



View our properties at mckillop.ca 204-467-8000



TOWN AND COUNTRY LIVING: EXPLORE THE BEST OF BOTH WORLDS !



JUST LISTED!

Indulge in the tranquil charm of this 4-acre estate. 5-bdrm, 3.5 baths, 2853 sqft bungalow boasts the unparalleled craftsmanship of Honka Finnish Pine Log Construction located just outside Stonewall - Brandt/Matt



"Discover Tranquility: Perfect Log Home Retreat on 2.5 Acres of Serene Beauty!" 4 bdrms, 3 baths, pool, hot tub, trip garage. It's Perfect \$649,900 Susan/Brandt



"Discover Your Dream Acreage: 4-Bedroom Family Home on 40 Acres South of Balmoral!" 1860 sqft, 4 bdrm, 2 baths + 6 outbuildings Open to Offers \$495,900- Matt



JUST LISTED!

"Affordable 4BR Bi-Level in Gunton - More Space, Less Cost!" -1257 sqft, 4 bdrms, 2 baths 75 x 115 lot - \$345,000 - Matt



COMING SOON!

Sparkling Spacious 4-Bedroom Bi-Level Home with Expansive Yard and New Deck in Desirable Stonewall! \$499,900 - Brandt

Check out Septembers issue Neighbours of Stonewall at mckillop.ca

VOLUME 14
EDITION 36

Tribune Stonewall Teulon

THURSDAY,
SEPTEMBER 7, 2023

www.stonewallteulontribune.ca

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



Shachtay's Sales and Service

(Proud to be a sponsor)
Stop in and visit us



5 acres of outdoor exhibition space and 60,000 sq. ft. of indoor exhibitor space
Saturday, Sept. 9
10 a.m. - 6 p.m.
Sunday, Sept. 10
10 a.m. - 4 p.m.

Arborg Bifrost Community Centre



SHACHTAY
SALES & SERVICE LTD.
ARBORG, MB

204-376-5233



Making wishes come true

TRIBUNE PHOTO BY JO-ANNE PROCTER

Connor Kamann, left, and Hailey Friesen and Clydesdales Fred and Barney gave wagon rides around the farm at the 33rd annual Ride for a Child's Wish on Aug. 26.

SERVING STONEWALL, BALMORAL, TEULON, GUNTON, NARCISSE, INWOOD, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARGYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



"Selling the Interlake, and Beyond, one Yard at a time!"

L.J. BARON
EST. 1953
Realty

A Real Estate Boutique Practice with Concierge Service

204-886-2393 Toll Free 888-629-6700
baron@mts.net www.ljbaron.com



The **Claudette GRIFFIN** Group
Past Director - Winnipeg Realtors®
Past Chair - Professional Standards



EXPERIENCE COUNTS 1953 - 70 YEARS OF DEDICATION & SERVICE - 2023



CHALET BEACH, MATLOCK - \$315,000

Picturesque private road leads to an absolute PARADISE featuring a lovingly maintained three bedroom cottage and fabulous 100' LAKEFRONT with sandy beach!

RM Armstrong - \$78,000
SOLD
Faded and in need of maintenance, Naive Grass & Lowland. What a Deal!!

VACANT LAND - TEULON
5 Acres - Just outside town - \$129,000.00 Survey Avail
HUGE lot on Hwy 7 - 103x424'
- \$90,000.00 Survey Avail
Building Lot 94' Frontage - \$67,000.00



RM Gimli - PR 229 & R 17 - \$249,000
HOBBY FARM that's CUTE AS A CUPCAKE. Lovingly maintained & upgraded 2 BR farm home with garage barn, bunkhouse, workshop, Gazebo & various other outbuilds on a Picturesque 10 Ac setting. **YOU ARE GOING TO FALL IN LOVE!**



GUNTON - \$238,000

Quality Bit 1360 sf 3 BR 2 Bath MH on Beautifully Landscaped Privately Owned 152'x113' Lot. OC feats Cathedral Ceiling & tons of natural light. Plus a 20x26' hip roof shed, wired w/shelving for storage.

LJ Baron Realty is proud to announce that we have been "Selling the Interlake & Beyond - One Yard at a Time" since 1953, and are Celebrating our 70th Anniversary in 2023.

Dreams do come true

By Jo-Anne Procter

Making wishes come true - one ride at a time.

The 33rd annual Ride for a Child's Wish will continue to help grant wishes after raising close to \$57,000 at this year's event thanks to 67 trail riders, seven wagons, 21 motorcycles, 532 dinner guests, many volunteers and generous donators on Aug. 26.

For over three decades, Silver and her husband, Gary Peltier, have made dreams come true for children with critical illnesses. Through their incredible efforts and the Ride for a Child's Wish fundraiser they host at their farm south of Woodlands, they have granted wishes to 160 children to date and raised over \$1.6 million.

The event brings people together for the popular 12-mile trail ride, 355-mile motorcycle ride and dinner, with one goal in mind: raising funds for the Make-A-Wish Foundation.

Silver and Gary's unwavering commitment to this cause has touched countless lives. They understand that granting these wishes provides moments of joy to families and hope and strength during difficult times. Each

wish granted is a moment that brings smiles, laughter, and happiness to children facing unimaginable challenges. It allows them to forget about hospitals and treatments and enjoy being kids again.

Nine-year-old Wish recipient Reeve Cahoon and his family took part in the event festivities and had an opportunity to thank everyone for their generosity.

In 2017, Reeve was granted a wish. He wished his family could continue camping, and since then, they have been making lifelong memories, stepping away from reality and enjoying time on the beach, having bonfires and enjoying late nights.

Reeve's journey has been filled with challenges from a very young age. At just two weeks old, he was diagnosed with Sturge-Weber Syndrome, a condition that would significantly impact his life. By the time he reached four months old, an MRI revealed that the entire right side of his brain was atrophying, leading to life-threatening seizures.

But Reeve's resilience knows no bounds. He continues to fight bravely despite enduring glaucoma and undergoing multiple eye surgeries starting at just four months old. He has already undergone three major brain surgeries and is preparing for another one this fall.

In addition to these medical hurdles, Reeve also carries the diagnosis of Hemiplegic cerebral palsy post-surgery. This means that he faces unique challenges in mobility and coordination.

Throughout it all, Reeve and his



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Nine-year-old wish recipient Reeve Cahoon, his parents Ashley and Shawn Cahoon and his number one fan and sister, Harlyn (behind) had an opportunity to thank Sean Crawford, director of Manitoba and Nunavut Make a Wish and Gary Peltier and everyone who support the annual ride.

family have spent countless months living in hospitals as they navigate his complex medical needs.

Reeve's story serves as a reminder of the strength within us and the power of granting wishes to children facing critical illnesses. Events like Ride for a Child's Wish make a difference in their lives and bring much-needed joy amidst challenging times.

"This wish would not be possible without the kindness and generosity of from all of you," his mom Ashley said. "It means the world to families like ours and you really make a difference with what you are doing."

The event is led by volunteers, with Silver and Gary Peltier at the helm and their dedicated committee; they work tirelessly to make a difference in these children's lives.

The kitchen crew, led by Bob Thiesen for the past 25 years, worked

tirelessly to ensure that every person attending the fundraiser had a satisfying meal and that every detail was carefully planned and executed.

Food donations came from Itzke River Farm, which donated 18 cases of corn and 25 heads of cabbage for coleslaw, and four market-sized hogs were donated by Penner Farms, Danny's Whole Hog, and Norquay Colony. Exceldor Cooperative stepped up with a donation of 941 pieces of chicken; New Haven and Rock Lake Hutterite Colonies provided homemade buns; Jeffries Bros., from Portage la Prairie, generously donated 100 pounds of carrots, BJ Packers provided bacon for baked beans, while Western Harvest supplied 100 pounds of beans. Marketplace in Stonewall generously donated 15 pounds of but-

Continued on page 3

Jumbo's Tree Cutting
 Safe and experienced tree cutting services and stump grinding.
 Chase Faulkner
 Free estimates, guaranteed best price
 Phone 204-461-0940

Farm Insurance
Coverage designed with your farm in mind.
 Talk to us today!

Tracey Malone
 Financial Advisor and Mutual Fund Investment Specialist
 344 Main St, Stonewall
 204-467-8927
inview_insurance@cooperators.ca

Investments.
 Insurance. Advice.

co-operators

Farm insurance is underwritten by Co-operators General Insurance Company. Not all products are available in all provinces. © 2023 Co-operators and Co-operators Financial Investment Services Inc. Co-operators® is a registered trademark of The Co-operators Group Limited. For Saskatchewan, visit cooperators.ca, or contact 1-800-265-2662, F0011 (04/23)

ELECT
TREVOR KING

FIGHTING FOR LAKESIDE

PC Progressive Conservative
AUTHORIZED BY THE OFFICIAL AGENT FOR TREVOR KING.

PHONE: 204-513-1427 EMAIL: trevorking4@outlook.com



Left, Bob Thiessen has been leading the kitchen crew at the Ride for a Child's Wish for 25 years. Middle left, Chef Kevin Mohr looked after the baked beans. Middle right, Lori Shellekens, Isabel Laing and Numi Broadfoot were on corn on the cob duty. Right; Barney Langtry waits for Breanne Peltier to make his ice cream cone.

> WISH RIDE, FROM PG. 2

ter and Rick Davison from Carberry graciously donated all the potatoes. Annabelle and Dominique Versavel provided a smoked brisket lunch for the riders and Prairie West Ice Cream donated dessert.

As always the generosity of the community was on full display at the fundraiser. Not only did riders make monetary donations but Warren Fuels hosted a pancake breakfast at the Domo Gas Bar for bikers and raised an additional \$269. At the same time, Cheryl Tscetter and Tayvia McRae sold lemonade and contributed \$34.34 to the cause. The Miami Beach Owners and Campers Association presented Peltiers with a cheque for \$3,331.35.

The Peltiers are incredibly grateful to local businesses and individuals who have been truly remarkable.

Silver extends, "A big thank you to the volunteers, before, during and after the Wish Ride. Especially Wally (oldest rider 83) and Linda (highest pledge) Finnbogason, and Debbie Began, (2nd highest pledge) who collects over 85 per cent of the auction items. Over 100 variety auction prizes were donated as well as a buggy, a round pen and a two-year-old registered paint."

Children's entertainment included wagon rides, face painting, a bouncy castle and inflatable slide and a visit from Disney princesses. Nick Johnson originally from Niverville entertained during supper while JR Charron and his band, also from Niverville capped

off the evening with a packed dance floor.

In the spirit of making a difference in the lives of children, there are always opportunities to get involved. Contact Silver at 204-461-0640 or email silverpeltier@gmail.com if you're interested in making a donation and/or lending a helping hand. Every contribution can have a profound impact on these brave young souls.

Next year, the event will be held on Aug. 24, 2024.



Cyril and Ella Lillies celebrated Cyril's birthday at the Ride For a Child's Wish trail ride in their buggy.

Yard of the Week honours



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Communities in Bloom final Yard of the Week for 2023 honours was awarded to Faye Klimpke and Brent Morrison who have resided at 30 Oak Bay for almost seven years. Klimpke is responsible for the decor and plants while Morrison makes sure the grass is cut. 'Yard art' is strategically placed showing off colorful annuals and perennials. Cedars and shrubs, ferns, hostas and Karl Forester grass can be seen amongst pieces of driftwood that has been collected over the years. Pictured with Faye is their one-year-old Pekingese named Otis and 11 year old Pug Tucker. 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.

ELECT SARAH PINSENT-BARDARSON

For Interlake-Gimli

IT'S TIME FOR CHANGE.

• Stop the cuts and fix health care • Invest in schools • Make life affordable for families

sarahbardarson.ca

204-960-8378

Authorized by the Official Agent

Vote for **BETTER HEALTH CARE**

Former Past the Perimeter frontman flies solo in latest release

By Autumn Fehr

Before he was 20-years-old, Derek Peters realized he had a passion for music and wanted to pursue it as a career — his revelation resulted in the creation of Past the Perimeter, which was born at a backyard party with a group of friends.

“The only intention was to play for that party, and it spiraled out into becoming what everybody knows as Past the Perimeter,” said Peters, who went on to spend 14 years with the band before it dissolved amid the COVID-19 pandemic.

“During the pandemic, we didn’t play at all, and we didn’t jam or interact musically with one another,” Peters said. “Past the Perimeter kind of started taking a back seat.”

When the band broke up, Peters knew he had to keep going with music — what he had always known and loved from his young adult years.

The process of putting out his first solo release began during pandemic-induce lock downs when he had extra time on his hands. Peters got together with his songwriter friends and started experimenting with his sound.

Since heading out on his own, he has hit the ground running. He opened

for Doc Walker in Stonewall for a grad fundraiser on his first gig; His second gig saw him open for Snake Oil on the main stage at Quarry Days.

Last week, he released his first single as a solo artist.

“What’s Left of the Night,” a country song with a spin of rock edge (written by Peters, Evan Taplin, Dave Wasyliv, and Murray Pulver) was released on Aug. 21. A music video followed a few days later.

“I needed to keep going with music, so I took a chance releasing this single. I hope everyone likes it, and I can continue to do that,” he said.

“Nothing was really fitting, and when it came time to start recording, we hit the writing studio again and tried getting something going, but we ended up coming back to the song that we had actually written probably close to two years ago now.”

Peters has modest goals as he moves forward with his solo career. He plans to see how people receive the single. In the future, he hopes to expand his career and perform in more shows.

“I’ve been getting a lot of love from the music video that was released... I’ve been seeing a lot of good numbers on Spotify and the streaming platforms,” he said.



TRIBUNE PHOTO SUBMITTED

Derek Peters during a photo shoot while filming the music video for his newest single.

Peters loves being a part of songwriter events and performing in general. He’d like to raise enough money to release another song, he said.

“Any show is a great show where you can hone your skills and interact with the crowd. The crowd interaction is actually the biggest part for me, although I’m pretty introverted myself

in my personal life, when I’m on stage I’m kind of a different person, so you definitely crave that crowd interaction when its something you are used to,” he said.

Peters’s single is out everywhere, and his music video is streaming on YouTube.

To book Peters for an event, email derekpetersmusic@gmail.com.

Coffeehouse to End Cancer 2023

Admission by Donation
we will be accepting cash, credit, and online donations

Friday, September 8th, 2023
Grosse Isle Heritage Site
Showtime: 6:00pm

All funds raised go towards cancer research through CancerCare Manitoba Foundation

Come and enjoy live, outdoor music, homemade dainties, hot beverages, and local makers market

for more info on how to donate contact Paige Procter 204-461-4504 or p.p.procter@gmail.com

Yard of the Week Warren



TRIBUNE PHOTO BY JUDITH OLSON

There's no mistaking the creative yard of Kyle and Kelley Sigurdson at 308 Railway Ave. The pair were recognized as Yard of the Week winners in week four, thanks to their use of stonework, flowers and an old Fargo truck.

Le Burger Week kicks off Sept. 1

Interlake restaurants are taking part Sept. 1-14

Staff

Le Burger Week is a great opportunity to get out and discover some new restaurants while indulging in specialty burgers for the next two weeks.

From Sept. 1 to 14, participants will be able to discover never tasted before, newly created burgers through Le Burger Week 2023.

There are 182 burgers to try throughout Manitoba.

The festival began in Montreal 11 years ago but has now expanded across Canada, generating over 150,000 participants in cities across the country.

Locally, from Kahleigh's Brew Barn in Riverton, for \$14.99 you can try their 'Loaded Pizza Burger', a beef burger topped with their house made aioli, pepperoni, bacon, Mozza cheese, marinara and mozzarella sticks.

In Sandy Hook, Carlo's Cucina will be serving 'The Magnifico' for \$18.95.

It is specially made with an Arborg Bakery Focaccia Hamburger Bun, Sicilian Caponata family recipe, Bothwell mozzarella cheese, a smashed certified Angus beef patty, Soppresata, Carlo's Caucina's specially made in house roasted garlic parmesan aioli topped with arugula tossed in olive oil with cracked black pepper and Himalayan salt served with handcut roasted garlic parmesan yukon gold fries served with in house roasted garlic Parmesan aioli dipping sauce. All components are gluten free and we have gluten free buns available.

Something Beautiful Café in Stonewall will be serving their 'Duck Hunt' Burger for \$16.00. It is a homemade beef patty topped with BBQ duck breast, creamy brie cheese, crispy potato chips and butter leaf lettuce

dressed with a citrus aioli on a black sesame Kaiser bun; and served with a smoked shotgun shell pinned on top.

At Seagull's Hecla Island, for \$18 you can try their Butter Chicken Burger with a house-made, curry flavoured, ground chicken patty topped with an onion pakoda, turkey bacon, jalapeno jack cheese, dill pickles, tomato, red onion, lettuce, and house-made butter chicken sauce on a toasted brioche bun!

Smitty's Restaurant & Lounge Selkirk has created an 'Aloha' burger for \$18.49. This burger has a Hawaiian twist on a Swiss burger. Bacon and swiss cheese on a perfectly grilled 6oz burger patty, topped with caramelized pineapple that gives a taste of summer to the burger. Crispy lettuce, a slice of tomato, julienne red onion and a classic hamburger bun to seal the deal. You can add avocado to your burger to enhance the southwest burger experience.

At the Thirsty Lion in West St. Paul, you can try the 'El Paso' burger for \$21.99. It has a juicy homemade beef patty, chili with a kick, melted cheese and tortilla strips served with your choice of side.

With restaurants across Manitoba putting forth their best burger creations, festival participants have the chance to vote for their favourite burger and take part in a new initiative, 'Hamburgames', an interactive gamified experience which allows you to earn Yums (points) and perks during the two-week long event via LeBurgerWeek.com.

At the end of the two-week festival, winners in each participating city will be announced.

Be sure to get out and try one of these newly creative gourmet burgers during the two-week festival and support local restaurants in your area.



'The Duck Hunt' is the burger of choice at Something Beautiful Café's in Stonewall.



Carlo's Cucina's in Sandy Hook is showcasing the Magnifico burger.



'The Loaded Pizza' burger can be ordered at Kahleigh's Brew Barn's in Riverton.



Smitty's Restaurant & Lounge in Selkirk created the Aloha burger.



Seagull's Restaurant in Hecla Island has the Butter Chicken burger on their menu.



The Thirsty Lion in West St. Paul has the El Paso burger.

[M]²

SMALL CAR / 2 DOOR TRUCK
\$119⁹⁹

SUV (2 rows and trunk) / 2 DOOR TRUCK
\$149⁹⁹

SUV (3 rows and trunk) / 4 DOOR TRUCK
\$179⁹⁹

Approximately 1 - 2 hours

SUPER CLEAN AUTO DETAILING IS A PROFESSIONAL DETAILING SHOP, GIVING YOUR VEHICLE THE TREATMENT IT DESERVES

Call or text 204-513-5611

Open for appointments Monday thru Sunday (closed Tuesday and Wednesday)
PICK UP AVAILABLE

STONEWALL

Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA. RECREATIONAL, PRIVATE AND COMMERCIAL LICENSE. AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?

RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.

LS AIRWAYS FLIGHT ACADEMY

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

Terry Fox' brother Fred Fox will join Stonewall Run on Sept. 17

Staff

It's all in the family at this year's Terry Fox Run since the Canadian icon's brother will be joining in the Stonewall event.

Fred Fox, Terry's older brother, will visit Manitoba to participate in person in the annual Terry Fox Run on Sunday, Sept. 17.

Fred will join the Winnipeg run and then head out to Stonewall for the afternoon event.

Terry, Fred and their two siblings were born in Winnipeg and started school in Transcona, so it's a homecoming of

sorts to return to the province.

"Manitoba holds a very special place in my heart as it did for Terry," Fred said. "It's where we came from. It's where we called home. We still have family there and, of course, I have a lot of memories from my childhood there."

This year's Stonewall Terry Fox Run is set for Sept. 17. The Stonewall Lions will host a pancake breakfast in support of the run that day from 9 a.m. to noon at the Lions Manor.

After that, registration will take place from noon to 1 p.m. at the Stonewall Quarry Park Heritage Arts Centre or par-



TRIBUNE PHOTOS SUBMITTED

Fred Fox, left, with his brother Terry during the Marathon of Hope. Fred Fox is an ambassador for the Terry Fox Foundation and travels the country promoting the Terry Fox Run.

September 9 & 10th
Arborg Recreation Centre
 Adults \$7.00 | Weekend Pass \$10 | Children under 18 FREE
 5 Acres of Outdoor Exhibitor Space
 60,000 sq ft of Indoor Exhibitor Space
 10 - 6 pm Saturday & 10 - 4 pm Sunday

Show Activities

Artisan Market	Kids Zone
Outdoor Expo	Pool Activities
Live Music	Food Trucks
Beer Gardens	Presentations
Skills Competitions	& Much More

INTERLAKE OUTDOORS SHOW
 Come Explore with us...

Arborg Home Hardware building centre, CHUDDS POWERSPORTS, TRANS CANADA, SHACKTAY, CAMP-ARMS

Having a fall supper?
 Contact Christy
 to advertise in our
 Fall Supper Section

204-467-5836
 ads@stonewallteulontribune.ca

Stonewall Teulon Tribune



Terry Fox had to stop his run, just outside Thunder Bay, Ont., because of a recurrence of the disease in his lungs.

Participants can register online at www.terryfox.org.

Stephanie Roberecki and Scott Allan from Quarry Physio will lead the pre-run warmup, and they'll also monitor participants during the run.

The run will start at 1 p.m. Participants can walk, run or bike the five-kilometre route through town.

There is no cost to participate in the Terry Fox Run — anyone can join.

To date, Terry Fox Runs across the country have raised more than \$850 million and funded 1,300 cancer research projects.

Stonewall JETS

Annual Fundraising Gala
 Saturday, October 21st, 2023
 Quarry Park Heritage Arts Centre
 166 Main St., Stonewall, MB
 Dinner catered by RW Catering (Chelsea Coulter)

Cocktails 5:30 pm
 Dinner 6:30 pm
 OPEN BAR
 Tickets:
\$150 each
 Table of 8:
\$1200

MC Phil Aubrey
 92 Citi FM

Comedian Conway Kootenay

AKA Smudge Pan, Conway has garnered National Attention through his online sketch comedy series. With millions of views and thousands of followers Conway is quickly becoming one of the Nations most talked about Native Comedians, some might say he is "real DEADLY!"

For tickets or to sponsor contact Shaun Dalgliesh at 204-290-6064 or jetstreasurer@stonewalljets.com

Flooded Armstrong cattle producers continue to be ignored

By Patricia Barrett

Armstrong cattle producers who've been trying for decades to get the provincial government to fix its drainage infrastructure and get the municipality to address flooding over one of its roads have once again had their pleas for help ignored.

Evita Kalski said her family cattle farm has been flooding since the 1960s after the provincial government built the Fish Lake Drain, a major drain that carries water east to Lake Winnipeg. The drain has rendered acres of her family's land unusable. In 2021 she estimated that they lost 70 per cent of their land.

The Kalskis, like many agricultural producers in the Interlake experiencing flooding from provincially owned drainage infrastructure, have been burdened with flooding for decades while the province and municipality argue about whose responsibility it is to solve the issues.

The Rural Municipality of Armstrong has not yet addressed the water that comes over its municipal road and floods the Kalskis' land, said Evita Kalski.

She said she recently contacted the province and spoke with two drainage officers. One of the officers told her he was busy elsewhere but would get back to her. She also met with municipal council in June to ask it to consider building a ditch on the south side of Road 118 to alleviate the flooding of her land.

"They have not done one iota of anything to address the flooding," said Kalski. "For the last four weekends, every time I go down road 118, the Fish Lake Drain is right up to the top of the road. It's soaking into the gravel. With a bit of wind or rain, it will come across the road."

Kalski said it's been a relatively dry year, but despite that the water in the provincial drain is "never low enough" to funnel away water from other drains that connect to it.

The federal government's July 31

Canadian Drought Monitor shows the Interlake experiencing a moderate drought, with much of southern and central Manitoba in either a moderate or severe drought.

"I can see how this could happen during wet years when we have water everywhere, running all over the place," said Kalski. "But there's not that much water this year. Some of the dugouts are dry."

Kalski said she asked council at its June 13 meeting for some idea of what it's "going to do about the water"

"THEY HAVE NOT DONE ONE IOTA OF ANYTHING TO ADDRESS THE FLOODING."

coming over its road, which can lead to the deterioration of the road, but council would not give her an answer.

"I gave them the whole spiel again about what's happening to us. I said on Road 118, the north side is the Fish Lake Drain. On the south side of the

road there's nothing; there isn't even a ditch beside the road. The water just runs right onto our land, our pastureland" she said. "I asked council, 'Is there any way you can put in a ditch on the south side of the road and give the water a little more space to run somewhere?' The answer I got from the reeve is they weren't there to discuss anything with me; they were just there to hear what I had to say. I just want an answer. They don't have to do it today or tomorrow, but is it on a list where we're going to see something?"

She said she has phoned the RM every week for the past month or so to report the water coming up against the municipality's road, eating into the gravel, and when it also crossed the road.

In addition to the flooding issue, Kalski said the RM pushed trees against her fence line blocking access to their land.

"In the winter the RM pushed a bunch of snow with the bulldozer and pushed a bunch of trees across our fence line. They broke fence posts and



MANITOBA AGRIMAPS

Evita Kalski and her family own land around municipal Road 118 in the RM of Armstrong. The provincial government's Fish Lake Drain, shown on the map running east-west along 118, has been flooding their land since the 1960s when it was built. In addition to flooded agricultural land, the drain causes water to flow over a municipally owned road.

the threw the trees against the barbed wire," she said. "I needed to get that fixed so we could put our cattle on the pasture in the spring."

The RM had told her to send the office an invoice and it would compensate her for the damage, she said, but it hasn't.

"When I went to the [June] meeting I asked, 'What about the invoice?'" she said. "And they said, 'We're going to push this to the next meeting.'"

In council's June meeting minutes, Kalski said they wrote that "no new information was given about snow being pushed on the fence, something like that. It was trees that did the damage. They refuse to pay us. One of the

councillors said the trees were cleared off but the trees are still lying there. I have photos. Someone has to go in there with a bucket and clean it out."

The Tribune sent an email to the RM of Armstrong's reeve, chief administrative officer and assistant chief administrative officer for comment on the flooding situation and the trees but did not get a response.

The Tribune also contacted the provincial government. A communications representative said: "Due to the election blackout, you will need to ask media@pcmanitoba.com your question." The Tribune forwarded its request to the pcmanitoba email address but did not get a response.

THE Flicks

CINEMA

SHOWTIMES:
Please check individual listings
Due to various picture lengths showtimes vary

319 First Street E., Stonewall, Man.
467-8401


PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE
Cash only

LAST DAYS: WED & THURS SEPT 6 & 7 AT 8:00 PM

OPPENHEIMER

Adult Accompaniment Under 14; Sexually Suggestive Scenes; Nudity **14A**

FRI-SAT-SUN-MON SEPT 8-9-10-11 (CLOSED TUES) AND WED-THURS SEPT 13-14




AT 8:00 pm EACH NIGHT

Brought Back

Barbie
Margot Robbie
Ryan Gosling

Violence **PG**



AT 8:00 pm EACH NIGHT

Equalizer 3

Denzel Washington
Dakota Fanning

Adult Accompaniment Under 14; Violence **14A**

Saturday, September 9 Special

Prime Rib

ROCKWOOD Motor Inn 390 Main St. Stonewall 467-2354

Stonewall Teulon
Tribune



PUBLISHER
Lana Meier



SALES/MARKETING
Brett Mitchell



REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER/PHOTOGRAPHER
Autumn Fehr



SPORTS EDITOR
Brian Bowman



DISTRIBUTION
Christy Brown



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Corrie Sargent



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta



PRODUCTION
Debbie Strauss



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



getheard

> Got news?

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



Jennifer McFee
204-461-5352
jen@stonewallteulontribune.ca

COVID on the rise in Manitoba, first West Nile case confirmed

By Patricia Barrett

With new COVID variants picking up steam across the globe, Manitoba is experiencing an increase in COVID infections and hospitalizations.

There were 80 new COVID infections detected from Aug. 20-26, according to the provincial government's respiratory surveillance report for Week 34.

"The number of reported cases and number of COVID-19 hospital admissions increased compared with the previous week," states the report.

Twenty-two people with COVID were hospitalized in Week 34, including two people who required intervention in the intensive care unit. There were no deaths reported.

The numbers are based on comparisons of total severe outcomes that are provided in the current and previous week's report.

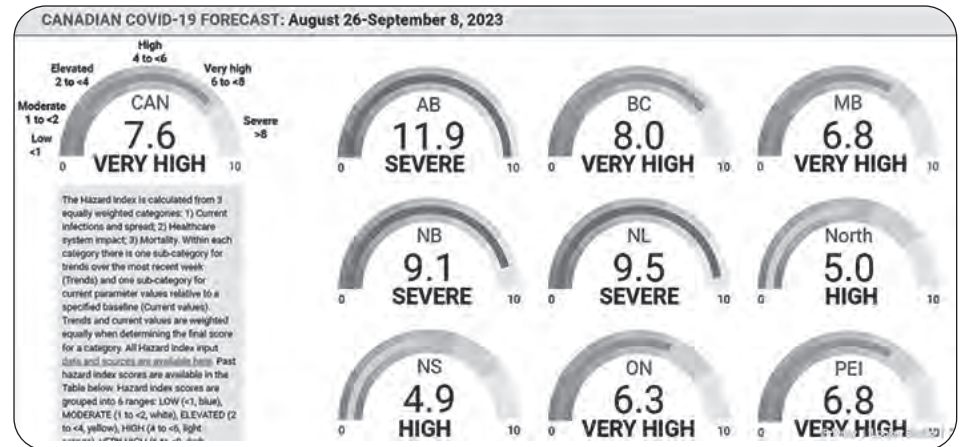
Wastewater surveillance data up to Aug. 22 indicates increased COVID activity in Winnipeg and Brandon.

There have been 2,508 deaths from COVID in Manitoba and 53,345 deaths in Canada, according to federal government data as of Aug. 19.

OTHER HEALTH NEWS:

-COVID-19 Resources Canada, a group of health and data experts, issues a COVID hazard index for provinces and territories based on current infections and spread, health-care system impact and deaths. Its estimate for the period Aug. 26 to Sept. 8 shows Manitoba's COVID hazard at 6.8 or very high.

-In the World Health Organization's last weekly epidemiological update of Sept. 1 (the WHO is moving to a four-week epidemiological reporting schedule), there were more than 1.4 million new COVID cases (an increase of 38 per cent) and over 1,800 deaths (a decrease of 50 per cent) reported to the organization between July 31 and



COVID-19 RESOURCES CANADA

COVID-19 Resources Canada's COVID hazard index rates Manitoba at 6.8 or very high.

Aug. 27.

The reported cases "do not accurately" represent infection rates because countries have reduced testing and reporting, states the WHO. But the organization said it will use available sources to continue monitoring COVID and its impact on health systems.

"COVID-19 remains a major threat and WHO urges Member States to maintain, not dismantle, their established COVID-19 infrastructure," states the WHO. "It is crucial to sustain early warning, surveillance and reporting, variant tracking, early clinical care provision, administration of vaccine boosters to high-risk groups, improvements in ventilation, and regular communication."

The variant EG.5 is now the most prevalent variant of interest globally, accounting for 26.1 per cent of reported sequences from Aug. 7 to 13, according to the report. The variant BA.2.86 was classified as a variant under monitoring on Aug. 17, and as of Aug. 30, 21 sequences have been reported from seven countries.

As of Aug. 27, there have been over 770 million confirmed COVID cases and over 6.9 million deaths reported

worldwide.

-Manitoba Health reported the first confirmed human case of West Nile Virus this year and another three probable cases are under investigation

"The confirmed case in 40 to 49 years of age and lives in the Winnipeg Regional Health Authority," states Manitoba Health in an Aug. 25 West Nile Bulletin. "The individual experienced neurological symptoms and was hospitalized."

In 2022 there were seven confirmed cases of West Nile, with five people requiring hospitalization.

-Emergency department disruptions in the Interlake-Eastern Regional Health Authority continue. Ashern's ER availability has improved since last month: over the period Sept. 1-15, the ER is open 24-7 on 11 days of that 15-day period.

The Eriksdale ER, however, is closed for 12 days of that 15-day period and the Arborg ER is closed for 13 days. Gimli and Stonewall have two days each of ER closures.

The ER schedule is posted on the IERHA's website and is subject to change.

ADVERTISING OR PRINT

CONTACT INFORMATION
ads@stonewallteulontribune.ca
Lana Meier 204-292-2128
news@stonewallteulontribune.ca
PHONE 204-467-5836
FAX 204-467-2679

> EMAIL US

Print: igrphic@mymts.net
Letters to the Editor: letters@stonewallteulontribune.ca
Classified: classifieds@stonewallteulontribune.ca
News: news@stonewallteulontribune.ca

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca
Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca
Autumn Fehr 204-998-1993
Reporter/Photographer
asfatcos@academic.rrc.ca

MAILING ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

The Stonewall Teulon Tribune is published Thursdays and distributed through Canada Post to 7,800 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. - Keep your dollars working at home and shop local. Our commitment to you, the reader - we connect people through stories to build stronger communities.

**Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication**

View the Stonewall Teulon Tribune online at
www.stonewallteulontribune.ca



Funded by the Government of Canada



get informed

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



TRIBUNE PHOTO BY CHRISTY BROWN

Jimli Beach was the perfect place to be last Saturday with temperatures soaring to 35 degrees C. 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

letter to the editor

Letters to the Editor:
letters@expressweeklynews.ca

Why is Canada Post distributing hate mail?

Today I received a book in my mailbox unaddressed so, presumably, it was sent to all the addresses in Stonewall and maybe beyond. The title of the book is "The Great Controversy" and seems to have been sent by an organization called Amazing Facts Ministry.

I have not and will not read it in detail but at a cursory glance at least I would call it hate literature directed at Roman Catholics. Such thinking (sic) and such efforts to spread such thinking are disturbing enough but my main objection is that Canada Post has become complicit in spreading such vile opinion dressed up as religion by agreeing to distribute it.

Having sent off this letter, I will now return the book, along with my objections, to the local post office and encourage others to do the same.

- The Rev. Ted Hicks
Stonewall

All MPI locations closed and scheduled appointments cancelled until further notice

Submitted by MPI

Due to continued Manitoba Government and General Employees' Union strike action, all Manitoba Public Insurance (MPI) locations will be closed and all scheduled appointments will be cancelled until further notice. This includes all driver testing, estimating, adjusting and driver fitness appointments. Affected customers will be contacted to reschedule at a later date. More information is available on MPI's website.

MPI has worked closely with its partners across the province to minimize the impacts customers may experience because of the strike action.

In collaboration with these partners, the following services will continue:

- Customers with general inquiries or front-end service transactions, including licensing renewal and insur-

ance payments can visit one of MPI's nearly 300 broker partners. Find a broker in your community using our Find a Service tool.

- The MPI Contact Centre will remain open for reporting personal injury claims, non-drivable collision claims, and total-theft claims. Customers reporting all other passenger vehicle (car, SUV and light duty truck) claims can go to directly to an MPI-accredited repair shop for vehicle estimates and repairs, without calling MPI first.

- Essential services, such as income replacement payments for personal injury claimants, will continue uninterrupted.

MPI will update its website daily to reflect the most up-to-date service impact information available.



SOLAR REBATES FOR YOUR HOME AND BUSINESS

Find out how our Solar Rebate Program can help you save.

Visit efficiencyMB.ca/solar to learn more.



New Balmoral dance studio to host open house

By Jennifer McFee

A Balmoral-based entrepreneur is dancing on air after opening a brand new studio to offer instruction in dancing and creative movement in the Interlake.

For Lacey Blowers, owner and director of Prairie North Dance, it's always been her dream to open her own dance studio — and now the time seemed right.

Starting in September, Blowers plans to offer dance classes for kids aged five to 17 for the fall session. Looking ahead, she's also hoping to offer an adult class in the winter session.

"Over the 30 years I've been dancing, I have been so lucky to experience a wide variety of dance styles and disciplines. However, my personal favourite and deep passion is Irish dance. The classes I am offering right now will have a ballet and somatic movement base combined with performative and traditional Irish dance soft shoe and hard shoe instruction," she said.

"Classes will include equal parts technique as well as collective creation, where we will use different movements from all different styles of dance — ballet, jazz, modern, lyrical, Ukrainian dance, ballroom, Latin — to help reflect the emotions of the dance pieces we will be creating together."

A lifelong dancer, Blowers first be-

came a junior instructor at age 12 at the Ukrainian Academy of Dance. For more than a decade, Blowers also performed as both a Ukrainian and an Irish dancer in Folklorama pavilions. In 2007, she was the youth ambassador for the Celtic Ireland pavilion.

"I have performed all over Canada in various shows and festivals," she said. "One of the highlights of my career was dancing for then prime minister Stephen Harper and his cabinet in Ottawa for a private show as a representative of Folklorama and the Irish dance community in 2007."

She competed in dance across Canada and the U.S., and she also attended the University of Limerick in Ireland for an accreditation program in Irish dance and culture.

"During this program, I had the honour and privilege of training directly with professional Irish dancer Colin Dunne, former lead dancer of the show River Dance, as well as several other amazing Irish dancers, artists, singers, musicians, historians and linguists," she said.

"The program helped connect me deeper to the cultural roots of Irish dance and the history and significance of dance in general in our societies throughout human history. It was such a deeply impactful experience on so many levels, and I still utilize the connections I made with the students and staff at University of Limerick today."

After she retired from her competitive dance career that included ballet, Ukrainian dance and Irish

dance, Blowers joined the Canadian Forces as an intelligence analyst. When she wasn't working full-time for the army, she attended university to get bachelor degrees in arts and education.

Although Blowers grew up in Winnipeg, she spent a lot of time north of The Pas in the Carrot River Valley where her parents long-distanced farmed until 2010.

"When I met my husband Michael, who is from Woodlands where his family farms, we connected on the experience of growing up in farming families," she said.

After they got engaged in 2011, Blowers lived in Woodlands for two years and ran an Irish dance program at Woodlands Elementary School through the Interlake School Division's continuing education program.

In August 2013, just a few days after their wedding, the newlyweds moved to Alberta for work. While they were there, Blowers worked full-time as a classroom teacher while also working part-time for the army.

"We thought we would be out in Alberta for a while, but as fate would have it, only two years later my husband ended up being promoted and sent to Winnipeg for work," she said.

"We knew instantly we wanted to move back to the Interlake and just fell in love with the community of Balmoral. While I am currently renting space for my dance studio from the Balmoral Community Hall, it is an ultimate dream of mine to build my own dance studio on our farm here in Balmoral."

Over the last decade, Blowers and her husband have grown their family




Lacey Blowers is offering dance lessons in the Balmoral Community Hall.

to include their five children — Liam (8), Emberleigh (7), Teylie (5), Sophie (4) and Owen (19 months). In between her maternity leaves, she worked at several public schools where she always enjoyed the chance to teach some type of dance programming. In December 2021, she began working as an intelligence analyst for the Royal Canadian Air Force and hasn't taught in the public education system since then.


"While I just loved being a teacher and working with kids, I found the structure of the job itself really difficult to manage while also being a mom to my own five kids and a farmer's wife. This is what prompted me to make the move back to the military in 2021 when I was pregnant with my fifth child, specifically the RCAF reserves, as they offered me a hybrid contract, which essentially means I make my own hours — you can't ask for anything more perfect than that for a busy mom of five and a farmer's wife," she said.

"During seeding and harvest, I mostly work part-time hours — whatever I can manage with the childcare options available to me at that time — and during the winter when my husband is home and can be with our kids, I work full-time. While I absolutely love my job with the air force, I definitely miss teaching children. So I am so excited to be starting this dance school and having such a flexible and supportive career in the military where I can have the ability to teach not only my own kids but other kids in the community at the same time as

Continued on page 12



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



Invites the public to the 2023 Federal Election Forum

Federal Election Candidates
Monday, September 18th
at Royal Canadian Legion Clubroom,
459 Main Street, Stonewall

Doors Open at 6:30pm Starts at 7:00pm
Everyone Welcome



We believe in cherishing the small moments in life because they make the lasting memories

MacKenzie
 FUNERAL HOME

204-467-2525 • info@mackenziefh.com

From traditional to contemporary, we provide services to match what you want. **Just ask Ken.**



KEN LOEHMER
 FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca



ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

Clubroom Events for the Week of September 4

Wednesday 4-10 Chase the Queen Draw at 8:30
Pot is over \$3,300

Thursday 4-10

Friday 4-close BBQ 5:30 to 7 Meat Draw at 6:30
Saturday 2-close

All are welcome - Support your local legion!

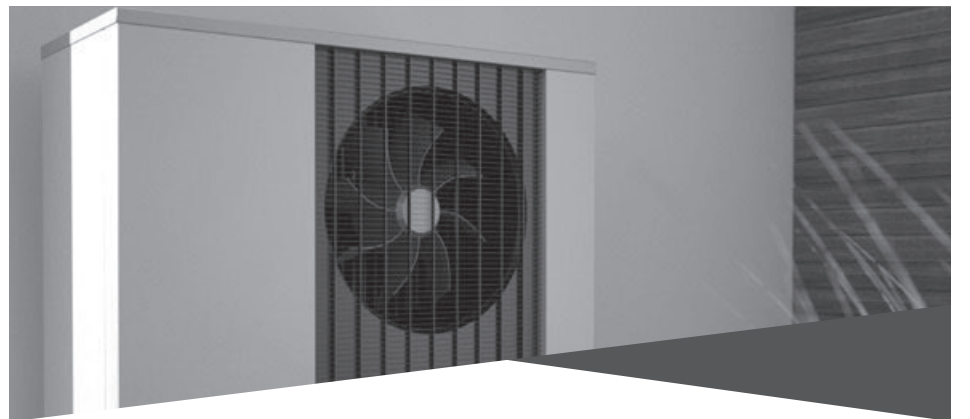
Cravings under new ownership, offering home delivery



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Husband-and-wife duo Gagandeep and Balwinder Natt took over Cravings restaurant as the new owners last May. Since then, they've added delicious Indian-themed menu items such as butter chicken and samosas. Each week, they offer a special burger, wrap, sandwich or soup, which comes with a glass of wine on certain days. They also serve beer, and soon they'll be serving other warm and cold alcohol beverages.

In addition, the local restaurant offers delivery throughout Stonewall and Stony Mountain. The new owners enjoy working in the friendly community. Cravings is located at 266 4th St. East in Stonewall.



What can heat your home in winter, cool it in summer and reduce your electric heating costs?

AN AIR SOURCE HEAT PUMP CAN!

Get a rebate on a qualifying air source heat pump.

Visit efficiencyMB.ca/heatpump to learn more.



QUARRY
PHYSIOTHERAPY
AN inMotion CLINIC

STONEWALL
204-467-9101
347 Main St
(The mural building)

Pelvic Floor Therapy

- Pelvic pain
- Urinary & fecal incontinence
- Urine retention
- Pre and post surgical training of the pelvic floor
- Post partum/post menopausal changes
- Coccydynia
- Prolapse of the pelvic organs (uterus, bladder, rectum)
- Sexual dysfunction
- Various prostrate conditions

• ONLINE BOOKING AVAILABLE • CONVENIENTLY OPEN MON-SAT
• DIRECT BILLING TO MOST INSURERS • EXPERIENCED, FRIENDLY STAFF

Keeping the Interlake inMotion since 1994

inmotionnetwork.ca



DON'T BE SHY, SCAN THE CODE TO LEARN MORE

The Liliane Baron, South Interlake Breast Cancer Support Group

Contact: Claudette 204 886-2393 Eileen 204 861-8107



Need some information? Someone to just listen? Maybe talk with someone who's "been there" or even just have a laugh or two ????

Then come join us at our very Special **Tuesday, September 12th 7 p.m. "DESSERT NITE"** being held in Stonewall at 493 4th St. E. Liberal Office beside Co-op Gas Bar/Subway. We'd love to meet you and have you meet us!!

Also, Drop in on our regular... "Laughs & Chats" group held in Teulon on the 2nd Tuesday of the Month at 7 p.m. We've always got your back....and your front too!!



- Sport Related Injuries
- Hand Therapy
- Jaw (TMJ) Rehab
- Workplace Injuries
- Motor Vehicle Accident Injuries

Book Today



375 Main St., Stonewall
www.completephysiotherapy.ca

204-467-8900

Scenic Flight Tour

Show them the world from 5000ft!

SPECIAL BIRTHDAYS

\$149 3 PASSENGERS AND THE PILOT ALL FOR ONE LOW COST
Book Today!



LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

Remember Your Loved Ones with an Announcement in the Classifieds Call 204-467-5836 or classifieds@stonewallteulontribune.ca

> DANCING, FROM PG. 10

working as an intelligence analyst."

For Blowers, dance continues to be an integral part of her life, and she's looking forward to sharing that passion with others.

"From the moment I was born, I have loved to dance and move my body in creative ways. Dance does so much for me. In addition to it being a fantastic form of physical activity, it is also a huge creative outlet for me. It allows me to be free and helps me to express such a wide range of emotions while telling the stories that are important to me in my life," she said.

"There is also nothing quite like dancing with others and having your bodies communicate together in a way that creates pure magic for the audience. Dance is the original way we communicated with each other. We used it before there was a spoken or written language."

This passion runs in the family since all five of her children also love to dance. "It's been such a joy watching them grow in their dance journey," she said.

"Right now, the favourite style of dance in my house is a split between hip hop and Irish dance — in particular, jigging/hard shoe."

Based on her lifetime of experience, Blowers believes dance creates connections to the collective unconsciousness of humanity.

"It connects us to the earth. It connects us to our past, present and future. It connects us together in both sorrow and joy," she said.

"Dance feels like life to me. I don't know where I would be without it."

That's why it's important to Blowers that her new dance studio reflects and supports the local communities.



The Teulon Healthcare Foundation is a volunteer organization that has been dedicated to raising funds to support and enhance healthcare services in Teulon and the surrounding area for decades. Please join us at our...

Annual General Meeting

Thursday, September 21, 2023

6:00 pm

Teulon Rockwood Centennial Center
All Interlake residents are welcome!

For more information please contact us at:
teulonfoundation@gmail.com
www.teulonfoundation.ca

"It is my dream in the future to be able to network with other rural dance studios and collaborate together to artfully blend the many different cultural styles of dance in this area," she said, "and to create choreography that directly reflects the past, present and future of the land — and the people who make up the heart of our communities."

On Thursday, Sept. 14, Prairie North Dance will host an open house and registration night at the Balmoral Community Hall.

Children between the ages of five and nine years old, along with their parents, can come from 6:30 to 7:30 p.m. Children ages 10 to 17, along with their parents, can come from 7:30 to 8:30 p.m.

Registration is available on the Prairie North Dance website at <https://prairienorthdance.ca>.

Classes will start the week of Sept. 21.



TRIBUNE PHOTOS SUBMITTED

Lacey with her five children, Liam (8), Emberleigh (7), Teylie (5), Sophie (4) and Owen (19 months).



Interlake's Automotive & Agricultural Glass Specialists
We make the claim
We replace the glass
We have courtesy cars available

Manitoba Public Insurance
Autopac Accredited Glass Repair

Stonewall Glass Phone 204-467-8929
to book your appointment.
2 Patterson Drive, Stonewall

Shooting hoops for a cure for lung cancer

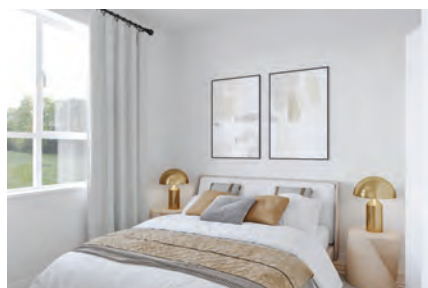


TRIBUNE PHOTOS BY JO-ANNE PROCTER

Reis Meier and Myles Murray organized two 3 on 3 basketball tournaments in Stonewall to raise funds for lung cancer in memory of Wes Kilberry. The tournament raised \$160 from the \$10 entry fee with half of the proceeds to the winning team and the other half to CancerCare. There were approximately 20 games played in the first tournament held in July and another 18 games last Thursday. The games were eight minutes each and were 3 on 3 played on a half court. Last week's tournament players included, left to right, back row: Justin Brunel, Myles Murray, Logan Meier, Kaden Stewart, Nick Stamler with Reis Meier on his shoulders, Edward Emerson-Futz, Marcus Bibeau, Mason Bernier, Easton Stadnichuk, Devin Lillies; front row, Chase Murray, Greyson Malcolm, Easton Killberry and Jacob Bourcier.

SELKIRK MEADOWS **OPEN HOUSE**

Come see Selkirk's newest rental Apartments and Townhomes, with on-site management & maintenance, and our Client Service team available 24/7!



SHOW SUITE NOW OPEN

SEPT
Friday
8
3pm - 6pm

SEPT
Saturday
9
10am - 4pm

1-866-736-8515 | broadstreet.ca





Some choices mean more than your fit check. Vote.

Advance voting: September 23 - 30

Election day:
Tuesday, October 3

Voter Information Card

Watch your mailbox for your voter information card, it will tell you where and when you can vote. During advance voting, vote at any advance poll in the province. On election day, vote at any polling place in your electoral division.

 Provincial General Election Élection générale provinciale VOTER INFORMATION CARD CARTE D'INFORMATION DE L'ÉLECTEUR	
100-200 Vaughan Street, Winnipeg, MB R3C 1T5	
ADVANCE VOTING: Sept. 23 - 30, 2023 Vote at any advance poll in Manitoba. Your suggested advance polling places are:	SCRUTIN PAR ANTICIPATION : du 23 au 30 sept. 2023 Votez dans n'importe quel bureau de scrutin par anticipation au Manitoba. Vos centres de scrutin par anticipation suggérés sont :
LOCAL ELECTION OFFICE 0000 STREET NAME, TOWN Sat to Sat: 8 am to 8 pm Sun: 10 am to 6 pm	BUREAU D'ÉLECTION LOCAL 0000 STREET NAME, TOWN Sam à sam : 8 h à 20 h Dim : 12 h à 18 h
COMMUNITY CENTRE 0000 STREET NAME, TOWN Sat to Sat: 8 am to 8 pm Sun: 10 am to 6 pm	COMMUNITY CENTRE 0000 STREET NAME, TOWN Sam à sam : 8 h à 20 h Dim : 12 h à 18 h
ELECTION DAY: October 3, 2023 Vote at any poll in your electoral division. Your suggested polling place is:	JOUR DU SCRUTIN : le 3 octobre 2023 Votez dans n'importe quel bureau de scrutin de votre circonscription électorale. Votre centre de scrutin suggéré est :
POLLING PLACE NAME 0000 STREET NAME, TOWN Hours: 8:00 pm to 8:00 pm	POLLING PLACE NAME 0000 STREET NAME, TOWN Heures d'ouverture : 8 h à 20 h
Find all polling places at electionsmb.ca . For details about accessible voting and other voting opportunities, visit electionsmb.ca or call your local election office.	Vous trouverez tous les centres de scrutin sur electionsmb.ca/fr . Pour plus de renseignements sur les possibilités de vote accessibles ainsi que sur les autres possibilités de vote offertes, consultez le site electionsmb.ca/fr ou téléphonez à votre bureau d'élection local.

Update or Register

Voting is faster and easier if your voter information is up to date before the election. You can update your information or register on our website until September 14.

Who can vote?

You can vote if you are:
 A Canadian citizen
 18 years old on or before election day
 A resident of Manitoba for at least 6 months before election day
 All voters must show ID to vote. Check out our website for a full list of acceptable ID.

Candidates

Candidates must file their completed nomination papers with their local election office by 1:00 pm, Monday, September 11.

Find forms and guides on our website.



ElectionsMB.ca



Work for Us

Apply on our website to work at a polling place in your community.

For more information

Phone: 204-945-3225
 Toll-free: 1-866-628-6837
election@elections.mb.ca



fall registration 2023-2024

Stonewall Community Registration Evening, Wednesday, September 13, 2023, 6-8 p.m. at the Stonewall Curling Rink

How to improve flexibility

Improving flexibility is a goal for many athletes, whether they're daily exercise devotees or weekend warriors. Taking steps to improve and maintain flexibility has numerous benefits that can pay dividends for athletes of all ages.

According to the Harvard Medical School, well-stretched muscles more easily reach their full range of motion. That benefits athletes by improving their performance, and it can also improve daily life for non-athletes by making it easier to reach, bend or stoop to perform everyday tasks.

As beneficial as being physically flexible can be, many people, no matter how hard they try, struggle to improve or maintain their flexibility. Fortunately, there are some ways that devoted men and women can improve their flexibility and enjoy all of the benefits that increased flexibility provides.

· Choose the right activities. Harvard Medical School notes that activities that lengthen and stretch muscles can help active men and women reduce their risks for injury while potentially preventing back pain and issues that may affect their balance. When done correctly, yoga can improve balance and flexibility. In addition, numerous studies have linked yoga to additional health benefits, such as stress reduction, that can make people less tense, thereby improving their flexibility.

· Drink more water. Drinking water helps to prevent tightness and muscle cramps. In fact, tightness or muscle cramps in the large muscles of the leg may be indicative of the early stages of dehydration. Drinking plain water is the most effective way to stay and remain hydrated. Don't count coffee, tea or sports drinks as water, as such beverages many contain caffeine. Caffeine is a diuretic, and while diuretics cause the increased passing of urine, they also decrease the amount of water that is absorbed by the kidneys, potentially contributing to dehydra-

tion. Drink plenty of water before, during and after workouts.

· Start over after an extended break. If it's been awhile since you last worked out, resist the temptation to push yourself when returning to the gym. Depending on how long it's been since you last exercised, you may need to start back at square one, which means reducing the amount of weight you lift and decreasing the resistance during cardiovascular exercises. Putting too much strain on muscles that have been sedentary for an extended period of time can cause aches, pains and even injury. Muscle

tightness also may develop if you go too hard too quickly, greatly reducing flexibility.

· Get up and go. Poor flexibility may be a byproduct of your lifestyle. Men and women who live sedentary lifestyles are less likely to enjoy the full range of motion from their muscles than those people who are more active. Get off the couch when spending

time at home, and if you work in an office, take routine breaks to stand up and walk around.

Poor flexibility can be painful and inconvenient, but there are many ways for men and women to improve their flexibility and, as a result, their quality of life.

COME DANCE WITH US!



CLASSES START SEPTEMBER 11

HAPPY THOUGHT SCHOOL EAST SELKIRK

NO EXPERIENCE REQUIRED AGES 3 TO ADULT



FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT: WWW.SDUKRAINIANDANCE.COM

evolution dance company

Registration on now!



- Jazz
- Tap
- Ballet
- Lyrical
- Hip Hop
- Acro
- Boys classes
- Broadway
- Pre-School classes

Classes start Sept 10th! Ages 2+

scan for more info!



www.EvolutionDance.ca | Selkirk Town Plaza | 204-785-1285



fall registration 2023-2024

Stonewall Community Registration Evening, Wednesday, September 13, 2023, 6-8 p.m. at the Stonewall Curling Rink

The many benefits of arts education

The arts are an important component of students' overall education.

Why does art matter? This is a question that has given philosophers and artists food for thought for centuries. It's also been a leading question in many school districts when budget cuts have forced school administrators to put various curricula on the chopping block. Very often arts programs are the first to be cut.

From their earliest years, many chil-

dren communicate and learn through artistic expression. Songs help them learn words and repetition to develop speech and reading skills. Drawing, painting and crafting helps to solidify motor skills. Researchers from the Johns Hopkins University School of Education say that instruction becomes more effective when educators integrate creative activities. En-

Continued on page 19



The arts are an important component of students' overall education.



**GREEN ACRES
ART CENTRE**
IMAGINE INSPIRE CREATE

2023/2024 PROGRAMS

Music

- Piano
- Guitar
- Banjo
- Vocal
- Fiddle

Dance

- Little Stars
- Pre-Dance
- Ballet
- Jazz
- Hip Hop
- Lyrical
- Dance Theatre
- Tap

Theatre

Musical Theatre
Theatre







Registration
Opens Sept 5
In Person Registration
Sept 9 11am-2pm



**Teulon Veselka Ukrainian
Dance Club
is looking for dancers**

No experience necessary
Come out and have fun, great exercise and
learn some great Ukrainian dance moves
Ages 5 years to adults

**Registration at Green Acres Art Centre Teulon
on Saturday, Sept. 9 11 a.m. to 2 p.m.
Classes start Sunday, Sept. 24**

For further information call 204-886-2983 or 204-461-3132.



STONEWALL SCOUTING

SCOUTS CANADA

Meets @ New Life Church Weekly

Beavers (Co-Ed ages 5-7) *Meet Mondays 6:30-7:30*

Cubs (Co-Ed ages 8-10) *Meet Mondays 6:30-8:00*

Scouts (Co-Ed ages 11-13) *Meet Mondays 6:30-8:30*

REGISTRATION NIGHT

Fall Registration Wednesday, September 13th, 2023
6:00 - 8:00 p.m. - Stonewall Curling Club



WHERE ART MEETS PLAY

More Information & Registration

greenacresartcentre.ca

info@greenacresartcentre.ca

[204-886-3192](tel:204-886-3192)

www.facebook.com/gaac.teulon





Stonewall Community Registration Evening, Wednesday, September 13, 2023, 6-8 p.m. at the Stonewall Curling Rink

Extracurricular activities for non-athletes

High school sports garner significant attention in communities that want to support their student-athletes. But what about students who aren't inclined to compete on the field or in the gym? There are many more non-athletes than athletes, and the following are some extracurricular activities that might appeal to students who aren't interested in sports.

Theater - School theater programs faced significant challenges during the COVID-19 pandemic, when indoor gatherings were limited if not outright restricted and students were forced to adapt to remote learning. But since COVID-related restrictions were lifted, many theater programs are back in full swing. In fact, the Educational Theatre Association™ notes that its programs were present in roughly 5,000 schools during the 2021-22 school year. Theater programs can expose kids to the performing arts but also teach youngsters who aren't interested in performing about backstage components, including set design and even script writing.

Volunteering - Volunteering is another potential extracurricular activity high school students might want to consider. Volunteering can expose children to potential career paths and introduce them to people from all walks of life. The vast majority of nonprofit organizations welcome and need volunteers, so students should be able to find an organization with a mission that aligns with their values.

Schools also may sponsor volunteer programs, and that can be a great way for students to engage with their school community.

Clubs - High schools are home to clubs that cater to all sorts of interests. Foreign language clubs, gaming clubs, book clubs, and debate clubs are just some of the many non-sports-related clubs students can join to participate more fully in campus life.

Physical activities - Just because kids aren't interested in traditional scholastic sports doesn't mean they don't enjoy breaking a sweat or being part of a team. Local community

programs may offer club skiing teams, rowing clubs, hiking clubs, and other physical activities that are not affiliated with a school. Such options are great opportunities for kids to engage in physical activity and meet fellow fitness enthusiasts. One option kids may want to consider is a local recreational pickleball league. Pickleball has exploded in popularity in recent years and many communities now host competitive leagues for people of all ages.

Students who don't want to compete in scholastic sports can still find a wealth of extracurricular activities that align with their interests and even others that may stoke newfound passions.

STRIKE UP THE FUN!

Youth League Saturdays at Noon

See us at Registration Night for more info!

QUARRY BOWLING LANES

204-467-8218

Yoga Restore the body
Calm the mind
Renew the spirit

with **Heather McDermid**

Fall Session starting soon
Classes for all levels!
Daytime and Evening Classes

Register at www.heathermcdermidyoga.com
or Call 204-467-7949

ROSSDALE UKRAINIAN DANCE SCHOOL

The Rosssdale Ukrainian Dance School invites all dancers to join us in celebrating our culture, making friends and having fun!

Classes run Monday evenings at the Selkirk Community Church, September til May. No experience required, just a desire to learn the art of Ukrainian dance.

For more info on registration www.rossdaledancers.com

Warren Power Skating 2023-2024

4:30-5:15 - Learn to Skate
5:15-6:00 - Learn to Skate
6:00-6:45 - Level 1
6:45-7:30 - Level 2 & 3
(Groups are a guideline, skaters will be evaluated at first class)

Wednesday Evenings
Oct. 11 - Dec. 13, 2023, Jan. 10 - Mar. 13, 2024

\$325 for 20 weeks (45 minute classes)
Cash, cheque or etransfer
(warrenpowerskating@gmail.com)

REGISTRATION
Wednesday, Sept 13 6-8 pm at the Stonewall Curling Club
For more information please email warrenpowerskating@gmail.com
Sticks and helmets with a mask are mandatory for this program

Learn to skate with the

Skate Stony Mountain

Offering Skate Canada programs; CanSkate, Parent & Tot, StarSkate and Synchro Beginner to experienced.

Dates to remember; September 11 - STARSkate Season Starts
September 22 - "Come to Figure Skating & Synchro Day" - email to register
Monday October 16 - first day of CanSkate
For more information and to register visit www.skatestony.ca or email; stonymountain skatingclub@gmail.com
We look forward to seeing you out on the ice!



Visit the following advertisers at our FALL REGISTRATION NIGHT WEDNESDAY SEPTEMBER 13th 6:00pm-8:00pm at the Stonewall Curling Rink

- Balmoral Judo Club
- Balmoral Rec Hockey
- Green Acres Art Centre/ Teulon Veselka Ukrainian Dance
- Jansen School of Dance
- Keyboard Ventures
- Quarry Lanes
- Rosssdale Ukrainian Dance
- Skate Stony Mountain
- Stonewall Curling Club
- Stonewall Jiu-Jitsu
- Stonewall Karate
- Stonewall Power Skating
- Stonewall Scouting
- Balmoral Powerskating
- Warren Powerskating
- Heather McDermid Yoga



fall registration 2023-2024

Stonewall Community Registration Evening, Wednesday, September 13, 2023, 6-8 p.m. at the Stonewall Curling Rink

> FITNESS GOALS, FROM PG. 18

ing an organized sport, and include that in the fitness plan.

· Involve kids' friends. In essence, kids are more inspired to exercise with friends than they are with family members. When establishing fitness goals for kids, parents can work with other parents so kids can pursue those goals together, increasing the chances that those pursuits will be successful.

· Set aside time to exercise each day. Physical activity should be part of everyone's daily routine, and kids are no exception. Such activity does not need to be a grueling workout, and indeed children's bodies will need time to recover after especially strenuous exercise. But setting aside time each day to be physically active is a good way to ensure kids' lifestyles are not predominantly sedentary.

· Make the goals attainable. Parents may know before kids begin exercising or notice shortly after they start being more physically active how much kids can reasonably handle. The YMCA notes that's an important factor to consider, as fitness goals should be attainable so anyone adjusting to a new regimen, even kids, stays motivated. A child's pediatrician can advise on how much exercise youngsters should get each day, and parents can help kids gradually reach that point by setting challenging but attainable goals.

Regular physical activity can benefit kids for the rest of their lives. Parents can pitch in by embracing various strategies to help kids establish attainable goals that make fitness fun.

> ARTS EDUCATION, FROM PG. 16

couraging creativity and imagination across all disciplines can help shine light on new concepts and help students discover connections and innovative ideas.

To bolster support of arts in the classroom, parents and educators can point out the following benefits of arts education.

· Increases creativity: The arts let students express themselves in different ways and offer outlets for all types of skills.

· Improves academic performance: A report by Americans for the Arts indicates young people who regularly participate in the arts are four times more likely to be recognized for academic achievement than non-participants.

· Develops motor skills: Arts helps foster motor skills, which are essential for writing letters and words, playing musical instruments, using paintbrushes, and much more.

· Helps one appreciate numeracy: Art involves patterns and problem solving. Learning these skills translates into many different disciplines, including mathematics.

· May accelerate brain development: Bright Horizons reports learning to play an instrument has been found to improve mathematical learning, boost memory and lead to improved academic scores.

The benefits of arts in the classroom cannot be ignored. The arts encourage students to utilize many skills that translate to various subjects.



Stonewall Karate

Veterans Memorial Club

(White Stucco Building beside the soccer fields)
Stonewall, MB

Contact: Sensei Deborah Hinds
Phone: 467-5787 email: drhinds@mts.net

Benefits:

- Physical Conditioning – endurance, strength, speed, flexibility
- Mental – concentration, stress control, perseverance
- Social – friendly supportive approach, **family oriented**

Shotokan Karate: family oriented, lifetime activity non-contact, men, women, boys, girls, all ages (8 to 65)

Regular Classes Start September 5th

Must pre-register. Space is limited.



Classes start September 19th

Little Tigers - Tuesday

Girls & Boys ages 4-7

More information provided
Call Debbie 204-467-5787

Power Skaters Wanted

Are you interested in becoming a powerful, agile skater?

Registration Night Wednesday, September 13th
6:00-8:00 p.m. at Stonewall Curling Rink
Session to run October 10 to December 12, 2023 and January 16 to March 19, 2024 (Total of 20 weeks)

BEGINNER • INTERMEDIATE • ADVANCED LEVELS

TUESDAYS
Level 1... 4:00 to 4:45 (7, 8 & 9 yrs)
Level 2... 4:45 to 5:30 (8, 9 & 10 yrs)
Level 3... 5:45 to 6:30 (9 & 10 yrs)
Level 4... 6:30 to 7:15 (11 & 12 yrs)

*ages are only a guideline, skaters are evaluated & classed on ability
Cost: \$325 for 20 weeks / \$250 for 10 weeks

Powerskating teaches skaters how to change direction quickly, maneuver easily and sustain their energy during the game.

HELMETS (WITH MASKS) & STICKS ARE REQUIRED FOR THIS PROGRAM
Questions: Contact Brock Couch at brockcouch@gmail.com



Stonewall Community Registration Evening, Wednesday, September 13, 2023, 6-8 p.m. at the Stonewall Curling Rink

Student cyber security precautions

Students should implement cyber security practices at home and in school. Thanks to advancements in technology, students and educators are increasingly turning to birth, tablets and computers when working on daily assignments and classroom activities. Students rely on the internet for research and keeping in touch with teachers and other students, and work is even assigned and completed via digital platforms.

Despite the upside of technology, cybercrime is a potential pitfall of all that time spent online. The internet provides instant access, and that can put students at risk. According to Verizon's 2016 Data Breach Investigations Report, the education sector ranked sixth in the United States for the total number of reported "security incidents." Schools are data-rich, meaning they give hackers access to information like identification

numbers, birthdates, email addresses, financial data, medical records, and more.

Students must understand cyber security risks when working and sharing data online. The following are some tips students can follow.

- Protect passwords. Students are urged to keep their passwords to themselves. This prevents others from using accounts maliciously or even in seemingly harmless ways that can put you in trouble, such as searching for inappropriate content in school. Choose complicated passwords that can't be easily guessed, and opt for two-step authentication whenever offered.

- Use secured WiFi networks. Free or open WiFi connections are not encrypted, meaning they can be accessed by anyone. Many cyber criminals gain access to information through these channels. Schools should have encrypted systems in place.

- Limit what you share on the internet. Students are urged to be aware of what they share online. According to DataManagement, a computing service, information posted to social media is permanent, and deleted items aren't necessarily gone. Exercise caution

on social media. Don't post unless it is something you would be comfortable sharing in public.

- Watch out for phishing scams. Phishing usually occurs through fraudulent email messages that mimic the look of reputable solicitations. Scammers rely on these tactics to tempt people to click on links or download attachments that can put malware on a device and steal personal data. Exercise caution with all links and downloads.

- Schedule routine backups. Data can be lost if a device crashes, so routinely back up personal devices and home computers. Backups can be stored on external hard drives or with cloud services.

- Exercise caution when filesharing. UC Santa Cruz's information technology services says viruses and malware can be transmitted by filesharing software, and files offered by others may not be what they say they are. Only used school-approved filesharing options.

Cyber security is something students should prioritize this school year. The right security measures can protect students, their classmates and their schools.

STONEWALL JIU-JITSU

Kids class 4-8 years old and 9-13 years old every Monday 6-6:35 pm
First class is FREE to try. 1 month, 3 month and 6-month registration options.
Adult class Monday and Wednesday from 6:45 to 8pm.
First class is FREE to try.
Punch Pass system. Only pay for classes you use.
Drop-in, 5, 10 and 20 pass options available.
No previous experience needed.
Just bring your water and sandals.

@stonewall_jiujitsu
 @stonewalljiujitsu

Contact Tanner for more information 204-461-3933

BALMORAL REC HOCKEY PROGRAM



Open to Boys & Girls –
Birth Years 2006 - 2018
\$200 per player.
One hour once a week in Balmoral.

Starting mid October
and ending in mid March.

Jersey & Pinnies Ordering

Looking for full time goalies
please inquire at email below.

**For more information email
recbalmoralhockey@gmail.com**

Registration Night Wednesday, Sept 13 6-8 pm
Stonewall Curling Rink

Jansen School of Dance

Jazz
Acro
Hip Hop
Tap
Pre-School
Lyrical
Ballet

Ages 3-Adult
Registration for 2023-2024
Wednesday, September 13, 2023
6:00 - 8:00 pm
Stonewall Curling Club

Classes run Saturdays from October to May
Year End Recital

**For information
Call 204-471-2345**

patsynewman@gmail.com
www.jansenschoolofdance.com

Under the direction of Patsy Newman



fall registration 2023-2024

Stonewall Community Registration Evening, Wednesday, September 13, 2023, 6-8 p.m. at the Stonewall Curling Rink

Performance pointers that can help student athletes avoid injury

Professional sports teams often note that injuries are part of the game. That notion is never too far from professional athletes' minds, but it can be a harsh reality for student athletes to confront, especially if they have never before been sidelined by injury. Though there's no fool-proof way for athletes to avoid injury, student athletes and their families can consider these preventive measures to reduce their risk of being sidelined.

Use diet to athletes' advantage. A healthy diet benefits people from all walks of life, and it can be especially beneficial for student athletes. Precisely what defines a healthy diet depends on variables specific to the athletes, such as age and gender, but Nemours Childrens Health notes that balance is vital for teenage athletes. Avoid cutting back on carbohydrates, which provide fuel for young athletes. When choosing carbs, opt for fruits, vegetables and whole grains instead of sugar-laden options like candy bars. The latter can provide a quick energy burst but then cause an energy crash that makes athletes feel fatigued. In-game fatigue can increase risk of injury. In addition,

calcium and iron can be vital to young athletes looking to avoid injury. Calcium helps strengthen bones while iron carries much-needed oxygen to athletes' muscles. Protein is important for athletes, but Nemours notes that most teenage athletes who eat healthy diets already get ample protein. As a result, protein powders and shakes are not necessary for teenage muscle growth.

Make a good night's rest part of athletes' routine. A good night's rest is vital for student athletes, as it ensures they aren't playing tired. Tired athletes have slower reaction times and that can increase injury risk. Adequate sleep also benefits athletes' performance. A 2015 study published in the journal *Physiology & Behavior* found that athletes who increased their nightly sleep from seven to nine hours experienced significantly improved performance after doing so.

Emphasize the rules of the game. The rules of the game aren't in place solely to encourage fair play. Rules also are designed to keep athletes safe. For example, student athletes who play contact sports, including

football and soccer, should be taught proper ways to tackle so they can avoid injuring themselves and others. Coaches can reinforce these lessons during practices and even games if the need arises.

Prioritize offseason conditioning. Rest and recovery are vital for any athlete, but especially student athletes whose bodies are still growing and changing. Off seasons have largely fallen by the wayside, but parents can protect their student athletes by encouraging them to avoid year-round competition. During periods when student athletes aren't competing, they can forgo in-season workout routines to reduce their risk for overuse injuries while also improving their conditioning through cardiovascular workouts. Running on a treadmill, using an elliptical machine and/or swimming are great activities that make it easy for student athletes to keep their bodies in shape as their muscles and joints recover from the season.



Stonewall Skating Club

Registration

2023-2024 Season

SKATECANADA
STONEWALL SKATING CLUB

CanSkate All programs are taught by certified professional coaches

CanSkate:
 • Provides kids with the best foundation for figure skating, hockey, speed skating and ringette
 CSA approved helmets and mittens are required.

Canskate Mondays & Thursdays 45 mins. sessions	Oct 16-Dec 21 Jan 4-Mar 21 6:30 - 7:15 PM	Fall/Winter 20 sessions Winter/Spring 20 sessions
---	---	--

Would your child like to learn figure skating? Join the **Skate Canada Star Program.**

Junior Star Skaters Mondays Thursdays	Sep 28-Dec 21 Jan 4-Mar 21 4:45-6:00PM	Program Details available at Registration or email the Club
Star Skaters Mondays Thursdays	Sep 28-Dec 21 Jan 4-Mar 21 4:15-6:00 PM	Program Details available at Registration or email the Club

Online reg will be available Sept 5/23
<https://stonewallskatingclub.uplifterinc.com>
stonewallskatingclub@gmail.com

BRINGING YOU THE NEW NORMAL IN MUSIC INSTRUCTION

6 Week Introductory Offer - \$109
Free use of Keyboard

Keyboard Ventures

Music Centre
Exercise your mind, coordination, Concentration and motor skills.

ONSITE OR ONLINE
Music Lessons for Children, Adults & Seniors

- Piano • Keyboard • Guitar
- Voice • Ukulele • Banjo

Serving **Winnipeg, Stonewall & Selkirk, MB**
 We sell... Keyboards, Guitars, Ukuleles
 Music accessories, etc.

COMPUTER SUPPLIES & SERVICE

- USB flash drives, SD cards
- Batteries - All types:
 - hearing aids
 - fireplaces
 - remote car starters, etc.
- Computer virus removal

Stock up on printer cartridges for back to school & work from home!

CONTACTLESS REGISTRATION
 Available online at www.keyboardventures.com
Receive 20% off first month of lessons

Celebrating 31 Years in Business!

Call Terry: 204-955-5428 | terry@keyboardventures.com
www.keyboardventures.com 324 Main Street • Stonewall

Join Us
 Wed. Sept 13th 6-8 pm
 Registration Night
 at Stonewall Curling Club

BALMORAL POWER SKATING

SATURDAYS

9:00 a.m. - Learn to skate (3-5 year olds)
 9:45 a.m. - Level 1 power skating (6, 7 and 8 year olds)
 10:30 a.m. - Level 2 power skating (9, 10 and 11 year olds)

\$325 - 20 weeks / \$250 - 10 weeks

Balmoral Recreation Centre

October 14, 2023 to January 6, 2024 (10 weeks)
January 13, 2024 - March 16, 2024 (10 weeks)

A stick and helmet with a mask are required for this program.

To register text 204-791-9856 or email balmoralpowerskating@gmail.com
 Registration Wednesday, September 13 at Stonewall Curling Club 6:00-8 p.m.

Mollard breeding a line of show horses and training future stars

By Joshua Frey-Sam

Amanda Mollard knows the dedication it takes to breed, train and show horses as well as anyone.

She did it while growing up on her family farm in Stonewall, showing off some of her most prized horses on the national stage since she was five years old. Mollard did that year-round until 2012 when she decided to fly the coop to Woodlands, where she would begin breeding her own line of show horses under the label Rocky Road Performance Horses.

"I always wanted to do it since I was little," said Mollard, 31.

Mollard has since extended her training to young prospective riders, who have also worked their way to the national spotlight.

Mollard accompanied some of her brightest pupils — and purebreds and half-Arabs — to Red Deer, Alta. where Canada's National Arabian Championship took place from Aug. 12-19.

One youngster, Whitley Monforton — in her first national event — and her horse Wildflower earned top honours in jumping events, the 'hunter over fences 2 ft. 6 jtr' and 'hunter hack open' events. She then placed second (Reserve Champion) in the hunt seat equitation (U13) ride, in which she was judged on her body position and how well she handled her horse.

McKenzie Schnell and her horse Justa Sugar Rush continued a strong showing for Manitoba, earning top six finishes in the 'half Arabian dressage training level junior horse,' 'half Arabian sport horse under saddle junior horse' and 'half Arabian western pleasure junior horse.'

There were a number of riders representing Rocky Road Performance Horses.

Kiera Schnell and Tannis Tait both rode Exclusive Rohan, in dressage, sport horse and hunter pleasure.

Layla Bittner rode her purebred Arabian, Ringo Star, in walk trot hunter pleasure 10 and under, walk trot hunt seat equitation 10 and under, and showmanship 13 and under.

"It takes a lot of work, that's for sure," said Mollard. "The kids did really good, they worked hard all year round to get to that point and they came home with championships. They had good rides, they had bad rides, they had fun and they learned lots."

The strong showing from her students was equally rewarding for Mollard, she said.

"I used to love showing when I was a kid. The fact that they do so well and they're happy and they accomplish what a lot of the kids would like



Whitley Monforton and her horse Wildflower.



Layla Bittner made her debut at nationals with her purebred Arabian, Ringo Star.

to do and can't or won't. It's not like showing at a little fair around home. It's a lot different. It's scarier for the kids, and when they go in there and they do so well and they think that they're not going to, they have meltdowns. And then they come out with championships that they didn't think that they could do because we don't have a lot of big shows around here."

The youngsters trotted against some stiff competition from states like California and Arizona, where shows are done year-round. Mollard's horses train anywhere from two to four times a week all year but don't compete nearly as often, due to a lack of available shows.

Mollard has been to the national Arabian championship almost every year since she began riding horses. It certainly won't be the last time she attends, and based on the success of her pupils, they'll be right there with her.

"It's nice to see them realize that they can actually do it," she said.



TRIBUNE PHOTOS SUBMITTED

Whitley Monforton, pictured with her coach Amanda Mollard, and her horse Wildflower jumped their way to the top at Canada's National Arabian Championships finishing first in hunter over fences 2 foot 6 jtr. and first in hunter hack open.



McKenzie Schnell finished in the top six in three separate classes at nationals with her horse Justa Sugar Rush.



Kiera Schnell, left, and Tannis Tait each rode Exclusive Rohan in their classes.

Stonewall United blanked 3-0 by Interlake Impact

By Brian Bowman

The Stonewall United are in a real battle in the Manitoba Major Soccer League 4th Division standings.

Stonewall was shut out 3-0 by the Interlake Impact at home last Wednesday.

Benny Wiens scored twice while Joseph Barkman also tallied.

"It was probably one of our worst games this season, I would say," said the United's Jason Ferris. "We could have used the points because we're at the bottom of the standings and we're trying to keep out of the relegation area. We couldn't string passes

together and we couldn't score goals. We had chances. We had more chances than them to win but we couldn't put the ball in the net and they did."

The loss allowed Interlake to jump ahead of Stonewall in the standings. The Impact now has 17 points to occupy fifth place in the 10-team division. Interlake is one point ahead of Stonewall and Richmond United.

Stonewall really enjoys playing another Interlake team. Both teams play the game the right way.

"Having another Interlake team in the Manitoba Major Soccer League is good for us small towns," Ferris said.



Stonewall United's Quinn Derksen attempts to stop an Interlake Impact player from advancing the ball.



TRIBUNE PHOTOS LANA MEIER

Stonewall United's Daunte Lourenco heads the ball against the Interlake Impact during MMSL 4th Division action last week in Stonewall.

"There's not too many towns left in the Manitoba Major Soccer League so having another Interlake team is phenomenal."

The United will host Richmond United in a very important game on Sunday. Game time is 5 p.m.

"Our last game was (poor) so we had a little meeting afterwards," Ferris said. "We need to really buckle

down and get two good performances in September and make sure we have enough guys coming out. If we could stay in the 4th Division that would be good."

Ferris wanted to thank the fans that have been coming out to their games and the support the team has received from Jason Manning, the owner of the Rockwood Motor Inn.

U13, U15 AA Interlake Phillies compete at provincials

By Brian Bowman

The U13 AA Interlake Phillies posted a 3-3 record - and finished fourth - at the 10-team provincials in Brandon last month.

Interlake played very well at the provincials.

"It wasn't too bad of a result," said Phillies' head coach Nick Germaine. "They gave it their all in the last game for the bronze medal. We were down three runs going into the last inning and we were away so we needed the runs, which we did and tied it with two outs."

The Phillies had a runner on third in an extra inning but could not cash her in. Interlake eventually lost the game 15-14 to Central Charge.

Interlake enjoyed a really good season, both on the diamond and away from it. The Phillies improved a lot over the course of the season.

"It was definitely a good group of girls. It was my first year coaching

softball and I got to learn a lot," Germaine said. "I think the girls learned a lot about the game, game play, batting and throwing.

"We did some team-building stuff. We went to the movie Barbie in Stonewall so they all dressed up in pink and all of that stuff. We also did some team breakfasts."

The U15 AA Phillies, meanwhile, finished with an 0-4 record at the provincials in Brandon.

"It was due to injuries, we had a lot of injuries on our team," said Phillies' head coach Carmen Germaine.

The experience of playing at provincials will help the players in future years.

"I think they learned a lot and learned what it takes to play at this level," Carmen said. "The drive they need to have and (what they need) to do to play at this level and compete at this level."

The Interlake players bonded very

well throughout the season and at provincials. Players came from across the Interlake.

"The Phillies' program, I think, is doing a really great job," Carmen said, noting the Phillies now have three AA teams. "They're doing a

great job making sure that ball is present in the Interlake. They're getting the word out there as much as they can and they are trying to host as many big tournaments as they can in the area, which is huge because it's a huge undertaking."

Jets busy on the trade front

Staff

The Manitoba Major Junior Hockey League announced last Thursday that the Stonewall Jets had made a trio of trades.

On Aug. 25th, the Jets traded the playing rights of Brandon Ferg (04) to the St Boniface Riels.

August 4 saw Stonewall deal the playing rights of Brock Assailly to the St James Canucks for the playing rights of Liam Johnson. No conditions apply.

Back on July 14, the Jets traded the

playing rights of Ty Hogue to the Charleswood Hawks for the playing rights of Cole Kennedy. Again, no conditions apply.

The Jets will open their preseason schedule on Friday (6 p.m.) against the Transcona Railer Express. Stonewall will then face-off versus the Pembina Valley Twisters Saturday (3:15 p.m.) and the Fort Garry/Ft. Rouge Twins on Sunday (noon).

All three games will be played at the Ed Goulding (East End) Arena.

LeClair represented Manitoba at a pair of major box lacrosse events

By Brian Bowman

Emelia LeClair was able to play the sport she loves at a pair of tournaments this summer.

She represented Manitoba at the North American Indigenous Games (NAIG) in U19 box lacrosse in Halifax and at the National U17 box lacrosse in Regina.

"It wasn't a dull summer," said the 14 year old from Stonewall. "It was so amazing. I had so much fun. It was a really good experience for me. I had a lot of fun with the girls and travelling with them and playing lacrosse."

LeClair really enjoys competing against - and playing - with older players. She also likes competing against other provinces.

At the NAIG, she scored four goals and added three assists as Manitoba, which placed fourth, played against Saskatchewan, Ontario, B.C., and Alberta.

Culturally, it was also a great experience. So too, was the chance to watch other sports.

"It was amazing to see the cultural stuff and how they dance and the drums," LeClair said. "I learned a lot about their culture and I definitely



Emelia LeClair competed at the NAIG games this summer.

learned a lot when I was out there."

The nationals saw Manitoba win silver on the B-side as LeClair scored three goals.

"It was really exciting when I got those goals," LeClair said, adding she wants to play lacrosse in the United States.

This was the first time Manitoba Female Box Lacrosse has been repre-



TRIBUNE PHOTOS SUBMITTED

Emelia LeClair represented Manitoba at the NAIG U19 Games for box lacrosse in Halifax and national U17 box lacrosse in Regina. At the NAIG, she scored four goals and had three assists. Her team played against Saskatchewan, Ontario, B.C. and Alberta. At the nationals, she tallied three goals.

sented at nationals. Manitoba played against New Brunswick, Alberta, B.C., Nova Scotia, Quebec, Ontario and Saskatchewan.

Selkirk Jr. B Fishermen begin training camp on Monday

By Brian Bowman

The Selkirk Jr. B Fishermen are set to defend their three-time Capital Region Junior Hockey League title.

Selkirk will hold two tryout practices on Sept. 11 and Sept. 13 at 8 p.m. at the Selkirk Recreation Complex.

Registration, which costs \$50, will begin at 6:30 p.m. in the Fish office.

Players must provide their name,

date of birth, hand of shot, preferred position, and last team played for.

Everyone is really excited to get out on the ice for another exciting season.

"Coming off a victory in a championship is always fun and we'll see if we can do it again," said Fishermen head coach Chris Poponick last week. "I'm getting antsy after making lots of

phone calls about hockey lately."

Selkirk has a tremendous core of players returning this season but both of the Fishermen goalies from last season have aged out of junior hockey.

"We're looking for a couple of goaltenders so we're hoping to get a bunch of goalies out at camp," Poponick said. "We're also hoping to get

all of the APs that we had out last year come out as well. We're looking forward to a really good season."

Selkirk will be competing in a pre-season tournament later this month, hosted by the Lundar Falcons. The Fishermen will play the Falcons on Sept. 23 (8 p.m.) and the St. Malo Warriors Sept. 24 (4 p.m.).

Cvar lacing up the skates at Mercyhurst

By Brian Bowman

Olivia Cvar made the change this year from playing hockey for the St. Cloud State Huskies in Minnesota to the Mercyhurst University Lakers in Pennsylvania.

She also changed her jersey number. There are a couple of reasons why she made the switch.

"I wanted a number (91) that stood out and I think I left a good impression in my career there (with the Huskies)," she explained. "I helped St. Cloud to reach No. 12 in the NCAA ranking, the highest in St. Cloud history. My family helps to provide me with the strength and encouragement to reach my potential.

"My grandfather was No. 9 when he

was a youngster growing up in Gimli and my father's birthday is nine, so it should do me well."

Cvar, now 22 years old, did extremely well at St. Cloud State, scoring 25 goals and producing 44 points in four seasons.

Going from Minnesota to Pennsylvania is not an easy decision. But Cvar said the Lakers are really good and her teammates are awesome.

"I think I just needed a culture change," Cvar said. "I got that extra year from COVID, so I thought, I got my elementary degree and everything is good with that. I just wanted to try something different for one year and see what it's about out here."

Mercyhurst went to Sweden in July

to play four games against the Swedish national, Olympic, and development teams.

Over the course of their journey overseas, the Lakers were able to enjoy a great experience on and off the ice. The experience gained from their Swedish adventure will benefit them in the upcoming season ahead.

Cvar was able to bond with her teammates and coaches, which she really enjoyed.

"It was amazing," said Cvar, who grew up in Gimli and her family now lives in Stonewall. "I have never been anywhere in Europe before so it was a big culture change but I really liked it."



PHOTO SUBMITTED

Olivia Cvar is now playing hockey for Mercyhurst University in Erie, Pennsylvania.

Martin excels at Riding Mountain Triathlon

By Brian Bowman

The triathlon is a gruelling sport that takes a ton of grit, determination, and perseverance.

But Stonewall's Andrew Martin makes it look easy.

Martin placed first at the 2023 Riding Mountain Triathlon (in the Olympic distance) after posting an impressive time of 2:13:20.2. in mid August.

"I was happy with the time and it was a personal best time for that so that was good," Martin said.

At 26 years old, Martin feels he's getting better in the sport.

"I just got into it last year, actually, during COVID and got into it by fluke," he said. "Since the start of the year, I've been getting faster because I'm relatively new to it. In 2020 during COVID, my Achilles went on me so I wasn't able to run, I wasn't able to bike, so I just started swimming a little bit. That was a form of exercise that I could do that the Achilles could handle. At that point, I thought when I heal and get stronger (and I always biked before) why don't I do all three (events) and get into triathlon."

"In 2021, there were no races due to COVID and then in 2022 that's when I got into it and I liked it."



TRIBUNE PHOTOS SUBMITTED

Stonewall's Andrew Martin placed first overall at the 2023 Riding Mountain Triathlon.

The triathlon isn't for everyone. "I always did a lot of running when I was younger and I always enjoyed running and biking as well," Martin said. "I wanted something with more

of a challenge, something different than just running. I guess I'm a sucker for punishment."

The triathlon community is full of great people who encourage each



other.

"I would say that's another thing that got me into the sport and kept me into it from last year is that one, Manitoba is small and the Triathlon Manitoba is small and tight-knit, so everyone knows everyone," Martin said. "Everyone is really friendly and they all get along really well. That's a nice (aspect of it) it and something that I was pleasantly surprised about."

Varsity Thunder to play Park West Outlaws on Friday

By Brian Bowman

The Interlake Thunder varsity football team is ready to open its Rural Manitoba Football League season in Shoal Lake.

Interlake will take on the Park West Outlaws this Friday. Kickoff is 5 p.m.

"The team and I are very excited to get this season going," said Thunder head coach Christof Hasselfield. "The players have been working hard all spring and fall camp. I think they're itching to finally line up across from someone else for a change. Plus, you never truly know what you have in a team until you actually test it in a regular-season game. We're ready for the test."

Interlake played Park West last season and it was a high-scoring affair.

"When we played them last year it was a bit of a shootout ending with a 71-42 victory for us," Hasselfield recalled. "Obviously, we'd like to contain their offence more effectively this year. As for what their offence will look like is hard to say, with graduation and general turnover from year to year in the league. Our game plan for Week 1 is simply to play fundamentally sound on both sides and start to find our identity on defence and offence."

"As we gather more tape and statistics on future opponents we will start to aim to shut down or exploit tendencies."

Starting the season on the road can be a good thing.

"I will have started all three of my years in the RMFL on the road now, including this year's season opener in Shoal Lake," Hasselfield said. "I think a road trip to start the season is a great chance for the team to come together and start to gel. The change of scenery will be nice as well. Regardless of where we play opening games it always comes down to how the team reacts to the change in pace and intensity. We're a young team this year but we started many Grade 9s last year so we're hoping that experience will be able to lead on the field and help weather the opening rush of a new football season."

This year's Thunder roster has a lot of speed and about half of the players are returning ones.

"Offensively, we're smaller than last year after losing an amazing senior offensive line but we have a lot of speed in space with multiple weapons who can take it the distance on any play. Offensively, I've also been impressed with the buy-in through camp. This

year we expanded the playbook and tweaked some formations and motions from last year. Returning players, as well as rookies, have clearly bought in and put in the time mentally."

"Defensively, we have more upperclassmen and a lot of size in the defensive interior as well as safeties and outside backers who can run sideline to sideline. If we can play as a unit our hope is to spill offenses horizontally then run them down with our second level speed."

The Thunder have had a really good turnout of players this season that live all across the Interlake.

"I started with the Thunder the year after the cancelled Covid season. It's great to see the numbers continue to grow over the past two years," Hasselfield said. "Our team is made up of a healthy mix of players from Gimli, Selkirk and Stonewall as well as many towns between. This season will mark the first year we are using online meetings to review game tape as a team. This has so far been a very effective and accessible way to get the team together when we pull from such a vast area."

The RMFL has added two new teams - the Winnipeg Falcons and St.

Vital Mustangs - for the 2023 season.

"I grew up in Winnipeg playing football since I was nine years old. I've played the Falcons and Mustangs countless times in my career and it's exciting to have them added to the league," Hasselfield said. "I think any growth for the league is exciting. I got a chance to watch both teams in an exhibition game a few weeks ago. Both teams looked good for August football. I also appreciated how much both teams were willing to air the ball out. We're looking forward to getting to play both this season."

For Hasselfield personally, he will be making the transition from offensive coordinator to head coach.

"I'm extremely grateful for this opportunity, taking on the role of head coach. Mitch (Obach) let me know we'd likely be making the transition midway through last season. It helped to have a full offseason to prepare. I will retain offensive play-calling duties - a role I've had both my previous years with the Thunder," said the 30 year old. "So far, I'm really enjoying the role. Having a great support staff and parent group have made the transition with some of the duties outside of the Xs and Os very smooth."

Activities for Seniors in Your Area



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

Clip & Save

- September 7: Ukulele Club 6:30pm (at Something Beautiful)
- September 8: Travel Club Meeting 11:00am (In Person)
- September 8: Texas Hold'em 1:00pm (In Person)
- September 8-10: Pickleball Tournament (at Stonewall Curling Rink)
- September 12: Self Care Techniques with Therese 9:30am (In Person)
- September 12: Wood Carving 1:00pm (Pre-registration required)
- September 12: Cribbage Tournament 7:00pm (Pre-registration required)
- September 13: Luncheon 12:00pm (Pre-purchased ticket required)
- September 13: Cards 1:00pm (In Person)
- September 13: Texas Hold'em 7:00pm (In Person)
- September 14: Joint Replacement Rehabilitation Presentation 1:00pm (In Person)
- September 14: Virtual Chat 3:00pm (on Zoom)
- September 14: Ukulele Club 6:30pm (at Something Beautiful)
- September 15: Quilter's Corner 11:00am (In Person)
- September 15: Texas Hold'em 1:00pm (In Person)
- September 19: Self Care Techniques with Therese 9:30am (In Person)
- September 19: Wood Carving 1:00pm (Pre-registration required)
- September 19: Cribbage Tournament 7:00pm (Pre-registration required)
- September 20: Men's Chat/Stitch n Craft 10:30am (In Person)
- September 20: Cards 1:00pm (In Person)
- September 20: Texas Hold'em 7:00pm (In Person)
- September 21: Outlet Mall Shopping Trip 9:15am (Pre-registration required)
- September 21: Ukulele Club 6:30pm (at Something Beautiful)
- September 22: Mook Fabrics Shopping Trip 9:30am (Pre-registration required)
- September 26: Self Care Techniques with Therese 9:30am (In Person)
- September 26: Wood Carving 1:00pm (Pre-registration required)
- September 26: Cribbage Tournament 7:00pm (Pre-registration required)
- September 27: Men's Chat/Stitch n Craft 10:30am (In Person)
- September 27: Cards 1:00pm (In Person)
- September 27: Texas Hold'em 7:00pm (In Person)
- September 28: Virtual Chat 3:00pm (on Zoom)
- September 28: Ukulele Club 6:30pm (at Something Beautiful)
- September 29: Ukulele Shopping Trip 9:15am (Pre-registration required)
- September 29: Texas Hold'em 1:00pm (In Person)
- October 3: Practical Relaxation Series 1:00pm (In Person)
- October 4: Men's Chat/Stitch n Craft 10:30am (In Person)
- October 4: Book Club 12:00pm (In Person)
- October 4: Cards 1:00pm (In Person)
- October 4: Texas Hold'em 7:00pm (In Person)
- October 5: Disability Tax Credit Presentation 1:00pm (In Person)

Luncheon
Wednesday, September 13, 12:00pm
Tickets: \$13.00 Tickets available at 374 1st Street W.
Ticket deadline: Friday, Sept. 8
Spaghetti Bake, Garlic Toast, Caesar Salad

Self Care Techniques with Therese
Tuesday, Sept. 12, 9:30am – Healing Touch
Tuesday, Sept. 19 – 9:30am – Sound Therapy
Tues, Sept 26 – Emotional Freedom Technique
Call to register for this FREE class!

Joint Replacement Pre & Post Rehabilitation Presentation
Thursday, September 14, 1:00pm
Call to register by September 12 for this FREE presentation

Disability Tax Credit Presentation
Thursday, October 5, 1:00pm
Call to register by October 3 for this FREE presentation

Practical Relaxation Series
Tuesday, October 3, 1:00pm – Intro to Stress
Tuesday, Oct 10, 1:00pm – Intro to Mindfulness
Tuesday, Oct 17, 1:00 – Reframing Our Thoughts
Call to register for this FREE presentation

Outlet Mall Shopping Trip
Thursday, September 21
Registration Deadline: Tuesday, September 19
Members \$20 / Non-members \$25

Mook Fabrics & Lunch
Friday, September 22
Registration Deadline: Wednesday, September 15
Members \$20 / Non-members \$25

Ikea Shopping Trip
Friday, September 29
Registration Deadline: Wednesday, September 27
Members \$20 / Non-members \$25

Active Wellness Club
Fall Session starts Sept. 19
Step, Strength & Stretch, Dynamic Yoga and more!

OAKBANK DINNER THEATRE
Thursday, October 19, 5:30pm
Members: \$75 / Non-Members \$80
Registration Deadline: Thursday, September 28

2024 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR
To renew or become a new member, check out our website at www.si55plus.org to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).
• You do not have to be 55 + to become a member!
• Payments can be made by cash, cheque or E-transfer to si55info@gmail.com

For more information call 204-467-2582

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


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

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

Welcome Kelley Rutkair to our team!
Supports to Seniors in Group Living (SSGL)
 SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings. These services will assist the residents in accomplishing their Instrumental Activities of Daily Living (IADL's) and provide them with the support to remain in their community and "age in place"
 If wanting any support services in group living/elderly persons housing building, please contact Kelley Rutkair @ 431 381 4002 or email @ ssglstonewall@shaw.ca.

Volunteer Opportunities
 Looking for something to do in your spare time? Or are you needing volunteer hours come the school year? Whatever the reason, volunteering with South Interlake Seniors Resource might just be for you!
 Feel free to give us a call at (204) 467-2719 for more information about the volunteer opportunities available!
 We look forward to adding you to our team of dedicated volunteers.

Diabetes Presentation



Presenters:
Lisa Wutzke RNBN CDE
Chronic Disease Nurse & Certified Diabetes Educator
Interlake-Eastern Regional Health Authority
 Lisa will explain what Diabetes is, the different kinds & what happens in the body. She will explain diagnostic criteria, BS goals and testing, complications of the disease and all the different facets of management. At the end she will briefly touch on medications both oral and injectables.
 &
Jay Adam RD CDE
Diabetes Dietitian Educator & Registered Dietitian
Interlake – Eastern RHA
 Jay will focus on how food affects blood sugar and different ideas on how to make things better.
Thursday, Sept. 21st /23 @ 1:00PM
 Lions Manor Multi-purpose Room - 622 Centre Ave (Entrance 4) Stonewall
Everyone Welcome! Reservations Required!
Call Seniors Resource at 204-467-2719 to reserve your seat!
RSVP by Sept. 19th/23

For more information call 204-467-2719

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

Classifieds

Stonewall Teulon
Tribune

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

METAL RECYCLING

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

SCRAP METAL

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

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

FARM MACHINERY

550 MF Combine, 1745 hours, shedded. 204-482-5101.

WANTED OLD SIGNAGE

Looking to purchase old cigarette advertising signs. Black Cat, Sportsman, Buckingham, etc.

Cash Paid

Ph: 403-860-1445 or grizzlygas@hotmail.com

May buy other oil or dealership signs.

HAY / STRAW FOR SALE

For sale - quantity of net wrapped round bales grass hay, 1st cut alfalfa & barley straw. Reasonably priced. Call 204-461-1717.

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

BUSINESS SERVICES

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

WANTED

Buying large amounts of coins & coin collections!



Old coins, old money, collectors coins, rare coins, coin collections, pre-1969 10¢, 25¢, 50¢, \$1, Olympic coins, coin sets, **Royal Canadian Mint Coins, Franklin Mints Sets**, buying **Entire Collections & Estates**. USA, Canada & world collections **wanted**. Also purchasing bullion, jewelry, scrap, nuggets, sterling, gold, silver, platinum.

Todd
250-864-3521

PIANO LESSONS

Spaces available for piano lessons beginning this fall. Children 7 years to adult. Contact Joelle at 204-513-0238 or jnpianoteacher@gmail.com

WANTED

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

Wanted a 4 cycle (reg. gas), 18"-24" W cut snowblower, in good condition. Call 204-797-8513.

HAVE A NEWS TIP OR AN INTERESTING STORY?? CALL 204-467-5836

Starting a new business?

Call us - We have everything YOU NEED to promote YOUR BUSINESS

Call us Today! 467-5836

BOOK YOUR ANNOUNCEMENT TODAY

- BIRTHDAYS •
- OBITUARIES •
- IN MEMORIAMS •
- NOTICES •
- BIRTHS •
- ANNIVERSARIES •
- MARRIAGES •
- ENGAGEMENTS •
- THANK YOUS •

Booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Stonewall Teulon
Tribune
Call 467-5836

Everything you need to promote your business

FLYERS
BROCHURES
BUSINESS CARDS
STICKERS
WINDOW DECALS
SOCIAL TICKETS
DOOR HANGERS

LETTERHEAD
ENVELOPES
INVOICES
ESTIMATE SHEETS
POSTERS
MEMO PADS
POST CARDS

Call Today! 204-467-5836



TOWN OF STONEWALL NOTICE OF BOARD OF REVISION

General Assessment & Personal Property Assessment 2024 and 2023 Supplemental Property Taxes

Public Notice is hereby given that the 2024 General Assessment and Personal Property Assessment Rolls for the Town of Stonewall have been delivered to the Town Office at 293 Main Street, Stonewall, Manitoba and are open for public inspection during the regular business hours.

The Board of Revision shall sit to hear applications respecting assessment on **Thursday, October 12th, 2023 at the hour of 6:30 P.M.** in the Council Chambers of the Town Hall, 293 Main Street, Stonewall, Manitoba.

Applications for revision of assessment shall be made in accordance with Sections 42 and 43 of the Assessment Act:

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- a) liability to taxation;
- b) amount of an assessed value
- c) classification of property; or
- d) a refusal by an assessor to amend the assessment roll under subsection 13(2)

APPLICATION REQUIREMENTS

43(1) An application for revision must:

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred above in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by
 - i) delivering it or causing it to be delivered to the office of the Town of Stonewall, Box 250, 293 Main Street, Stonewall, Manitoba, ROC 2Z0, or
 - ii) serving it upon the Secretary of the Board of Revision

The final date on which applications shall be received by the Secretary of the Board of Revision is **Tuesday, September 26th, 2023.**

Dated this 31st day of August A.D., 2023 at the Town of Stonewall in the Province of Manitoba.

Diane Allan, Secretary
Board of Revision
Town of Stonewall
Box 250
293 Main Street
Stonewall, MB ROC 2Z0
Email: dallan@stonewall.ca



EMPLOYMENT OPPORTUNITY SHOP FOREMAN

Location Gunton Manitoba
Charisons Turkey Hatchery is seeking a Full Time Shop Foreman

- Must be mechanically inclined and possess leadership skills.
- Competitive hourly rate.
- Monday to Friday with occasional evening/weekend emergency services.
- Training will be provided.
- We offer a health and dental package and have a deferred profit sharing plan.

For further information call
Shaunne at 204-886-2922 ext 205 or email resume@shaunne@charisons.ca

EMPLOYMENT OPPORTUNITY

We are looking for a Team Leader to provide direct service day program support, as well as administrative duties. The hours are 8 hours a day, for a 32- hour week. The days are Monday, Tuesday, Thursday and Friday, with the option of additional hours. The individual you will be supporting is creative, adventurous and active in the community so a license and vehicle will be required. Support and training will be provided for those who lack experience in direct service or administration.

Please send resume to jdola@mymts.net or mail to **PO Box 898 Teulon, MB ROC 3B0**

169 Beach Road TEULON, MB

GATEWAY MANOR INC.

INVITATION TO BID - METAL ROOFING

To supply and install 29 ga Pro Rib Metal Roofing over existing shingle roof.

Approx. total area of 40,000 Sq. Ft.

Deadline to Bid **SEPTEMBER 25, 2023**

Bid Package with specifications available from

Gateway Manor Inc. - Site Manager

Phone: 204-886-2298

Email: manorinc@mts.net

Classifieds



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

Classified and Notice booking deadline is Monday at 4 p.m. prior to Thursday's publication.

Call 204-467-5836

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

Eddie's Gravel Supply
Asphalt Paving
 Residential and Commercial
Call for your free estimate today
204-389-2023

SOUTH INTERLAKE PLANNING DISTRICT
 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 SOUTH INTERLAKE PLANNING DISTRICT BY-LAW NO. 1/23
 Being an AMENDMENT to the SOUTH INTERLAKE PLANNING DISTRICT DEVELOPMENT PLAN BY-LAW NO. 3/10, as amended.

HEARING LOCATION: Rural Municipality of Rockwood Council Chambers
 285 Main Street, Stonewall, MB

DATE & TIME: Friday, September 15, 2023, at 10:30AM

- INTENT:**
- To expand the Urban Centre boundary for Stony Mountain to include Pt. of the NE ¼ of Section 15-13-2EPM, Pt. of the S ½ of Section 22-13-2EPM, and Pt. of the SW ¼ of Section 23-13-2EPM; and
 - To re-designate lands as follows:
 - Pt. of the SW ¼ of Section 22-13-2EPM, Pt. of the SE ¼ of Section 22-13-2EPM and Pt. of the SW ¼ of Section 23-13-2EPM from "Restricted Agricultural Area" to "Business Park Area"
 - Pt. of the NE ¼ of Section 15-13-2EPM from "Residential Area" and "Restricted Agricultural Area" to "Commercial Area"
 - Pt. of the NE ¼ of Section 15-13-2EPM from "Restricted Agricultural Area" to "Residential Area"
 - Pt. of the NW ¼ Section 15-13-2EPM and Pt. ¼ NE-15-13-2EPM from "Highway Commercial Area" to "Residential Area"
 - Pt. Lot 2, Plan 51494 from "Residential Area" to "Business Park Area"

AREA AFFECTED:



FOR INFORMATION CONTACT: Eric Shaw, General Manager
 South Interlake Planning District, 5-15 Davis Way,
 R.M. of Rosser, MB, R3C 2E6, Phone: 204-467-5587

A copy of the above 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 therefrom, upon request.

Note: Property Owners are responsible for notifying lessee

FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 DRIVERS

Gravel Hauling an Asset

Competitive Wages, Benefits

info@eddiesgravel.com

204-389-2023

102086 Hwy 9, Wpg Beach, MB

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



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.

TAKING REGISTRATIONS FOR THE FALL? SOMETHING FOR SALE? HAVING AN EVENT? Let us help you with that. 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

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 stonewoodelkran@mymts.net

ReVolution Trailers

RVs

Reimagined

- Winterization
- Winter Storage
- Renovated RV Sales
- Custom Renovations
- Service and Repair

1480 Springfield Rd
 Winnipeg, MB

www.revolutiontrailers.ca

Call Now:
204-955-7377

McSherry Auctions

12 Patterson Dr.,
 Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving
 Featuring Semi Load of Lumber
 Closes Sept. 13 @ 7:00 PM

Estate & Moving
 Closes Sept. 20 @ 7:00 PM

Booking Auctions At Your Place or Ours!

McSherryAuction.com
204-467-1858
 Consignors Welcome!



THE RURAL MUNICIPALITY OF ST. LAURENT CAREER OPPORTUNITY

Economic Development Officer (EDO)

The Rural Municipality of St. Laurent is seeking qualified and interested applicants to fill the role of Economic Development Officer. Under the direction of the CAO and Council, the EDO is vital to the development and growth of the economy of the municipality.

The successful candidate should possess the following skills and qualifications:

You must have excellent computer and communication skills, both written and verbal, the ability to establish connections with staff, the public as well as outside agencies. The ability to search for and assist with grant application processes for both the RM and the non-profit community groups.

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

This position is a 70% position with ability to flex-time hours as required. The qualified candidate can expect a salary and benefits package that reflects level of experience.

Please forward your resume with cover letter along with salary expectations and references no later than noon on September 25, 2023.

We thank all who apply and advise that only those selected for further consideration will be contacted.

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

Classifieds



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

HAVE A NEWS TIP OR AN INTERESTING STORY?? CALL 204-467-5836

Danny's MOVING AND DISPOSAL

- Local & long distance
- USA moving
- Household packing
- Estate clear out & clean up
- Demolition

Free Estimates Seniors Discounts Small Jobs Professional & Courteous

204-298-7578

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Computers *Medical
*All phones *Chargers
*Marine *RV & more
Shipping/Delivery avail.

THE BATTERY MAN
1390 St. James St.
Winnipeg
TF 1-877-775-8271
www.batteryman.ca



Response Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

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

take a break

> GAMES

SUDOKU

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

Please support our advertisers
SHOP LOCAL

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

Sudoku Answer

2023 Show Home for Sale

Starting at \$269,000

Aurora Plus RTM

1648 SqFt 3 bedrooms, ensuite, large kitchen with quartz countertops 9ft walls, double cathedral ceiling

www.wgiesbrechthomes.ca

204-346-3231



THE RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE

BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN THAT the 2024 Preliminary Assessment Roll for the Rural Municipality of St. Laurent has been received by the Municipal Office, 16 St. Laurent Veterans' Memorial Road, St. Laurent, Manitoba and will be open for public inspection during regular business hours.

Applications for revision may be made in accordance with Sections 42 and 43 of *The Municipal Assessment Act*.

APPLICATION FOR REVISION:

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assess value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

43(1) An applicant for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by:
 - Delivering it or cause it to be delivered to the office indicated below, or
 - Serving it upon the secretary at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Thursday, November 16, 2023 at 10:00 a.m. in the Council Chambers of the Rural Municipality of St. Laurent, 16 St. Laurent Veterans' Memorial Road in St. Laurent, Manitoba to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, October 31, 2023, at 4:30 p.m.

Dated at the RM of St. Laurent, this 1st day of September, 2023.

Billie Jean Oliver, CAO
Secretary of the Board of Revision
Rural Municipality of St. Laurent
PO Box 220, St. Laurent, MB R0C 2S0
Phone: 204-646-2259 Fax: 204-646-2705
Email: rmstlaur@mymts.net

Correctional Service Canada / Service correctionnel Canada

FOR LEASE BY TENDER AGRICULTURAL FEDERAL CROWN LANDS

Correctional Service Canada has identified certain parcels of land for agricultural purposes under a cash lease arrangement. These parcels of land are located at or near Stony Mountain Institution, Highway 7, STONY MOUNTAIN, MB. Approximately 168.01 hectares in total area, the parcels are deemed cash crop land and will be leased to one individual, partnership, organization or company for that purpose only.

Interested individuals, partnerships, organizations, or companies can contact Ellen Krychuk by email (MaryEllen.Krychuk@csc-scc.gc.ca) or call 204-344-5111 ext. 5123 to obtain a complete tender package. This package will include land description, eligibility criteria, blank offer to lease, and information regarding method of selection.

Offer to lease must be received by October 16, 2023, at 15:00 and must be accompanied by a certified cheque or bank draft payable to THE RECEIVER GENERAL FOR CANADA, in an amount equivalent to 10% of the offer, which amount will, in due course, be returned if the offer is not acceptable.

Correctional Service Canada reserves the right to reject any or all offers.

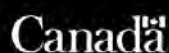
TERRES AGRICOLES DE LA COURONNE FÉDÉRALE À LOUER PAR SOUMISSION

Le Service correctionnel Canada a identifié certaines parcelles de terre pour un usage agricole dans le cadre d'un contrat de location de terrains vacants. Ces parcelles de terre sont situées dans, ou près de l'établissement Stony Mountain, Autoroute 7, à STONY MOUNTAIN en MB. Elles couvrent une surface totale de 168.01 hectares approximativement et leur utilisation est réservée, les parcelles sont considérées comme des terres de culture commerciale et seront louées à un particulier, une société de personnes, un organisme ou une entreprise à cette fin seulement.

Les personnes, partenariats, entreprises ou sociétés intéressés peuvent contacter Ellen Krychuk par courriel (MaryEllen.Krychuk@csc-scc.gc.ca) ou appeler le 204-344-5111 ext. 5123 pour obtenir un dossier de soumission complet. Ce dossier inclut la description des terres, les critères d'admissibilité, un formulaire d'offre de location vierge et des renseignements concernant la méthode de sélection.

Les offres de location devront être reçues le 16, octobre 2023 à 15h00 et doit être accompagnée d'un chèque certifié ou d'une traite bancaire à l'ordre du RECEVEUR GÉNÉRAL DU CANADA, d'un montant équivalent à 10 % de l'offre, lequel montant sera, en temps voulu, retourné si l'offre n'est pas acceptable.

Le Service correctionnel Canada se réserve le droit de rejeter une ou toutes les offres.



IN MEMORIAM



Bradley Cody James Jackson (Allan)
February 9, 1997 - September 8, 2018

How has it been five years since we heard you laugh, heard your voice, felt your warmth with every hug. We can still remember every moment since getting the worst call of our lives as though it was yesterday and yet it feels like it's been a lifetime since seeing you smile. It is said that time will ease the pain and life will continue but with each passing minute, hour, day, week, month and year, the pain of losing you gets stronger. Life will never be the same since we lost you.
-Love Mom and Shay-Lee

OBITUARY



Charles Wayne Davis

After a well-lived life Wayne passed peacefully with his wife and family by his side after a brief illness. He was born in Winnipeg on July 23, 1942 and passed away on August 27th, 2023.

Wayne is survived by his wife Carolyn; children Jason (Sarah), Justin and Joelle (Rick Peterson); grandchildren Jordan, Jamie and Truman; sisters Judy (Edward Prystupa) and Pam (Peter Van Kemanade).

He was predeceased by parents Elmer and Bertha Davis (Hallett) and brother Jim.

Wayne grew up in Woodlands, MB. Sports were an important part of his life, playing baseball and running track early on before finding his later love of curling and golf. He was an avid outdoorsman who enjoyed spending time on the land fishing and hunting. Wayne always looked forward to his time at Spearhill,

playing records, crokinole and taking naps in the fresh air. His great sense of humor earned him many friends throughout the Interlake.

He was married on September 2nd, 1967 to Carolyn McCrimmon and this weekend they would have celebrated their 56th anniversary. He was a member of the Elks Lodge and a founding member of the South Interlake Golf Course (Whispering Winds). Wayne worked for 10 years at Bulman Printing before starting his 30+ year career with MTS in the print shop.

A memorial service celebrating Wayne's life will take place at the Woodlands Community Hall Friday, September 8th at 2:00 p.m. A private family interment will follow.

We would like to thank the team at St. Boniface hospital and the doctors and nurses in the cardiac critical care unit.

If friends so desire donations may be made to the Heart and Stroke Foundation.



Stonewall Teulon
Tribune

Announcements

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

OBITUARY

Cameron Moffat

July 6, 1957- August 27, 2023

With broken hearts we share the passing of our deeply beloved Husband, Dad and Papa Cameron Moffat.

After a swift and courageous battle with Cancer, Cam passed away at home as he wished surrounded by his family. Cam was 66 years young.

Left to mourn the loss is his adoring and loving wife Kim, daughter Crystal (Jeremy) Bergthorson, son Cody Moffat, granddaughter Natalie and grandsons Alex and Benett.

Cam had endless love and pride for his two children and three grandchildren. From the day they were each born they were the lights of his life. He was forever supporting them and always there for anything they needed. Cam had the deepest devotion and love for his wife. He was her soul mate.

Cam is predeceased by his mom and dad Anne and Gordon Moffat, His mother and father-in-law Phyllis and Dennis Clare all from Woodlands, Mb.



Cam is survived by his brothers Gordon (Marlies) Moffat, Randy (Louise) Moffat as well as many nieces and nephews and dear friends.

Cam was always creating and building. Whether it was at home or at the lake. Wherever he was he was always happy, smiling and making people laugh. Of the 36 years married, 30 of them were also spent creating memories with dear friends and family at Lynch's Point Campground.

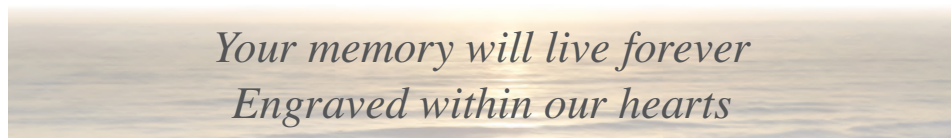
Cam grew up in River Heights. After some convincing the quiet and lack of city lights wasn't all that bad. He fell in love with country living and raised the family in Woodlands on the Clare family farm, and fostered 17 children throughout the years as well.

Sincere thank you to Dr. Kadane, Dr. Laylek at HSC Cancer Care. Dr Graham and the entire Palliative Care team in Stonewall for taking such great care of Cam. Special Thank you to nurses Amber, Laurie, Kaitlyn, Kesneil for your endless compassionate care. Thank you to Stonewall Pharmacy for always quickly taking care of Cam, and being a support for our family.

Graveside Funeral Service to be held in Woodlands at St. Georges Anglican Cemetery, September 27th at 2:00 pm.

Forever and always in love with you,
Kim
Crystal & Family
Cody

Wojciks Funeral Chapel
in care of arrangements



Get The Job Done!

Biz Cards

Call 204-467-5836

GNJ STUCCO and ACRYLIC

Pargings • Garages • Paper & Wire
New & Re-Stucco Repair Work
FREE ESTIMATES
204-206-0276 Teulon, MB

GRASS-FINISHED BEEF

Scott and Jenny Beaton Balmoral, MB

JACKFISH CREEK FARM

Jackfishcreekfarm.com
204-467-8510 jackfishcreekfarm@gmail.com

SHERLOCK TREE REMOVAL

Pruning • Stump Grinding • Chipper

Vince 861-0487
Darren 861-0028

Advertising that Works!
To place your BIZ CARD Call 204-467-5836

RENT IT FROM G&A Rentals

- Parts
- Sales
- Service

Lawn • Garden • Construction

Small engine repairs & general equipment service

7 Patterson Dr., Stonewall, Industrial Park
garentals.ca 204-467-7368

HOME SOLUTION EXTERIORS

Your **ROOFING Professionals**

204-952-5587

HSExteriors@gmail.com **FREE ESTIMATES**
Warren, MB

Everything you need to promote your business

- FLYERS
- BROCHURES
- POST CARDS
- STICKERS
- BUSINESS CARDS
- PRESENTATION FOLDERS
- SIGNS
- SOCIAL TICKETS

- DOOR HANGERS
- LETTERHEAD
- ENVELOPES
- INVOICES
- ESTIMATE SHEETS
- POSTERS
- MEMO PADS
- And MORE...

Interlake Graphics

For all your printing and publishing needs

467-5836



Biz Cards
Call 467-5836

MacMillan Plumbing
204-461-0485
Serving the Interlake area.

Stonewall Parochial Hall
435 - 1st Street N.
For information & hall rentals
Call 204-467-8466
Email cota_secretary@mts.net
*Table sitting 100 people; Theatre Style 150 people
*Kitchen available * Meetings, showers, family gatherings
ALL YOUR HALL RENTAL NEEDS!

Quarry PETS
Supplies & More
Supplying All Your Pet's Needs
317 Main St., Stonewall (204) 467-5924

QUARRY RIDGE PHARMACY
469 1st Street West, Stonewall
(204) 467-7333

Hnatiuk Law
204 - 482 - 5111
Main Street, Selkirk
www.hnatiuklaw.com

EAVESTROUGH and everything else
mwgventures@gmail.com
204-461-0737

stonewall chiropractic centre
Also
• Acupuncture • Custom Orthotics
• Massage Therapy • Athletic Therapy
Billing to Autopac, Blue Cross, WCB
204-467-5523

ski-doo **GIMLI**
SALES • SERVICE • PARTS
#109097 Hwy 9, Gimli
204-642-7017
e: skidoo@mymts.net

FULLHOUSE MOVERS
ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A FULLHOUSE MOVE

BOONSTRA FARMS
RV Sales
204-941-0228
204-467-8480 • www.boonstrafarms.com

Electro Wright CONTRACTING INC.
Derek Fotty
Ph. (204) 467-RITE(7483)
Fax. (204) 467-2000
Email. electrowright@mts.net
Electrical Contractors

MAXWELL'S PROFESSIONAL PAINTING
COMMERCIAL/RESIDENTIAL
Cell: (204) 792-0675
Email: maxpro@mts.net
Box 275, Stonewall, MB ROC 220

Odd Fellows Hall
• Weddings • Socials • Showers • Meetings
• Capacity 220 persons • Kitchen available
374 1st St. West, Stonewall
Hall 204-467-5556
stonewalldoddfellows@gmail.com

Bittner SteelWorks
Find our page Bittner Steelworks on Facebook
Sarah & Ty Bittner Owners
(204) 490-0555 / (204) 461-3451
bittner.steelworks@gmail.com

Super Clean Auto Detailing
Need the interior of your vehicle professionally cleaned?
Small car \$120 SUV (2 rows) \$150 SUV (3 rows) \$180
Call or text 204-513-5611
PICK UP AVAILABLE

TEDDY ROOFING
Residential and Commercial Roofing
Free Estimates
In Business since 1989
204-272-4111
www.teddyroofing.com

BNS EXCAVATING
• Design Services • Soil Analysis • Well & Septic Repairs
• Frozen Lines • Driveways • Culverts • Trenching
• Auger Drilling • Ice Dam Steaming • Septic Fields
Residential, Commercial & Industrial
Member of Manitoba Onsite Wastewater Management Assoc
BNSexcavating@hotmail.com (204)461-2856

NAPA AUTOPRO
Brake Family Auto Sales & Service Ltd.
Auto Service • Maintenance & Repair
Used Vehicle Sales
napaautopro.com
214-2nd Ave North, Highway 67
Stonewall 204-467-9156

COUNTRY COLOURS PAINTING
countrycolourspainting@gmail.com
Serving The Interlake and Winnipeg Area
204-901-2067
Interior • Exterior • Residential • Commercial

PIPE DREAMERS PLUMBING & HVAC/R
CHASE BORGSTROM 204-990-1299 PLUMBER
Renovations Repairs/Service New Installs Drain Cleaning Water Treatment
KYLE SCRIVENS 204-482-3939 HVAC TECH
Heating Air Conditioning Gas Fitting Contracting Refrigeration
PIPEDREAMERS PLUMBING2019@GMAIL.COM PIPEDREAMERSHVAC@GMAIL.COM

PLUMBING
Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/Reverse Osmosis
RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035

AirWise Home
Your Heating, Cooling and Geothermal Specialists
204-467-9578
info@airwiseinc.ca www.airwiseinc.ca

Ritchie PLUMBING HEATING LTD.
ritchie_perron@live.ca Red Seal Certified Certified gas fitter Residential/Commercial
Stonewall, MB
Call or Text 204-467-5287

Rockwood Landscaping & Tree Service
*Complete Landscaping *Barkman Concrete Products *Concrete Breaking *Aerial Tree Pruning & Removal *Chipping *Stump Grinding
*Tree Planting *24HR Storm Service *Snow Removal *Skid-Steer *Compact Track Loader *Excavator *Bucket Truck
467-7646 Free Estimates

GRANTHAM LAW OFFICES
Lawyer & Notary Public
STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527

AE ROOFING
• Eavestroughing • Soffit • Fascia • Siding
Advance Exteriors
RESIDENTIAL, COMMERCIAL, AGRICULTURAL
204.461.0019 Grosse Isle, Mb
www.AdvanceExteriors.com

Excavator & Dozer Services
PRAIRIE EARTHWORKS
• Excavation & Demolition • Road Building & Clay Pads • Drainage & Dyking • Topsoil Screening
204 461-0815

Roof Express Ltd.
Complete Roofing Services
Argyle, MB
Residential • Agricultural
204-774-2030
www.roofexpress.ca

ALICE ROOFING LTD.
Complete Roofing Service
• Residential • Agricultural
Licensed & Insured
www.aliceroofing.ca 204-757-9092

VIC'S AUTO TIRE & TOWING
VIC CHARTRAND 204.886.2972 - Teulon, MB
• Glass Replacement • Full Mechanical Repairs • Tire Sales & Installation
• Used Auto Sales • Wheel Alignments • Flat Deck Tow Truck
24 HOUR TOWING
Manitoba Public Insurance GAA

Heating & Cooling • Refrigeration
COMMERCIAL COMFORT INC.
Residential & Commercial
Owner: Scott Miskiewicz
461-HEAT (4328) commercialcomfort16@gmail.com

10 DAY ^{x2} SALE!

"Twice as Nice"

SALE ON NOW

PLUS
FOR ONE DAY,
EVERYONE
WILL GET THEIR PURCHASE
FREE!

PREVIOUS WINNERS All these customers received their purchase **FREE!** (parital list)

Agnes Furgula, Riverton	\$939.00	Beverly & Bryan Plett, Arborg	\$2,148.00	Elaine Bruce, Ashern	\$449.00
Scott McDougall, Ashern	\$369.00	Bruce Reimer, Arborg	\$1,308.00	Linda Foster, Matlock	\$408.00
John Harper, Hodgson	\$799.00	Ray Reimer, Arborg	\$399.00	Dan & Nyla Klatt, Grahamsdale	\$649.00
Robert & Delores Jacobson, Arborg	\$279.00	Donna Volour, Arborg	\$69.00	Rosemarie Kawalenko, Arnes	\$1,329.00
Brad Baziniak, Riverton	\$598.00	Richard & Judith Womer, Arnes	\$419.00	Lenora Mahase, Winnipeg	\$369.00
Allan Porter, Peguis	\$1,698.00	Don Barkman, Arborg	\$279.00	Melissa Markussen, Gimli	\$399.00
Pete & Verna Bodnar, Arborg	\$1,028.00	Noreen Barkman, Arborg	\$679.00	Stacy Markussen, Gimli	\$2,637.00
Zenith Poole, Arborg	\$1,849.00	Mark Bayliss, Arborg	\$19.95	Darrin Mitchell, Riverton	\$1,703.95
Kevin & Lisa Klym, Arborg	\$179.00	Melvin & Carol Bilinski, Fisher Branch	\$999.00	Vera Osborne, Arborg	\$279.00
Joan Hudson, Hodgson	\$979.00	Jim & Wanda Brandson, Lundar	\$916.00	Ashely Prince, Peguis	\$20.00
Leonard & Joyce Jackson, Gimli	\$2,427.00	Paul & Linda Buss, East Selkirk	\$338.00	Glen Tamoto, Sandy Hook	\$1,179.00
Amanda Rundie, Riverton	\$258.00	Richard & Doris Dueck, Arborg	\$59.90	Rick Weins, Arborg	\$649.00
Kay Bergman, Arborg	\$2,229.00	Henry T. Friesen, Arborg	\$1727.95	Cornelius Weins, Arborg	\$59.00
William & Ethel Brown, Gimli	\$5,000.00	Jocelyn & Tony Hayka, Arnes	\$749.00	Roger and Christine Abuda, Arborg	\$849.00
Leona Cochran, Koostatak	\$499.00	Carl Johnson, Riverton	\$499.00	Will & Shelly Ashley, Arborg	\$193.98
Ivan & Christine Fridfinnson, Arborg	\$737.10	Darryl & Jeanette Lazarok, Poplarfield	\$599.00	Darryl and Doris Bear, Peguis	\$2,647.00
Jocelyn & Tony Hayka, Arnes	\$949.00	Jason Loewen, Arborg	\$59.90	Dwight Dilts, Stonewall	\$1,828.00
John Hudyma, Fraserwood	\$599.00	Janet Porth, Gimli	\$1759.00	Lil Firman, Gimli	\$2,068.00
Alex Klimchuk, FisherBranch	\$575.00	Candace Sigurdson, Riverton	\$499.00	Ruth Kennedy, Arborg	\$54.99
Kevin & Lisa Klym, Arborg	\$1,404.00	Tracy Sigvaldason, Arborg	\$299.00	Chris and Jennifer Kristjansson, Gimli	\$919.00
Claudia Krawchuk, Fraserwood	\$499.00	Della Sinclair, Koostatak	\$1599.00	Bjani and Elaine Martinson, Riverton	\$399.00
David & Judy McDougall, Ashern	\$399.00	Isabel JToy, Lundar	\$469.00	Bruce and Candace McKinnon, Eriksdale	\$1,669.00
Tammie McQuoid, Arborg	\$1,049.00	Cynthia Webster, Gimli	\$449.00	Stephen and Liz Murdock, Koostatak	\$70.00
John Miller, Broad Valley	\$69.95	George & Maria Wiebe	\$51.00	Lorne and Susan Smith, Gimli	\$929.00
Ronald Plett, Arborg	\$499.00	Debbie & Adrian Zelenitsky, Gimli	\$858.00	Faye Stevenson, Peguis	\$1,173.95
Frank Reimer, Arborg	\$658.00	Doreen Steg, Camp Morton	\$1,474.50	Walter and Charlene Stevenson, Peguis	\$154.98
Dave & Eileen Shott, Arborg	\$98.00	Darlene Jonsson, Gimli	\$529.00	Renate Van Der Molen, Eriksdale	\$1,632.10
Fern & Phillip Sinclair, Peguis	\$279.00	Luwana Brandt, Riverton	\$1,799.00	Al and Gloria Wiebe, Poplarfield	\$152.94
Phillip Thorkelson, Arborg	\$599.00	Linda Williams, Peguis	\$339.00	Irene Zazulinski, Fraserwood	\$279.00
Stanley Wallach, Poplarfield	\$399.00	Ida Jean Buck, Hodgson	\$26.75	Kurtis and Iris Stansell, Arborg	\$239.00
Simonetta DeSante, Riverton	\$529.00	Glen & Phyllis Stevenson, Peguis	\$877.00	Stephen & Liz Murdock, Koostatak	\$841.00
Danielle & John Weedon, Riverton	\$1,799.00	Don & Betty Johnson, Arborg	\$1,299.00	Ian and Carla Christiansen, Gimli	\$2,257.99
Bev Webb, Fisher Branch	\$129.00	Patricia McCallum, Gimli	\$569.00	Duane Loewen, Arborg	\$199.59
Alan McKay, Arborg	\$349.00	Joyce Bielik, Riverton	\$29.95	Matthew Smith, Eriksdale	\$2,297.00
Zenith Poole, Arborg	\$848.00	Marvin Olson, Arborg	\$29.95	Sharon McLeod, Gimli	\$1385.97
Barb & Menno Friesen, Riverton	\$559.00	Jerriline Smith, Peguis	\$1227.00	George and Mary Lywak, Koostatak	\$629.00
Pat Dudrak, Arborg	\$499.00	Sandra Jonasson, Arborg	\$549.00	Lorna Friesen, Arborg	\$599.00
Mary Dunlop, Gimli	\$109.00	Melissa & Jeff Abuda, Arborg	\$5,339	Teddy Ferkel, Sandy Hook	\$699.00
Jean Harrison, Arborg	\$1,999.00	John Paul Avison, Arborg	\$679	Darrell and Donna Thaddeus, Koostatak	\$139.00
Roxanne Roche, Arborg	\$1,868.00	Carol & Dan Beauchemin, Inwood	\$1,329	Joyce and Glenn Peden, Gimli	\$1,019.00
Ernie & Lucille Stabner, Eriksdale	\$1,349.00	Jim Dingwall, CampMorton	\$1,038	Lilja Macaulay, Gimli	\$829.00
Nancy Woychystyn, Arborg	\$499.00	Jaron Hudson, Riverton	\$1,278	Dennis & Marlene Riehl - Arnes	\$899
Donna & Ray Andert, Gimli	\$899.00	Darlene Jonsson, Gimli	\$359	Ruth & Steve Macduff - Gimli	\$868
Will Ashley, Arborg	\$479.00	Ruth Kennedy, Arborg	\$549	Christine Loff - Riverton	\$399
Jake Barkman, Riverton	\$619.00	Benita Muzyka, Arborg	\$388	Thomas Pardoski - Stonewall	\$399
Mike & Thelma Blahay, Arborg	\$557.00	Archie Thompson, Arborg	\$549	Cindy & Derek Grimoltson - Riverton	\$749
Elaine Bolter / Geoff Crew, Sandy Hook	\$999.00	Amanda Unger, Riverton	\$799	Louise Barylski - Arborg	\$1,128
Karen Dzaid, Arborg	\$499.00	Evelyn Wallach, Poplarfield	\$899	Arnold & Shirley Jonasson - Arborg	\$969
Natalia & Roger Eyoifson, Riverton	\$1638.00	Judy Wells, GrandePointe	\$119	Eric & Stella Funk - Gimli	\$889
Randy & Glenda Forster, Hodgson	\$1898.00	Lynn Bear, Peguis	\$239.00	Donna Dolphin - Arnes	\$515.65
Perry & Genni Hibbert, Arborg	\$479.00	Hazel Brunen, Eriksdale	\$729.00	Maureen Blandford - Arborg	\$79
Kris & Begga Johannesson, Riverton	\$939.00	David Chudy, FisherBranch	\$1,499.00	Christina Asham - Peguis	\$2,007
Rick & Sheila Johnston, Arborg	\$349.00	Susie and Brian Eyoifson, Riverton	\$528.00	Julia Penny - Winnipeg	\$549
Donna Jonasson, Arnes	\$399.00	Nelson Hudson, Koostatak	\$629.00	Rita Kirkness - Koostatak	\$2,897
Jeanette Kist, Gimli	\$121.87	Larry and Valerie Kornelsen, Arborg	\$799.00	Kassidy Brooks - Peguis	\$668
Kevin & Lisa Klym, Arborg	\$774.00	John Loewen, Arborg	\$859.00	Crystal & Aaron Magnusson, Riverton	\$999
John & Tina Kornelson, Arborg	\$689.00	Rita Milne, Gimli	\$1,327.43	Barry McKay - Fisher River	\$399
Kent & Helena Kostshyn, Lundar	\$639.80	Minerva Ladies Aid, Gimli	\$659.00	Doris & Tom Trotter - Arnes	\$4898
Thomas Kowalchuk, Fraserwood	\$499.00	Sheila Murdock, Koostatak	\$1,018.00	Leonard & Donna Gulay - Arborg	\$669
Edward Penner, Arborg	\$619.00	John Otto, Ashern	\$1,829.00	John & Carol Pelkau - Arborg	\$49.99
Keith Poleschuk, Arborg	\$2082.00	Gwen Adams, Matlock	\$1499.00	Jan Lardner - Sandy Hook	\$2478
Curtis Spence, Hodgson	\$479.00	Buddy Chudy, Fisher Branch	\$1298.00	Adrian & Allan Koblun - Arborg	\$53
Tanya & Lyle Thorgilsson, Lundar	\$329.00	Dave Crate, Koostatak	\$529.00	Linda Annason - Gimli	\$69.99
Nancy Woychystyn, Arborg	\$768.00	Frank Dziedzic, Stonewall	\$859.00	Olga Persoage - Teulon	\$54.99
Mathew & Gemma Avison, Arborg	\$219.00	Heather Fedorchuk, Gimli	\$1119.00	Donna Kirby - Eriksdale	\$728
Raymond Bazinet, Eriksdale	\$389.00	Ilean Haldane, Winnipeg Beach	\$1979.00	Daphne Grier - Riverton	\$949
Lynn Bear, Peguis	\$1,044.00	Catalina Janzen, Arborg	\$709.00	William Whiteway - Arnes	\$1899
Ken & Linda Cherepak, Arborg	\$49.01	Joan Krulicki, Arborg	\$1126.99	Fred Finsson - Hnausa	\$319
Debbie Deveau, Eriksdale	\$249.00	John Logan, Teulon	\$439.00	Dawn & David Sul - Arborg	\$2118
Dorothy Dubchak, Gimli	\$899.00	Todd and Lisa Mazur, Fisher Branch	\$72.40	Oliver & Florence Flett - Peguis	\$759
Sid & Beatrice Dueck, Arborg	\$569.00	Jason and Sarah Naylor, Arborg	\$1328.99	John & Dorianne Jones - Arborg	\$1189
Don Firman, Arborg	\$529.00	Peter and Lisa Sawatzky, Arborg	\$249.00	Leonard Kiesman - Ashern	\$3096
Heather Hamberg, Teulon	\$749.00	Donna Skinner, Arborg	\$50.94	Gwen McDougall - Ashern	\$1399
Mathew Hamberg, Winnipeg	\$399.00	Allan Spence, Hodgson	\$1199.00	Allen Spence - Hodgson	\$719
Star Johnson, Arborg	\$549.00	John and Mary Troyan, Arborg	\$868.99	Delores Steg - Gimli	\$2567
Allan & Janie Johnson, Riverton	\$1,039.00	Boyd Abas, Hodgson	\$338.99	Steve Taylor - Riverton	\$1148
Brenda Kayer, Teulon	\$399.00	Sharon J. Bear, Peguis	\$399.99	Victor Unruh - Arborg	\$2898
Wayne & Kathy Kristinsson, Arborg	\$499.00	Sophie Bristow, Gimli	\$49.00		
Jeff Melsted, Gimli	\$120.00	Susan & Greg Brown, Lundar	\$1,713.00		

GRAND TOTAL TO DATE \$311,945.80

A NOTE TO OUR CUSTOMERS

Due to the nature of this sale, we felt a brief explanation is essential. At closing, 5 p.m. Sat. Sept. 30th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately. Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.

We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.

Larry Kornelsen
Smitty's

SOLID WOOD CANADIAN MADE BEDROOM FURNITURE AVAILABLE

ALL PURCHASES PAID IN FULL QUALIFY!

- Furniture
- Appliances
- Clearance Items

Recliners starting as low as \$599

Sofas STARTING AS LOW AS \$899

PLUS

DON'T PAY FOR 3 MONTHS INTEREST ON EVERYTHING O.A.C.! FURNITURE, APPLIANCES

Frigidaire Chest Freezers 15 cu. ft. \$899

BEDS, BEDS, BEDS, 17 Models on Display From \$499-\$2799

SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9 a.m. Tues., Sept. 5th and ends Sat., Sept. 30th, 5p.m.
- All purchasers on free day will be notified and receive their full refund by Friday, Oct. 7, 6p.m.
- All sales tallies and free day will be verified.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or cancellations.



SMITTY'S
FURNITURE & APPLIANCES

"The largest selection of Furniture & Appliances between the lakes"
321 MAIN ST. ARBORG
204-376-5242 TOLL FREE 1-800-361-4156
E-mail: smittysfurniture@mts.net www.smittysfurniture.net

STORE HOURS
Tuesday-Friday 9-6
/ Saturday 9-5

