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VOLUME 14
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Stonewall Teulon Tribune

THURSDAY,
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Back to business

TRIBUNE PHOTO BY JO-ANNE PROCTER

Students across Manitoba headed back to class last week for another school year. Excitement was in the air for the first day and a chance to reunite with friends. Woodlands Elementary School students wore off some energy on the play structure before heading indoors for their first class.

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Roger Griffin
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On the 3rd Anniversary of the day Roger went away is such a painful day, full of sadness & grief. Roger was instrumental in the ongoing success of LJ Baron Realty and his absence is still felt by the community. The bond we shared will never end, even though we are apart. I find comfort in the memories, deep within my heart. I miss you more than words can say. "I'll be seeing you in all the old familiar places" Claudette

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Slow-pitch tournament to honour Balmoral man

By Jennifer McFee

A local family man will be lovingly remembered this weekend at a fundraising sports tournament in his honour.

On Saturday, Sept. 16, a co-ed slow-pitch tournament in Balmoral will honour the memory of Wes Killbery while also raising funds for CancerCare Manitoba.

In November 2022, he was diagnosed with Stage 4 non-small cell lung cancer. He lost his battle six months later.

"He was responding well to treatment and we were really confident we were going to get more time. He was a true warrior to the very end. The cancer was all over. It had fractured his spine," said his wife J'aime.

"He re-learned to walk again and overcame so many obstacles in such a short period, with an entire community rallying for us and supporting us the entire time. Unfortunately, after five months of chemo, his mutation found another way to grow quicker. Shortly after, he lost his battle — six months to the day he was diagnosed."

Wes loved playing all sports but had a special affinity for slow-pitch, so a group of Balmoral friends and family came up with the idea for this weekend's tournament.

"We played in Teulon, Stony Mountain and our hometown in Balmoral. Our favourite weekend was always the annual tournament and just spending time with friends," J'aime said.

"A group of us from Balmoral thought there was no better way to honour him and help raise money for others."

The event will take place at the Balmoral Recreation Centre and ball diamonds, with the first games starting at 9 a.m.

Although the event is full with 15 teams participating, J'aime encourages everyone to come out and enjoy all the event has to offer, including beer gardens, a 50/50 draw, a home-run tournament and a silent auction featuring donations from many local businesses.

"We would love to have as many people out to the

event as we can. Come have a drink at the beer gardens and watch some baseball. It's all for a good cause," J'aime said.

"If anyone has free time and wants to volunteer, we are always looking for help."

Adding to the excitement, Manitoba Hydro trades employees, who are Wes's former co-workers, will run a dunk tank at the event. In addition, Tim Rothwell, a trades training specialist, has built and donated a one-of-a-kind whiskey barrel cooler that will be auctioned off at the fundraiser.

"The cooler is emblazoned with the Killer Bee logo in reference to Wes's hockey nickname," J'aime said. "Rumour has it, I might be sitting in the dunk tank for the cause."

The organizers hope the event will raise \$10,000 for CancerCare Manitoba, with a focus on lung cancer.

"Most people aren't diagnosed with lung cancer until Stage 4. Lung cancer is the highest mortality rate and the least funded of all cancers. Wes had never smoked a day in his life," J'aime said.

"My hope with this fundraiser is to help with the research so that other families don't have to go through what we did and get funding so that researchers can come up with early diagnosis and ways to treat this aggressive cancer. All the money will be donated to CancerCare Manitoba, specifically to ALK lung cancer."

At the same time, the event will pay tribute to the unforgettable family man who is missed greatly by J'aime and their two children, 11-year-old Tamsen and 15-year-old Easton.

"We are learning to live a new way of life without Wes. He was such a big presence in the community always volunteering and giving back — a one-of-a-



Wes Killbery passed away from lung cancer this past November.



TRIBUNE PHOTOS SUBMITTED

J'aime Killbery and her children Tamsen and Easton will be playing in the fundraising sports tournament this weekend in Balmoral.

kind guy," J'aime said.

"We are hoping to carry on his legacy by trying to live positive lives and give back as much as we can."

They anticipate the fundraiser will become an annual event, and plans are already in the works for next year's slow-pitch tournament.

Anyone interested in volunteering at the Sept. 16 event can contact J'aime at 204-880-5437.

For those who can't make it but would like to contribute to the cause, they can e-transfer donations to blakemauthe@live.com no later than Sept. 15. Any donations over \$15 are eligible for a tax receipt if donors include their full name and mailing address information in the e-transfer.

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Vote for Interlake musicians to win a country music award

By Jennifer McFee

Interlake musicians hope to hit a high note by garnering enough votes to win a music award.

The Manitoba Country Music Association released its list of nominees for this year's awards. Until Sept. 20, fans can vote online for their top picks in two categories — Fan's Choice and Cover/Tribute Artist, Duo or Group of the Year.

In the Cover/Tribute Artist, Duo or Group of the Year, local band Lost in a Small Town is in the running. The band features Trey King of Warren on lead vocals, Colton King of Warren on rhythm guitar and vocals, Garrett Kristjanson of Warren on rhythm guitar and vocals, Craig Keena of Marquette on bass and vocals, Garrett Rattai of Lockport on drums and Cameron Ducharme of St. Laurent on lead guitar, fiddle and vocals.

The band has been together for six years, and Trey King points to the passion they all share for playing music. Coming up, they'll be playing the End of Summer Outdoor Social, which will be put on by the Woodlands Rec Club on Sept. 23.

"When we play as a group, everything clicks. We never get upset if one guy misses a note or lyric. We always find a way to laugh and just enjoy the moment. We've become such a close



Lachlan McLean of Stonewall is vying for the award in the category of All Star Band of the Year.

group these past years and we're all proud to share the stage with each other," he said.

"As for our own music, we are in the works of starting to write some originals, but getting this nomination for Cover/Tribute Artist, Duo or Group of the Year will make us want to taste some of those other award nominations."

He expressed gratitude towards everyone who has helped the band along the way, including Trevor King.

"He helps us out so much, whether it be sound or giving us a break on



Ben Mak of Stony Mountain received a nomination in the category of All Star Band of the Year – Bass.

the vocals or guitar," he said. "We truly couldn't do some shows without him."



Two Crows for Comfort duo Erin Corbin and Cory Sulyma received a nomination in the category of Roots Artist, Duo or Group of the Year.

Continued on page 4

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> **MUSIC AWARDS,
FROM PG. 3**

The band members are also grateful for the help of Gage Millar and Brandin Johnston.

“These guys have helped us out so much this past year,” he said. “They are also a part of making this happen for us. It truly takes a community effort to be nominated like this and the sacrifices guys make to play shows.”

It’s an honour to be nominated for the award, he added.

“We want to thank our fans and families for making this possible. Every guy in our band shows up with such a passion and drive for music and a glowing smile on their face, which makes it special to be recognized as well. All the members are extremely talented, and seeing everyone improve musically and just watching the people everyone has become is truly amazing,” he said.

“We are very grateful for being nominated. It truly takes a community to make stuff like this happen, and it’s all the people that support us that make us want to thrive in it. We would also like to send our congratulations to everyone else that has been nominated in this category. Manitoba has a great field of musicians so now we’ve got to ask you the people to support.”



TRIBUNE PHOTOS SUBMITTED

In the Cover/Tribute Artist, Duo or Group of the Year category, local band Lost in a Small Town is in the running.

Another Interlake musician vying for votes for the Cover/Tribute Artist, Duo or Group of the Year award is 16-year-old East Selkirk musician Morgan Grace, who has been playing the fiddle since the age of four. She will be performing at Teulon Pumpkifest on Saturday, Sept. 16. She will also perform at Indigenous Tourism Manitoba’s inaugural conference and gala on Sept. 19.

“I would say the best part about playing the fiddle or music in general is the people. The fans, the fellow musicians and all the people that do all the work in the background are all lots of fun,” she said.

“Being nominated is very humbling.

It has been a very busy and adventurous year.”

In addition, Morgan Grace is nominated for the Emerging Artist award against Catie St. Germain, Chris Michael, Gary Gach, Mitchell Makoons and The Sean Taylor Band. She’s also nominated in the Specialty Instrument category along with Blaine Badiuk, Brad Moggie, Chris Nakonechny, James Klassen and Michael Audette.

Craig Keena of Lost in a Small Town received a nomination in the category of All Star Band of the Year – Bass, up against Ben Mak of Stony Mountain, as well as Brennan McNabb, Evan Gach, Greg Dunstan and Jon Mushaluk.



East Selkirk musician Morgan Grace is vying for votes for the Cover/Tribute Artist, Duo or Group of the Year award.

“It’s an honour to have someone with such talent as Craig in Lost In A Small Town. His passion for music is like none other. He’s always had influences in music from a very young age — and it shows,” bandmate Trey King said.

“His bass-playing skills are very impressive, and he’s always working on improving his playing or singing. We all appreciate everything he brings to our band. We want to wish him all

Continued on page 11

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Community service organizations receive federal funds



The South Interlake Regional Library received \$23,870 to develop a communications and engagement strategy. Left to right: Joan Ranson and Clint Curle from South Interlake Regional Library with Bob Beck from Interlake Community Foundation.

Staff

Two local community service organizations received a boost through a federal government recovery fund.

The Interlake Community Foundation delivered \$50,370 in funding through the federal government's Community Services Recovery Fund. This fund provides a one-time \$400-million investment to assist community service organizations to adapt, modernize and improve the way they offer services through the pandemic and beyond.

The South Interlake Regional Library received \$23,870 to develop a communications and engagement strategy. This strategy will equip the library to understand and respond effectively to the post-pandemic needs of the diverse communities.



TRIBUNE PHOTOS SUBMITTED

South Interlake 55-Plus received \$26,500 for its project to update technology, structures and knowledge through the federal government's recovery fund.

At the same time, the funds will help the library promote literacy through greater awareness of its innovative, accessible and dynamic offerings.

South Interlake 55-Plus received \$26,500 for its project to update technology, structures and knowledge. The organization aims to update software in an effort to bolster volunteer and staff retention and continued security. The project will also help to grow databases and capabilities, while helping to connect more of the community through basic technology education.

"Community service organizations are at the heart of communities like the South Interlake,

creating a sense of belonging from coast to coast," said Jenna Sudds, minister of Families, Children and Social Development.

"The Community Services Recovery Fund will enable the organizations that serve our diverse communities to adapt and modernize their programs and services and to invest in the future of their organizations, staff and volunteers. Together, we can rebuild from the isolation of the COVID-19 pandemic and build a more just and equitable future for those in South Interlake."

For more information about the Interlake Community Foundation, visit www.interlakefoundation.ca or call 204-467-5634.

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Jennifer McFee
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A provincial general election has been called: voting day Oct. 3

By Elections Manitoba

Manitoba's 43rd provincial general election has been called and will be held on Tuesday, Oct. 3. Advance voting runs for eight days from Saturday, Sept. 23 until Saturday, Sept. 30.

Voter information: www.elections-manitoba.ca/en/Voting/MyVoting-Info

Who Can Vote?

To be eligible to vote, an individual must:

- be a Canadian citizen,
- be at least 18 years old on election day, and
- have lived in Manitoba for at least six months immediately before election day.

Voter Information Card

Voters will receive a voter information card in the mail. This card confirms that the voter is registered to vote and tells them when and where they vote on election day and during advance voting.

Voter Registration

Voters who have not received their cards or received a card with incorrect information can visit www.election-smanitoba.ca or contact their local election office to register or update their information before September 14. Voting is faster and easier when registered before the election, but

Manitobans can still register at the poll when they vote.

Where to Vote

During all eight days of advance voting, Manitobans can vote at any advance poll in the province.

On election day, Manitobans can vote at any polling place in their electoral division.

Voters can find all their options at www.electionsmanitoba.ca/en/Voting/MyVotingInfo.

ID to Vote

All voters require ID to vote, either one piece of government-issued photo ID or two other pieces. There are many options. A complete list of acceptable ID is available on the Elections Manitoba website.

Voters are encouraged to bring their voter information card, which can be used as one piece of ID.

Candidate Nominations

As of today, candidates may officially be nominated. Candidates must file nomination papers with their local election office before 1 p.m. on Monday, Sept. 11.

Third Parties

Third party rules have been in effect since June 7. Third parties must register with Elections Manitoba after spending \$2,500 on election commu-



nication expenses, with an expense limit of \$25,000.

Registered third parties can be found at www.electionsmanitoba.ca/en/Finance/ThirdParty_Election>Returns/GE2023.

Election Modernization

The 43rd general election will see new technology at the polls, resulting in reduced wait times for voters and faster results reporting. This new technology includes:

- Laptops with secure access to the voters list;
- Scanners to scan voter information cards and quickly find voters on the voters list;
- Printers for printing ballots on demand in place of write-in ballots for advance voting; and
- Vote counting machines to scan and accurately record ballots and provide results at the close of polls.

It is expected that approximately 85 per cent of election day voters and 95 per cent of advance voters will see these tools in use in the 2023 general election.

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@expressweeklynews.ca. Please include your name, address, and phone number for confirmation purposes.

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The first lesson for Discovery Time class this fall is found in Mark 6:31-34 where some very tired disciples meet back with Jesus to tell him all they had done. Jesus notices how tired they are and says, "Come with Me by yourselves to a quiet place and get some rest." So away they go with Jesus on a boat, but many follow. It seems the people were hungry for more of what they heard from the group. They must have liked what they heard, enough to "run on foot," as Verse 33 says, to get ahead of them. What was it they desired so? What did they think Jesus had for them that would cause them to run after him? When Jesus landed, Verse 34 says He saw a large crowd; He had compassion on them because they were like sheep without a shepherd. The word for compassion in Greek is *splagchnizomai*, defined as a feeling of sympathy and pity, to have the bowels yearn. Hmm ... Jesus saw the people. Not just a crowd but their faces, their hearts, their desperation and it moved him deeply.

Do you know that Jesus sees you too? The real you inside and he is moved with compassion toward you too. He sees the hurt, the hangups, the pain and disappointment, and he doesn't want to leave you that way. The people responded to his teachings. His words impacted them greatly and they wanted to know him more as a result. Did you know that shepherd in Greek means pastor? Jesus is the real deal. He cared for those people and he cares for you. They were looking for Jesus to show them the way and he didn't disappoint. Verse 34 says, "He began teaching them many things." Spiritual truths that feed their hungry souls.

You don't need to feel sad and alone. Young or old! Jesus said, "Let the little children come to Me and do not forbid them; for of such is the kingdom of heaven." Call for a Discovery Time class in a school near you!

Laura Lawrence,
Discovery Time director of CEF
of MB 204-663-3300



TRIBUNE PHOTO BY JENNIFER MCFEE

Jacob Burbano McFee and his brother Sammy tried out their new goggles in the pool at Rubber Ducky Resort and Campground. The boys had the whole pool to themselves on Aug. 25 when the temperature recorded was 20.9 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

Stonewall council news in brief

By Jennifer McFee

Four more spots could soon open up at a home-based childcare service.

A resident on 4th Street East requested approval to expand her licensed home childcare service by increasing the maximum number of children from eight to 12, including her own children.

To manage increased traffic during dropoff and pickup times, she expanded her driveway to accommodate five to six vehicles.

The South Interlake Planning District didn't have any concerns with proposal, and council conditionally approved the request.

"We all know that childcare is very needed in town, so this is fantastic news," said Mayor Sandra Smith.

In other council news:

- A cabinet shop located on 2nd Avenue North received permission from Stonewall council to vary the maximum height of a proposed

fabric storage building on the property. Original Cabinet Shop proposed to install a 20-foot-tall fabric storage building on the property. Since it would be taller than the 15-foot-high principal building, they need to apply for a variance. The building would be used for storing lifts of material, including hardwoods, plywood and melamine. The South Interlake Planning District didn't have any concerns with proposal, and council conditionally approved the request.

- Grantham Law Offices requested approval to vary the minimum side yard requirements in the residential mobile home zone to accommodate the placement of trailers at a two-acre property on 6th Avenue South. They requested that the minimum front yard be reduced to 22 feet from the required 25 feet. The South Interlake Planning District didn't have any concerns with proposal, and council conditionally approved the request.

- Council gave first reading to

a bylaw to regulate and control firearms within the town.

- Council gave first reading to a bylaw to establish new water and wastewater rates and to regulate fees and licensing for septic haulers for the town's water and wastewater utility.

- Council conditionally approved a request from a resident to keep three dogs at her Campbell Road property.

- On April 1, 2024, Stonewall's town signs and town hall will be lit up with blue lights in support of the official 100th anniversary of the Royal Canadian Air Force and to commemorate all who serve and have served Canada at home and abroad.

- The town received a donation to upgrade the interpretive centre in Quarry Park with modern interactive technology to showcase the history of the kilns. Council accepted a quote for \$8,870 plus tax from Web Bytes for time-lapse image capture, still and video image capture, as well as drone capture.

Cops on coins: RCMP the theme of Manitoba Coin Club's fall show

By Patricia Barrett

The Royal Canadian Mounted Police riding through history will be the theme of the Manitoba Coin Club's upcoming Coin, Stamp & Collectibles Show at the Access Centre in West St. Paul.

People who happen to own coins depicting an image of Canada's federal police service are encouraged to bring them to the show — along with other coins and bills (Canadian or foreign) they've got hanging around house — because they could leave the premises feeling quite flush.

The coin club's members are experts when it comes to determining the value of coins and bills, and visitors to the fall show can not only get a free evaluation of their money, but they can also learn how to carry out their own research to find out whether they've got money worth more than what's stamped on it.

One thing people shouldn't do is take old money to the bank because it could be worth a mint and they'll only get face value, said coin club member Larry Dalman, who will be at the show. Ditto for businesses that offer to buy coins based on weight; coins could be worth far more if they're rare, in excellent condition or have unique "flaws" or features that occurred during the minting process.

Dalman, who has about 50 years' experience valuing currency, said coins such as the Canadian quarter honouring the centennial of the mounted police could be worth hundreds of dollars depending on condition and if there are variations of the queen's image (i.e., a small or large bust of the queen).

"The most iconic coin was the 1873-1973 commemorative quarter showing a profile of a Mountie on horseback," he said.

This year the Royal Canadian Mint issued a commemorative \$50 silver coin weighing 158 grams to honour the 150th anniversary of the service and which features six different images from previous coins. The service started out in 1873 as the Northwest Mounted Police before being renamed in 1920 when the Dominion Police and North-West service were combined to form one national police service.

"The RCMP has been around for 150 years. This is first time that six different coins depicting the service have been put on one gigantic silver coin," said Dalman. "The mint made only 1,250 of them and they sold out immediately. It sparkles when you see it."

Down the road these coins, which feature images of Mounties from years including 1973, 2013 and 2020, will only will increase in value depending on how well they're preserved.

Other Canadian silver coins, such as Canada's centennial set (1867-1967) featuring animals such



EXPRESS PHOTO COURTESY OF ROYAL CANADIAN MINT
This year the Royal Canadian Mint issued an RCMP commemorative coin to mark 150 years of the service. The coin is made of silver and features six images of Canada's federal police service.

as the Canada goose, wolf, bobcat, mackerel, rabbit and dove, could fetch a higher price than selling them by weight. And by melting them down, Canada loses a piece of its history.

"A lot of our history is being melted down. All silver coins have been decertified. Companies are offering to buy them and pay people the current market value of silver by weight," he said. "But these coins could be worth far more."

Coin club members can provide current collectors and future collectors with valuable advice on what to do with their old — and new — money.

Dalman said he's been getting lots of inquiries from people about coins and bills to see if they'll be worth anything in the future and what should they should do with them. Canadian 50-cent pieces featuring the Queen, for instance, haven't been made in large quantities since 2004 when they made only for collectors. Those pieces could become very valuable.

With a new English monarch on the throne, Canada's money will eventually feature King Charles III. Dalman said people should hang on to the coins being issued right now, which still have the queen's image, as well as the "first ever" of new coins and/or bills that will feature the new monarch.

"We're in a transition period in history right now. We're going from a monarch who has been on our coins for 90 years," he said. "All the coins coming out of the mint right now still have the queen's image because we don't have a new image of the



king. We're telling people that these are the last coins we'll see with Queen Elizabeth II. And people should hang on to the first ever of the new king."

For people just getting into collecting coins, the Royal Canadian Mint will be at the club's show on the Saturday from 1 to 3 p.m. to offer a coin exchange, said Dalman.

The mint will be offering people a commemorative loonie honouring Elsie MacGill, a female aeronautical engineer who designed the Maple Leaf biplane and a process to produce a wartime plane called the Hawker Hurricane.

"MacGill is known as the Hurricane Queen. She's responsible for the development of a special aircraft for the Second World War," said Dalman. "People can exchange a few loonies or so for one of these collector coins. These coins come right off the Mint's table. We call them first strikes and they're all uncirculated."

In addition to coins, people are encouraged to bring stamps and other collectibles such as comic books to the show as experts in those fields will be on hand.

The coin club's show takes place on Saturday, Sept. 23 and Sunday, Sept. 24 at the Access Centre (formerly the Sunova Centre) on Holland Road just outside the Perimeter in West St. Paul.

For more information, visit the Manitoba Coin Club online www.manitobacoinclub.org

Narcisse WI to celebrate 100th anniversary with Fall Tea

Submitted

Narcisse Women's Institute will celebrate their 100th Anniversary with a Fall Tea this month.

The Narcisse WI has been instrumental in empowering women, their families and communities since receiving their charter on Dec. 22, 1923. True to the Manitoba Women's Institute (MWI) mandate, the Narcisse WI has been committed to providing ed-

ucation and skills, development opportunities for women, particularly those in rural and agricultural areas, and has advocated on behalf of rural families to safeguard the rural/agricultural way of life and make their communities better places in which to live. This may be our 100th year, but we plan to continue working for our community for many years to come.

The Narcisse WI welcomes all who would like to join in the celebration and all WI members past and present to attend the 100th Anniversary Tea on Saturday, Sept. 23. Doors open at 12 noon with greetings at 1 p.m. at the Inwood Community Hall. There will also be a Celebration of Life honouring members who have recently passed away.

Entertainment, a silver collection, Rainbow Auction and a 50/50 raffle are also included.

RSVP to the MWI office at 204-726-7135 or email mbwi@mymts.net with the names of your Celebration of Life past members and the number of people attending from your group.

The deadline to RSVP is Saturday, Sept. 16.

Riverton-born author takes readers on a historical boating journey

By Patricia Barrett

A Stonewall-based author who grew up in Riverton recently launched a collection of historical photographs of well known and not so well known vessels that used to ply the waters of lakes and rivers throughout the province and help support local economies.

Ben W. Holyk's book *Boats and Life on Manitoba Waterways* will take readers on a journey along different waterways in Manitoba including Lake Winnipeg and the Red and Assiniboine rivers and through communities that relied on boats to make a living, transport freight and cross rivers that had no bridges.

The book contains almost 300 black and white photos and information on steam-powered vessels, dredges, ferries and commercial fishing boats, plus photos of fish camps on Lake Winnipeg and harbours in communities such as Riverton, Selkirk, Gimli, Winnipeg Beach, Pine Dock and the city of Winnipeg.

Having grown up along the lake and having family with a history of working in the commercial fishery (including his parents and his wife's father), Holyk wanted to memorialize Manitoba's boat industry.

"I did as much research as I could online about the boats, and I tried to find people who knew something about them," said Holyk, who is a photographer and has published six other books including *Wild Flowers of Manitoba*. "Because I grew up in Riverton, I knew some of the history of the boats that were built there. For example, I have a picture of the Beatrice L. (p. 245) and the information I had about her said she was in Hecla. But I come from Riverton and I recognized the boat at the government dock there."

He said he gathered information from local people who remembered the history of some of the boats and industries relying on them.

"Robert Kristjanson in Gimli [commercial fisher] gave me some information that his dad wrote about boats," said Holyk. "And the grandson of the Riverton Boat Works owner also shared information with me."

Holyk delves into Riverton's unique maritime history through the Riverton Boat Works' 50-year boat-building run and includes a partial list of the boats — such as the Namao, the M.S. Kenora and the Lady Selkirk — that were built there, as well as a story about how the company transported the Nonsuch, a 17th-century replica Hudson's Bay Company ketch, across Canada to its present home in the Manitoba Museum.

Holyk also covers Selkirk's Purvis brothers' boat-building shop, which built iconic passenger vessels such as the Paddlewheel Queen, the Paddlewheel Princess, the River Rouge and the Lord Selkirk II.

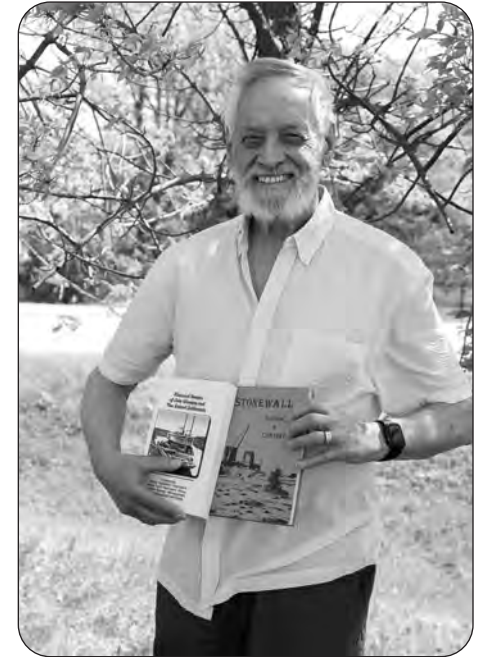
The photos in the book came from an array of sources, including Holyk's own collection, archival collections, the Manitoba Historical Society and private collections. His parents, who came from Ledwyn in Bifrost, also left him with hundreds of pictures. His dad was a fisher's helper and his mother was a cook at a fish camp at Kinnow Bay on Lake Winnipeg and some of the photos depict what it was like to live and fish there.

Because fishing is so intertwined with boats, Holyk provides a brief history of commercial fishing on Lake Winnipeg, Lake Manitoba and Lake Winnipegosis. On Lake Manitoba, for instance, boat transport that supported the lake's commercial fishery took a hit after the Canadian National Railway built a line along Highway 6.

"Lake Manitoba had a rail line up to Gypsumville and freighting wasn't necessary anymore by boat. That rail line killed off the boat traffic on Lake Manitoba," said Holyk. "But if you go north of Hecla Island on Lake Winnipeg, there's nothing there. You need to have boat transportation."

Holyk said he plans to exhibit prints of some of the book's photos at the Marine Museum in Selkirk and at the New Iceland Heritage Museum. The dates are to be announced.

The book is available for purchase at H. P. Tergesen & Sons general store and the New Iceland Heritage Museum in Gimli and McNally Robinson Booksellers or by calling 204-782-8954.



TRIBUNE PHOTO BY JO-ANNE PROCTER
Ben Holyk recently published his seventh history book.



Boats and Life on Manitoba Waterways published by Ben Holyk depicts the history in photographs of the vessels that have travelled the lakes and rivers of Manitoba.



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Learn about all types of dementia at local event on Sept. 21

Gordon Howard Centre to play host to in-person Alzheimer's disease and dementia discussion

By Katelyn Boulanger

If you are someone on your Alzheimer's disease or dementia journey, have a family member who you are supporting or would like to learn more about these conditions, the Gordon Howard Centre will be hosting a "What's New in Dementia Research: Ask the Expert!" presentation and discussion on Sept. 21.

"This is an event that we hold annually to talk about news in the world of dementia. We've invited, for the past few years, world-renowned researcher and neurologist Dr. Donald Weaver to come. The past few years, it's been virtual, just with COVID, but this is the first year where we'll have him in person. The event takes place in person in Winnipeg at the Canadian Mennonite University, but we decided that we want this event to be as accessible as possible for Manitobans throughout the province. So we have set up live-streaming events in Selkirk, Winkler and Brandon for residents to come and view that session live as it's happening and have the opportunity to ask questions alongside the people that are in Winnipeg," said Samantha Holland, First Link regional team co-ordinator for the Alzheimer Society of Manitoba.

September is World Alzheimer's Month and Sept. 21 is specifically World Alzheimer's Day, which makes this discussion particularly relevant.

"The conversation is going to be

quite open. We want to keep it as a live Q&A session. So whatever questions people have about what they've heard in the news, the new research surrounding dementia treatments or general medications, anything of that kind is on the table. So it really is just an open session to have your questions answered," said Holland.

Discussions will include many aspects of dementia research and how dementia affects people. Often people associate Alzheimer's disease and dementia with forgetfulness but they actually affect many aspects of patients' lives.

"Dementia really is a collection of symptoms that affects the person as a whole. It can affect their ability to communicate with others, to remember important details of conversations or appointments and to problem solve like someone with an intact brain would. Whether it's at work, out in the community or just with your daily living situation, it really does impact every piece of the person. It's not just memory loss; there are over 100 different types of dementia. So, at the end of the day, it's so much more than forgetting little pieces of information," said Holland.

She says that with the work that has been done in dementia and Alzheimer's disease research, this discussion will benefit not just those who are new to their diagnoses but also those who may have outdated information and want

to reconnect with our local supports.

"With COVID, we've



TRIBUNE FILE PHOTO BY KATELYN BOULANGER

A crowd gathered at the Gordon Howard Centre for an Alzheimer's Awareness walk last June. This month on Sept. 21, the centre will play host to a presentation hosted by the Alzheimer Society of Manitoba where people can ask questions about the latest in dementia research.

seen a lot of isolation, not only with people that are directly impacted but the people that care for them as well, friends and family members. So this, coming back to a hybrid event, helps to get the word out about what we do offer. That's really the whole point of World Alzheimer's Month in September, in general, is to raise awareness about dementia but also how to help improve dementia support and services in Manitoba. We know that it's coming up to a provincial election, so it's also a good time for people to think about what kinds of conversations they want to have with their candidates when they start coming around," said Holland.

She says that with the stigma and misinformation that surrounds these illnesses, it's important that everyone learn a bit more about them so that they can talk about dementia openly and comfortably.

"I talk with clients all the time that may be experiencing some of these changes, and they're scared to talk to their friends and their family members about what's happening because they're scared of how they're going to be perceived. So the more we talk about it, the more comfortable we can all be because people with dementia are just like you and me. They can participate in their communities. It doesn't mean that everything is lost all at once. They can still be active members," said Holland.

Residents are invited to meet at the Gordon Howard Centre at 384 Eveline St. in Selkirk. The event takes place on Sept. 21 starting at 6 p.m. but the doors of the Gordon Howard Centre will open at 5:30 p.m. so that people have a chance to find a spot in advance.

This is a free event but residents are required to register in advance. To register, you can go to <https://alzheimers.mb.ca/event/whats-new-in-dementia-research-ask-the-expert/> or call 204-943-6622 or 1-800-378-6699.

Holland hopes that people will stop by this local opportunity to get the latest information as the Winnipeg event is already at the point of having a waitlist.

"It's just a really good opportunity, not only to learn about what's new but to engage with others that are on similar journeys or are working in similar fields. If you come and you take one thing away, we think that it's worth it and maybe you'll make some new connections as well," she said.

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 Friday 4-close BBQ 5:30 to 7 Meat Draw at 6:30
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Teulon Pumpkinfest set for Sept. 16

By Jennifer McFee

Teulon Pumpkinfest offers a jam-packed day of entertainment — and this popular community event is celebrating its 30th anniversary this year.

On Saturday, Sept. 16, the 30th annual Teulon Pumpkinfest will draw crowds to Teulon Hall at 14 Main St. from 9 a.m. to 4 p.m. Doors open at 8:30 a.m.

“The Teulon Ag Society is proud to create a fun family event that has celebrated our harvest season and our rural roots for the past 30 years. We are celebrating 99 years of the Ag Society this year too,” said Darci Loehmer, chair of the Teulon Ag Society, which hosts the event.

“Pumpkinfest is the result of our amazing volunteers and sponsors that come together for the good of our community.”

Registration for the Ag Fair takes place from 8:30 to 9:30 a.m. This year’s Ag Fair features 45 categories, including fall arrangements, vegetables, canning, photography, multiple pumpkin-related competitions and more. Judging will take place from 10 a.m. to noon, followed by public viewing.

Always popular, the largest pumpkin competition awards \$1,000 for first place, \$500 for second place and \$300 for third place. Pumpkin drop-off is from 8:30 to 10 a.m., and the weigh-off starts at 10 a.m. Last year’s winning pumpkin weighed an impressive 1,017 pounds.

The Lions’ pancake breakfast will take place from 9 to 10:30 a.m., and the Lions’ canteen will run throughout the day. While you dine, you can enjoy the Red River Co-op main stage

lineup, which starts at 9:30 a.m. with fiddle music by 16-year-old Morgan Grace of East Selkirk.

Manitoba Burrowing Owl Recovery will present a program at 10:30 a.m., followed by Drum Café and the cutest baby contest. Island Breeze Manitoba will take the stage at 1:30 p.m. and magician Ryan Price will wrap up the main stage show at 3 p.m.

“There’s a really interesting and fun lineup of entertainment,” Loehmer said.

“There will be lots going on the entire day.”

Meanwhile, the Access Credit Union activity tent, located in the Teulon Elementary School playground, will be a hub of activity with crafts, face painters and a balloon artist. Diamond Disc Dogs will entertain the crowd with shows at 10 a.m. and noon.

“We have the farmers’ market, petting zoo and carnival games,” Loehmer said.

“New this year, we also have axe-throwing. The pie-eating contest, which will be at 2 p.m., is always a riot to see. It’s so much fun.”

In addition, youngsters can enjoy more crafts and activities at the Teulon library from 10 a.m. to 1 p.m.

Wristbands cost \$5 per person or \$20 for a family to a maximum of six people for admission. Wee ones aged two and under are free. Fall family photos are available for \$10 each at a booth inside the hall.

For more information about Teulon Pumpkinfest, including a full schedule, visit www.teulonpumpkinfest.com or check out the Facebook page.

> AWARDS, FROM PG. 4

the best of luck in this award category and wish everyone else in his category good luck as well.”

No stranger to the Manitoba Country Music Awards, Ben Mak has won the category three times already.

“It’s an honour to be considered for this award,” Mak said, “considering all the talent that’s in Manitoba.”

Lachlan McLean of Stonewall is vying for the award in the category of All Star Band of the Year – Guitar against Max Dupas, Rylan Knaggs, Sean Borton, Troy Flamand and Brad Moggie of St. Ambrose.

“I’m so appreciative of the opportunities I’ve had in recent years to

work alongside and learn from some remarkable musicians,” said McLean, who performed this year alongside Manitoba artists including Don Amero and Emma Peterson.

“This nomination means a lot to me, and I’m especially grateful to have had the good fortune to be commended for simply doing what I love. Music has been good to me.”

Two Crows for Comfort is made up of Erin Corbin of Stonewall and Cory Sulyma of Stony Mountain. They also received a nomination in the category of Roots Artist, Duo or Group of the Year, along Banned & Outlawed, Doc Walker, Jivetown, Petric and The Sean Taylor Band. In 2021, the local duo

won in the Roots category.

“It’s great to be nominated again,” Corbin said. “It’s always a wonderful surprise and a real treat to be mentioned among so many incredible musicians.”

The duo hits the road on Thursday, Sept. 14 and will be touring and travelling until the spring.

“We’ll be in and out of Canada a bunch over the next year or so — lots of miles being put on the truck,” Sulyma said.

“We’re also going to be releasing new music real soon. We’ll have a couple singles to put out while we’re on the road and an album to follow, so we’re really excited about that.”

The Dauphin Countryfest Festival or Event of the Year nominees are Morden Corn and Apple Festival, Hanover Ag Fair, Manitoba Stampede & Exhibition, Niverville Fair, Steinbach Summer in the City and Summer Winds Festival.

Award winners will be announced on Nov. 4 at Club Regent Casino and Event Centre in Winnipeg.

Voting for the Cover/Tribute Artist, Duo or Group of the Year award is open until Sept. 20 at 11:59 p.m. on the Manitoba Country Music Award website at www.manitobacma.com, where you can also see the full list of nominees in all categories. One vote per IP address is allowed.

letter to the editor

Walking the minefield of ‘feelings’

Canada has become a country where each day it becomes more difficult to navigate the minefield of real or imagined hurt feelings where offences can lead to losing your job and even having your bank account locked! This isn’t the Canada I grew up in, which featured resilient citizens who knew how to deal with offences without crying to government to make it better. A recent Letter to the Editor of this newspaper illustrates this point by calling for Canada Post to censor the mail it delivers.

Aside from the problem of deciding WHO will decide what is hate mail and WHO will monitor all mail to identify an item that may be offensive to some illusive someone, the cost

to already overburdened taxpayers becomes an issue. According to a CBC investigation (Google: CBC federal hiring boom), the federal public service has grown by almost one-third since the Liberals took office in 2015. Seventy-nine thousand individuals have been added (excluding the RCMP, Canada Post, the military, CBC/Radio Canada, and VIA Rail) at an average cost of \$121,000 in 2019 dollars. That’s an additional total of \$8.5 billion that must come out of our pockets, which are already turned inside out to pay for the two recently added carbon taxes.

In my opinion, it’s past time for Canadians to stop snivelling over trifles, get back to privately dealing with our own hurt feelings, and turn our attentions to reining in our out-of-control government.

- Debbie Molina
Stony Mountain

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Coffeehouse to End Cancer raises just over \$31,000

By Jo-Anne Procter

With hearts full of hope, the 13th annual Coffeehouse to End Cancer was an absolute success, raising over \$31,000 for CancerCare Manitoba.

Last Friday evening was a night to remember at the picturesque Grosse Isle Heritage Site. Friends and family gathered for a cause close to their hearts with the shared goal of supporting those fighting against cancer. Every dollar raised at the event advances vital oncology research, bringing us closer to finding effective treatments and, ultimately, a cure.

Paige Procter, the founder of Coffeehouse to End Cancer, and co-MC Brett Lawrence set the stage for an unforgettable evening. Their warm welcome embraced the essence of community, and the highlight of the evening was undoubtedly the incredible talent showcased by the eight acts that provided the entertainment. From soulful singers to dynamic bands, each performer brought a unique style and energy to the event.

Procter explained that 13 years ago, two remarkable individuals, Gordie Harris and Grandpa Jim Harris, inspired the coffeehouse.

"If you were fortunate enough to have crossed paths with these men, even if only briefly, your life was undoubtedly enriched by their presence," she said.

The coffeehouse is a way to honour the legacy of these extraordinary community members. Grandpa Jim's dedication to fundraising for the coffeehouse was genuinely inspiring. He poured his heart and soul into the event in memory of his son Gordie, who unfortunately never had the chance to attend. Over the years, Grandpa Jim raised thousands of dollars, leaving a lasting impact on the community.

To honour Grandpa Jim's incredible legacy and commitment to fundraising, Procter added a top fundraising entertainer award this year, the "Grandpa Jim Top Fundraiser Prize." This special recognition reflects Grandpa Jim's unwavering dedication and serves as a reminder of his significant contributions.

The inaugural Grandpa Jim Prize was awarded to Amanda Canon for her outstanding efforts in raising an impressive \$2,255. Her passion for supporting CancerCare Manitoba shines through her tireless fundraising endeavours.

"Our gratitude knows no bounds for these extraordinary individuals within our community who consistently go above and beyond when it comes to raising funds for Coffeehouse to End Cancer," said Procter.

"That's Sew Rickie" raised \$110 selling coffeehouse-inspired scrunchies that sold out in less than 24 hours; cancer survivor Chris Hofer raised \$1,115 from challenging colleagues at Manitoba Hydro to donate at their Christmas party. The Vintage Locomotive Society donated \$1,353.50 in proceeds from a mock train robbery, and Shirley Campbell raised over \$3,000 through her quilting efforts.

"Our community members are truly incredible. They go above and beyond, giving their time, energy and resources to raise money for our show," Procter said.

"It is because of them that we are able to continue hosting this special event year after year. Their contributions ensure that we can honour the legacy of loved ones lost while cel-



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Coffeehouse to End Cancer founder Paige Procter and volunteer Brett Lawrence presented musician Amanda Canon the inaugural "Grandpa Jim Top Fundraiser Prize" for raising \$2,255 for CancerCare Manitoba.

celebrating the victories of those who have overcome cancer."

Donations can still be made by clicking the QR code until Friday, Sept. 15.

"Together with our dedicated community members, we can make a meaningful impact on countless lives affected by cancer."



Performing at the coffeehouse this year was extra meaningful for Teagan Sheppard as her mother Kim celebrates 20 years cancer-free.



Bryson Griffin, Hadlee Brinkworth and Theo Kotelko were kicking it up on the dance floor.



Grosse Isle's Joy Makarchuk, right, and Kaylin King belted out a few tunes.



AppleFire sang their hearts out at the Coffeehouse, missing band member, Jamison Longe who is currently undergoing cancer treatments.

Harvest meals are more than feeding the workers



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Elliot family halted harvest for a dinner break in one of their fields east of Stonewall last Thursday. With harvest time being so busy for farming families, having dinner together is a great opportunity to see the young ones and teach them traditions that began for the Elliots when they started farming in the area in 1923. Today Storylea Hay & Grain works 5,220 acres. According to the Western Producer, Manitoba producers were sitting at 18 per cent harvest completion as of last week, a drop of five per cent compared to the five-year average of 23 per cent. Left photo: three-year-old Norah Elliot and her cousin Fallon English (5) are excited to show off their canola seeds. Right photo: it's been a way of harvest life for the Elliot family to share meals out in the field.

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Back in the saddle: pony club members return to camp

By Annaliese Meier

Equestrians of all ages saddled up at Stonewall's Red Barn last week to work on their skills.

The Quarry Ridge Pony Club (Stonewall) and the North Hill Pony Club (Oakbank) hosted a version of the annual regional summer camp — a staple in the Interlake's youth equestrian community before the COVID-19 pandemic.

The camp is typically a week-long affair, but this year, the two pony clubs opted for a shorter version as they ease back into the post-pandemic world.

From Aug. 21 to 24, 17 children between seven and 14 years old, nine chaperones and two instructors gathered for the camp on the South Interlake Rockwood Agricultural Society grounds. There, they camped for three nights and four days, waking up around 6 a.m. daily to feed their horses and clean the stalls before riding and lessons.

Karen MacLean, leader of the Quarry Ridge Pony Club, grew up as a club member. Manitoba Pony Club focuses on English-based riding and horse husbandry. Without the club, MacLean said she wouldn't have

learned to manage her horses' care.

"Pony club teaches everything. ... Our goal is to create a well-rounded horse person."

Pony club members start at the first level by learning about horses and how to lead them. They then move on to management and riding-based skills.

During the winter, the Quarry Ridge Pony Club meets weekly to review theory. Club members then move into riding lessons and stable management as the weather changes. The annual summer camp typically signals an end to the club's season.

MacLean said summer isn't summer without the camp, so she and her colleague Kayla Peniuk worked to get it back this year. MacLean is beyond happy they did, she said.

Each day of the camp, the riders had two lessons, an hour each. One was a jumping lesson instructed by Deb Shepherd of Tyndall/Garson and the other was a flat lesson where they learned equitation — the art and practice of horsemanship and horse riding, instructed by Dominic Good of Argyle and QRPC alumni.

Not every pony club member has

Continued on page 15



TRIBUNE PHOTOS BY LANA MEIER



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> PONY CLUB, FROM PG. 14

their own horse, so camp week is extra important because it gives those members hands-on experience under the guidance of MacLean, Peniuk and parent chaperones.

"A lot of responsibility is given to the kids this week," said MacLean. "And they rise to the occasion."

Along with horse work, the campers do crafts and classroom education. On Aug. 23, the second last day of the camp, the riders had a western lesson on poles and barrels. Canadian Pony Club has a Western Rider badge, so all who completed this lesson will receive one.

Quarry Ridge Pony Club embodies the Canadian Pony Club's motto: character, sportsmanship and loyalty. The group is always looking for new members. Even if someone doesn't have a horse, the club will help them learn, MacLean said.

The new season kicks off in September. For those looking to get involved, contact MacLean at 204-861-0191.



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Stewart opens campaign office in south end, running for Lakeside MLA



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Liberal candidate Neil Stewart opened his campaign office at 491-4th St. E. in Stonewall (next to Subway) in Stonewall with a free pork on a bun lunch last Friday to officially start the race for Lakeside MLA. Stewart would like to see improvements to the health care and home care systems and would like to ensure that ERs are open 100 per cent of the time as opposed to 50 per cent of the time. He also plans to address the education funding cuts; left photo, left to right; Shawna Pachal, Lori Stewart, Neil Stewart, Diana Kessler with twins Clara Kessler and Amelia Kochie. Middle photo, interested citizens discuss the Liberal platform with Neil Stewart. and right photo, Neil Stewart with his grandchildren Sophia and Mack Stewart.

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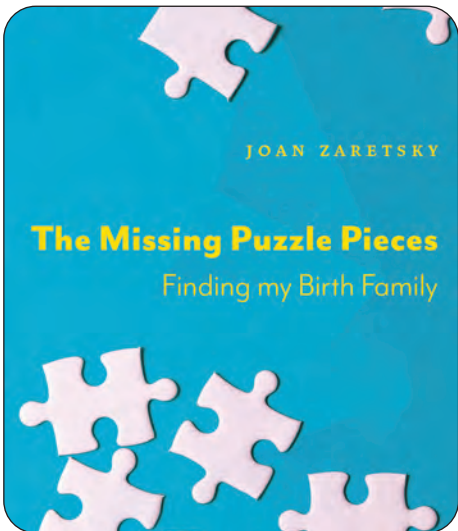
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Surprise guests at book signing



TRIBUNE PHOTO BY LANA MEIER
 Author Joan Zaretsky was at Something Beautiful last Wednesday promoting her book, *The Missing Puzzle Pieces: Finding My Birth Family*. Zaretsky's book is an exploration of strategies adopted children can employ when seeking their heritage by finding their birth parents. It is also a tribute to her adoptive family for preparing her to deal with unforeseeable life challenges. There are a remarkable number of coincidences or "Godwinks" revealed in the journey finding her roots. One amazing Godwink involved meeting a woman at a house party in Tucson, Arizona who grew up two doors down the street from Zaretsky's birth family in Ochre River. Her journey to find information about her birth family was truly a work of revelations and wonder. And the Godwinks continued last Wednesday. Zaretsky met more birth cousins, Tanis Suitters and Orla Berkvens, who grew up in Ochre River are now living in Stonewall. The couple saw the article in the *Tribune* and surprised their cousin at the book signing. Zaretsky's book is available for sale at Something Beautiful in Stonewall.

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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:
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Yard of the Week Warren



TRIBUNE PHOTO BY JUDITH OLSON

Glen and Judy Tully of 20 Warren Pl. created a garden oasis with a vibrant flower bed, bench and yard lights. The couple were named Yard of the Week winners for Week 5.

Komarno's buzzing



TRIBUNE PHOTOS SUBMITTED

Residents of Komarno, the Mosquito Capital of the World, are buzzing with excitement after their famous mosquito got a new coat of paint recently. The town received a grant through the RM of Rockwood for the painting project and artists Morgan Biggs, left, and Jen Mosienko from Jen Mosienko Design spent last week working on the giant insect statue.

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Doors open at 12 for viewing

Red River Co-op Main Stage
9- 10:30 - Lions Club Pancake Breakfast
9:30am Morgan Grace Fiddle Music
10:30am Owl Presentation - MB Burrowing Owl
Recovery Program
11:45 am Drum Cafe - African Drumming & Dance
12:45 - Cutest Baby Contest
1:30 - Island Breeze
3:00 - Ryan Price Magician

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9am - 4 pm Kids Crafts
10-3 - Face Painting
10 am - Diamond Disc Dog Show
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12 pm - Diamond Disc Dog Show
2 pm - Pie Eating Contest
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Renowned lighthouse cabin gets a facelift

By Joshua Frey-Sam

It's been a summer project for Dana-Jo Burdett and Corey Eyolfson.

The Lundar couple can see the light at the end of the tunnel on their facelift of the well-recognized lighthouse cabin in Sugar Point.

It's been a labour of love for Burdett and Eyolfson, who have spent every weekend and every other weekday evening at the distinguished property since the spring of 2023.

The couple bought the cabin on April 15, after selling its previous owner on their plans to renovate the 1,200-square-foot space, which was unused for the most part and rarely maintained before they took over.

"It was pretty dormant," Burdett said.

"It was used for the last couple of years for recreational purposes. The investment that was needed wasn't put into it, and we had a vision to give it a new life, a new beginning."

Eyolfson added, "It's always been a bit of a landmark out there.

"We actually reached out to the guy that owned it; it wasn't even for sale. It looked like he wasn't really using it; he had some people renting it, and it needed some maintenance — it wasn't getting maintenance — we both like projects, and we're both handy people, so we just thought it would be an awesome side-gig to buy out, reno it, use it and rent it."

Eyolfson and Burdett have since poured \$20,000 and more than 500 hours of labour — outside of their day jobs — into their new property, redesigning the kitchen and giving the lone bathroom a makeover. New appliances and a new metal roof are on the way this fall. They hope to put the finishing touches on the cabin by the end of October, certainly before the snow begins to fly.

Once completed, the couple hopes to open the lighthouse as a prime



Corey Eyolfson and Dana-Jo Burdett are the owners of the newly renovated lighthouse cabin in Sugar Point.

destination for a short-term vacation rental.

"This is an extension of our home, so we're putting in the same quality and effort that we've put into our own home and we're excited to be able to share that with others," Burdett said. "It's not a slapped-together cabin."

The picturesque lot rests 100 feet wide and 200 feet long, with 50 feet of beach. The lighthouse stands four storeys high and includes a look-out on the top level, cathedral ceilings, two bedrooms (and a loft) and one bathroom. The cabin is also just a stone's throw away from Lundar Beach Provincial Park, which Burdett and Eyolfson hope is an attraction for prospective renters.

The lighthouse cabin was initially designed and built in 1988 by architect Gerald Korzeniowski and his wife Bonnie, along with her sister Dorene Petersen and husband Dick. The quartet owned the property until 2001. There have been three different



TRIBUNE PHOTOS BY DANA-JO BURDETT

An open house with live music and tours was hosted on Sept. 2.

owners since that time.

Fortunately for Burdett and Eyolfson, the lighthouse is about a three-kilometre drive away, making it an ideal destination for keeping on top of maintenance and for their use from time to time.

"So far, we've used it as a bit of an extension of our backyard. We'll go start a fire in the evening or we'll hang out. I like it more than I thought I would," Eyolfson said.

"It has grown on us. It's our little baby."

The couple hosted an open house at the cabin on Sept. 2 to give those interested a preview of the newest version of the lighthouse. They said it's something they may do annually for anyone interested in renting.



IRISH DANCING



Who: Children ages 5-17 for both Fall and Winter Sessions.
Adults of all ages for the Winter Session.

What: Irish Dance Classes

When: Classes on Thursday evenings.

Fall Session: September 21 - December 21, 2023,

Winter Session: January 18 - April 4th, 2024.

* Free open house/Registration night on September 14th at 6:30pm and 7:30pm.

Where: Balmoral Community Hall, Address: 6003 E Provincial Road 236, Balmoral, MB <[https://www.google.com/maps/search/6003 +E+Provincial+Road+236,+Balmoral,+MB?entry=gmail&source=g](https://www.google.com/maps/search/6003+E+Provincial+Road+236,+Balmoral,+MB?entry=gmail&source=g)>.

Cost: Fall session: \$300,
Winter Session: \$275



All information on classes as well as Open House/Registration night and Registration/ Payment for both Fall and Winter sessions online at <https://prairienorthdance.ca>

Local house-flipping team to HGTV Canada stars

By Emma McGill

Four years ago, Heather Porteous started an Instagram account featuring before and after shots of house-flipping projects she did with her brother, Nathan.

She started using hashtags like “hgtvnoticeme” and “hgtvcanada” just for fun, and after two years, she got a phone call that someone from HGTV Canada had noticed them. At first, they thought it might have been a scam; they had to have a Zoom meeting to believe it was real.

Heather and Nathan Porteous are a sibling duo that grew up on a Woodlands farm, attended Woodlands Elementary and Warren Collegiate, and spent many afternoons skipping school at the Stonewall Chicken Chef. Their dad owns Porteous Plumbing, travels to and from Stonewall, Warren, Woodlands and surrounding areas and has done so for 45 years. Their mom is a massive gardener, selling tomato plants to many people throughout the community, and she used to teach nursing at the Health Sciences Centre for about 30 years.

Heather, by trade, is a chef. She had been working at her restaurant when she and a coworker bought a house to flip together. She ended up making more money on that flip than she had been making in a year as a chef. Nathan had been in the autobody industry, specifically painting, but the industry was changing and less money was being made. Heather and her friend needed someone to help with the house, so Nathan lent a hand, and that was the start of their new venture. They both found their new



TRIBUNE PHOTOS SUBMITTED

Brother and sister duo Nathan and Heather Porteous are a house-flipping team.

calling.

Now that they’ve got the hang of doing their jobs and being on television, their work isn’t much different from what it was before; other than that, they might not be seeking out hoarder houses to flip like

they do for the show.

“I don’t think the show really is different. We were worried at the beginning about how filming

Continued on page 22

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Interlake School Division students head back to class



TRIBUNE PHOTO BY JO-ANNE PROCTER

Students in grades K to 8 at Woodlands School, along with their staff were excited to head back to the classroom last week after summer break. The students are looking forward to all the new things they're going to learn and experience this school year, as well as the projects they'll be spearheading.



Wedding Celebrations



The most popular honeymoon destinations

Couples have different ideas regarding what makes a great honeymoon destination. Some couples may want to spend their trips with toes in the sand as they relax on a secluded beach, while others might want to traverse rapids in a tandem kayak. There's simply no rules when it comes to choosing a honeymoon destination other than picking a place each person will enjoy. With that in mind, couples looking for inspiration can consider the 10 most popular honeymoon locales as determined by a recent survey from Expedia.com.



- 1. United Kingdom: This might come as a surprise, but the most common honeymoon destination in 2022 was actually multiple destinations across the United Kingdom. A multi-city train trip through various parts of England and Scotland was the most popular honeymoon trip in 2022.
- 2. Dubai, United Arab Emirates: Honeymooners looking for something upscale can consider Dubai, which combines sun and sand with unrivaled luxury.
- 3. Paris, France: Little needs to be said about this European city considered one of the most romantic locales in the world.

- 4. Florida: Pristine beaches, awe-inspiring sunsets and seemingly endless sun and warmth made Florida the fourth most popular honeymoon destination in 2022.
- 5. Los Angeles: Los Angeles truly has it all, with sun-soaked beaches, world-renowned restaurants and, of course, Hollywood.
- 6. Madrid to Seville, Spain: Couples who want to make multiple stops can consider this popular option, which takes visitors from Spain's capital and most populous city to one of its most historic and unique destinations.
- 7. Rome, Naples and Amalfi Coast, Italy: A tour of three of Italy's most wondrous locales needs no introduction, which is undoubtedly why these three places were a must-visit for many honeymooning couples in 2022.
- 8. St. Lucia: An idyllic island country in the eastern Caribbean, St. Lucia was recently named as one of the best places to visit in 2023 by Tripadvisor.

- 9. Iceland: Iceland has experienced a tourism boom in recent years as more and more people have discovered the unique beauty and extraordinary culture of this island nation in the North Atlantic.
- 10. The Maldives: An archipelagic state in South Asia, The Maldives has the lowest elevation of any country in the world, which means its temperatures are always hot and humid, making this an ideal stop for honeymooners who can't wait to relax on a sunny, idyllic beach.

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> HGTV, FROM PG. 20

and how stuff was going to work. We've wrapped up filming Season 2, and at this point there's just a camera crew that follows us around while we do our regular work," shares Heather.

"We have a lot of freedom," says Nathan. Their process involves starting off with a walk-through of the house to figure out what exactly they'd like to do with it, and the next step is usually a demo. After that, it's electrical, plumbing and rebuilding walls while still keeping the end vision in mind. Once that's done, along with the drywall and painting, the prettier stuff starts to happen: kitchen and flooring go in, as well as light fixtures and feature walls and ceilings.

"We've been doing it for long enough that we kind of have a process," says Heather.

It typically takes Heather and Nathan two to three months to finish flipping a house, three months being the longest. They have set the record for their quickest flip at four weeks. They tend to look for houses within a five- to 10-mile radius of where they live. If they're closer to home, there's more time to spend on the house rather than travel and there's less dealing with traffic across the city.

One of the reasons they decided flipping was for them was so that they could work Monday to Friday, usually 8 to 4. This schedule gives Nathan more time to get his daughter off to school and return to her in the evenings.

While Nathan's favourite part of everything is lunchtime, Heather loves the design and picking out everything to go into the house that people get to see. They have flipped approximately 30 homes together.

One of their favourite projects they've done has



Viewers can find *Hoarder House Flippers* on the Global TV app, STACK TV and Hulu. Season two airs this fall.

been a bungalow in Winnipeg a few years back. It involved transforming a bedroom into an ensuite and a fun design process. This project was featured in the *Winnipeg Free Press*, and they consider it one of the nicest houses they've done. They also just fin-

ished a house for Season 2 of the show that Heather loves, considering it a close second to the bungalow.

Viewers can find *Hoarder House Flippers* on the Global TV app, STACK TV and Hulu. Season 2 will be airing in the early fall of this year. It will feature successful house flips done by Heather and Nathan in Portage la Prairie, Winnipeg and the St. Boniface area.

HGTV CANADA'S HOARDER HOUSE FLIPPERS

The new series *Hoarder House Flippers* from Anaïd Productions followed three teams of fearless flippers as they took on the worst hoarder houses they could find and transformed them for maximum profit.

Smart flippers know the lengths they have to go to make a profit, which sometimes means taking on the dreaded "hoarder house." In the first season of *Hoarder House Flippers*, they premiered three brave teams of flippers seeing the potential value beyond the clutter, trash and disrepair that would typically be a buyer's worst nightmare. For them, it's a unique opportunity to turn these overlooked houses into desirable homes and, ultimately, maximum profit.

Each episode follows one of three sets of renovators as they work day and night to clear out, demo and renovate these challenging properties. Hailing from Ontario, Quebec and Manitoba, each team has their own unique style and personality, which can often create some challenges beyond the renovation itself.

The series premiere features Ontario couple Ryan and Kiki, who take on a ranch-style house with a

Continued on page 2

Online raffle supports Woodlands boy

By Jennifer McFee

Community members who took a chance on an online raffle helped raise thousands of dollars to support a local family.

Woodlands Elementary staff and parent advisory council recently launched an online 50/50 raffle to help cover costs for the family of Sam Madden, an eight-year-old boy who needs a double-lung transplant.

Sam's lungs were impacted by the chemotherapy he underwent to treat tumours that turned out to be an aggressive form of neuroblastoma.

The family is waiting to see if Sam will be eligible for a lung transplant at Toronto's Sick Kids hospital.

The prize draw took place on Wednesday, Sept. 6 at Woodlands Elementary School, where Sam just started Grade 3. In total, the online FundingChange 50/50 raffle raised \$13,625. The winner was Brenda Joel, who received half the pot, for a prize totalling \$6,812.50. The other half of the funds will go to Sam's family to help cover their costs while they're in Toronto.



TRIBUNE PHOTO SUBMITTED

Tim Lee, Lindsey Hoas, Karyn Sorenson, Casey Tully, Rowan, Rowan Farley, Russell Farley, Lisa Parks, Alison Martilla, Andrea Entensen; Front: Sam Madden, Seth Madden.

A business in bloom: Miss Millie's celebrates five years

By Becca Myskiw

It's been blooming for five years — but the best is yet to come.

Miss Millie's Flower Farm recently held an end-of-year event that also celebrated its five years in business. On Aug. 26, the flower farm had an open farm day with a mini market during the day and jazz night in the evening.

"We like to celebrate the end of the season yearly," said Victoria Friesen, co-owner of the flower farm. "However, this year we wanted our fifth anniversary to be a little more special than the past, so we thought why not open the farm up?"

The day started with an open farm for people to wander around, take pictures, explore and pick flowers. There were activities throughout the day, including flower hammered tea towels, DIY seed bombs, bracelet making and kitten cuddles.

Victoria said up to 200 people arrived to soak in the scents. A jazz night followed the day's activities with music by Helen White and drinks by Sobr Market. Jillian Leigh Jewelry also offered permanent jewelry on-site.

"It was wonderful to catch up with family and friends and celebrate this season," Victoria said.

Miss Millie's Flower Farm started in 2019 when Jodi Friesen, Victoria's mother-in-law, decided she wanted to do something flower-related on their farm. After seeing U-Pick flower farms everywhere except Manitoba, she recognized an opportunity to transform the original family vegetable garden into a cut flower garden.

During the winter of 2019, Victoria was pursuing an agriculture diploma at the University of Manitoba. She used Miss Millie's Flower Farm for her final presentation and soon after, she and Jodi built the business plan together and expanded the U-Pick garden for the first time as they began selling their beautiful, fresh flowers wholesale to florists.

"Our personalities complement the business perfectly," Victoria said. "We each bring different perspectives and



Miss Millie's Flower Farm owners Gary, Kirby, Victoria and Jodi Friesen.

ideas to the farm."

She said Jodi's horticulture experience, love for plants and landscaping background gave the business the head start it needed, allowing them to expand at an accelerated rate. And though Victoria had no experience in business, her job was to grow and market Miss Millie's Flower Farm and its flowers.

"(Jodi's) confidence in me has played a huge role in getting Miss Millie's to where it is now," said Victoria. "Lots of mistakes were made, but she always would say that's how we learn and grow."

Miss Millie's Flower Farm sits on a third-generation grain farm and is entirely family-owned and operated. Kirby Friesen, Jodi's son and Victoria's husband, joined the business along with Gary Friesen, his father, and the manpower allowed them to continue to expand.

Friends and community members are behind the success of the flower farm too, showing up since day one and staying loyal to the U-Pick location. Watching people return from the flower field with a container overflowing in vibrant colours and textures is Victoria's favourite part of the



PHOTO SUBMITTED

Miss Millie's anniversary celebration included a mini market featuring local small businesses: Six North Apiaries, Polished by Brynae, Cream Cheese Cookies, Shared Stitches and Prairie Loops, The Locals Gift Boxes' Rising Sol Creations and WKA Farms.

business, she said.

"Growing flowers is extremely challenging," she said. "You can do everything right but you can't control Mother Nature. Usually by the end of June we are drained, stressed out and wondering why do we do this, but then in July, when we see the joy it brings everyone, it's so worth it."

She added that the magical feeling you get from a bundle of perfect blooms you grew from a tiny seed is unmatched.

With five years under their belt, the flower farm is planning to continue to grow. They're working on expanding the U-Pick garden again and Victoria said they'll continue to change the garden layout annually so Miss Millie's Flower Farm always has something new and different to offer customers.

People can only visit the flower farm through appointment. It's currently



Kittens available for adoption were at the event for everyone to love.

booked up for the rest of the year, but keep your eyes on their social media pages so you don't miss any last-minute openings that may pop up.

> HGTV, FROM PG. 22

mess of overgrowth, but with their unmatched vision and just-do-it attitude, this power couple sees past the hoard to the potential goldmine that lies beneath. With more than 60 money-making flips under their belt, it seems there's nothing these two can't conquer.

Episode 2 features Quebec brothers Mactar, Issa and Khadim who discover their cheap flip could ultimately cost big bucks. Mactar's big ideas has helped him flip more than 20 properties for profit, and he's done that with the help

of Khadim, who helps curb his impulsive choices, while cool-headed Issa keeps an eye on the bottom line.

Manitoba siblings Heather and Nathan are featured in Episode 3 as they work to transform their newly purchased eyesore. Heather is the driving force who keeps the flip on time and on budget, with her younger brother Nathan happy to work hard and offer his opinion ... even when it isn't asked for. Though these siblings may go toe-to-toe sometimes, this brother-sister duo is a force to be reckoned with!

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jets post 3-0 record at preseason tournament

By Brian Bowman

The Stonewall Jets posted a perfect 3-0 record at the Manitoba Major Junior Hockey League preseason tournament held last weekend at the Ed Goulding Arena.

Getting that winning vibe in the dressing room early in the season is very important.

"We talked about that from Day 1," said Jets' new head coach Pat Powers. "Last year is last year. We want to get a winning culture back in Stonewall and it starts with the first preseason game to the first regular-season games. Getting that winning vibe, culture is a good start to the year."

Stonewall wrapped up the trio of exhibition games with a solid 5-2 win against the Ft. Garry/Ft. Rouge Twins on Sunday afternoon.

"We were playing well," Powers said. "We were skating really well, finishing checks. For early on in the year, the guys were moving the puck well."

Powers was the head coach of the Twins last season. It was different coaching against a former team.

"It's nice to get it out of the way early," Powers said. "To be honest, both organizations can just move on and play hockey."

The Jets started play with a convincing 9-3 victory over the Transcona Railer Express on Friday evening.

"We started strong and didn't take the foot off the gas," Powers said. "Obviously, it's preseason and you don't want to run the score up on anybody but by the same breath, guys scored goals that maybe struggled a bit last year so it was nice to get them on the game sheet and give them some confidence going forward."

On Saturday, Stonewall defeated the Pembina Valley Twisters either 4-1 or 5-1 (coach wasn't sure).

Stonewall will visit the Charleswood Hawks on Sunday (5:15 p.m.) and then will host Pembina Valley on Sept. 22 to close out its preseason schedule.



TRIBUNE PHOTO BY LANA MEIER

The Stonewall Jets were a perfect 3-0 at a MMJHL preseason tournament in Winnipeg last weekend.

Puck drop is 8 p.m.

The Jets' season opener is Sept. 29

when they host the Raiders Jr. Hockey Club. Game time is 8 p.m.

Interlake varsity Thunder edge Outlaws 19-18

By Brian Bowman

The Interlake Thunder's bus ride home from Shoal Lake on Friday was a really fun one.

Interlake edged the Park West Outlaws 19-18 in a thriller to begin its Rural Manitoba Football League regular season.

"A win's a win is my first thought. It's better to win by one than lose by one," said Thunder head coach Christof Hasselfield. "This week I said our goal was to come out and play good fundamental football and watching the tape we had quite a few mental errors and alignment stuff but I was proud of the guys for gutting one out. I think ultimately with the youth that we have on our team having a one-

point win it was a wakeup call for the guys and getting the 'W' was the best result even though it probably shaved a few years off of my life."

Last year's matchup between these two teams resulted in a wild offensive shootout. It was a different story on Friday.

"The defence really kept us in the game. They were sort of the steadier side of the two," Hasselfield said. "The offence was sort of in spurts, start, stop, and then a big play. The defence kept us in there by being solid, steady throughout the game."

The Thunder couldn't ask for a more fun and competitive game to start their season.

"Hats off to Park West. It was a real tough game," Hasselfield said. "They switched up their offence from last year a little bit, leaning a bit more into the run game. They did a better job with motions, pre-snap, which really tested our young defence as far as staying aligned."

Some player highlights included Jesse Batenchuk hauling in six catches for 169 yards and a touchdown. Ethan Eberts, a senior, had a pair of touchdown receptions.

On defence, senior middle linebacker Ian Grey had a strong game along with Grade 10 safety Dylan MacLean.

The Thunder's next game is Saturday (3 p.m.) at the Falcons Football

Club.

In PeeWee action, Interlake was doubled 40-20 by the St. Vital Mustangs last Saturday in Winnipeg.

On Aug. 26, the Thunder edged the Charleswood Broncos 56-55.

Interlake will visit the Ft. Garry Lions this Saturday. Kickoff is 7 p.m.

The Atom Thunder, meanwhile, lost 26-19 to the Charleswood Broncos on Saturday. It was a very well played football game and the result was decided in the final two minutes of the contest.

On Aug. 27, Interlake was defeated 32-7 by the Eastman Raiders.

The Thunder will visit the St. James Rods on Saturday at 10 a.m.

Stonewall United earns huge win over Richmond FC

Staff

Stonewall United picked up a very important victory over Richmond FC on Sunday in Stonewall.

Stonewall defeated the visitors 5-3. No goal scorers were posted on the

league website at press time.

The victory improved the United's record to 5-8-4 and Stonewall now has 19 points to sit in fifth place in the 10-team division.

Richmond FC (5-7-2) is now in sev-

enth place with 16 points. They have played two fewer games than Stonewall, however.

The bottom two teams at the end of the regular season are relegated to the MMSL 5th Division next season.

The United will battle second place Elmwood FC on Sept. 19 at the Ralph Cantafio Soccer Complex. Game time is 7 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Warren wins home Wildcats Invitational tournament

By Brian Bowman

The Warren Collegiate Wildcats varsity girls' volleyball team had a great start to their season last weekend.

"They came out ready to play, that's for sure," said Wildcats' head coach Tyler Oliver. "They were definitely motivated and knew what they wanted."

Warren defeated the Collège Stonewall Collegiate Rams in the final of the Wildcats Invitational on Saturday in Warren.

Warren won the match 2-0 by scores of 25-14 and 25-13.

"They definitely played well. Both lineups came out and passed well, served well, hit well. They did all of the main things that you want to see done," Oliver said. "They executed very well early in the season."

Warren reached the final after easily sweeping Morris School/Ecole Heritage Immersion Mavericks 2-0 (25-6, 25-7).

The Wildcats finished pool play with a perfect 4-0 record.

Stonewall advanced to the final after a 2-0 (25-11, 25-21) win over the Teulon Collegiate Saints.

Teulon, who were 3-1 in pool play, placed third after defeating the Arborg Athletics 3-1 (17-25, 25-19, 25-16).

Arborg later beat Morris 2-1 in the fourth-place game.

As good as the Wildcats are this season, the Rams (a AAA school) and Teulon (AA school) are pretty good, too.

"Teulon looks very, very strong. They have some really good athletes, that's for sure, and talking with their coach they're going to have a very busy season," Oliver said. "Teulon and us are going to be right there at the end, I believe. I think Teulon will be very, very strong this year."

"Stonewall is a AAA school so we don't see them as often but Stonewall definitely looks good. They have lots of height and talent."

The Wildcats Invitational was the first Manitoba High Schools Athletic Association tournament of the 2023-24 season.

"We have, in the past, used (this tournament) as an evaluation, giving the kids a bit of a tryout process," Oliver said. "But we didn't have to do that this year. We didn't have to undergo any tryouts or anything like that. We just had the girls come out and play. I know some of the other teams there kind of gauged it as a tryout-type tournament as well to kind of see how they do in game (action). It's an early-bird, early-season tuneup just to see what you need and what you have."

Oliver is really looking forward to this season.



TRIBUNE PHOTO SUBMITTED

Warren Collegiate won the Wildcats Invitational varsity girls' volleyball tournament after defeating the Collège Stonewall Collegiate Rams 2-0 by scores of 25-14, 25-13 in the final last Saturday. Pictured back row, Mya Malcolm, Mia Cassils, Samie Boonstra, Abby Alexander, Jenna Cassidy, Bryn-Lee Procter and Colby Darragh. Bottom row, Meadow Seidel, Lauren Voth, Rianna Cassils, Jadyn Baldwin and Camryn Oliver.

"The girls are a great group of kids, a great group of athletes," he said. "I think we'll be gunning for what we normally do here, the provincial championship. That's what we have

our eyes on and the girls are motivated to try and go compete. Whether we're there at the end or not, they have the opportunity, that's for sure."



Warren Collegiate's Jenna Cassidy smashes the ball at the net before a tournament game.



The Teulon Collegiate Saints' Monika Stolle, left, and Teagan Price get down low to dig a ball during tournament action. Teulon defeated the Arborg Collegiate Athletics 2-1 in the third-place game.

get inspired

> MEAL IDEAS

FamilyFoods

Phone 467-5553

Strawberries and Cream Popcorn



Servings: 4-6

1/4 cup freeze-dried strawberries

6 cups popped popcorn

1 cup white chocolate chips, melted

In small food processor or spice grinder, pulse freeze-dried strawberries until finely ground.

Place popcorn in large bowl. Drizzle melted chocolate over top; toss until well coated. Sprinkle evenly with ground freeze-dried strawberries; toss until well coated.

Scrape onto large parchment paper-lined baking sheet, spreading into even layer.

Let stand at room temperature 30-60 minutes, or until chocolate is set and hardened. To serve, break into pieces.

Tips: To melt chocolate: In heatproof bowl over saucepan of barely simmering water, stir chocolate chips 3-5 minutes, or until smooth.

To melt chocolate in microwave: In microwave-safe bowl or measuring cup, microwave chocolate on medium heat 1-2 minutes, stirring every 30 seconds, or until smooth and melted.



Honey-Lime Quinoa and Grape Salad

pitted and cut into bite-size pieces

1/2 cup chopped peanuts (optional)

To make lime vinaigrette: In medium bowl, whisk olive oil, lime juice, honey, sea salt and pepper, to taste.

To make salad: In fine mesh strainer, rinse quinoa; drain well. In medium saucepan, bring broth and quinoa to boil; reduce heat and simmer, covered, 12 minutes. Remove from heat and let stand 10 minutes then fluff with fork and let cool. Transfer to large bowl.

Pour vinaigrette over quinoa; stir well to coat. Add grapes, onion, cilantro and jalapeno pepper; cover and chill at least 1 hour.

Lightly stir in avocado and transfer to decorative bowl. Sprinkle with nuts, if desired.

Notes: Salad may be prepared and refrigerated up to 2 days ahead without avocado and peanuts. Add avocado and peanuts just before serving.

Prep time: 15 minutes, plus at least 1 hour chill time

Cook time: 22 minutes

Servings: 6 (1 1/3 cups per serving)

Lime Vinaigrette:

1/2 cup extra-virgin olive oil

1/3 cup lime juice

2 tablespoons honey

3/4 teaspoon sea salt

freshly ground pepper, to taste

Salad:

1 1/2 cups quinoa

2 cups vegetable broth

2 cups halved Grapes from California

1/2 cup minced red onion

1/4 cup chopped fresh cilantro

2 tablespoons minced jalapeno pepper

1 large firm, ripe avocado, peeled,



Sweet and Tangy Pickled Grape Dogs

Prep time: 15 minutes, plus 1 hour marinating time

Cook time: 5 minutes

Servings: 8 (1/4 cup relish per serving)

Ask The Money Lady

Dear Money Lady Readers: Have you ever looked at the story of your life and decided you wanted a different one?

Often times the new story to a new life is right in front of you, but for whatever reason we can't see it, can't feel it, and certainly can't imagine making a change. Changing the course of your future always brings new opportunities that in the beginning could never be imagined. A new career, new friends, more money, more love, it is all there for those who want a different story. Of course, this all sounds great, but the reality is we never realize we want or even need a new life story until we have usually hit "rock bottom."

Most people use the phrase "rock bottom" with addictions or alcoholism, however it just as easily can happen with a financial failure, career or business failure, or even an injury, trauma, divorce, or death. After struggling with anxiety and depression, hitting rock bottom means you have gotten to the point that you are finally sick and tired of feeling sick and tired. Here is a quote from an Italian poet Dante Alighieri, (1265-1321): "The path to paradise begins in hell."

I too had to hit rock bottom to find my true calling and begin my journey to provide financial literacy to all Canadians. It was something I never considered doing but am now so glad I have. It was a path I could never have imagined and only by being in my proverbial "Dante-hell" did I see an opportunity for greatness. Too often we tend to revel in our sad and pitiful life stories, getting an emotional charge out of how unfair life is to us, and how great we are for keeping up the struggle – against all odds. We whine and complain to people about being a survivor and love it when we get comforted.... "You poor thing, how do you ever manage?"

Now I am not saying we shouldn't have our pity-parties. Often times this is exactly what we need – I just don't want you to keep the party going forever. Remember, the greatest gift we have is the one we often



forget: we have a choice. You can always choose a different direction in life. What story do you want to focus on? What choices will you make that will change your experiences and bring you closer to the life you want to live. Negative feelings create negative attitudes, and they attract negative people. But, when you decide to make a change, being positive creates feelings of happiness and this will attract other happy people as well as successful people with opportunities and connections for you, with the probability of advancements to make your own success story. Start creating positive affirmations that you can say out loud to yourself on a daily basis and keep saying them over and over, every day. Write down your goals and read them to yourself daily, (honestly, this works!). Providing yourself with positive self-talk – guaranteed will make you richer and more successful. It needs to be a daily habit, like brushing your teeth. If you don't do this five-minute chore every day, you won't have any teeth and if you don't build up your confidence through positive intentions you won't have a future. Try it. This is the first step to changing your story.

Good Luck & Best Wishes,

ATML - Christine Ibbotson

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

1/2 teaspoon mustard seeds
1/2 teaspoon coriander seeds
1/2 teaspoon black peppercorns
1/2 cup wine vinegar
1/4 cup packed brown sugar
2 1/4 cups quartered or coarsely chopped Grapes from California (red, green, black or combination)

1/4 cup thinly sliced red onion
8 turkey or chicken hot dogs
8 hot dog buns, lightly toasted
Place mustard seeds, coriander seeds and black peppercorns in small resealable bag. Using meat mallet or

rolling pin, crush seeds and peppercorns.

In small saucepan, stir vinegar, sugar, seeds and peppercorns; bring to boil. Remove from heat and stir to dissolve sugar; let cool. Stir in grapes and onion; set aside to cool and marinate 1 hour, stirring occasionally.

Heat grill to medium heat.

Grill hot dogs 5 minutes, turning occasionally, or until charred and heated through.

Place hot dogs in buns. Using slotted spoon, top with pickled grapes.

Classifieds

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

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take a break > GAMES

SUDOKU

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!

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

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!

Sudoku Answer

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

Crossword Answer

S	E	R	I	D	E	R	A	T	S				
S	W	I	V	I	C	O	V	S	B	E	R	E	H
E	B	E	E	C	O	C	O	V	E	R	E	H	
S	O	D	D	O	E	H	O	E	H	E	H		
V	I	V	M	A	N	O	O	O	D				
G	N	I	H	S	V	B	Y	Y	N				
S	O	O	H	H	O	B	H	D	I	E	N		
O	D	V	L	T	V	C	T	I	E	W			
G	E	M	O										
N	E	X	O										
N	V	T											
D	E	V	H										
V	A	T											

CROSSWORD

CLUES ACROSS

1. Type of crayon
7. Fashion accessory
10. Most cerebral
12. Incline from vertical
13. Dependent on
14. Broken in
15. Strongly desires
16. Mounted soldier
17. Ad __: when necessary
18. Cattle
19. Ottoman military commanders
21. __ student, learns healing
22. Composed in poetic meter
27. Promotional material
28. Where people live
33. Sodium
34. Embarrassing
36. Medical man
37. Mother of Hermes
38. One who saves the day
39. Tooth caregiver
40. Not clothed
41. Slope covered with loose stones
44. Used to cook
45. Praises enthusiastically
48. Rooney is a famous one
49. Beekeeper
50. Pigpen
51. Potato chip brand

CLUES DOWN

1. Living quarters
2. Horizontal passage
3. Attacks
4. Vietnamese offensive
5. Midway between east and southeast
6. Confined (abbr.)
7. Book of Esther antagonist
8. Port in Yemen
9. CNN's founder
10. Type of bulb
11. Prepare
12. Promoted
14. Dinner jackets
17. Partner to cheese
18. Nebraska city
20. Human gene
23. Pays no attention to
24. Lowland South American plain
25. Blood group
26. Mauna __, Hawaiian volcano
29. Atomic #37
30. Unit of electrical resistance
31. Jeweled crowns
32. Nastiest
35. Traditional cars need it
36. Bowler hat
38. Robust
40. Not straight
41. Stony waste matter
42. Have an interest in
43. Jacob __, journalist
44. Maintains possession of
45. Swiss river
46. Average cost of market goods
47. Spanish soldier: El __

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HELP WANTED

Grysiuk Apiary Inc. requires 9 full time seasonal apiarists in Argyle, MB., wages are \$16 - \$18 per hour depending on experience. Job is physically demanding, must help with wrapping, feeding, making nucs, supering, pulling honey, honey extraction, medicating hives, and winter preparation. March 1, 2024 - November, 2024. Please call Cal Grysiuk ph/fax 1-204-831-7838, email acgrysiuk@shaw.ca or mail to 83 Acheson Dr., Winnipeg, MB. R2Y 2E8.

**News Tips?
Story Ideas?**
call the Tribune
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MISCELLANEOUS

Quantity of good used white ribbed metal siding 36 inches wide with screw holes at 24 inches on center. 8', 12' & 21' lengths. 60 cents per square foot. Call Jack 204-771-8104, Stonewall.

CRAFT SALES

CALLING ALL CRAFTERS - tables are available for rent (\$25) at the Odd Fellows & Rebekah Memorial Eye Foundation's Annual Craft Sale on Saturday, October 29 from 10 a.m. - 2 p.m. For more information & a registration form please call Betty at 204-831-5597.

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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.

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NOTICES

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

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RURAL MUNICIPALITY OF ROSSER UNDER THE AUTHORITY OF THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

**R.M. OF ROSSER BY-LAW NO. 4/23
Being an AMENDMENT to the R.M. OF ROSSER
ZONING BY-LAW NO. 4/21**

HEARING LOCATION: Grosse Isle Community Hall (sign: "Grosse Isle Memorial Park")
117 E Road 72N E, Grosse Isle, Manitoba

DATE & TIME: Wednesday, October 4, 2023, at 6:30PM

GENERAL INTENT: The intent of By-law No. 4/23 is to amend the R.M. of Rosser Zoning By-law No. 4/21 as follows:

1. To amend Table 7-2 - Accessory and Temporary Use Table to add "Private Vehicle Collection" as a Conditional Use in the 'AG' Agricultural General and 'AL' Agricultural Limited Zones;
2. To add a new definition for "Private Vehicle Collection" to Section 3.11 - Accessory Use Class Definitions; and
3. To add new Use Specific Standards for "Private Vehicle Collection" under Section 7.40.

FOR INFORMATION CONTACT: Eric Shaw, General Manager
South Interlake Planning District
Office Location: 5-15 Davis Way, R.M. of Rosser, Manitoba
Telephone: 204-467-5587; Email: info@sipd.ca

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

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 équivalant à 10 % de l'offre, lequel montant sera, en temps voulu, retourné si l'offre n'est pas acceptable.

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Reporter/Photographer Wanted

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

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

Qualifications:

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

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

Lana Meier
Email: news@stonewallteulontribune.ca

The Carman-Dufferin
STANDARD



RURAL MUNICIPALITY OF GIMLI

EMPLOYMENT OPPORTUNITY

DIESEL-HEAVY EQUIPMENT JOURNEYMAN MECHANIC

The Rural Municipality of Gimli is accepting applications for two full-time positions for Heavy Equipment Journeyman Mechanic. This position is under the direct supervision of the Public Works Foreman and is responsible for performing various tasks necessary for the repair, maintenance, and operation of all the municipal equipment. The successful candidate will be required to:

Duties included, but not limited to:

- Make recommendations regarding the extent of repairs and suggest methods of improvement.
- Repair the equipment in a timely and financially responsible manner.
- Think logically and keep up with changes in technology.
- Interpret work orders and technical manuals.
- Have a strong awareness and attitude towards workplace health and safety.
- Be motivated and able to work in a challenging environment with minimal supervision.
- Providing and maintaining a set of tools required to perform required functions.
- Performing other tasks related to his/her classification.
- Keep maintenance reports, inventory and documentation up to date.
- Keep a tidy workplace free of any hazards.

Applicants are required to have a Journeyman Heavy Equipment Mechanic Certification, interprovincial Red Seal is preferred, min 5 years' experience and have a complete set of mechanical tools for use during employment. Experience operating heavy equipment and trucks is also required. Welding experience will also be an asset.

The incumbent will be required to hold a valid class one with air endorsement Manitoba driver's license. The incumbent will be required to work 40 hours per week and to be available for any call out emergencies that may arise from time to time. Salary range \$ 39.83 per hour and will be administered in accordance with the current Collective Agreement.

Resumes complete with a minimum of three references and a copy of related education transcripts will be received at the Municipal Office, 62 2nd Ave, until 4:00 pm on September 29th, 2023, or until the positions are filled.

Ron Hahlweg, C.E.T.
Director of Operations
Rural Municipality of Gimli
PO Box 1246
Gimli, MB R0C 1B0
Email: operations@rmgimli.com

We thank all candidates for their interest, however, only those individuals considered for an interview will be contacted.



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:

- a) liability to taxation;
- b) amount of an assess 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 applicant 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 to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by:
 - i) Delivering it or cause it to be delivered to the office indicated below, or
 - ii) 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

ANNIVERSARY



Happy 60th Anniversary Gordon and Valerie Watt on September 11.
Cheers to many more years of love and laughter ahead.

-Love from your family

Stonewall Teulon
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Announcements

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ANNIVERSARY



Golden Anniversary!

Darryl and Valerie Edwards of Stonewall will mark 50 years of bliss this Friday.
Married September 15, 1973 at Church of the Ascension,
the couple have lived, worked and raised their family in Stonewall.
Congratulations on an extraordinary occasion!

In life, it's not where you go but who you travel with - C Shultz

-With love from Joel and Julie, Lani,
Kara and Troy and Codi and Ian,
along with your grandchildren,
extended family, friends, and of course Molly

ANNIVERSARY



Happy 50th Wedding Anniversary
on September 15th
Joan and Alex Fotty!

50 years of marriage is truly
something to be celebrated and honoured.
Wishing you a Happy Anniversary!

-Love,
your children and grandchildren

MISSING



Missing since September 1, 2023. There have
been sightings at #7 Hwy. near Equi-Tech Vet.
His name is Theo and has a tattoo in his left
ear. He is timid! Please call 204-467-5673 or
204-461-2084 if you see him. Thank you!

CARD OF THANKS

Coffeehouse to End Cancer 2023 was another huge success! Thank you to ALL the wonderful
volunteers and to everyone who made dainties for the event! Special thanks to Roasts and Toasts
and Grosse Isle Heritage Site for their services and to the following local businesses for their
donations: Stonewall Teulon Tribune, Rutherford Farms, Inview Insurance, Southside Service, the
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and Lattes, Vintage Locomotive Society, Stonewall Florist, Grosse Isle Women's Institute, Grosse
Isle Coffee Club, Rita's Salon, The 19th Hole and Loaf and Honey. Thank you to the vendors,
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and friends. And of course THANK YOU to the amazing artists for putting on a wonderful show!

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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	\$499
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 Thorliffson, 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 - Hnaua	\$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		

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.

GRAND TOTAL TO DATE \$311,945.80



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STORE HOURS
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/ Saturday 9-5

