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TRIBUNE PHOTO BY REDIN OUACAN

Tim Hortons' RJ Arellano was singing for extra donations last Wednesday at the restaurant in Stonewall. July 19 is Tim Hortons Camp Day and 100 per cent of coffee sales go towards supporting youth in communities through Tims Camps Programs. Tims Camps are multi-year youth development programs that give youth opportunities to build confidence, resiliency and other critical skills to reach their full potential.

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Coast-to-coast cycling Tour de Canada makes stop in Stonewall

By Becca Myskiw

It's the trip of a lifetime for 15 cyclists who hail from all over the world including, Germany and Holland.

The Tour de Canada recently stopped in Stonewall on its journey to St. John's, N.L. Organized by Cycle Canada, the 7,700-kilometre route takes cyclists of all experience levels from coast to coast during the summer months.

Cyclist Tom Paraschuk is 23 and he's the second youngest on the tour. He said everyone has a different reason for being on the trip. For him, it was a nice break between post-secondary and life. He's not an experienced cyclist, but he found the trip while researching his summer options and thought it would be a great way for him to take time to reflect and decide what to do next in life.

So he signed himself up and had just a bit of time to prepare. Paraschuk would go for 40-kilometre or 60-kilometre bike rides, sometimes with friends, around his home in Waterloo, Ont. He trained a total of 2,000 kilometres before the tour.

"Ontario's good because it has the head winds," he said. "But it doesn't have the hills."

Soon enough, June 22 came, and the 15 cyclists who were about to spend the next three months together all met in Vancouver, B.C., to set off on their journey. Since then, the group has been biking anywhere from 60 to 170 kilometres a day for four or five days straight with a rest day in between. Every day, they wake up at a campsite and bike to another one.

The group wakes up around 6 a.m. Paraschuk gets up at 6:15 a.m. — he's one of the later risers. Upon waking up, everyone will pack up their sleeping bags and tents, then either cook or wait for breakfast. The group is split into groups of three for cooking, and because there are 15 of them, each group will cook every five days.

The, the cyclists will hit the road around 7:30 a.m. and go for seven or eight hours, only stopping when they feel they need to.

"We don't really take breaks," said Paraschuk. "You just find a bench and eat a nice peanut butter sandwich, then get back to it."

The group isn't always all together either. The faster cyclists will go ahead on their own and the slower ones will move at their pace, everyone meeting up at their campsite for



TRIBUNE PHOTO BY JO-ANNE PROCTER

Fifteen Canadians were en route across the country and recently stopped at Stonewall's Tim Hortons for a refuel, which included a drink and food.

the evening. Cycle Canada plans the entire route for them, complete with camping reservations and historical site visits.

Paraschuk's favourite part of the whole trip is getting to see the museums and historical sites along the way. In Saskatchewan, they stopped at the Motherwell Homestead, and it was one of the stops that's stood out to him the most so far.

Because he's from Waterloo, Paraschuk doesn't know much about farming. The group has already made it from B.C. to Ontario, meaning they've travelled through the Prairie provinces already, and he's had the chance to see agriculture in action and talk to people involved with it.

"I've learned a lot about farming," he said. "I haven't really seen the Prairies like this before either. The sky is so huge."

He's also met a winery owner in B.C. and makes a point to talk to locals in

every town they stop in. As the tour takes the group through some major cities and rural areas, he's getting his fair share of rural Canada and urban Canada.

Though their route is planned for them, sometimes the group switches up the roads they'll take if they're tight on time. That's how they ended up in Stonewall. Paraschuk said they were supposed to go through Winnipeg on their way to Kenora, but going through Stonewall was faster — so that's what they did.

The hardest part of their journey so far wasn't the Rocky Mountains, despite what you may believe. Paraschuk said it was through the Prairies when 20 mph headwinds had them learning to ride in a tight formation. For that, the front cyclist had to take the burnt of the wind and the ones at the back could have more of a break.

Continued on page 5

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GAAC welcomes campers



TRIBUNE PHOTOS SUBMITTED

The Teulon Green Acres Art Centre's dance camp welcomed 15 new dancers aged 5 to 10 this week. Dancers start the day by warming up in a group before splitting up into the first of three classes for the day, where they are introduced to the style of dance and the technique before practising for their performance for family and friends at the end of the week. With excellent instruction from Ms. Alycia and Miss Elena, the kids learn ballet, lyrical, jazz, hip hop and dance theatre. They'll also spend some time crafting or playing games in the park.

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Celebrating 50 years

Making memories

By Jo-Anne Procter

It's been half a century since the Class of 1973 tossed their graduation caps into the air and stepped out into the world. And to mark this incredible milestone, they decided to gather once again, reliving old memories and forging new ones.

This reunion wasn't just about catching up with fellow graduates; it was also an opportunity to pay tribute to 18 classmates who are no longer with us.

The event took place at the Stonewall Curling Club on July 15. Not only did former classmates attend, but so did three beloved teachers: Mrs. Sylvia Sweetland, Mr. Ed Woods and Mr. Merv Prime. These educators had watched these young minds grow since Grade 9 back in 1969 and were thrilled to witness how far their students had come. They take pride in knowing they played a part in shaping their lives.

"You have grown to have successful lives," Woods remarked proudly. "And how much I had to do with that



Teachers Sylvia Sweetland, Mr. Merv Prime and Mr. Ed Woods took part in the 50th SCI class reunion.

I will never know."

As for Mr. Prime, who recently celebrated his 90th birthday, he stood before them all with awe-struck eyes: "You must be doing something right," he said while scanning each face in front of him. "So continue taking charge of your life. I love you all, peace."

Months of planning, coordinating and reaching out to classmates paid off as the big day finally arrived, and now the committee is planning the next one in 2028.



TRIBUNE PHOTOS BY LARRY CARLSON

Stonewall Collegiate Institute's Class of 1973.



Class of 1973 SCI reunion committee, left to right: George Medwid, Donna Taplin, Bill Matheson, Peggy Jenkyns and Bill Rossington.



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StoryWalk continues despite vandalism

By Jennifer McFee

A unique literacy project is still up and running in Stonewall despite recent vandalism that disappointed community members and book-lovers alike.

The Stonewall library is once again presenting the StoryWalk program this summer, created by Anne Ferguson of Vermont and developed in collaboration with the Kellogg Hubbard Library.

Through this project, pages of children's books are made into signs that are installed outdoors along a path. As you stroll down the path, you discover the next page in the story.

Earlier this month, some of the storyboards were broken and moved by vandals.

Clint Curle, director of the South Interlake Regional Library, said the vandalism is disappointing but they remain committed to the StoryWalk project.

"We are so thankful for Brett Chatfield and his team at the Town of Stonewall for helping us find a solution and an alternate route. Our featured story has been put up along the

fence at Veterans Memorial Sports Complex on Fifth Avenue South running east," he said.

"It's a wonderful story about community titled *All Are Neighbors*, written by Alexandra Paul and illustrated by Suzanne Kaufman. We hope many will enjoy its message of welcome and friendship."

South Interlake Regional Library has also set up three additional StoryWalks in the region. One is in Teulon running along Beach Road, another is at the Grosse Isle school path and the third one is in Stony Mountain's memorial park at the corner of Memorial and Prince. Each book is different, and they'll rotate the stories in August.

Each StoryWalk includes a QR code at the beginning that links to an online audio version of the book and another QR code at the end that loads a short online feedback form.

Anyone who has information about the vandalism is asked to call the RCMP at 204-467-5591. Anyone who lives nearby and has a doorbell camera or security camera that may have caught something is also encouraged

to share this information with the RCMP. at <https://ocre-sielc.rcmp-grc.gc.ca/manitoba>.

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They'd cycle through so everyone got to ride in every position.

"It's really quite amazing because you do such a hard thing with other people and you have to trust them so much right away," said Paraschuk. "That's a way to forge really quick and strong friendships."

He loves the diversity of the group he's travelling with and thinks of each of them as friends already.

Paraschuk's favourite part of the trip so far has been the beauty of Banff and the edge of Manitoba going into Ontario. There'll be more favourites to come, though, as they're slated to go until Sept. 1.

"A common thing in the group is we're all energetic and driven people," said Paraschuk. "There's not much complaining."

The group has a van following them along the way. It holds all their gear,

gets the groceries and ensures everyone is OK.

Paraschuk is beyond glad he chose to do this tour, despite not having experience. He said it's given him the time he needed to reflect after graduation. While it's grueling work, it's been fun and relaxing.

"This is a more immersive way to see Canada more fully and talk to more people," he said. "You get to really see the landscape, the culture, the history, all while getting a good workout."

And that's what he loves about the trip — being and feeling in good shape. He said at the beginning, he was worried because he's an inexperienced rider. But now he knows he won't burn out. The more he travels, the sturdier he gets.

The Tour de Canada will continue to take the cyclists through each Canadian province, having them pedal up Signal Hill on Sept. 1.

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Jennifer McFee
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Rockwood trail system promotes active leisure

By Jennifer McFee

The RM of Rockwood is on track to become a trailblazer with new opportunities to keep active outdoors.

In early 2021, council began brainstorming about options for the old railbed line owned by the municipality that could make the most of potential grant opportunities. They determined the railbed line could create a great base to develop a trail with a little investment.

During the pandemic, the provincial and federal governments recognized that trail systems provide safe leisure opportunities for residents. The municipality took action and successfully received grants from both Trails Manitoba and the Government of Canada Revitalization Fund to entirely cover the first phase of the project.

For Phase 2, which involves asphaltting a portion of the trail, Rockwood received federal funding that will cover 60 per cent of projected costs. The smooth asphalt surface will provide active leisure opportunities for residents on bikes, scooters, rollerblades and more.

“The overall system, owned by Rockwood — with breaks in each Stonewall and Teulon, which are owned by their towns respectfully — actually connects the southeast tip of the municipality all the way to the north part of the municipality ending in Komarno,” said Rockwood Reeve Wes Taplin.

“The asphalt section is found just east of Winfield Road through until just east of the Town of Stonewall border.”



TRIBUNE PHOTO BY JO-ANNE PROCTER

Rockwood council is forging forward with a project to create a multi-phase trail system, which will promote active leisure opportunities in the community. Pictured left to right: RM of Rockwood Reeve Wes Taplin, CAO Chris Luellman, Steve Hintz, Stella Guenther, Coun. Debbie Pansky, Clair Guenther, Coun. Curtis McClintock and Coun. Lana Hintz.

The multi-phase project will take several years to complete, he added.

“Each portion of the trail is divided into individual projects and project phases. The plan is to treat each section appropriately based on many factors. Council considers usage of the system already, resident needs, connectivity between our communities, safety and more,” Taplin said.

“Luckily for us, our public works department staff have been keeping the trail system well maintained for years so the first two phases of ‘Project A’ have been rela-

tively smooth.”

Council recognizes places and spaces that encourage safe recreation, and they’re aware that leisure experiences are important to Rockwood residents, Taplin added.

“The benefits of a trail are vast. We can equip residents to commute to work or school via a safe, active transportation corridor, enjoy engaging in a more accessible environment, as well as capitalize on funding opportunities,” he said.

“We travelled the entire trail within the last month, and the system will be exceptional. Specifically heading north from Stonewall, the terrain is a hidden gem that we are proud to call our own.”

“THE BENEFITS OF A TRAIL ARE VAST.”

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Monarch butterflies go through four stages during one life cycle and through four generations in one year. The four stages of the monarch butterfly life cycle are the egg, the larvae (caterpillar), the pupa (chrysalis) and the adult butterfly. Adult monarchs from the eggs laid in Manitoba start to emerge in late July. Because they develop as the day length is getting shorter, they won't mate and lay eggs. They will fly 3,000 kilometres south to spend winter with millions of other monarchs in central Mexico. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca

Mood Disorders Association of Manitoba helping locals peer to peer

By Becca Myskiw

People in the Interlake and Eastern region of Manitoba now have the chance to talk about mental health with one another.

Mood Disorders Association of Manitoba (MDAM) recently started a support group for those in the area who need it. Interlake Eastern Peer Support Worker, Michael Carvalho, started the group so he could learn more about what the region needs.

MDAM is a non-profit organization that focuses on peer support. They help people living with a mood disorder (like anxiety or depression) through peer support, education, and advocacy. People don't need a diagnosis to reach out to MDAM and once there, the organization won't give one either.

"Not everybody goes through the same thing," said Carvalho. "So, what I decided to do was start this group. And my goal was to be able to have

Continued on page 9

letter to the editor

Letters to the Editor: letters@stonewallteulontribune.ca

I experienced so many emotions when I heard of the RM of Rockwood's withdrawal of their support for the much-needed personal care home facility in Stonewall: shock, disappointment and bewilderment.

I was born in Stonewall, raised in Stony Mountain, lived in Stonewall and have now been a resident of Rockwood for 33 years, like so many of the seniors who have lived in and around the Stonewall area.

I have witnessed firsthand the challenges and stresses of caring for an elderly parent who suffered from dementia. There was no choice but to move her into our home to keep her safe while we tried to find a facility that wasn't several hours away from her family and friends. We were happy and very willing to care for her to make sure she was safe; however, many seniors are not privileged with family to care for them.

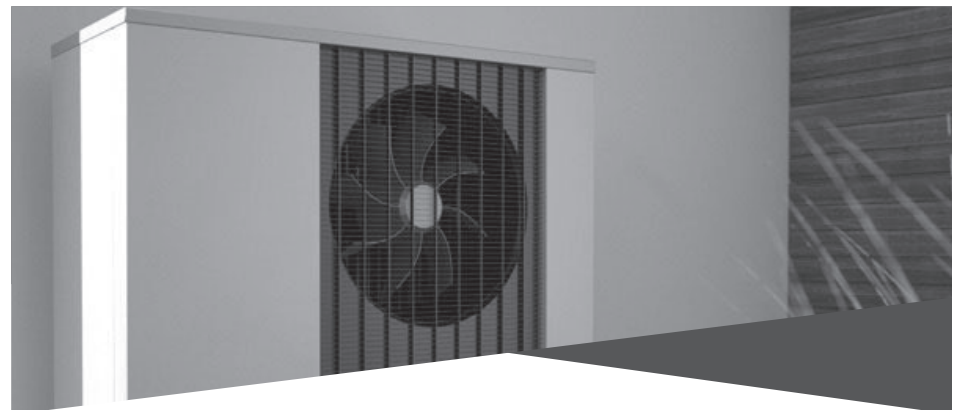
We desperately need this facility so our seniors and elders can receive the care they deserve and so they are able to stay in their community.

Rockwood is my community and Stonewall is my community, as are all the RMs surrounding Stonewall. We are all neighbours and there should not be any boundaries when our seniors are involved. Our population is aging and living longer than ever, and the demand for more senior housing is only going to increase.

Rockwood seniors deserve this facility, too, so why would Rockwood council not want to show their support? Support of any kind must be given, and it will make a difference.

Doing nothing is not acceptable because we all know that nothing changes if you do nothing.

Diana McLean
Resident of Rockwood



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Cyclist rides across Manitoba in support of Ukrainian newcomers

By Jennifer McFee

An octogenarian cycling enthusiast is pedalling across the province for a good cause.

Fred Enns of Winnipeg plans to raise funds for Ukrainian newcomers by biking about 3,000 kilometres across southern Manitoba in 30 days.

His ride will be entirely self-supported, and all funds will go directly to the Ukrainian Canadian Congress Manitoba.

Over the years, Enns has embarked on many long-distance cycling tours, including one that took him from Inuvik on the Arctic Ocean all the way to the Gulf of Mexico.

He also participated in Odyssey 2000, which travelled to 45 countries by bicycle. Destinations spanned the globe, including South America, Africa and Europe, with participants cycling an average daily distance of 130 kilometres.

When the war in Ukraine began to dominate the news, Enns felt compelled to find a way to help.

"When I started watching the news with the Ukraine issue, I simply got the feeling that this cannot be happening in the 21st century — but it was. It became more difficult to watch these broadcasts," said Enns, one of nine children born to parents who immigrated to Manitoba around 1923 from a Ukrainian settlement in Tiegengagen, Molotschna, Russia.

"It's like history repeating itself. I was wondering what on earth I could do. Well, I know how to ride a bike, so that's what I'm doing."

For those who are interested, he recommends reading the book *Red Famine: Stalin's War on Ukraine* by Anne Applebaum. Enns said this book outlines the history that parallels today's catastrophes — and it inspired him to get involved.

Enns began his month-long ride on July 19 through multiple communities en route to Steinbach, where he spent the first night.

After traversing the province for several more days, he made stops in

Grand Marais, Libau, East Selkirk, Lockport and Birds Hill Park on July 25.

On July 26, he planned to cycle through Selkirk, Clandeboye, Winnipeg Beach, Sandy Hook, Gimli and Valhalla.

After that, he'll be in Arnes, Hnauasa, Arborg, Poplarfield and Eriksdale on July 27, followed by Mulvihill, Camper, Ashern and Narrows on July 28.

Later in his journey, he'll bike through Darlingford, Thornhill, Morden, Winkler, Schanzenfeld, Gnadenthal and Altona on Aug. 13.

After that, he'll be in Rosenfeld, Morris, Rosenort, Osborne and Domaine on Aug. 14, before heading to LaSalle, Sanford, Brunkhild, Sperling, Carmen and Elm Creek on Aug. 15.

On Aug. 16, Enns will ride to Fannystelle, Elie, St. Eustache, Marquette, Warren and Stonewall, followed by Lockport, Birds Hill, Oakbank, Dougald, Lorette, Landmark, Ile des Chênes and Winnipeg on Aug. 17.

He'll wrap up his journey on Aug. 18 at the Ukrainian Folkorama Pavilion in Winnipeg.

"I'll be self-contained and self-equipped. Whatever expenses I incur are mine," said Enns, a retired teacher. "But it's not about me. It's about the Ukrainian newcomers."

Joan Lewandosky, president of Ukrainian Canadian Congress Manitoba, expressed appreciation for Enns' efforts.

"This fundraiser will help UCC Manitoba deliver important support to Ukrainian displaced persons in Manitoba who have arrived here because of the Russian invasion of Ukraine," she said.

"UCC Manitoba is helping with settlement support, job finding, material and educational aid."

All donations must be made directly to Ukrainian Canadian Congress Manitoba rather than to Enns.

To make a donation by e-transfer, email fundraising@uccmanitoba.ca and fill out the obligatory e-transfer



To donate, link on the QR code.

form at <https://forms.office.com/r/8qFJieQFEf>.

Another option is to write a cheque payable to UCC-MPC, Box 3567, Redwood Postal Outlet, Winnipeg, Manitoba, R2W 3R4.

To learn more about Ukrainian Canadian Congress, visit www.uccmanitoba.ca.

For additional information, visit the Ukrainian Canadian Congress Manitoba Facebook page at <https://www.facebook.com/uccmb>.

RIDE FOR UKRAINE - 2023

Day-by-Day Cycling Route

(N) = Night stay

July 18 City bike routes

July 19 Official start – Creek Bend Road, St. Adolphe, Niverville, St. Agathe, St. Pierre-Jolys, La Rochelle, St. Malo, Grunthal, Steinbach (N)

July 20 La Broquiere, Giroux, St. Anne, Anola, Beausejour (N)

July 21 Vivian, Elma, Whitemouth, Rennie, Red Rock L. (N)

July 22 Seven Sisters, Lac du Bonnet, McArthur Falls, Great Falls, St. Georges (N)

July 23/24 Pine Falls, Fort Alexander, Victoria Beach, Lester Beach (N)

July 25 Grand Marais, Libau, East Selkirk, Lockport, Birds Hill Park (N)

July 26 Selkirk, Clandeboye, Winnipeg Beach, Sandy Hook, Gimli, Valhalla (N)

July 27 Arnes, Hnauasa, Arborg, Poplarfield, Eriksdale (N)

July 28 Mulvihill, Camper, Ashern, Narrows (N)

July 29 Eddystone, Shergrove, Ste. Rose du Lac, Ochre River, Dauphin Beach (N)

July 30 Ashville, Ethelbert, Garland, Pine River (N)

July 31 Cowan, Renwer, Minitonas, Swan River, Kenville, Durban, Benito (N)

Aug. 1 San Clara, Roblin (N)

Aug. 2 Inglis, Russell, Angusville, Birdtail, Rosburn, Vista, Oakburn



PHOTO SUBMITTED

Fred Enns will bike 3,000 kilometres in southern Manitoba in 30 days to raise funds for humanitarian aid for Ukrainian newcomers in Manitoba.

(N)

Aug. 3/4 Menzie, Elphinstone, Sandy Lake, Erickson, Onanole, Wasagaming, Ukrainian Festival (N)

Aug. 5 Ochre River, Ste. Rose du Lac, McCreary, Norgate, Kelwood, Riding Mountain (N)

Aug. 6 Eden, Neepawa, Minnedosa, Forrest, Brandon (N)

Aug. 7 Carrol, Souris, Deleau, Pipestone, Melita (N)

Aug. 8 Melrose, Deloraine, Boissevain, Ninga, Killarney (N)

Aug. 9 Lena, Cartwright, Baldur, Neelin, Glenboro (N)

Aug. 10 Cypress River, Holland, Austin, Gladstone (N)

Aug. 11 Woodside, Westbourne, Oakland, Portage la Prairie, Southport, Newton, Oakville, Elm Creek (N)

Aug. 12 Haywood, St. Claude, Rathwell, Notre-Dame-de-Lourdes, Manitou (N)

Aug. 13 Darlingford, Thornhill, Morden, Winkler, Schanzenfeld, Gnadenthal, Altona (N)

Aug. 14 Rosenfeld, Morris, Rosenort, Osborne, Domaine (N)

Aug. 15 LaSalle, Sanford, Brunkhild, Sperling, Carmen, Elm Creek (N)

Aug. 16 Fannystelle, Elie, St. Eustache, Marquette, Warren, Stonewall (N)

Aug. 17 Lockport, Birdshill, Oakbank, Dougald, Lorette, Landmark, Ile des Chênes, Winnipeg (N)

Aug. 18 Ukrainian Pavilion

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Stonewall Tim Hortons helps send kids to camp



TRIBUNE PHOTOS BY JO-ANNE PROCTER AND SUBMITTED

Stonewall's Tim Hortons staff went all out last Wednesday to celebrate Tim Hortons Camp Day. They decorated the restaurant and provided in-house entertainment, dance parties and games. They had a pop-up photo booth and, most importantly, raised funds for kids to go to camp. The annual event that started in 1987 has grown to be the largest single-day fundraiser of its kind in Canada, thanks to the generous support of Tim Hortons guests. On Camp Day, 100 per cent of coffee sales go towards supporting youth in communities through Tims Camps Programs. Last year, more than \$12 million was raised across Canada. This year, Stonewall raised just shy of \$5,000 through hot and cold coffee sales, bracelet sales and other fundraising efforts.

> MOOD DISORDERS, FROM PG. 7

conversations with people in the Interlake and Eastern regions, and listen to them, and get an idea straight from the communities of what they're looking for, what resources are available to them, what agencies or people they can reach out to."

Carvalho started his position with MDAM just over a year ago and shortly into his job, the Interlake absorbed the Eastern region, giving him a large space to cover. Because of this, the support group is virtual, but as Carvalho learns more about what people need, more in-person options will become available.

The support group is every Friday from 6:30 p.m. to 7:30 p.m. on Zoom. To attend, go to www.moodmb.ca and

click "peer support". There, you can find the region and the group and it'll take you directly to the Zoom link.

So far, the group hasn't had much attendance as MDAM is still working on getting the word out about it, but what Carvalho has learned so far is youth and seniors in the area need support.

"It's very important for these age groups," he said. "Especially in rural areas where life is already pretty isolated."

The point of a peer support group is to give people dealing with similar things in life the chance to talk. Carvalho said a lot of times, people with mood disorders find themselves alone, not knowing where to start to

get help.

He said because of the stigma around mental illness, a lot of people get scared and feel alone, but the people that come to these groups know everyone else there is in one way or another going through something similar.

"Just knowing they're not alone and they're around people having those similar experiences and they aren't afraid to open up...it gives people

that sense of hope," said Carvalho. "Giving people that sense of hope... it can be a big impact in their life and make a big difference."

For those who prefer an in-person experience, MDAM hosts in-person support groups in Winnipeg and Brandon. Carvalho said you don't have to live in those regions to attend the groups — anyone and everyone is welcome if they're willing to make the drive.

Early Childhood Educator Tuition Reimbursement



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Learn more at: manitoba.ca/moreforfamilies

Canada

Manitoba

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Saturday, August 19th at 11:00 am

No charge for float entries.

Help make this another great event by volunteering or participating in it.

Contact Christy at 204-467-5836 or christybrown@stonewallteulontribune.ca or on-line at stonewallquarrydays.ca for an entry form.

Application Deadline: Thurs., August 17th



Buzz and Boomer make a special appearance

By Jennifer McFee

Special visitors to Association for Community Living Interlake created quite a buzz last week.

Bombers mascots Buzz and Boomer paid a visit to staff and clients of the charitable organization, which provides housing, job training and support for adults who live with intellectual disabilities.

Jimm Simon, executive director of Association of Community Living Interlake, said it all began last month during the Box Lunch Hero fundraiser at their social enterprise, Something Beautiful Café. The event included a live broadcast from QX104 and Brody Jackson on location at the Stonewall-based venue.

"We have a Jets flag flying in the back, and Brody said he'd get us a Bombers flag too," Simon said.

Jackson reached out to the Bombers to find out if they'd be willing to donate a flag. The next day, the Winnipeg Blue Bombers office called Simon to make arrangements.

"Rather than simply dropping the flag off, we decided to put together our team of mascots, cheer team and Bomber representatives to make a fun event out of the donation," said Savannah Ginter, community relations coordinator for the Winnipeg Blue Bombers.

"We surprised them with not only the flag but also with some fun Bomber swag and some great photo opportunities."

On Monday, July 17, Buzz and



Andrea with Buzz.



Buzz with Joan and Todd.



TRIBUNE PHOTOS SUBMITTED
Brett gives Boomer a hug.



Gary and Buzz.



Cory with Brody Jackson.



Boomer shows off his autograph from Cory.

Boomer arrived at the Main Street location along with cheerleaders and Bombers representatives.

Brody Jackson

and co-host Karly Troschuk from QX104 also joined them for the event, which included a barbecue lunch.

"The clients had been excited for

days about the visit from Buzz and Boomer. Everybody was all dressed up in Bombers clothes," Simon said.

"It was so much excitement. We didn't publicize it because the visit was for our clients and we wanted to keep it just for them. It was great because they all got photos with them and autographs and foam fingers. It was just fabulous."

Ginter added that it was wonderful to see how many Community Living Interlake staff and clients were wearing their Bombers gear.

"This was a meaningful event, not only for them but for our team as well," she said.

"Events like this show us how strong the dedication is between our fans and us."

Simon expressed appreciation for the Bombers crew as well as the team from QX104, who set up the entire event.

"It was so nice," Simon said. "People are going to be talking about this for years to come."

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Lemons for lemonade stand in support of senior dogs

Staff

The children of Equi-Tech Veterinary recently held their second annual lemonade stand and bake sale. Not only did these amazing kids quench thirsts with tasty lemonade and iced tea, but they also satisfied cravings with scrumptious baked goods.

These talented youngsters even took the time to whip up homemade treats specifically designed for our furry friends. Cat and dog treats made with love were available for purchase, en-

suring that every pet owner could spoil their four-legged companions.

The sale also included used books and house plants. These kids thought of everything! Whether you were looking to curl up with a good book or add some greenery to your home, this event had it all.

All of their hard work paid off since they raised over \$700 for Before the Bridge Senior K9 Rescue Inc., a worthy cause dedicated to helping senior dogs find loving forever homes.



TRIBUNE PHOTO SUBMITTED

Equi-Tech Veterinary staff children, left to right: Anna Georgison, Allison Mushaluk, Melodie Versavel and Aiden Versavel.

Local Liquor Mart employees picket on Main Street

By Jo-Anne Procter

More than 1,400 liquor workers and Manitoba Government and General Employees' Union members walked off the job last Wednesday, amid working under an expired contract

since March 2022.

The walkout includes all Liquor Mart workers, as well as Manitoba Liquor and Lotteries (MLL) employees working in the Liquor Distribution Centre, along with those in support-

ing business operations such as information technology, purchasing and administration.

MLL is a Crown corporation owned by Manitobans and controlled by the provincial government.

MLL has offered affected workers wage increases of two per cent per year over four years, along with wage bumps for those at the end of the pay scale to ensure they are in line with provincial minimum-wage increases.

However, it's not enough to keep up with the cost of living, and staff are leaving to work at big box stores that pay more. Currently the starting wage at MLL is \$14.91/hr and the starting wage at Sobeys is \$17.50/hr

MGEU wants liquor workers to be offered the level of raises Manitoba MLAs and Premier Heather Stefanson are set to receive, which began with 3.3 per cent this year and a further 3.6 per cent in 2024 and 2025.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Employees of the Stonewall Liquor Mart joined counterparts throughout the province by picketing last Wednesday.

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manitoba.ca/REALRESULTS



Summer is in full swing, which means lots of us will be hitting the beach, lake, or hanging out poolside. Keep these safety tips in mind if you and your dog are hitting the water this summer!

☀️ Start young dogs in shallow water, and don't overdo it. Let them leave the water if they want to. A dog can panic when they can't find a way out of the water, so ensure there is a safe and accessible way for them to get out of the water. If you are swimming in a pool with a ladder, consider adding steps designed for pets or a ramp. Remember that not all dogs love the water, so don't force it if they are nervous!

☀️ Your dog can get cold or swept away by strong currents. Be sure to monitor your pet closely, and be on the lookout for areas with strong currents, or water that is very cold. Dogs, like people can quickly become hypothermic in cold water. If the water is too cold for you, it's too cold for your dog.

☀️ If your dog is not a strong swimmer, consider investing in a lifejacket for them. Even a strong swimmer can become tired quickly in deep or rough waters, so if you plan on taking your dog along on the boat, definitely invest in a lifejacket. Take your dog to the store with you to ensure it is fitted correctly.

☀️ Avoid algae! It is toxic! Be sure to bring fresh water with you for them to drink and avoid letting your dog drink lake water to avoid any issues. To be on the safe side, rinse your dog after swimming to avoid them ingesting any algae when they groom themselves. It's a good idea to bring along fresh water for your pet to drink in any situation. Avoid letting them drink from the lake, streams, puddles and even the pool to avoid any potential tummy upset or toxicity.

☀️ Last but not least, remember those ears. Be sure to dry them thoroughly after swimming to avoid ear infections!

Stonewall charity receives \$25,000 donation

By Jennifer McFee

A Stonewall-based charity and its clients will benefit from a generous gesture from a local family.

Community Living Interlake and its social enterprise Something Beautiful received a visit from mother-daughter duo Juliette and Merle Balsillie, who brought a much-appreciated donation of \$25,000.

These funds will go towards helping the organization to support more than 40 adults who live with intellectual disabilities.

Since 1965, Community Living Interlake has provided housing, day program and job skills training to these members of the community. Each year, as the cost of living increases, the gap between the amount of funding received from the provincial government and the amount required to provide this community service increases.

In 2022, Community Living Interlake raised more than \$150,000 through private donations and fundraisers, in addition to revenue generated through Something Beautiful. In 2023, they estimate they'll need to raise more than \$200,000.

Executive director Jimm Simon expressed appreciation for the generous



PHOTO SUBMITTED

Left to right, back row: Corey, director of client care Tracy Fidler, Kyle, Kelly, executive director Jimm Simon; front row, Darryl, Angela, volunteer board chair Lisa Highmoor, Merle Balsillie and Juliette Balsillie.

donation.

"Stonewall is a very supportive and inclusive community. Without the support of generous donors like the Balsillie family, many of the valuable programs that Community Living Interlake delivers — including the job training and socialization opportunities offered at Something Beautiful Gifts and Café — would not be possible," he said.

"Thank you to everyone who helps

us support others."

For the Balsillie family, it's an important cause to support.

"They have so many great programs and services in place, and we want to ensure that they can continue to offer this," Merle Balsillie said.

"It's a truly rewarding experience to see the positive impact that our support has for the community. The team at Community Living Interlake does an amazing job."

Manitoba girls go Farming For Love on Canadian TV

By Becca Myskiw

Two Manitoban girls recently went Farming For Love for all of Canada to see.

CTV's new dating show *Farming For Love* aired this month, and there was more than just one familiar face.

Five young Canadian farmers, all from different farming specialties, meet prospective partners and choose if they wish to pursue a romance. Over time, eliminations occur, with the aim of finding the ultimate partner.

Bailey Gitzel from Carman and Amanda Bodner from Winnipeg were selected to be daters on the show's inaugural season.

"I'm a farmer's daughter and I'm really big into Canadian agriculture so I thought it would be a unique opportunity," said Gitzel. "I didn't actually think I'd get the call to go on."

But she did. The show's production team said there was a great response to the casting call for Season 1. After the last few years, they said, living in a rural, idyllic landscape appeals to people.

Farming For Love first cast the farmers, then launched their profiles online. From there, people from across

the country applied as daters for the farmer of their choice, and the show's team acted as matchmakers, casting those they thought would be suitable for their farmers.

Gitzel and Bodner travelled to B.C. last fall to film the show and give love a chance. Neither made it to happily ever after, but that's not what they remember from the experience.

Gitzel landed in B.C. ready to open herself up to Farmer Doug, a dairy farmer from Chemainus. On her 15-minute date with him, she and Doug bonded over shared experiences — he lived in Manitoba for a while and has chickens.

"It went by in a flash," she said. "I was a bit nervous. I was putting myself out of my comfort zone, but overall, it was a really cool experience."

Gitzel said dating on national television was nerve-racking and seeing the filming process was an eye-opening experience. Though that first date with Farmer Doug was all she got, she enjoyed everything about being on the show.

"Initially it was disappointing," she said. "But I know it wasn't meant to be. Now I can look at the humour of it. Not everyone has the chance to be

rejected on national TV."

Bodner made it past the first episode with Farmer Dave and got to go to his farm on Episode 2, where she and the other daters watched him shear sheep.

"When you're standing in front of him and he's calling out names, it's a very nerve-racking experience," she said. "And when your name gets called, it feels really good."

Bodner worked on a farm in Australia for a few months, but other than that, she hasn't had many farm-related experiences. Seeing sheep being sheared was really cool, she said, and felt personal.

Bodner's run on the show ended after that day on the farm.

"I didn't really get to connect with Dave on a deep level, unfortunately," she said. "But I felt like he was a great person ... someone that I could have seen myself being with, but at the end of the day, that spark just didn't fly."

She was disappointed not to be chosen to go on, but she could see him forming connections with the other daters and understood his decision.

After the women were sent home,

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Slo-pitch tourney supports good causes

By Jennifer McFee

An upcoming slo-pitch tournament will take a swing at raising funds for two good causes during the Quarry Days weekend.

The second annual fundraising tournament takes place Saturday, Aug. 19 and Sunday, Aug. 20 at Fines Field in Stonewall.

Half the funds raised will go towards Danica and Abby's Village, a charity created in honour of local girls Danica deLaroque and Abby Margetts who died in separate tragic accidents. The organization embarks on initiatives that help children in local communities.

The other half will go towards Sam Madden, an eight-year-old Woodlands boy who is preparing for a lung transplant in Toronto.

"We wanted to support another child in need in from our communities," explained Amanda Margetts, Abby's mom. "We hope to raise several thousand dollars."

The registration deadline is Aug. 14.

Currently eight teams are registered. The cost to enter is \$300, which includes a \$150 deposit at the time of registration. Players must be at least 16 years old to participate.

"Last year, we had 19 teams that played. We hope to have more than that this year," Margetts said.

"Richard Klapp is again in charge of the tournament. We would like to thank Richard for all of the hours that he spends into making this tournament a success."

Anyone who would like to register a team for the tournament can call or text Richard Klapp at 204-479-3760.

Volunteers are also needed to make the event a success, she added.

"We are looking for volunteers to sell 50/50 tickets as well as run our booth where Danica and Abby's Village merchandise will be available for purchase," Margetts said.

"We also have some students from Warren Collegiate who are volunteering their time to face paint and run a craft table for any children that come



TRIBUNE PHOTO SUBMITTED

Eight-year-old Sam Madden (middle) with his brother Seth and schoolmates Maisie, Kira and Luna Burns. The Burns family received a grant to buy toys for Sam to enjoy while he's in the hospital.

to the slo-pitch tournament. This will happen from 1 to 3:30 p.m. on Saturday and Sunday."

Anyone interested in volunteering can email danicaandabbysvillage@gmail.com.

Margetts also extends thanks to everyone who supports Danica and Abby's Village.

"It honours our girls by keeping

their names alive in our communities through events. When a child dies, you lose your future. So when we hear people say their names, it brings comfort to us. We never want our girls to be forgotten," Margetts said.

"We look forward to another successful tournament, honouring Danica and Abby and to help support Sam through his medical journey."

> SIEMENS SAYS, FROM PG. 12

they had to keep the secret of what they'd just experienced until the cast for the show was revealed in May. Both of their immediate families knew but to the rest of the world, they had been on a trip (Bodner) or taking a class (Gitzel).

"Of course, I wanted to share it, but I knew that wasn't possible and that's what I signed up for," said Gitzel.

Bodner, on the other hand, liked keeping the secret.

"You want it to be a good reveal, so it was fun to be part of that," she said. "It was so exciting."

Once the news did come out, the reactions from each daters' communities was overwhelming — so much so that Gitzel's work put up a sign outside their building telling everyone to watch her on the show.

Both Gitzel and Bodner said having the experiences they did helped them learn a lot about themselves, and Gitzel said she has a newfound confidence. Their advice? Do it. Put yourself out there and go out of your comfort zone.

Farming For Love is based on the hit show *The Farmer Wants A Wife*, which

has been made in more than 35 countries across the globe.

"Farmers are extremely busy people that work almost 24/7, 365 days a year and often live in rural communities," said the show's production team.

"If you're not already matched up, it can be hard to meet new people, so this show brings love to the farm."

People can watch *Farming For Love* live on CTV every Sunday at 7 p.m. Casting is open for Season 2 at www.ctv.ca/farmingforlovecasting.

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Stonewall RCMP respond to large fight at Stony Mountain Institution

Staff

On July 17 at approximately 6:35 p.m., Stonewall RCMP responded to a large fight between inmates at Stony Mountain Institution.

It was reported that some of the inmates involved were armed with edged weapons.

Seven inmates were injured and taken to hospital.

A 33-year-old male inmate from Winnipeg was pronounced deceased at the scene.

On July 20, Terrell Smith, 40, from Quebec and Christopher Brass, 40, from Winnipeg were charged with first degree murder in relation to the homicide of a 33-year-old male that occurred on July 17 at Stony Mountain Institution.



TRIBUNE PHOTO SUBMITTED

Seven inmates at the Stony Mountain Institution were injured and taken to the hospital after a fight broke out between inmates on July 17. RCMP seized 50 jail-made weapons.

During the course of the investigation, it has been determined that two correctional services officers used their firearms to disrupt the riot, which involved approximately 50 inmates. One inmate sustained a gunshot wound and remains in hospital. The six other inmates who were in-

jured and taken to hospital have since been released.

Officers seized approximately 50 jail-made weapons.

RCMP Major Crime Services, along with Forensic Identification Services, continue to investigate.

Yard of the Week honours



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Communities in Bloom Yard of the Week honour was awarded to Melody and Dan Becker at 624 1st Street East. The duo work together on their charming yard featuring mature trees, shrubs, colourful daylilies and perennials. To add a splash of colour, Melody chose purple petunias to go with the town colours chosen for 2023. 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.

Supporting palliative care



TRIBUNE PHOTO SUBMITTED

The RM of Rosser presented the South West District Palliative Care (SWDPC) with a cheque for \$5,000 on July 13. The donation is a grant from the RM's Community Support Program and will be used for administration and Nav-CARE's operating expenses. The Nav-CARE (Navigation: Connecting, Advocating, Resourcing and Engaging) program is an innovative compassionate community program that builds upon the unique role of volunteers to provide early assistance to persons living with declining health, to improve their quality of life, as well as support their families/significant others. The SWDPC assists families in the RMs of Rosser, Woodlands, Rockwood, St. Laurent, Armstrong and the towns of Stonewall and Teulon and surrounding areas. Visit www.nav-care.ca for further info. Pictured left to right: Rosser Coun. Lee Garfinkel, Doris Hunter, Betty Taylor and Coun. Mike Palmer.

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Father-son bikers continue cross-Manitoba trek

By Lorne Stelmach

A father and son duo with a passion for cycling have been busy traversing the province over the last couple of years as a lead-up to their ultimate adventure.

The end goal for Josh Vosper and his father James is to cycle right across Canada, but they are enjoying the ride right now as well as documenting their journeys.

"My dad and I have always had a passion for biking, and we've always talked about doing these bike trips before," Josh said last week as they looked forward to another leg that brought them to the Morden-Winkler region over the long weekend. "Another thing, too, is we really wanted to showcase our country. That was always one of the main things we wanted to do."

Calling the town of Plumas home and going to school in Gladstone, where he graduates this spring, Josh has been riding across the Prairies on bikes with his father been over the last five years.

Along the way they have been documenting their rides on video, filming what they are calling *The Mega Manitoba Movie* for their You Tube channel From Here 2 There.

The *Mega Manitoba Movie* playlist has well over 50 episodes and counting as they continue to edit and upload footage from their trips throughout the province.

In the summer of 2022, they focused most of their bike rides in the Interlake region, including stops in Ashern, Steep Rock, Arborg, Riverton, Hecla Island, Gimli and Winnipeg Beach.

They are now going further through southern Manitoba after having previously hit Miami and Roland in 2021 and Elm Creek, Fannystelle and St. Claude in 2022.

This year they've ridden in the Portage area and plan to swing through Steinbach next after their ride in the Pembina Valley.

It's not surprising to James that his son is so keen to take on this challenging adventure.

"We used to live in Saskatoon, and when Josh was extremely young, he just loved biking. We would bike when he was maybe four or five years old, literally around the entire city ... and then, after we were done, he would be saying, 'Let's do that again,'" James said.

"So from a very young age, he just had this desire to go very, very long

distances on his bike, and that kind of developed into thinking about biking all across Canada."

Over the last two years, they have largely stayed closer to home in Manitoba. Part of that was thanks to the pandemic, but they also got some sage advice from a loved one.

"My mom had said, well, try Manitoba first ... and then see how that feels so you can kind of get an idea of how the doing the whole country would feel," Josh recalled.

"It was just something I've really enjoyed doing," he added, noting "it's really special because the time we have together is amazing ... all the joking, the fun we have ... it's such a unique experience, and I really enjoy the time we get to spend together. It's also nice to visit all of these communities in Manitoba and showcase the communities to other people."

They really enjoy visiting the communities and try to go to local restaurants or see the attractions, added James.

"Meeting people in the communities is actually one of the things I enjoy the most about the bike ride. It's not only when we visit a community physically in person on the bike trip," he said.

"We have this online community where we'll try to post the video on the Facebook page of that community, and then we get dialogue going with people who watch it."

There obviously needs to be a lot of thought and preparation put into it each time they venture out somewhere.

"It's just going out biking as much as you can," said Josh. "We have an exercise bike, so it's even just biking on that to maintain yourself throughout the winter."

They're a little more prepared now, noted James.

"We've got extra equipment, all the tools we need so that at least we can get to the next major centre," said James, who recalled one especially "desolate trail" that took them to Moose Lake, but it was so rough they had to cut their day short.

And how far they can get at any given time is quite variable depending on the local conditions.

"It depends on the terrain and the day. If you're biking in the mountains, you're not going to get that far, but if you're biking in the Prairies, you're going to go further, and it also depends if you've got a headwind or a tailwind," said Josh.

It really depends on all the weather



TRIBUNE PHOTO BY LORNE STELMACH

Father-son duo James and Josh Vosper were in Morden-Winkler last week as part of their goal to cycle across Manitoba and, eventually, all of Canada.

conditions, added James.

"That would really be the major factor," said James, who noted they also need to work within what is available for holiday time, so they will often have to break up trips over time.

"I think one of our longest days was about 225 kilometres. ... On a good day, if there's very little wind, you can probably get 200 kilometres-plus in," he said. "I remember on another day, we were going into a wind that was maybe 70 km/h in Saskatchewan. ... In one hour, I think we covered 24 kilometres. But when the wind picked up, it took us four hours to do the exact same amount because the wind was so strong. We actually had to stop our ride that day because we were

walking faster."

On those days, it can feel discouraging, but you've got to just push through those days, Josh noted.

All their experiences to date buoy their spirits in contemplating their cross-Canada adventure, where they hope to begin in British Columbia, biking across the mountains, Prairies, Canadian Shield, southern Ontario, Quebec and the Maritimes until they get to the eastern most point of North America: Cape Spear Lighthouse National Historic Site.

"I think it definitely does encourage us to take on Canada," Josh said. "That was kind of the goal from the start."



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get inspired

> MEAL IDEAS



Ribeye Steak, Grape Tomato and Mushroom Kebabs

stems and mince leaves.

In large bowl, whisk minced garlic, half the minced parsley (reserve remainder for garnish), olive oil, vinegar, Dijon mustard, salt and pepper.

Cut steak into cubes; transfer to marinade bowl and toss to coat.

Wash tomatoes, mushrooms and green pepper. Halve mushrooms. Add tomatoes, mushrooms and green pepper to marinade. Peel onion and cut into chunks; add to marinade. Toss beef and vegetables until well coated.

Heat grill pan, outdoor grill or skillet to medium-high heat.

Thread steak and vegetables onto six skewers.

Cook kebabs in batches until steak is browned and vegetables are tender, 3-5 minutes per side. Transfer to plate and repeat with remaining kebabs.

To serve, plate kebabs and sprinkle with remaining minced parsley.

Photo courtesy of Getty Images (kebabs)

Recipe courtesy of Safeway and Albertsons

Total time: 30 minutes

2 cloves garlic

1/2 small bunch Italian (flat-leaf) parsley

1/4 cup O Organics extra-virgin olive oil

1/8 cup red wine vinegar

2 teaspoons O Organics Dijon mustard

1/2 teaspoon salt

1/2 teaspoon black pepper

3/4 pound O Organics ribeye steak

1/2 pint O Organics grape tomatoes

1/4 pound O Organics white mushrooms

green pepper, sliced (optional)

1/2 medium red onion

6 skewers

Peel and mince garlic. Wash and dry parsley. Shave leaves off stems; discard



Grilled Chicken Salad with Goat Cheese, Fresh Blueberries and Pecans

berries (or desired berry)

1/4 cup O Organics pecan halves

3 tablespoons O Organics olive oil

1 tablespoon O Organics balsamic vinegar

1/2 log (4 ounces) O Organics goat cheese

Pat chicken dry with paper towels and place on cutting board. Cut chicken in half horizontally to form thin cutlets. Season with salt and pepper on both sides.

Preheat grill pan, outdoor grill or skillet to medium-high heat.

Once pan is hot, coat with oil. Add chicken to pan and grill, turning once, until cooked through, 3-4 minutes per side.

Wash and dry spring mix. Place in medium bowl.

Wash and dry blueberries. Add to bowl with mixed greens. Using clean cutting board, roughly chop pecans. Add to bowl.

Transfer cooked chicken to cutting board and cut into thin strips.

In bowl, mix olive oil and balsamic vinegar to create dressing.

Add chicken and dressing to salad bowl; toss to combine.

To serve, divide salad between plates or bowls and crumble goat cheese over top.

Recipe courtesy of Safeway and Albertsons

Total time: 20 minutes

3/4 pound boneless, skinless O Organics chicken breasts

1/4 teaspoon salt

1/8 teaspoon black pepper

2 teaspoons O Organics extra-virgin olive oil

1 package (5 ounces) O Organics spring mix

1 package (6 ounces) O Organics blue-

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Susie Schwartz

By Susie Schwartz

Are you a complainer? Come on. Be honest.

I'll go first. Yup! Sometimes I find pleasure (or at least relief) in ranting about how my six-foot-frame must be invisible because not one but three people cut in front of me in the queue at the garden centre. Or when I give flowers to a friend going through a hard time, they don't even thank me. I mean, really?! (Okay, I know. That's me being ridiculous.) Or when I've just had infection after infection, my back goes dodgy too, and I've had enough, and Don gets an earful. (That one's valid, right?)

For complaining at the doctor's office, there is a right and not-so-right way to do it.

First, I recommend not complaining about the cost of parking to your doctor. (Yikes, Susie! Really?) The parking lot costs are below their pay grade. And I do not wish to set a 'whining about inconsequential things' tone when I'm hoping for a diagnosis for my back pain.

Sometimes, though, we need to complain formally. Maybe a test you discussed didn't get ordered, and

a misdiagnosis ensued. Or perhaps the front staff continually treats you like a 'problem' and not someone needing medical help.

If you need to complain, I have a few thoughts on how to get the desired result:

- Give time between the incident and the complaint so your emotions can settle.

- Talk to your spouse or friend about how to word your complaint. The verbal processing will help you solidify what you want and how to say it.

- Try to stay calm even while being firm. Even though we've been wronged, being respectful is our responsibility.

- Be sure to speak to the right people.

As you'll read in my book listed below, I had to make an appointment with my GP and the office manager to get the desired results I speak of. And guess what? I got those results: apologies and all.

It might seem like I'm overthinking and over-advising for a simple complaint. Maybe. But remember, your doctor is not only a human who has feelings and problems and makes mistakes like the best of us but is also a key person to getting the best medical result possible. Expert patients (that's us!) are not into burning bridges.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalm-iss_stress and at www.lesshealthstress.com, where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You - 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!



Mixed Berry-Lime Smoothie Bowl with Banana and Granola

4 fluid ounces O Organics whole milk

1/8 cup O Organics honey

1/4 teaspoon ground cinnamon

2/3 cup O Organics granola of choice

Wash and dry banana and blackberries.

Peel and thinly slice banana; set aside.

Zest and juice lime into blender. Add frozen mixed berries, yogurt, milk, honey and cinnamon. Blend on high speed until smooth, 1-2 minutes.

To serve, divide smoothie between bowls and top with banana, blackberries and granola.

Recipe courtesy of Safeway and Albertsons

Total time: 10 minutes

Yield: 3 cups

1 banana

1/2 package (6 ounces) O Organics blackberries

1/2 lime

2 cups O Organics frozen mixed berries

1 cup plain O Organics Greek yogurt

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Slatcher wins gold in baseball at NAIG

By Brian Bowman

Team Manitoba came home with the gold in baseball at the North American Indigenous Games in Halifax.

Stonewall's Rylan Slatcher was a member of that talented gold-medal winning team.

"It was obviously a really cool experience," said Slatcher. "It was a good location, Halifax was a really nice place. To win gold was really awesome."

Manitoba blasted Wisconsin 11-0 in

the final.

"We did pretty well in the round robin and dominated in the playoffs so it was really good. I enjoyed it," Slatcher said. "We played really good defensively (against Wisconsin) and drove in enough runs to secure the 'W'. It becomes a lot easier when you shut down the other team to zero runs and it ended the game in five innings for us."

In the semifinals, Manitoba pounded Ontario 10-0.

Team Manitoba was fantastic all week, going 2-0 in the preliminary round while outscoring their opponents 40-2.

They absolutely dominated the competition.

"We were obviously, for sure, the best team there," Slatcher said. "We just dominated these guys. ... We were just really, really good and we had a great group of guys."



TRIBUNE PHOTO SUBMITTED
Stonewall's Rylan Slatcher and Team Manitoba won the gold in baseball at the North American Indigenous Games.

Stonewall hosts U13 AAA baseball qualifier

Staff

The Stonewall Blue Jays posted an 0-6 record at the U13 AAA baseball qualifier last weekend in Stonewall.

Stonewall started the qualifier with a 26-4 loss to South Central. Later that day, the Blue Jays lost a 13-12 heart-breaker to Oildome.

On Saturday, Stonewall was defeated by Carillon (16-3) and Brandon (27-17).

Sunday saw the Blue Jays lose 12-10 to Midwest and 24-3 to Pembina Hills.



TRIBUNE PHOTO BY JO-ANNE PROCTER
The Interlake Orioles' Jake Fortin takes a swing at a pitch during the U13 AAA qualifier last weekend in Stonewall.

Female Basketball Rural Target Athlete Program and tryout details announced

By Basketball Manitoba

Each training group will comprise approximately 20 female athletes born in 2007, 2008, 2009, 2010, 2011 and 2012. Those selected for the female Rural TAP program will train twice per week from September to December and another eight weeks in the spring of 2024.

The program, which will cost \$350 per athlete (due to Basketball Manitoba on Oct. 30), will include training costs, gym rental, player gear package, coach expenses and accident and

liability insurance.

The training groups in rural areas will take place in the south (Sanford and surrounding areas), east (Stonewall/Selkirk) and west (Brandon and Shilo).

The east region tryout will take place at Collège Stonewall Collegiate on Sept. 8 from 6 to 8 p.m. and Sept. 10 from 10 a.m. to noon.

The purpose is to identify female athletes within these regions and provide the skills and training to better develop the athletes for future basket-

ball opportunities at the club, school, Manitoba Games and provincial team levels.

A \$30 tryout fee will be charged when a player registers online.

An athlete trying out for the program must reside in the region they are trying out for. What school the athlete attends is not a factor. If an athlete lives at more than one residence located in two different regions, the region that they live in a majority of the time will be used.

United lose to SCM Academy

Staff

The Stonewall United lost 6-1 to SCM Academy in Manitoba Major Soccer League 4th Division action last Wednesday in Stonewall.

Kevin Capek scored for Stonewall while Gabriel Talisuna (three), Alan Lempert, Jeremiah Talisuna and Carlton Lugalambi replied for SCM Academy.

With the loss, the United is now 2-6-2 on the season. Stonewall has eight points, which leaves them tied for eighth place in the 10-team division with Richmond United.

The United play Richmond United on Friday at 7:15 p.m. at Memorial Park Turf Field.

Mattson signs with Quad City Storm

By Brian Bowman

Leif Mattson has played in a lot of different places in his hockey career.

But he'll be returning to a familiar one for this upcoming season.

Mattson recently signed with the Southern Professional Hockey League's Quad City Storm, located in Illinois.

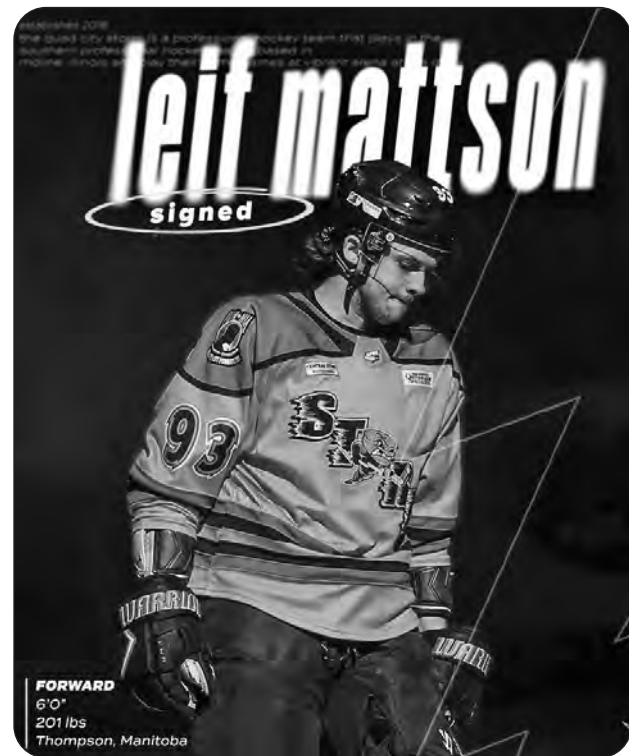
"I'm very excited. I had a couple of brief stints there last year and I definitely found it to be a place where I was comfortable," said Mattson, a former Interlake Lightning. "It's a great group of guys down there and a lot of those guys are coming back. It's a good city and a good arena, the coaching and the fans. For me this year, it was finding a place with a little more stability. Last year, I was definitely moving around a lot, which I enjoyed and I was happy with all of the places I was in."

Last season, Mattson scored eight goals and had 17 points with Quad City. He also played in the ECHL with the Florida Everglades (goal, six assists in seven games) and with the Kalamazoo Wings (two goals, three assists in 22 games).

"(The ECHL) is definitely a step up in terms of younger guys that have been drafted and the NHL teams will send them down there," Mattson said. "You get that mix with college guys and those that played major junior. They're coming from everywhere and it's definitely good hockey. I obviously loved being in Florida. It was a treat especially during the winter months, hanging by the pool after going to the rink every day. At times, I felt like I was on vacation down there and they had a great team because everyone wants to play there and they ended up winning."

Before that, Mattson played a season in France, which he also enjoyed. The hockey style is different out there, said Mattson.

"My first game back in October in North America after being in Europe, I noticed right away how different it was in comparison to European hockey," he said. "It was a lot more physical. A lot of fighting, that sort of thing which is kind of more my brand. Not the fighting part necessarily, the physicality part and being able to play heavy."



TRIBUNE PHOTO SUBMITTED

Leif Mattson has signed with the Quad City Storm of the Southern Professional Hockey League.

Provincial golden girls



TRIBUNE PHOTO SUBMITTED

The Interlake Phillies won gold in the Softball Manitoba U11 'AA' provincials over the weekend. The girls were undefeated in eight games.

The Phillies started the tournament with a win over the Manitoba Reapers 9-2 and the winning just continued. They beat the Bonivital Bolts 14-1, Central Charge 10-3, Westman Heat Yellow 13-5, Westman South Storm 6-4, Westman Heat White 13-5, Central Charge 10-3 before winning against the Westman South Storm 10-4 in the final.

Pictured left to right, back row: coaches Maryn Jones, Chelsea Snively, Todd Chetyrbok, Jeff Spruyt; middle row: Piper Tataryn, Amelia Wirgau, Devynn VanHussen, Hailey Powrozniak; front row: Eden Baker, Krystal Crampton, Maya Pattie, Emily Spruyt, Brooklyn Chetyrbok, Kahlie Minnie and catcher Tamsen Killbery laying down.

Stonewall Blue Jays win seventh straight game

By Brian Bowman

The Stonewall Blue Jays are on a major roll.

Stonewall won its seventh straight game with a solid 4-2 victory over the first-place West Winnipeg A's in Winnipeg Senior Baseball League action last Wednesday.

"That's a massive win," said the Blue Jays' James Stolar. "I think we had 11 hits (that) night and our pitchers just kept us in it. They threw a lot of good pitches, a lot of ground balls, (and) nothing was really barreled up so it was nice to see."

Blue Jays' left-hander Chad Leskiw earned the win.

During that impressive winning streak, the Blue Jays have outscored their opponents by a whopping 84-12 margin.

"We're hitting really well, probably getting eight, nine hits every game and our pitchers (have been very good)," Stolar said. "Usual-

ly, you're going to give up hits but we're not giving up any free bases."

Eighty four runs in seven games is pretty impressive.

"Like we usually do, the bats have come alive in the second half of the season," Stolar said. "We usually start off slow and it's nice to see everyone get awake now and hopefully we can get hot for playoffs."

With their latest victory, Stonewall is now 10-6 on the season and are peaking at the right time. The Blue Jays started the campaign 0-4.

"At the senior level, guys don't usually get a chance to swing a bat until the first day that we come out to the park," Stolar said. "It's just about reps and making sure we get enough."

Stonewall visited West Winnipeg this past Tuesday and then the Blue Jays will host the Carillon Sultans this Thursday (7:30 p.m.) at Fines Field.

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

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!

Level: Intermediate

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!

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

Sudoku Answer

S	E	S	I	A	E	D	R	O	S			
S	H	I	A	T	E	V	E	S	O	R		
V	A	T	S	E	I	B	B	V	C	H	V	
D	H	V	A	U	R	C	D	I	R	V	T	
E	P	S	T	V	C	B	O	N	O	P	U	
E	R	V	D	M	T	V	S	V	T	C	O	
S	R	E	T	S	E	S	O	V	V	E		
S	E	V	R	I	C	O	E	N	S	O	V	S
E	N	E	I	N	I	N	V	L	E			
O	T	V	M	D	P	W	F	M	R	P		
V	T	S	V	S	N	M	S	U	M	E		
T	I	T	P	I	V	T	S	E	N	V	P	
O	M	S	V	M	O	N	V	L	M		P	
E	R	A	B	V	A	S	E	O	O	L	U	
S	E	L	T	T	A	S	T	R	A	S	E	

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Bonus materials
- Formal names
- Free from restraints
- One who scrapes away
- Type of device
- Skin cancers
- The Show Me State
- Plate glasses
- Red-brown sea bream
- Small (Fr.)
- Flightless Australian birds
- High IQ group
- Stiff structures
- Revolutions per minute
- Where a bachelor lives
- Licensed for Wall Street
- A place to park
- Energy, style and enthusiasm
- An important creed in Catholic Church
- 18-year astronomical period
- Furies
- Removes from the record
- Noted child psychiatrist
- Feline
- High schoolers' test
- Not happy
- They ___
- On top
- Precious stones unit of weight
- Moved quickly
- Seagulls
- A seed with hooks or teeth
- Partner to "oohed"
- Exclamation of surprise
- Most unpleasant
- Organization help service members
- Type of cockatoo
- Humorous criticisms
- Went through and organized
- Wakes up
- CLUES DOWN
- Settle in tents

	1	2	3	4	5	6		7	8	9	10	11	12		
13								14						15	
16			17					18						19	
20		21				22				23		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	62				63				64	
65					66					67				68	
										70					

- Big
- Books
- Masses of eggs in fish
- Language
- Not standing
- Chinese philosophy
- Computer giant
- A device to catch
- Emits coherent radiation
- Actor O'Neill
- Smallest interval in western music
- Not lower
- Revolves
- Leavened bread
- Number above the line in a fraction
- Cable
- Adult male
- Airborne (abbr.)
- Bullfighting maneuvers
- Broadcast
- ___ Angeles
- Vehicle
- Not religious
- North American peoples
- A baglike structure
- Body art (slang)
- Picked for a role
- Actress Tomei
- Former hoopster "Big Country"
- Icelandic poems
- More pleasant
- It can add flavor to meat
- Self-immolation by fire rituals
- Expression of annoyance
- ___ Spumante (Italian wine)
- Consumed
- Body part
- Thus
- In reply (abbr.)

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UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF PUBLIC HEARING**

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

**THE WESTERN INTERLAKE PLANNING DISTRICT BY-LAW NO 1/23
Being an AMENDMENT TO THE WESTERN INTERLAKE PLANNING DISTRICT
DEVELOPMENT PLAN BY-LAW NO 2/04, and AMENDMENTS THERETO:**

HEARING LOCATION: RM of St. Laurent Council Chambers, Recreation Centre #16 Veterans Memorial Rd, St. Laurent, MB
DATE & TIME: August 15th, 2023 at 7:10 p.m.
GENERAL INTENT: To re-designate Part of PL 12 & 13-LA-381 as shown in a heavy dotted line on the map below
FROM: RURAL RESIDENTIAL AREA
TO: PARKS AND RECREATION AREA
AREA AFFECTED: Part of PL 12 & 13-LA-381, Veterans Memorial Road in the Rural Municipality of St. Laurent
FOR INFORMATION CONTACT: Cherie Millar, Office Administrator, Western Interlake Planning District Box 269, St. Laurent, MB R0C 2S0, (204) 646-2615, Fax: (204) 646-4150, Email: wipd@mymts.net



A copy of the proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken there from upon request.

Note: Property owners are responsible for notifying lessee.

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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.

AUTOS

Set of 4 Sailun Atrezzo all-season tires (size 185 65 14) mounted on rims, plus 2 additional rims for sale. Tires like new, hardly used during 3 years of pandemic. \$230. Cash only. Call Patricia at 204-407-6099.

TENDERS

TENDER - SE 8-17-2E. 2 - 80 acre parcels (NE & SW) to be split. Located just North of Teulon on Rd 97N, West of Hwy 7 Roll #364400. OFFERS BY 6:00 P.M. August 18th, 2023. Call or Text Matt McSherry LJ BARON REALTY at 204-886-7585.

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**Todd
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Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

Province of Manitoba

**Manitoba Consumer Protection and Government Services Procurement and Supply Chain (PSC)
Winnipeg, Manitoba**

REQUEST FOR PROPOSAL ("RFP")

The Government of Manitoba, as represented by the Minister of Consumer Protection and Government Services, seeks to select qualified Contractor(s) to provide building cleaning services (including all labour and equipment) within the facilities located in the micro zones of Manitoba. This solicitation is in collaboration with several Public Sector Organizations: Government of Manitoba, Manitoba Liquor and Lotteries and Shared Health/ Prairie Health.

Bidders may submit bid(s) to one or more of the locations listed below to:

Arborg, Ashern, Birtle, Boissevain, Carman, Cranberry Portage, Flin Flon, Gimli, Kirkella, Manitou, Navin, Riverton, Rosser, Shoal Lake, Souris, Southport, Starbuck, Steinbach, Grosse Isle, Caroll, Winkler, Stonewall, The Pas, Virden.

INSTRUCTIONS

Bidders interested to participate in this solicitation must send an email requesting a copy of the tender documents to:

Email: procurement.modernization@gov.mb.ca

Subject Title: RFP #29491 - Provision of Building Cleaning Services within the Micro Zones of Manitoba

Bids must be received no later than August 7, 2023 at 4:00 PM (local time)

The receipt or opening of any bid is not acceptance; acceptance of any bid may only be made in writing by the Government of Manitoba; there is no obligation by the Government of Manitoba to accept the lowest or any bid.



SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing

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

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

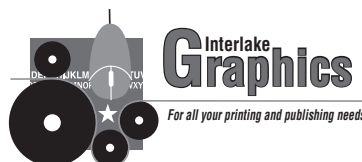
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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

Customer service, sales experience and passion is a must.

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

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



Classifieds



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

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 or call Glen at 204-229-9152.

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 Possible relocation and signing bonus offered.

BUSINESS SERVICES

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

WANTED

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

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

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

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

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Online Timed Auctions @ iCollector.com

Estate of Jean Wilkinson Closes August 3rd @ 7:00PM

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FULL TIME HELP WANTED

at TEULON

Email resume to: 7service@mymts.net or in person Attn: Dave

RRC POLYTECH

EMPLOYMENT OPPORTUNITY

Instructor, Plumbing (Term) Peguis-Fisher River Campus

Competition #: 2023-153 Closing Date: Aug 7, 2023

To view this and other employment opportunities, visit rrc.ca/employment.

We thank all applicants for their interest, but only those selected for an interview will be contacted.



TOWN OF STONEWALL EMPLOYMENT OPPORTUNITY

FULL TIME ADMINISTRATIVE ASSISTANT

The Town of Stonewall invites qualified individuals to apply for the full time position of Administrative Assistant.

Under direct supervision of the Corporate Services Manager, the Administrative Assistant, shall provide support to management in the running of the day to day business operations of the Town in accordance with statutory requirements and the policies and objectives of Council.

Wage will be commensurate with education, qualifications and experience based on Town of Stonewall Non-Union Employee Policy 3.1. This position includes an excellent employee benefits package.

As the first point of contact for public and our ratepayers, the preferred applicant will be dependable and have a welcoming demeanour. Applicants must have strong administrative skills, exceptional customer service skills, and the ability to positively interact with management and staff. Applicants must be familiar with Microsoft Word and Excel, and accounting software applications. Graduation from an Administration Assistant Certificate or Diploma Program is required. Graduation from, or enrolment in, the Four Year Municipal Administration Certificate Program would be considered an asset.

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

C/O Ashley Monforton

Email: ashleym@stonewall.ca

SUBJECT: ADMINISTRATIVE ASSISTANT

293 Main Street, Box 250

Stonewall, MB R0C 2Z0

Deadline for applications: 12:00 PM on Tuesday, August 8th, 2023

Start date: as soon as possible

A complete job description can be obtained by email at ashleym@stonewall.ca

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



Combined Laboratory and X-Ray Technology (CLXT) Diploma



Cross Trained Laboratory Technologist Training Opportunity

Registration deadline – September 30, 2023 for January 2024 entrance to the program.

Only two registrants accepted from IERHA!

Learn more: www.ierha.ca

Contact: Joanne Goldstone jgoldstone@sharedhealthmb.ca



Interlake-Eastern Regional Health Authority

Classifieds

Stonewall Teulon
Tribune

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NOTICES

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 under the "Types of Advertising" tab for more details.

Summer/Fall **HIRING? SOMETHING FOR SALE? HAVING AN EVENT?** Book your Blanket Classified Ads NOW in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Classifieds - A great way to advertise your business!
Call 204-467-5836

South Interlake Seniors Resource Council Inc (S.I.S.R.C)

EMPLOYMENT OPPORTUNITY

The South Interlake Seniors Resource Council, Inc., invites applications for the position of the Support to Seniors in Group Living Coordinator. The SISRC is located in the Lions Manor, Stonewall, MB. The resource council offers programs and services for seniors, and those with disabilities, to help them remain independent, safe and comfortable in their own home and communities.

The SISRC is seeking applications for the following position: Support to Seniors in Group Living (SSGL) Coordinator – 0.6 EFT - \$16.50 - \$18.50/hour depending on education and experience.

This position will work collaboratively with the administrative staff to support health promotion and independence by providing a range of services to seniors in group living in the community, to assist them with accomplishing instrumental Activities of Daily Living (IADLs).

The successful candidate must have excellent interpersonal skills, administrative organizational, problem solving, written and verbal communications, demonstrated experience in working with older adults, ability to work independently and as an integral part of the team.

Qualifications

- Minimum Grade 12 or GED
- Ability to assess individual clients' needs
- Proficient with computers and office suite applications (Word, Excel, etc.)
- Valid Class 5 Drivers License and valid registration. Be insured for a minimum 3rd party liability limit of one million dollars (\$1,000,000) and registered according to their use as required by Manitoba Public Insurance
- Successful applicant must submit to a Criminal Records Check and Adult Abuse Registry Check

Note: The terms and conditions of this employment require that the applicant be able to perform physical light duties as outlined within.

HOW TO APPLY

For more information, and a copy of the detailed job description please send an email to: sisrc@shaw.ca.

Attach your resume and cover letter outlining how you meet the specific requirements of the position, deadline is on Monday, July 31, 2023 by 12:00 p.m.

Forward your resume and cover letter marked "Application for SSGL Position" to:

South Interlake Seniors Resource Council (SISRC)
Attention: Chair, SISRC
144-622 Centre Avenue
Box 36 Stonewall, Manitoba R0C 2Z0,
or, deliver in person to the SISRC Administration Office situated on the main floor of the Lions Manor.

WANTED

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

FLIGHT ACADEMY

Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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

Support Local business

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Robert Norman Cuddy, late of the Postal District of Argyle, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 23rd day of August, 2023.

DATED at Stonewall, Manitoba, this 18th day of July, 2023.

GRANTHAM LAW OFFICES
Solicitor for the Executrix

CARD OF THANKS

I would like to say thank you to my special "Duck Families" for hosting a surprise birthday party for me, it really was a surprise! Thank you everyone for your birthday wishes, gifts and the wonderful picture with everyone's name on it. It was so fabulous and what a memorable afternoon. Thank you.

-Truly grateful,
Roseann Nichol

CARD OF THANKS

I would like to say thank you to my children, Brent, Kim, Sean and their families for putting on a special 80th birthday party for me. Seeing my sisters, brother and their families, my relatives and friends, sharing that special day with me was so overwhelming. Thank you for your wonderful gifts, cards, flowers, birthday wishes. The afternoon was fabulous and memorable. Thank you everyone.

-Truly grateful,
Roseann Nichol

Express your Thanks with a message in the Tribune!

Reporter/Photographer Wanted

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

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

Qualifications:

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

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

Lana Meier
Email: news@stonewallteulontribune.ca

The Carman-Dufferin
STANDARD



SOUTH INTERLAKE REGIONAL LIBRARY
more than just books...

The Library is Hiring

South Interlake Regional Library is recruiting for two part-time positions:
- Bookmobile Driver/Assistant
- Library Clerk, Stonewall Branch

Job postings are available on the Library website:
www.sirlibrary.com.

Please email cover letter and CV to admin@sirlibrary.com.

Deadline for applications is August 8, 2023.



TOWN OF STONEWALL EMPLOYMENT OPPORTUNITY

FULL TIME PARKS & ARENA EMPLOYEE – 2 POSITIONS

The Town of Stonewall invites qualified individuals to apply for the full time position of Parks & Arena Employee. This position is covered by the Collective Agreement between the Town of Stonewall and the International Union of Operating Engineers Local Union 987.

Under the supervision and direction of the Parks & Arena Supervisor, the Parks & Arena Employee will perform varied duties requiring diverse skills and abilities in the area of arena and parks maintenance and operation.

Wage will be commensurate with qualifications and experience based on IUOE Local 987. This is a unionized position that includes an employee benefits package.

The preferred applicant will have experience in the operation of equipment (mowers, ice resurfacer) and experience/background with education and certification in ice refrigeration systems and facility/grounds maintenance.

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: Brett Chatfield
C/O Ashley Monforton
293 Main Street, Box 250
Stonewall, Manitoba
Email: ashleym@stonewall.ca

Deadline for applications: 12:00 PM on August 8, 2023

Start date: as soon as possible

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

Announcements

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



IN MEMORIAM



Gwen Buchanan

May 5, 1956 to July 26, 2022

We miss your love and cheery ways,
With you we spent our happiest days.
In memory we see you the same,
For as long as we live,
We will always cherish your name.

-Your brothers,
Mark and Brad Tronrud
and families

IN MEMORIAM



Gwen Buchanan

May 5, 1956 - July 26, 2022

You left us beautiful memories,
Your love is still our guide;
And although we cannot see you,
You are always by our side.

-Love you deeply and miss you,
Bruce,
Trevor, Chrissy and family;
Tyler, Martina and family;
Jennifer, Jeremy and family

OBITUARY



Richard (Dick) Arnold Stewart
May 1st, 1938 - July 18th, 2023

It is with great sadness that we announce the passing of Richard (Dick) Stewart at the age of 85. He passed away peacefully at Stonewall Hospital after a courageous hard fought battle with cancer.

He is survived by his wife of 61 years, Shirley, his daughter Bonnie and son-in-law Greg, grandchildren Matthew, Brooklyn and her husband Mario, and daughter Shawna and her partner Howie.

Richard was predeceased by his daughter Holly in 1981.

Dick loved building things, everything from an ice rink for his grandchildren to Purple Martin bird houses and two homes for his family. He and Shirley travelled to see many places throughout Canada and the US. He loved going to as many seniors dances as he could even when he could no longer dance. What he enjoyed most was spending time with his family and grandchildren who he loved, he was very proud of them.

A private family service has already taken place.

The family would like to thank Dr. Graham, CancerCare Selkirk, the paramedics, as well as all of the wonderful health care staff at both Selkirk and Stonewall Hospital.



OBITUARY



Olga Agnes Mulligan

It is with deep sorrow and heavy hearts that we announce the peaceful passing of our beloved wife, mother, grandmother and great-grandmother on July 15, 2023.

She will be deeply missed by her husband Dennis; daughter Betty Munro (Cam), son Ken (Sharon), son Leonard; grandchildren Angie (Adam Janssens), Jeff (Amanda), Ashley (Ben Elskamp), Kaleigh (Mark Oliver) and Steven (Ashley); great-grandchildren Abby, Natileigh, Jake, Liam, Arianna, Carver, Austin, Burke, Ryleigh, Rhett and Ella. She is also survived by her brothers John Magas (Trudy) and Bill Magas (Lorraine) and sister Darlene Racz and sisters-in-law Pat Blair and Gwen Kitching as well as numerous nieces, nephews and cousins.

Olga was born on February 23, 1935 in Oak Hammock, MB. to Michael and Pauline Magas. She and her family moved to their farm at Stony Mountain when she was 13 years old. She worked on the family farm until she met the love of her life, Dennis Mulligan, at a barn dance at their farm. They married on August 10, 1955 and farmed in Rosser until they retired and sold the farm to their son and daughter-in-law, Ken and Sharon. While living in Rosser, she worked at the local store and even after retirement took employment with the Winnipeg School Board to fill her days. She loved to bowl, play bingo, go fishing, curling and travel, but her greatest joy was spending time with her grandchildren and great-grandchildren.

A funeral service was held on Monday, July 24 at 10:30 a.m. at Chapel Lawn Funeral Home, 4000 Portage Ave.

Pallbearers were Jeff Mulligan, Adam Janssens, Ben Elskamp, Mark Oliver, Rick Hogg and Bob Molter. Honourary pallbearers were Olga's great-grandchildren Abby, Natileigh, Jake, Liam, Arianna, Carver, Austin, Burke, Ryleigh, Rhett and Ella.

The family would like to thank the nurses and staff at Rosewood Lodge, Teulon and Arborg hospitals for their kindness and compassion.

In lieu of flowers, donations may be made to the Arthritis Society, Canadian Diabetes Association or the Winnipeg Humane Society.

OBITUARY



Linda Marie Suwala (nee Moore)
December 11, 1949 - July 20, 2023

Following a lengthy illness Linda passed away July 20, 2023 at the St. Boniface Hospital, Winnipeg, Manitoba at the age of 73 years.

She is survived by her husband Don, two sons: Andrew (Gina) and Aaron; six grandchildren: Jasmine and Langdon, Jaysin, Zakury (Ruth), Awstin and Tyrel.

Linda was predeceased by her parents Cecil and Mary Moore, and her grandparents James and Eleanor Pyper.

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

The family wishes to thank the nurses and staff at the St. Boniface ICU Hospital and the Altona Hospital.

In lieu of flowers, donations may be made to the Diabetes Canada.

Arrangements entrusted to:
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