MJBL playoff series, the Carillon Sultans, Elmwood Giants and Altona Bisons have each advanced to the second round of the playoffs.

Despite being ousted from the MJBL playoffs, Interlake's season is not done. The Blue Jays will be hosting the U22 nationals at Quarry Park from Aug. 3 to 6.

"We're excited about it. I think our players are excited," Meyers said. "We're going to go at this nationals thing hard and I hope to put on a good show. To be honest with you, I

hope we get to be playing on Sunday - that's the goal. If you make it to Sunday then you're doing alright."

Meanwhile, the Stonewall Blue Jays put it all together against the St. Boniface Brewers in Winnipeg Senior Baseball League action last Wednesday at Fines Field.

Stonewall blasted St. Boniface 13-0 to improve its record to 7-6 this season.

Stonewall played Pembina Hills this past Monday but no score was available. The Blue Jays will take on the West Winnipeg A's at Charleswood Park on July 25. Game time is 7:30 p.m.

## 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



## United plays to 1-1 draw with Elmwood FC

**Staff**

The Stonewall United played to a 1-1 draw with first-place Elmwood FC in Manitoba Major Soccer League 4th Division action last

Thursday in Stonewall.

Scott Yeo scored for Stonewall while Brennan Senchuk replied for Elmwood FC.

With the tie, the United is now

2-5-2 on the season.

Stonewall has eight points, which leaves them tied for seventh place in the 10-team division with Southside FC and Richmond United.

The United will host SCM Academy on Wednesday at 7:15 p.m.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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# get inspired

> MEAL IDEAS

**FamilyFoods**  
Phone 467-5553



## Harvest Bowl Salad with Balsamic Vinaigrette

- 2 cups arugula
- 2 cups kale
- 1 cup Brussels sprouts petals, roasted
- 2 Honeycrisp apples, diced
- 2 tablespoons roasted pecans, unsalted
- 2 tablespoons roasted pepitas, unsalted
- 2 tablespoons dried cranberries

To make balsamic vinaigrette: In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.

To make salad: In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.

Toss salad to coat. Keep refrigerated until ready to serve.

- Servings: 8  
Balsamic Vinaigrette:  
1/2 Avocado From Mexico, diced  
1 tablespoon avocado oil  
2 tablespoons shallots, minced  
1 tablespoon Dijon mustard  
3 tablespoons white balsamic vinegar  
1 tablespoon honey  
3 tablespoons water  
Salad:  
2 Avocados From Mexico, diced  
2 sweet potatoes, roasted and diced  
2 cups quinoa, cooked



## Quinoa Overnight Oats

- 1/2 cup pomegranate seeds
- Prepare quinoa according to package directions. Let cool completely.  
In large bowl, combine almond milk, oats, bananas and cinnamon. Stir in quinoa and blueberries.

Cover and refrigerate overnight. Divide among four serving bowls and garnish with pomegranate seeds.

Tips: For added sweetness, drizzle with honey, maple syrup or agave syrup, to taste. For a grab-and-go breakfast, combine overnight oats mixture and divide in resealable, single-serving jars or containers. Seal and refrigerate overnight.

- Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 4  
1 bag Success Tri-Color Quinoa  
2 cups almond milk  
1 cup quick-rolled oats  
2 bananas, mashed  
1/2 teaspoon ground cinnamon  
1 cup fresh blueberries



## Caterpillar Sandwich

- 1 green onion
  - 2 Roma tomato slices
  - 6 cucumber slices
  - toothpicks
  - mayonnaise or cream cheese
- Using bread, ham, lettuce and cheese, make two ham and cheese sandwiches and two lettuce and cheese sandwiches.  
Cut cherry tomato in half. Cut green onion into circles.

Using small biscuit or cookie cutter, punch out two rounds from each sandwich.

Arrange sandwich rounds on sides, alternating slice of cucumber and tomato between each. Use toothpick to secure.

Place halved cherry tomato on each end.

Using small amount of mayonnaise or cream cheese, "glue" green onion rounds to cherry tomato for eyes.

- Total time: 25 minutes  
Servings: 6  
4 Nature's Own Butterbread slices  
4 ham slices  
2 lettuce leaves  
4 American cheese slices  
1 cherry tomato

## Ask the Money Lady

*Dear Money Lady, I have been offered a new job as a contractor and I am not sure if I should take it. Could you tell me what the difference is between an employee versus a contractor. Thanks, Jenn.*

Dear Jenn, great question – one that most people should know!

Most Canadians, if given the chance to take a contracted position over an employee position will always choose the employee placement, thinking it is more secure and better than being labelled an independent contractor. This is a false notion, one that always leaves a lot of money on the table. Long-time contracted Canadians know the benefits of this employment choice and often would never opt to go back to a "so-called" coveted employee position. So, let's discuss the differences and you can choose for yourself which is better.

The main difference between an employee and an independent contractor is the taxation, deductions, and benefits. As a contractor you will be responsible for paying your own taxation and CPP (Canada pension plan) and because you are not an employee, you most likely will not have any health or dental benefits. Because of this, contractors are always paid more than employees and often have a lot more freedoms.

Contractors can work for many different clients or companies, they have less restrictions, and are usually free to perform their duties the way they want to, provided the contracted work is completed within the time frame agreed upon. They are always paid without deductions, so it is necessary for a contractor to budget for taxation and setup a savings strategy for retirement. Personally, I have been an independent contractor since I was 22 and I would never go back to an employment position. As a contractor you are always paid more and have the ability to write off personal expenses to reduce your overall income. Cell phone fees, car expenses (gas, mileage, depreciation, or lease payments), home office, stationery and office expenses, equipment, gifts, meals, and entertainment are just a few of the write offs most contrac-



Christine Ibbotson

tors use to lower their taxable income. In my opinion, it is your take-home earnings that matter most. Someone who earns a six-figure income but is taxed at the highest marginal tax rate and then has multiple deductions off their pay is far worse off than a contractor that makes less but takes home more.

As an employee you normally do not have the opportunity to profit from your work. You would not need to make any investment into performing your job other than showing up and providing the services required by the employer. You are entitled to benefit plans, along with group health and dental insurance. All required deductions and taxation will be calculated by your employer, and you will receive your net income in the form of a regular pay cheque. Most people believe that as an employee you are "safer" than a contractor with more job stability. This however may not be true, since anyone who is not doing their job runs the risk of being fired.

Many industries today don't have contracted positions, however if you have the opportunity to try it in your working career, you should. You may find, like myself, that you never want to go back to an employee position ever again.

*Good Luck & Best Wishes,  
ATML - Christine Ibbotson  
Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6. Send your money questions (answered FREE) through her website at askthemoneylady.ca*



- Total time: 10 minutes  
Servings: 1  
2 tablespoons peanut butter  
2 Nature's Own Butterbread slices  
2 tablespoons marshmallow fluff  
Spread peanut butter on one bread slice. Spread marshmallow fluff on second slice.  
Put two bread slices together to form sandwich.

## Fluffernutter Sandwich

# Classifieds

Stonewall Teulon  
**Tribune**

Book Your Classified Ad Today - Call 467-5836 or Email [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)

**METAL RECYCLING**

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

**SCRAP METAL**

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

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

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**FARM MACHINERY**

1755 Cockshutt with loader and bale fork, new rubber, good short tractor with cab, good condition, asking \$6500. Phone 204-278-3669.

**SEED FOR SALE**

Certified No. 1 Algonquin alfalfa, \$4/lb. In 50 lb. bags inoculated. Phone Carla Shergold 204-298-4099.

**FARM PRODUCE**

Local unpasteurized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

**CAMPERS / TRAILERS**

1976 Skipper 13' travel trailer, sleeps 3, water and elec. hook ups. Comes with newer tires, window a/c, Coleman electric cooler, small microwave, elec. heater, in fair condition over all. Asking \$1200 obo. Phone 204-646-2602.

**HELP WANTED**

Allstar Environmental Services, Petersfield, is currently looking to hire a septic truck driver for the surrounding areas of Matlock, Petersfield, Sandy Hook and Gimli. Full time days including a Health Benefits Plan. Must have Class 3 with Air. If interested, please call: 204-738-2336 or email: [allstarenviron@gmail.com](mailto:allstarenviron@gmail.com)

ROCKY MOUNTAIN EQUIPMENT IS HIRING: Parts Technicians, Service Managers, Agriculture & Heavy Equipment Techs - Journeyman, Apprentices and Sales roles. View open roles [www.rockymtn.com/careers](http://www.rockymtn.com/careers) Possible relocation and signing bonus offered.

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

**HELP WANTED**

Collision Corrections is now looking to hire a full-time person to help with several duties. We are willing to help train the right candidate to join our team. Apprentice or an experienced auto body tech would be great asset. Wages greatly depend on experience in the trade. Although auto body experience is an asset it is not necessary if a candidate possess some mechanical and computer skill, also experience with dealing with the public. Some of the duties for this position are: look after customers at times; cleaning vehicles and the shop; delivering vehicles to and from the city; changing bumpers and fenders (small jobs); answering phone and delivering vehicles when manager not around; cutting grass. Please forward resume to [collisioncorrections@hotmail.com](mailto:collisioncorrections@hotmail.com) or call Glen at 204-229-9152.

**EMPLOYMENT OPPORTUNITY**



**Stonewall & District Lions Manor**

**F/T Maintenance Person Required**

The Stonewall Lions Manor is seeking a F/T Maintenance Person to assist with inspecting, maintaining, cleaning, and repairing the Lions Manor building & grounds, suites, equipment and fixtures. Must have the ability to communicate with and service Tenant concerns in a respectful manner. An experienced Individual would be an asset but a problem-solving Handyman who has knowledge in basic carpentry, plumbing & electrical would be considered and will train and support an enthusiastic candidate. Annually up to 13 scheduled weekend on-call will be required. Please email your resume with salary expectations to [manager@stonewallmanor.ca](mailto:manager@stonewallmanor.ca)

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**FULL & PART TIME HELP WANTED**

at **TEULON**

Email resume to:  
[7service@mymts.net](mailto:7service@mymts.net)  
or in person  
Attn: Dave

**Reporter/Photographer Wanted**

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

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

**Qualifications:**

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

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

Lana Meier  
Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)

The Carman-Dufferin  
**STANDARD**

**take a break** > GAMES

**SUDOKU**

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

Fun By The Numbers

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

**Here's How It Works:**

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

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

Sudoku Answer

N	E	D	S	E	O	B	V	K			
E	A	I	L	V	N	I	W	O	N	E	O
S	V	N	V	N	V	B	A	B	R	I	S
S	E	B	V	I	L	I	F	T	N	G	V

Crossword Answer

**CROSSWORD**

**CLUES ACROSS**

- 1. Commoner
- 5. Tea leaf
- 11. They save you a table
- 14. Submissions
- 15. Secretly revealed
- 18. Personification of the sea (Norse)
- 19. Unreal
- 21. No seats available
- 23. Bangladeshi currency
- 24. Leaders
- 28. Famed garden
- 29. Denotes past
- 30. Not living
- 32. Midway between south and southeast
- 33. Small island (British)
- 35. Woman (French)
- 36. Wife
- 39. Two-toed sloth
- 41. Blood group
- 42. Soaks
- 44. Biu-Mandara language of Cameroon
- 46. Japanese prefecture
- 47. Place to be during a rock concert
- 49. Fully grown humans
- 52. Emaciation
- 56. Sparkling
- 58. Fruits you peel
- 60. Derived from a noun
- 62. Popular items to grill
- 63. Port in Yemen

**CLUES DOWN**

- 1. Before
- 2. Actress Dunham
- 3. This (Spanish)
- 4. Director Peter
- 5. Dominant

1	2	3	4	5	6	7	8	9	10		
11				12					13		
14						15		16	17		
	18			21	22			23		20	
				24		25	26	27	28		
				29		30		31	32		
				33	34		35				
36	37	38		39		40		41			
42			43		44		45				
46							47	48			
49				50	51			52	53	54	55
				56			57	58			59
				60			61				
											63

- 6. English artists' society (abbr.)
- 7. NY Giants legend
- 8. It's in the ground
- 9. No No No
- 10. Pesky insect
- 12. Danish-American muckraking journalist
- 13. Kids love to do it
- 16. Good Gosh!
- 17. Fakes
- 20. A citizen of Denmark
- 22. Mystic syllable
- 25. Commercial
- 26. Letter of the Hebrew alphabet
- 27. Helpers
- 29. Water (French)
- 31. Young woman
- 34. Red-brown sea bream
- 36. Messenger ribonucleic acid
- 37. Comprehends
- 38. Walk with confidence
- 40. Home of the Flyers
- 43. Appetizer
- 45. News organization
- 48. Source of the Nile
- 50. A way to march
- 51. Soluble ribonucleic acid
- 53. Egyptian bull-god
- 54. Children's author Blyton
- 55. Baseball pitching stat
- 57. Rude young person
- 58. Table napkin
- 59. Monetary unit in Asia
- 61. One-time AL MVP Vaughn

# Classifieds

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



## FINANCIAL ASSISTANT



Green Acres Art Centre Inc (GAAC) is a non-profit organization offering arts, culture and wellness programs for residents of all ages in the Town of Teulon, RM of Rockwood and surrounding municipalities. We're driven by community, optimism, and the belief that everybody can grow.

The GAAC is seeking an experienced, positive, enthusiastic and reliable individual to join our team as the Financial Assistant who will provide support with financial records and assisting with the general operations of the finance for the GAAC's Board of Directors.

The Financial Assistant will be responsible for handling a broad spectrum of accounting duties such as general bookkeeping, accounts payable and accounts receivable, project/grant tracking and reconciliations. Financial Preparation and Reporting to the board of directors required for monthly board meetings.

Salary will be determined based on experience. Please email resume and cover letter to [info@greenacresartcentre.ca](mailto:info@greenacresartcentre.ca) Subject: Financial Assistant or mail resume to Box 545 Teulon, MB R0C 3B0. No phone calls please. Only candidates considered for an interview will be contacted. This position will remain open until the position is filled.



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

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Everyone invited especially current & alumni campers, counsellors, staff, families & supporters for all or part of weekend. Enjoy decade reunions, campfires, beef pit BBQ & dance. Info on fees, detailed program & registration at: [www.campwannakumbac.com](http://www.campwannakumbac.com) or Ph: 204 848-2380

Email: [info@wannakumbac.com](mailto:info@wannakumbac.com)

Registration Deadline  
July 21, 2023

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# SALES CAREER OPPORTUNITY

## Big and Colourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

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

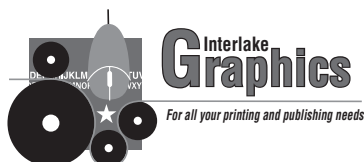
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
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If you fit this description please email resume to [Bigandcolourful@mts.net](mailto:Bigandcolourful@mts.net)



Stonewall Teulon  
**Tribune**  
**THE EXPRESS**  
WEEKLY NEWS

## BEAUTIFUL BUILDING LOT GOING FOR PUBLIC AUCTION

UNDER FORECLOSURE

Lot address 75 Memorial Blvd Stony Mountain, MB. Features: paved street, sewer and water available, ideal location, quiet location, great neighborhood.

**Auction date July 26/23.**

**For auction location etc, please reply by text only / Sam at 204-771-4780**



## THE RURAL MUNICIPALITY OF WOODLANDS REQUEST FOR QUOTATION

### Concrete Footings for 2 Columbaria

The RM of Woodlands is requesting quotations for 2 concrete footings for 2 columbaria.

One columbarium footing will be located at the Meadow Lea Cemetery and the second columbarium footing will be located at the Warren Cemetery.

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

Quotations must be submitted to the RM Office no later than 2:00 P.M. on August 18, 2023.

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

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

### Senior Pastor Wanted

Carman Mennonite Church is an independent Anabaptist congregation seeking 0.5FTE pastoral position with the possibility of full-time. Located in Carman, MB.

For more info contact: [cmcpastoralsearchcommittee@gmail.com](mailto:cmcpastoralsearchcommittee@gmail.com)

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## HEALTH

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

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## McSherry Auction Service Ltd

**McSherry Online Auction Estate of John Bergman**

Closing Date; Thursday August 10th, 7:00pm  
Gimli, MB

North 10 Miles on HWY 8, 2 3/4 Miles West on Valhalla  
Beach Road Lane # 16001 Contact: 204-641-4115

Featuring; 10 Tractors, TD9 Crawler, Cockshutt 30, Case 700, 930, DC JDB, 25 Cars 15 to 80 Years Old; '38 Buick Inline, '48 Int P/U, Some Implements, Yard Items, Tools, Collectibles

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**204-467-1858 & [Mcsherry@mymts.net](mailto:Mcsherry@mymts.net)**

## SHOP LOCAL and help your local economy

### McSherry Auction Service Ltd

**McSherry Online Auction For Ken Van Hulle**

Closing Date; Wednesday August 9th, 7:30pm  
Woodlands, MB - Take Hwy #6 to Rd 9 then 2.5 Miles South on Rd 9- Driveway# 79070 Contact: 204-383-0041

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## RURAL MUNICIPALITY OF ARMSTRONG

### EMPLOYMENT OPPORTUNITY

#### Meleb Waste Disposal Grounds Operator

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

Under the supervision of the Public Works Coordinator, the Disposal Grounds Operator operates the site in compliance with the Waste Disposal Ground Operating Permit, municipal by-laws and policies, and applicable federal and provincial regulations. The successful applicant must be willing to take the Manitoba Landfill Operator Certification Program and any other certificate/course as required from time to time.

Permanent, part-time position - sixteen (16) hours per week: Tuesday (4 hours), Thursday (4 hours), and Saturday (8 hours) - Please check with the RM office for exact hours. From time to time additional hours may be required to complete associated duties.

The Operator:

- Directs all users to appropriate disposal or storage locations for all items being disposed and ensures source separation of garbage and recyclables and all other items accepted by the site.
- Maintains daily records/logs of volume and category of waste entering the site.
- Keeps all buildings and areas of the landfill site clean and well-maintained.
- Monitors requirements for movement of waste out of the site.
- Reports all concerns to the Public Works Coordinator.
- Must be punctual, motivated, self-starter, and able to work without supervision.
- Good interpersonal skills to deal politely and effectively with the public.
- Ability to meet physical demands of the position and have an excellent safety record, and must be able to work in adverse weather conditions.
- Must be able to safely operate equipment associated with the maintenance of the site and perform light maintenance of the equipment.
- The RM requires the successful applicant to hold a valid Class 5 licence and a clean criminal record check.

Interested candidates should submit a resume with three references to:

E-mail: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)  
Mail/Drop-off/Other: R.M. of Armstrong  
1094 PTH 17, P.O. Box 69, Inwood, MB R0C 1P0  
P: 204-278-3377 F: 204-278-3437

Application deadline is Thursday, July 27, 2023 at 4:30 p.m. Posting will remain open until a suitable candidate is found. We appreciate your interest in this position, however, only those applicants chosen for an interview will be contacted. This position commences as soon as possible.

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Apply to Flicks Cinema, evenings.



## TOWN OF STONEWALL EMPLOYMENT OPPORTUNITY

### CORPORATE/LEGISLATIVE SERVICES COORDINATOR

The Town of Stonewall is seeking applications from qualified individuals for the position of Corporate/Legislative Services Coordinator.

Under direct supervision of the Corporate Services Manager, the Corporate/Legislative Services Coordinator shall be responsible for providing administration and communication support for the Chief Administrative Officer (CAO) and Council of the Town of Stonewall.

Annual salary will be commensurate with education, qualifications and experience. This position includes an excellent employee benefit package

The preferred applicant must be detail oriented, will have excellent interpersonal and organizational skills, be self-motivated, and be proficient in Microsoft Word and Excel. Applicants must have the ability to balance personal initiative with a willingness to follow the directions of the CAO, Corporate Services Manager, Council and/or the Municipal Act. Graduation from an Administration Assistant Certificate or Diploma Program or equivalent is required. Experience with the administration of safety programs would be an asset. Graduation from, or enrolment in, the Four Year Municipal Administration Certificate Program would also be considered and asset.

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

#### Procedure for Applying:

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

**Town of Stonewall**  
Attention: Marilisa Voth  
293 Main Street, Box 250  
Stonewall, Manitoba  
Email: [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca)

Deadline for applications: 12:00 PM on Monday, July 24, 2023

Start date: as soon as possible

The Town of Stonewall thanks all applicants, however only candidates interviewed will be contacted.

# Announcements

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**BIRTHDAY**



Please join family and friends as we celebrate Mary Abraham's 97th birthday with a Come and Go Tea at Something Beautiful Cafe 307 Main Street, Stonewall on Friday, July 28th from 2 - 4 p.m.

**IN MEMORIAM**



**Fred Brake**  
It's been two years since you left.  
March 12, 1946 - July 27, 2021  
Every day in some small way,  
We miss you more than words can say.  
In our hearts you will always stay,  
Loved and remembered every day.  
-Missed by,  
Joyce,  
Shelly, Kathy, Glen  
and spouses,  
all the grandchildren and  
great-grandchildren

**IN MEMORIAM**



**Jeff Stewart**  
January 14, 1980 - July 20, 2021  
Death ends a life, but it will never  
take away how much we love you.  
You are ours, and we are yours,  
always and forever, no matter what.  
-We love you,  
your Wife and Sons

**IN MEMORIAM**



**Carole Good**  
September 28, 1959 - July 18, 2019  
When someone you love becomes a memory,  
The memory becomes a treasure.  
Love you and miss you always.

**OBITUARY**



**Ernest Karl Mozdzen**  
June 14, 1949 - July 9, 2023  
Peacefully, after a courageous battle with cancer, Ernie passed away at home with his family by his side.  
He leaves behind his wife Margaret, children: Tanya (Steve), Camilla (Tim), Felicia, Alex (Kevin); grandchildren Ava, Abigail, Mikaela, Violet, Memphis.  
Born in Ste. Rose du Lac, the family lived in Riding Mountain for several years until they moved to the family farm in Stonewall, MB in 1962.  
Ernie worked for Manitoba Hydro for many years until becoming a fulltime farmer, growing the family farm to what it is today.  
Thank you to Dr. Graham and staff, Palliative Care and all the doctor's at CancerCare Manitoba over the last 13 years for your care and support.  
A service was held on Friday, July 14, 2023.

*kl*  
**KEN LOEHMER**  
FUNERAL SERVICES  
204-886-0404

**OBITUARY**

**Harold Priestley**  
Harold was born on December 24, 1930 to parents Harold Sr. and Sofia Priestley. Throughout his life, he was an avid cattle farmer. Even after his retirement, he loved to swing by his old cows to see how they were doing.  
Sadly, Harold passed away on June 19, 2023 in Teulon, Manitoba at the age of 92.  
A celebration of Harold's life will be held at St. Peter Lutheran Church in Teulon on Saturday, July 29, 2023 at 2:00 p.m. to be followed by interment at the Windsor Cemetery.  
Harold was predeceased by his parents, brothers Norman Priestley and Richard Priestley, sister Sophia Jensen, sister-in-law Stephanie Priestley, brother-in-law Chris Jensen, nieces Barbara Boyd and Donna Van Vlaenderen, and nephews Keith Emslie, James Priestley, Danny Jensen, and Tom Priestley.  
He leaves behind his sister-in-law Lorna, nieces Katherine Emslie and Allyson (Mark) Myers, and nephews Steve (Darlene) Van Vlaenderen, Robert Priestley, James (Kelly) Priestley, David Priestley, Douglas (Katya) Priestley, Leonard (Debbie) Jensen, William Jensen, and Joe (Erin) Jensen. He also leaves behind many great-nieces and great-nephews: Stevan, Laurissa, Kate-Lynn, Shellyna, Corbin, Alyssa, Daniel, Kathleen, Stephen, Cassandra, Jeffery, Michael, Brittany, Cole, Mira, Veronika, Stefania, Aleksa, Aidan, Ryan, Sarah, Lynsey, Marissa, Rylee, Derrick, Hayden, Maddex, Dylan, Cody, Eric, and Matthew as well as several great-great nieces and nephews.  
The family thanks the staff at Teulon's Goodwin Lodge for their wonderful care of Harold the last few years.  
Harold will be lovingly remembered and missed by his many family members and friends, including good friend Randy Van Wyk.

*kl*  
**KEN LOEHMER**  
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**Don't forget to send your special wishes to your friends and family.**

**Stonewall Teulon Tribune**  
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**OBITUARY**



**Joyce Edna Wyrchowny (née MacCarthy)**

July 29, 1936 til Wednesday, December 28, 2022, til forever  
At 6 p.m. on December 28th, our Mother to Neil (Norma) and Garth (Jennifer), Grandmother to Alycia, Paul, Sean, and Samantha, Great-Grandmother to Haven, coach and dear friend to many, arrived home to join her husband Nick, parents Sylva and Charlie MacCarthy, sister Carmel Buchanan, many aunts, uncles, nieces and nephews, extended family and innumerable friends.

Born in Ste Rose du Lac and raised on a farm four miles north of town, Mom loved to chat about her memories. The family farm was situated on a sprawling prairie landscape where the tree-fringed creek traversing the property provided countless hours of entertainment. Mom, and her big sister Carmel, would skate and swim as the seasons dictated, and for as long as their pet lamb permitted. Ginger, Mom's horse, was gentle and could be ridden without a bridle, whereas Carmel's would stop so suddenly she would often be thrown off. But Carmel was no quitter. She would try riding her horse many more times before admitting that the horse couldn't be broken. Family and friends were ever present, and for entertainment, her mother Sylva would play piano, while her uncle Victor would play the violin. Her dad Charlie, and her sister Carmel were both wonderful baseball players. And although an ardent spectator, Mom would prefer to golf the summer away while waiting for winter, and curling, to arrive. Presciently, the first curling rink was built in Ste Rose just shortly after Mom was born, for she started curling as soon as she was strong enough to push a 45 lb rock from one end of the ice to the other.

Mom graduated from St Charles Catholic School in 1954 and met Nick Wyrchowny in 1956. After a brief romance Mom agreed to marry Dad, provided he learned how to dance. The family is living proof that he did, indeed, learn how to dance.

They went golfing for their honeymoon. And as Dad liked to tell the story, "It rained one day..." and their oldest son Neil was born nine months later. Living about a year each in Rivers, MB and then Winnipeg, they found a true home in Stonewall, MB. A small town, much like Ste Rose, where she could curl, and find amazing new friends.

Mom and Dad moved to Stonewall in 1961 on a Saturday, Mom started curling on the Monday -- and she never stopped. Mom and her team won 17 club championships, and they participated in no less than 30 Provincials. Together with lifelong friends Barb and Garry Fenske, and husband Nick, started the Junior Curling Club in Stonewall where they coached junior curling for 25 years. She and Dad coached Special Olympics Curling for many more years after and lead the Manitoba team to a gold medal in Ottawa in 2000, followed up by a silver medal in PEI four years later. Mom was also responsible for introducing the game of stick curling to Stonewall, and continued to volunteer till ability would no longer permit. And for this incredible devotion to the sport, Mom was honoured with a lifetime achievement award from Curl Manitoba in October of 2022.

Mom loved curling, golfing, and dancing. She baked, cooked, gardened, canned, and most importantly, loved sharing it all with friends and family. Although she was the curling club doyenne, she was also an exemplary mother, loving grandmother, and the best GG. All birthdays, holidays and events were special, but Christmas at home was simply magic.

In the last years, Mom was functioning with decreased and diminishing capacity. If it weren't for the love, help and support of friends and relatives, too numerous to adequately indicate, she could not have lived ostensibly independent of assistance for as long as she did. So to Dorothy, Marvin and Marilyn, Denis and Diane, and a veritable cadre of helpful, kind, and thoughtful friends and relatives - to home care workers Ella, Karen, et al, Drs. Ventor, Homyk and Pinniger, nurses and support staff, Erin, Janice, Paige, Kristin, Chelsea, Mindy, Donna, Sharon, Julie, Ry, Nav and Lindsey the family can't thank you all enough for keeping our mom safe and strong.

PS: and whoever tucks her in tonight, please remember that she likes to leave the hallway light on. You didn't leave, you simply arrived before us.

à bientôt maman

A mass and celebration of life will be held at the Christ the King Catholic Church in Stonewall, MB on Saturday, July 29th at 10:30 a.m. The interment (only) will be held at the Ste Rose Cemetery in Ste Rose du Lac, MB on Sunday, July 30th at 1:30 p.m.

In lieu of flowers, please consider a donation to CancerCare or the Manitoba Lung Association.



204-886-0404



# Announcements

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**OBITUARY**



**Edith Mae Pfrimmer**

September 22, 1955 – January 23, 2023

Edith passed away peacefully at Goodwin Lodge on January 23, 2023 at the age of 67.

She leaves to mourn three brothers, Ken, Allen and Bryan Pfrimmer, foster brother Gary Lawsen and sister Ann Petricig; many nieces, nephews, along with many long time friends.

Edith was predeceased by her father (Louis) 1969, brother (David) 1990, brother (Garry) 2021 and her mother (Betty) 2022.

Although Edith lived with Down Syndrome she had a very active and happy life. She enjoyed many activities, snowshoeing, shuffleboard, swimming, she also enjoyed sewing and her many visits to Tim Horton's in Selkirk with her caregivers.

The family extends their gratitude to Dr. Loudon and staff of Goodwin Lodge for their compassionate care for Edith over the last years.

A graveside gathering will be held on July 22, 2023 at 12:00 in the Sperling Cemetery, Sperling, MB.

Rest in Peace, you will never be forgotten. Love you.

*Your memory will live forever Engraved within our hearts*

**OBITUARY**



**Allister Kent Kolenich**

It is with great sadness that we announce the sudden passing of Allister Kent Kolenich on July 12, 2023.

He was born on September 4, 1944 to Peter and Mary in Elphinstone, Manitoba and married Delores (Nechwediuk) on May 22, 1965.

Al is survived by his children, Daryl (Michele), Audra Juvonen (Mark) and Dwayne; grandchildren Jordyn (James), Aynsley, Josh, and Gracie; brother Len (Diana) and many aunts, uncles, niece, nephews and cousins.

He was preceded by his wife Delores in 2014, parents Mary and Peter, brother Lorne, in-laws Anne and Metro and brother-in-law Kenny.

A private family service was held.

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