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VOLUME 14
EDITION 41

Stonewall Teulon Tribune

THURSDAY,
OCTOBER 12, 2023

www.stonewallteulontribune.ca

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King victorious

TRIBUNE PHOTO BY JO-ANNE PROCTER

Trevor King, surrounded by his family, celebrate his Lakeside win in Manitoba's 43rd general election on Oct. 3 in Stonewall. Pictured with King, Celine Rarick, Colton King, Kim King, Rhet King, Diane Campbell, Trey King, Trevor King, Shirley King and Karson King.

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King holds onto Lakeside seat for Progressive Conservatives

By Jo-Anne Procter

The Lakeside constituency witnessed a changing of the guard on Oct. 3 as Trevor King, representing the Progressive Conservative Party, emerged victorious in his first provincial election.

Taking over the reins from cabinet minister Ralph Eichler, who chose not to seek re-election, King now holds the responsibility of representing Lakeside in the Manitoba Legislature for the next four years.

The atmosphere at King's office in Stonewall was electric as the results of the election were announced on CBC last Tuesday evening. With 63.2 per cent of votes in his favour, it was clear that this victory was well-deserved.

Together, his family, campaign team and friends celebrated this monumental win for not only King but also for Lakeside constituency.

This victory in the provincial election was not just a personal triumph but a testament to the support and dedication of his loved ones, campaign team and all those who cast their votes for him.

"I feel a great deal of pride in my community for the overwhelming support from the people of Lakeside having the confidence in me to be their representative for the Manitoba Legislative Assembly," he said. "I know the geography of this area well, along with a lot of people, and am confident they will be satisfied with my representation."

With gratitude, King extended heartfelt thanks to all those who supported him throughout this journey — be it through casting their votes or contributing their time and effort towards his



TRIBUNE PHOTO BY JO-ANNE PROCTER

Lakeside's new Progressive Conservative representative Trevor King celebrates with family, supporters and campaign team following his Member of the Legislative Assembly victory in Stonewall on Oct. 3.

campaign. Their unwavering support undoubtedly played a vital role in securing this significant achievement.

His campaign team played an integral role in spreading King's message across the Lakeside riding. He expressed his appreciation for every member of his team for their support, with countless hours spent canvassing, organizing events and spreading his message far and wide.

With the new Lakeside board, King vowed that going forward they are going to make it a successful riding like Eichler always had.

"They're big shoes to fill, but I am going to do my damndest to fill them," he said.

King's victory signifies a shift in leadership and an opportunity to bring fresh perspectives and ideas to the forefront. And as he looks ahead to his tenure as representative of Lakeside, he eagerly anticipates continuing several ongoing initiatives

launched by the previous government.

He pledges to ensure that planned upgrades for PR 227 come to fruition while also prioritizing essential projects like constructing a new personal care home in Stonewall and establishing daycare facilities outlined in budget allocations for our communities.

But perhaps most crucially, health-care reform remains at the forefront for King. He's committed to holding both PC plans and promises made by other political parties accountable when it comes to improving our health-care system.

Furthermore, alleviating financial burdens faced by families struggling with affordability concerns sits high on King's priority list. By exploring economic development opportunities that foster growth within our local economy, he aims to create better conditions where families can thrive without constant fiscal strain.

Overall, King's passion shines through as he looks forward excitedly at what lies ahead as the representative of Lakeside.

"I want the voters to know that my door will always be open," he said, "and everyone's concerns are import-

ant to me and should be addressed."

Although the New Democratic Party of Manitoba overthrew the long-standing Progressive Conservative government after seven years in power, marking a significant shift in political dynamics within the province, King promises to do his best to make Manitoba better.

"With the change in government we will need a strong voice for our residents and I intend to be that voice over the next four years and possibly beyond," he promised. "I am looking forward to working with the many new and energetic people that were also elected to the legislature. I feel there will be a new energy that will be there to make things better for all of Manitoba."

According to Elections Manitoba's unofficial results, King earned 6,143 votes, followed by NDP candidate Dan Rugg with 2,706 votes and Liberal candidate Neil Stewart with 1,114 votes. There were also 61 declined ballots and 15 rejected ballots. In total, 10,039 people voted in Lakeside out of 15,393 registered voters, for a 64 per cent voter turnout — higher

Continued on page 4

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Woodlands Fire Department hosts annual open house



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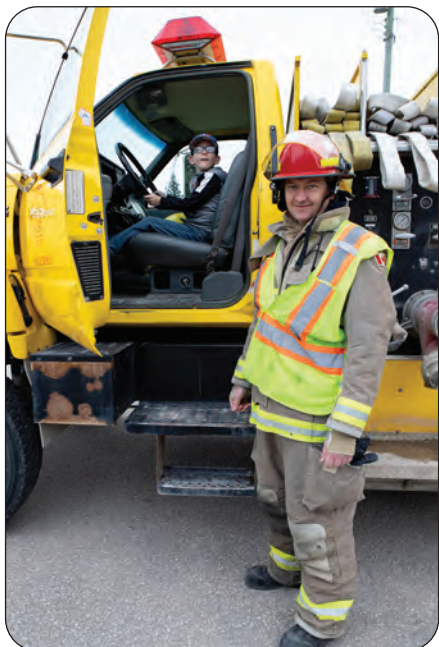
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TRIBUNE PHOTOS BY JO-ANNE PROCTER

The kitchen was extra busy at the Warren Fire Hall last Saturday as members of the Woodlands Fire Department fed close to 275 guests at their annual open house. Clockwise from top left: members of the department demonstrated how the jaws of life work, while firefighters Kristy Hill and Jalyn Langrell pose with Sparky; Warren resident Christie served her children Khylan, Zayd and Lache pancakes and sausages; Brooks Hoas on a tanker truck; Logan Dubowits in the driver's seat of the fire trucks while Grant Palmer supervises. The department raised \$800 through donations for the Firefighters Burn Fund.

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Thank you for your support - constituents, volunteers, campaign team - allowing me to represent Interlake-Gimli for the third term.

- Derek Johnson

AUTHORIZED BY THE OFFICIAL AGENT FOR DEREK JOHNSON.

PC Campaign Office
68-1st Ave. Gimli Phone: 204-671-3584

Lace up for Duck and Run Oct. 14



By Jennifer McFee

Participants in an upcoming fundraising run will take a step in the right direction towards supporting and restoring our wetlands.

On Saturday, Oct. 14, the family-friendly Duck and Run Manitoba event will draw crowds to Oak Hammock Marsh to run, walk or roll on the scenic gravel trails. Options are available for a one-kilometre or five-kilometre fun run.

Event organizer Leigh Patterson said the 2023 Duck and Run is now being offered in communities across Canada, but it all started at Oak Hammock Marsh in 2015.

“For many of those participants, it was their first introduction to Oak Hammock Marsh, which is a restored prairie wetland and Ramsar site (wetland of international importance)



TRIBUNE PHOTOS SUBMITTED

Oak Hammock Marsh will host the family-friendly Duck and Run Manitoba event on Saturday, Oct. 14.

and home to an award-winning Wetland Discovery Centre and the site of Ducks Unlimited Canada’s national offices — all in our community’s backyard,” she said.

“Our organizing committee see the Duck and Run as a wonderful opportunity to connect people to the outdoors while sharing the many values of wetlands — fresh air, clean water, plant and animal life — with a new, appreciative audience. Even better, they can see firsthand how wetlands can support an active, healthy lifestyle. Wetland loss in Manitoba is an ongoing concern and an issue that we think everyone should care about these under-appreciated but vital ecosystems.”

Adding to the excitement, the 2023 run also coincides with multiple milestones, Patterson added.

“It is Ducks Unlimited Canada’s 85th anniversary, the 30th anniversary of the Wetland Discovery Centre and the 50th anniversary of the Oak Hammock Marsh wildlife management area,” she said.

“For us, it’s the perfect time to come out, enjoy a family-friendly time and enjoy half-price admission at the centre for the day.”

All funds raised will go towards Ducks Unlimited Canada’s efforts to keep lakes and beaches clean and healthy, secure the future for wildlife and build climate resilience for communities.

Registration costs \$20 for participants aged 13 to adult or \$10 for kids aged five to 12. Youngsters under age five are free.

For those who can’t make it to the in-person event, they’re welcome to participate in the 10,000 steps virtual challenge.

To register, visit raceroster.com and search for “Duck and Run Manitoba” or find the local run on the Ducks Unlimited Canada website at ducks.ca/run.

> KING WINS LAKESIDE CONSTITUENCY, FROM PG. 2

than the provincial average of 55 per cent voter turnout.

Provincially, the New Democrats won a majority government winning 34 seats; the Progressive Conservatives, 22; and the Liberal Party, 1.

Outgoing Manitoba Premier Heather Stefanson announced she was stepping down as leader of the Tories after Wab Kinew’s New Democrats won a majority government, making Canadian history as the first First Nations premier of a province.

Stefanson was the successful candidate in the Tuxedo riding during Tuesday’s election and will remain as the leader of the Manitoba PC Party until a successor is chosen.

Manitoba Liberal leader Dougald Lamont announced he’s also stepping down after losing his seat.

Dr. Jon Gerrard also stepped down after losing his seat in the River Heights constituency last week. Gerrard was the elected member of the legislative assembly of Manitoba for the constituency since being elected in 1999.

Prior to that, Gerrard was the elected member of Parliament for Portage-Interlake.

From 1980 to 1993, Gerrard worked at the Children’s Hospital. From 1985 to 1992, he was the head of the section of pediatric hematology-oncology.

In the federal election of 1993, Gerrard was elected the member of Parliament for Portage-Interlake and was chosen to be a member of then Prime Minister Jean Chretien’s cabinet — being responsible initially for science, research and development with the responsibility for Western Economic Diversification added for 1996 and 1997. In those positions, he was very involved in promoting access to the internet across Canada through Community Access Centres and School-Net. He was also involved in an initiative to promote environmental industries and recognized the importance of these industries in addressing environmental issues.

In 1998, Gerrard became the leader of the Manitoba Liberal Party and in 1999 was elected the member of the legislative assembly in River Heights.

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Everyone Welcome!

AGM & Potluck

Wednesday, October 18th

Warren Memorial Hall, 145 MacDonald Ave, Warren

Supper 6:00 pm AGM to follow

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Rosser municipality regular council news in brief

By Jennifer McFee

- Provincial Road 221 (Rosser Road) will be closed between Omand's Creek and 4Tracks Ltd. near CentrePort Canada Way until Nov. 3 for utility installation work. More information, including a map and detour routes, is posted on the RM of Rosser website at www.rmofrosser.com.
- Council passed first reading to a bylaw to open a municipal road and to rename certain roads within the municipality.
- Council gave first reading to a bylaw to regulate parking, stopping or standing and special use of vehicles on certain roads in the municipality.
- Rosser council passed second and third readings for bylaws to

establish a CentrePort North wastewater reserve fund and a CentrePort wastewater forcemain reserve fund.

- Council passed second and third readings to repeal a bylaw to establish a machinery warranty reserve fund.
- Council ordered the removal of stop signs on the Prairie Dog Trail that control the eastbound and westbound traffic at Sturgeon Road. Currently, the intersection is a four-way stop.
- Council has received the audited 2022 financial statement, which is available for viewing at the municipal office during business hours.
- The RM of Rosser supports a proposed expansion to the Redboine Watershed District that would

include the RMs of Headingley, Morris, Rockwood, the Town of Morris and the City of Portage la Prairie. The

Redboine Watershed District supports watershed-based management in Manitoba.



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Manitoba Pork congratulates and welcomes new government

Manitoba Pork congratulates and welcomes new provincial government

Manitoba Pork would like to congratulate premier-designate Wab Kinew and the entire Manitoba NDP on their election victory.

"We welcome premier-designate Kinew to his post, and I look forward to working with him and his entire team to continue to grow Manitoba's economy," said Rick Préjet, Manitoba Pork chair. "Hog farmers across the province, and the over 22,000 Manitobans who work in the

sector, will continue to build on the collaborative working relationship that's been developed with the NDP over the past few years. Manitoba's hog sector contributes \$2.3 billion to the provincial GDP each year, and we are encouraged that the conditions for growth in the sector will continue unabated."

Manitoba Pork will be reaching out to the new government, including the new Agriculture minister once they are appointed, to set up introductory meetings on key areas.



Rick Préjet, chair
Notre Dame de Lourdes
Manitoba Pork

Congratulations, now let's cut taxes

By Gage Haubrich, Canadian Taxpayers Federation, prairie director

The Canadian Taxpayers Federation is calling on Manitoba Premier-Designate Wab Kinew to follow through on his promises to provide tax relief after winning the Manitoba Election.

"Kinew needs to immediately follow through on his promised tax relief," said Gage Haubrich, prairie director of the CTF. "Manitobans can't afford to wait any longer, so tax relief

needs to be Kinew's Day 1 priority."

During the election campaign, Kinew promised he would cut provincial gas taxes for at least six months.

The provincial government currently charges drivers 14 cents per litre every time they fuel up. The average family filling up a sedan once a week would save about \$215 over the six months of promised tax relief.

Kinew also promised to remove the provincial sales tax from new rental

housing construction.

A Manitoba family making about \$75,000 a year pays \$6,925 in provincial taxes. That's \$2,802 more than they would pay in Saskatchewan, \$4,322 more than in Alberta and \$3,907 more than in British Columbia.

"Manitobans pay too much tax and it makes life unaffordable," Haubrich said. "Kinew needs to get to work and help keep more money in Manitobans' wallets."

Stonewall / Headingley RCMP respond to fatal collision

Staff

Stonewall and Headingley RCMP officers responded to a report of a two-vehicle collision on Highway 7, located south of the Provincial Road 229 intersection, on Oct. 1 at 10 p.m.

Investigators have determined that a southbound vehicle, being driven

by a 35-year-old male from Carvel, Alta., crossed over the centre line and collided head-on with a northbound vehicle, being driven by a 40-year-old female from Winnipeg.

The 35-year-old male was pronounced deceased on scene and the

40-year-old female was flown to Winnipeg hospital, where she remains in critical condition.

Stonewall/Headingley RCMP, along with an RCMP forensic collision reconstructionist, continue to investigate.

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TRIBUNE PHOTO BY CELINE DOLL

Two-year-old Reggie Patterson had fun riding through the puddles at Quarry Park after all of the rain last week. 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

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God Cares

“When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?” (Psalm 8:3-4)

Have you ever felt unseen? I think this is a universal human experience. We often feel misunderstood, ignored, assumed the worst of or neglected. The reality is that other human beings will never be able to give us what we need. They are limited, often selfish, and even when they see that we are feeling these ways, they may not even know how to fix it.

In Psalm 8, as the writer reflects on the majesty of God in creation, he asks the question we see above. To paraphrase, “You are the God who made the universe. Why in the world do you care about us tiny humans?” But in that question, the writer reveals a beautiful reality: the creator God of the universe deeply cares about us.

Canada has enough of a Christian heritage that this feels like an obvious statement to us, but have you ever thought about the fact that God is not required to show us the kindness that He has? He does not need to send rain for our crops or healing from our diseases or restoration in our relationships, but He does because He cares about us. In that care, in His love for us, He has made a way for us sinful humans to be made right with Him, by faith in Jesus Christ.

Hear this today, reader: God cares for you. He sees you in your pain, in your weakness, in your sickness. He is mindful of you, even though He is the creator of the universe. He has made a way for you to enter into relationship with Him. He has not required that you earn His love or His care but has simply called you to come to Him by faith in His Son Jesus Christ. Respond to the care that He has shown; come to Him today.

Daniel Bredin
New Life Stonewall

letter to the editor

Letters to the Editor:
letters@stonewallteulontribune.ca

No experience necessary

Think your home assessment is fair and done by qualified people? Think again.

Here’s our story: For 22 years my wife and I have lived in the country. In all that time, we’ve met in-person with an assessment officer on our property only once. Our house was totally finished by 2002.

Our assessment doubled in those first two years and continued to increase gradually over the next six — the laws of economics dictate that everything goes up in price, so no problems. However, the next time we were assessed, we saw an increase of 45 per cent in a two-year period. I called and asked for an explanation.

The officer said, “Well, your house is this many square feet, double attached garage with a full basement.”

The problem was, we had no basement.

He didn’t believe me, so without contacting us and arranging a meeting, he simply went to our house. We knew he was there because my

wife was going home after work and saw him leaving our driveway. The next day he called and said he would change our assessment because he had seen I wasn’t lying. He increased it a reasonable amount. So, that’s two officers who were at our house since it was built.

When we got our 2024 notice, I again thought the increase was steep, considering we’d just seen a rise in 2023.

So, now a third officer sets up a meeting at our house to explain the increase. I asked what percentage was the overall increase in our municipality. She said she didn’t know and that her husband would have that information. She walked around our house and called the next day, explaining the increase was due to our sunroom addition. I told her that the sunroom has been up for 20 years.

My question is, how do multiple assessment officers not notice that we have no basement and that there is a sunroom attached to the house? My next question is, how did the third officer get her position? I have her card and it says she has a bachelor of sci-

ence in agriculture, which gives her the qualifications to tell me what type of chemical to spray on diddle weed to get rid of it, not to assess our home and property. Oh, yes, her husband would have the information I requested. I think I just answered my questions.

We went to our RM council meeting to discuss the increase with her there. This assessment officer was so nervous she could barely read what was on the papers right in front of her. That tells me how much knowledge and experience she has at her position.

Council is a joke (unless you’re related to them). They are taking her side every time because it means more tax dollars for the municipality. So, then we got the option to go in front of another board in the city, which will cost us \$50 to state our case in front of people that are most likely the same as the three officers that showed up at our house.

Not worth the effort, folks. I think I’m simply going to apply for a job there. Obviously, no experience necessary.
— Clarence Zdebiak, RM of Armstrong

MAEC changing lives one diploma at a time

By Becca Myskiw

Syliva Worrell didn't see herself getting her high school diploma when she turned 60, but Midland Adult Education Centre (MAEC) changed that.

When Worrell was coming up to her 60th birthday last year, she knew she needed a new job. She'd been with her company for 26 years but wanted more — the problem was, she never got her high school diploma, and without it, she wouldn't be able to get a job she wanted.

Worrell had her GED from 40 years prior, but as time goes on, GEDs need updating. When she called MAEC, principal David Langill convinced her to go the extra mile and graduate high school.

"We have two broad categories of

learners that come to us," he said. "Most of the learners are people that just want to finish off their high school credentials. ... The second learner is people who've graduated but need some upgrades for a college program they're interested in."

Students once needed 30 credits to graduate high school but now they only need eight courses — four from the Grade 12 level, with two in math and English. Adult learners are also exempt from the Grade 12 provincial exams. Worrell just needed to take Grade 12 math and English to graduate.

"I thought, 'Oh Lord,'" she said. "But David walked me through it."

Worrell took six months to do her math course and another six for English.

For the entirety of last year, she was waking up at 4 a.m., doing schoolwork until 6 a.m., doing housework, working out and then going to her job at the gym.

"My goal was to retire from my job when I turned 60," she said. "I

turned in my final paper in November when I did."

Worrell used her new diploma to get a job as a support worker with St. Amant. Now, she spends her days at the houses of people with mental disabilities, helping them with whatever they need and taking them to appointments — she's never been happier. Worrell said as long as she stays able, she'll work until she's at least 70.

"Without school, I couldn't have done that," she said, "because if I had a high school diploma was the first thing they asked me. It literally changed my life."

MAEC is completely online, meaning students do the coursework on their own time. Langill said adult learners usually have more responsibilities and hurdles in the way of their education than high school students do. They have families, jobs and life standing in the way.

"It's a completely different kind of celebration than it would be for a traditional high school kid," said Langill. "As an adult learner, you're in a completely insular situation."

So, at MAEC, students learn when it works for them. And they get their diploma on their own time. Andrew Creasy took four years to get his diploma, taking math, science, biology, English and phys-ed.

Creasy was working full time while he finished Grade 12. What prompted him to go for it was the need for a new better job that would allow him to grow. Once he finished high school, Creasy started a welding apprenticeship, and he said without his diploma, he never would have had the opportunity to apply for the job.

Though most students go to MAEC so they can get a better job with higher pay, Magaly Vera went because her high school credentials from Columbia aren't recognized by Manitoba

education — forcing her to start from scratch.

Vera started with MAEC in 2020 and after completing eight courses, she graduated last June. Vera took Essential Math 20S, psychology, world of religions, English, Essential Math 40S, Apply Info & Comm Tech 1 15F, phys-ed and Life/Work Transitioning 40S.

"I was checking online when I found the Midland Adult Education Centre," she said. "I could get my Grade 12 studying online and paying just \$35 for a registration fee, so I did it."

To register with MAEC costs \$35. While Vera got her diploma here, she was also working a full-time and part-time job and raising her family with her husband.

"It was perfect for me because I didn't have time," she said. "I was so happy when I got my diploma. I had a moment to relax and enjoy my accomplishment."

Vera applied to Brandon School Division in July to work as a casual educational assistant. She just started the job last week and is ecstatic about the opportunity — one she wouldn't have without her diploma.

"Everybody's got a different story, a different place to start," said Langill. "It's just so exciting and so satisfying and so humbling when you see people who worked their way through and are on their way."

MAEC's math and English courses are already full for the 2023-24 school year, but that doesn't mean people can't still register. There are two other schools in the province (Sunrise Adult Learning Centre and the Louis Riel Institute) that offer online adult learning, and Langill will refer anyone wanting to get their diploma to them.

To register with MAEC, people have to be at least 19 years old and be out of high school for at least a year.



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Saturday 2-close
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Woodlands students enjoy new play structure

Staff

There's lots to be thankful for at Woodlands School, where the community recently worked together to install a new play structure.

On Sept. 20, volunteers gathered at the school to tackle the task.

"Although the majority of the physical work was done on this day, it took years of thought, time, effort, meetings, fundraising from many people that call Woodlands home to make this all happen," said Jennine Campbell, a member of the Woodlands School parent advisory council.

"Vanessa Park led this special project and was key when it came to organizing volunteers, applying for and securing grants, and communicating with all the important stakeholders. Without Vanessa, this project simply would not have happened."

The deconstruction took place on Sept. 10, when Stephanie and Aaron Elskamp and Vanessa and Cody Park removed and hauled away the old play structures and climbing dome.

Then on Sept. 16, the landscaping crew — Grace Purdy, Elliot Tully, Brian MacKinnon, Rick Langrell, Laramie Langrell, Josh MacKinnon, Carlton Bradford, Vanessa and Cody Park — moved the pea gravel and re-framed the ties to incorporate more of the playground equipment into one area.

The bulk of the physical work took place on Sept. 20, thanks to the efforts of "Playgrounds R Us" crew members Vanessa and Cody Park, Jennine and Travis Campbell, Marilyn and Ed Campbell, Noble and Shane Elliott, Brad VanHuelle, Bob Procter, Margaret Delipper, Tara-Lee and Andrew Koss, Colleen Rosing, Jaylyn Langrell, Ryan Monforton, and Grace Purdy. Together, they installed the new play structure, removed an old bench, relocated two basketball hoops and a picnic table, added more ties around the structure and replaced the pea gravel. In addition, Estelle Langrell came out to help barbecue and set up lunch for the crew.

On Sept. 21, the finishing crew — Vanessa and Cody Park, Travis and Ed Campbell, Tara-Lee Koss and Jaylyn Langrell — returned to finish adding the pea gravel and secure the ties around the structure, as well as cement the basketball hoops.

Then on Monday, Sept 25, it was the moment all the kids were waiting for.

After a brief safety reminder from principal Tim Lee, the Woodlands School students were thrilled to finally play on the new play structure.

The project wouldn't be possible without the contributions of sponsors and donors, including the provincial government, which provided \$50,000 through a Building Sustainable Communities grant.

In addition, the Woodlands Ladies Auxiliary contributed \$10,000, Access Credit Union provided \$5,000 and Park Dairies provided \$1,000.

The Interlake School Division supplied the pea gravel, railway ties and fencing, with plenty of behind-the-scenes help from maintenance supervisor Anthony Cornwell.

Monty's Concrete Construction donated the concrete for the play structure, and the project also received support from Interlake Packers, Leo's Sales and Service,

and Barb and Dennis Galbraith.

Campbell expressed gratitude to all the families and staff that supported the fundraising efforts of the parent advisory council over the years. Current members of the Woodlands School parent advisory council are Andrea Estensen, Colleen Rosing, Jennine Campbell, Billie-Jean Oliver, Vanessa Park, Grace Purdy, Brett Park and Jennifer Mazur. Before them, all the past PAC members helped fundraise and set the vision for the project.

"The Woodlands parent advisory council and playground committee remains committed to making the Woodlands Elementary School playground a safe, inclusive and fun space to be enjoyed for many years to come," she said.

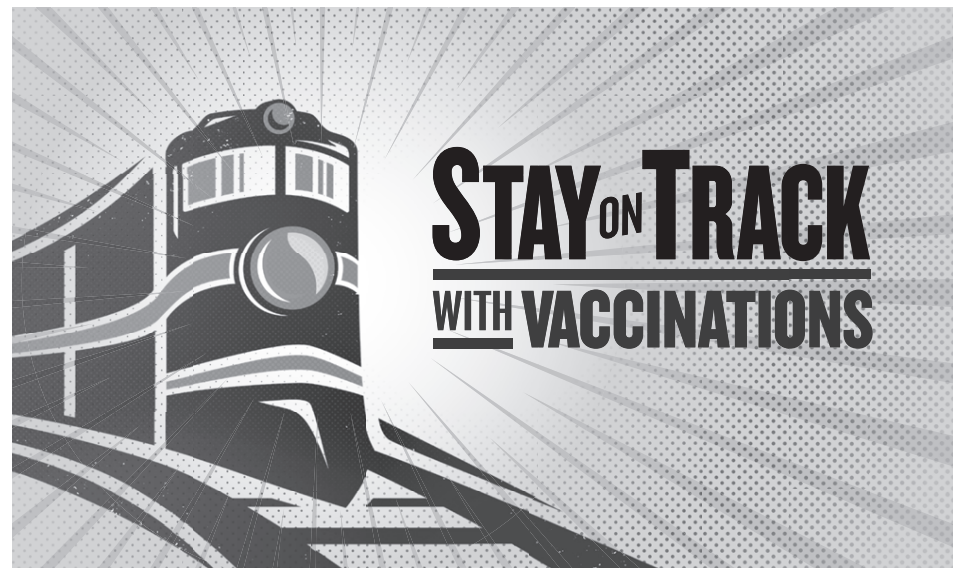
"We are so proud to be part of such an amazing community. We could not have done this without your support. Thank you!"

To learn more about the Woodlands parent advisory council, visit the Woodlands PAC Facebook page at <https://facebook.com/groups/woodlandspac>.

"WE ARE SO PROUD TO BE PART OF SUCH AN AMAZING COMMUNITY."



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Woodlands families can now enjoy the school's new playstructure, which opened on Sept. 25 after years of fundraising.



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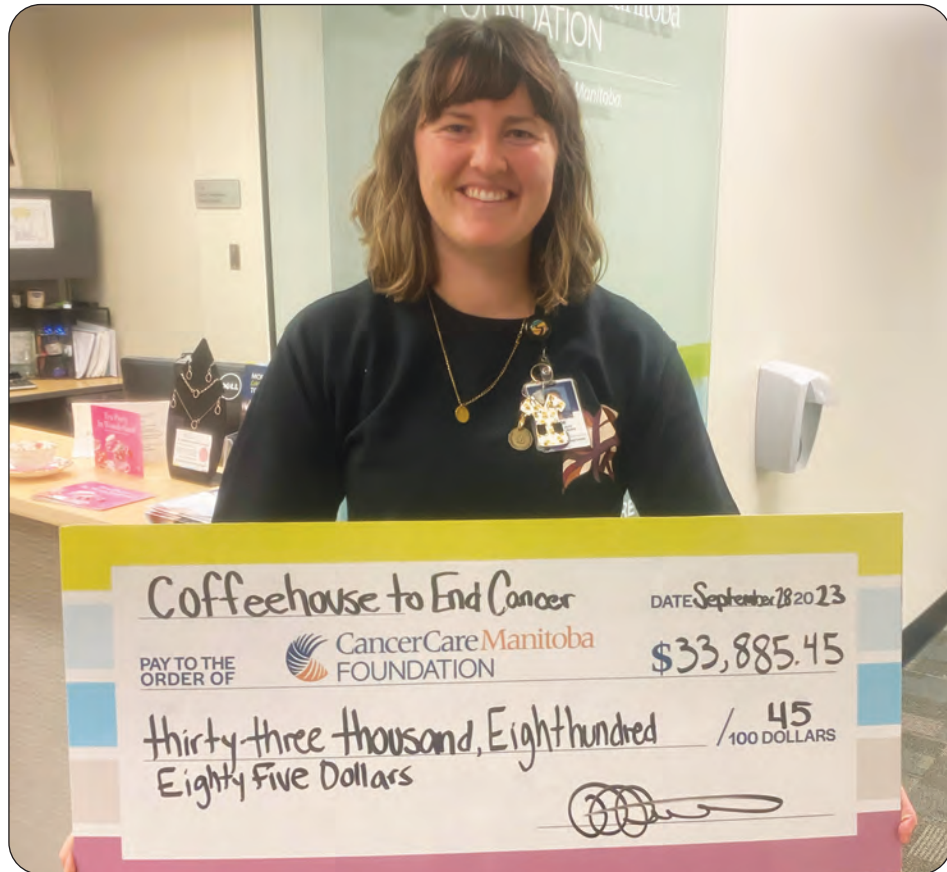
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Admission: \$1.00
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Raising funds for CancerCare



TRIBUNE PHOTO SUBMITTED

Coffeehouse to End Cancer founder Paige Procter delivered a cheque in the amount of \$33,885.45 to CancerCare Manitoba last week. The funds were raised at the 13th annual Coffeehouse held in Grosse Isle last month.

Getting in the fall spirit



TRIBUNE PHOTO BY JEN MCFEE

Jacob and Samuel Burbano McFee enjoyed an afternoon adventure at Murray's Maze at Boonstra Farms on Sunday, Oct. 8. It was a perfect fall day at the corn maze, with a mix of sun and clouds — plus a few drops of rain — and a high of 12 degrees Celsius.



Red River

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| FARMASI | PRAIRIE SKY DIY/STAMPIN UP |
| GUIDING LIGHT | PRAIRIE SUN CANDLES |
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Saturday, Oct. 14, 2023
Stonewall Legion
10am - 4pm

Stonewall Art Group takes another shot at art display at library

By Autumn Fehr

Stonewall Art Group's new display will be showcased at the South Interlake Regional Library in Stonewall until Nov. 6.

It's not the group's first rodeo at the library. Back in March 2020, the Stonewall Art Group organized their first show at the library, but it did not go as planned due to the state of the world at the time. The COVID-19 lockdowns took place shortly after the installation of the display, and few residents ever saw the beautiful pieces. Instead, the library staff enjoyed the pieces during the period.

Three years later, the group is taking another shot at it, hoping more community members will see their hard work. Approximately 30 pieces of art are on display, including various mediums and inspirations, including landscapes, abstracts, oils, watercolours, acrylics, pen and ink, stained glass and felted figures.

The art group meets every Monday



afternoon from 1 to 4 p.m. at Stonewall's Heritage Art Centre and on Tuesdays when Monday is a statutory holiday. If you are interested in getting involved, the group is always looking for new members, so feel free to drop by and check it out. For more information, email stonewallartgroup@gmail.com.



TRIBUNE PHOTOS SUBMITTED

The Stonewall Art Group have a new display set up at the South Interlake Regional Library in Stonewall until Nov. 6.



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Local entrepreneur creates healthy sweet treats

By Jennifer McFee

A local entrepreneur is tempting tastebuds with sweet treats made from healthy ingredients.

Six months ago, Danielle Kleinsasser launched Raw Authentic Health with a three-fold business philosophy.

The “raw” component hinges on the idea that optimal health comes from embracing natural whole foods and shying away from heavily processed items.

The “authentic” component focuses on Kleinsasser’s determination to provide her customers with accurate and trustworthy health information, thereby giving them the benefit of the honest truth.

And the “health” component acknowledges the prevalence of conflicting health claims, which can create confusion and chaos. In contrast, Kleinsasser believes health should be refreshing, simple and attainable.

With this trifecta in mind, she offers a mouth-watering selection of handmade artisan baked goods, snacks and treats.

“The first product that I launched was caramel popcorn, which is both deliciously sweet and healthy at the same time. Next up, I introduced my chocolate peanut butter granola, a lovely topping for yogurt as well as a nutritious cereal replacement,” she said.

“Then I launched my date oatmeal chocolate chip cookies, which do an excellent job of satisfying your sweet tooth. The latest addition to my online store was my superfood balls, which are loaded with nutrient-dense, energizing ingredients. Unlike most snacks and baked goods lining the store shelves, my products are made from nutritious whole foods. I don’t use processed flour, sugar or additives, making my products quite different from most conventional foods.”

With a hands-on approach, Kleinsasser makes,



bakes and packages all her own products. She also created the recipes herself, gleaning inspiration from conventional recipes that she modified with wholesome alternatives.

“I have been baking and dabbling in the kitchen from a very young age. In more recent years, I began ‘healthifying’ recipes by substituting unhealthy ingredients with nutritious alternatives. I have always loved sharing my baked goods with family and friends. The best part is watching their reaction when I tell them they’re eating something completely healthy,” she said.

“Eventually, I decided to turn my passion into a business. When people eat my products, I want them to know that it is possible to enjoy sweet treats that are nutritious. I want to provide an alternative for empty-calorie processed sweets — an alternative that people will come back to. My desire is to help those people who are trying to be more health-conscious but also want to enjoy their sweets at the same time.”

Raw Authentic Health products are available for purchase



TRIBUNE PHOTO BY LANA MEIER

Danielle Kleinsasser launched Raw Authentic Health, which offers sweet and healthy treats.

online at shop.rawauthentichealth.ca with pickup at Danny’s Whole Hog, east of Stonewall.

In addition, all her products are available in-store at Danny’s Whole Hog.

“My products are for the whole family — children and adults. If you’re looking for a simple healthy snack for your children, then you’ve come to the right place,” she said.

“My goal is to satisfy your taste buds and nourish your body at the same time.”

Follow Raw Authentic Health’s Instagram page ([raw_authentic_health](https://www.instagram.com/raw_authentic_health)) for more information plus updates on the business and products.



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Interlake School Division board notes in brief

By Jennifer McFee

The 2023-24 school year is well underway — and so are regular school board meetings.

The board of trustees met on Sept. 11 for their first meeting of the new school.

On behalf of maintenance supervisor Anthony Cornwell, secretary-treasurer Melanie Mousseau presented the maintenance report, which outlined work completed by school custodians, division tradespeople, and the 2023 Green Team throughout the summer.

Summer projects included the installation of new cabinetry in four classrooms at Warren Elementary School, a new lit crosswalk in front of Stony Mountain School in partnership with the RM of Rockwood, and new LED lighting in the band hut at École Stonewall Centennial School, where the parking lot was also repaired for proper drainage.

At Brant-Argyle School, the electrical panel was replaced and the gym exterior was painted.

Warren Collegiate had new doors installed as well as new safety lines around woodworking equipment. Teulon Collegiate got a new exhaust fan and LED lights in the home economics room, as well as new flooring in the staff room.

At École RW Bobby Bend School, an outdoor classroom is ready to be enjoyed. Meanwhile, at Teulon Elementary School, old tires were removed from the playground and 80 yards of soil were added. Work at

the school also included the installation of a new accessibility ramp and new bus loop signage.

Woodlands School had a drainage system installed in front of the kindergarten room, and preparations are underway for a new garage. As well, Grosse Isle School had new eavestroughs installed.

The heating system project at Collège Stonewall Collegiate continues, and heat should be ready this month.

IN OTHER INTERLAKE SCHOOL DIVISION NEWS:

- At the Sept. 11 meeting, transportation supervisor Jaret Thiessen noted that some of the division's 34 bus routes were changed to reduce the students' overall travel time and distance. In total, Interlake School Division has 34 bus drivers and 15 spares. Two buses are now equipped with live Wi-Fi access to cameras.

- The school board appointed Josh Harrison to the role of teaching principal at Rosser School starting Sept. 5.

- The school board learned about the provincial government's approval of a school-based childcare centre on the grounds of Warren Elementary School.

- The school board approved long-term borrowing for the Collège Stonewall Collegiate boiler project (\$2,024,400) and for École RW Bobby Bend's roof and exterior wall project (\$17,400).

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Inland Port Special Planning Area Under The Authority of The Special Planning Areas Regulation 49/2016

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:

Inland Port Special Planning Area By-law 2-23

Being an amendment to the

Inland Port Special Planning Area Regulation 48/2016

to rezone part of SE ¼ Section 28-11-2 EPM from "IPR" Inland Port Rural zone to "I2" Industrial General zone and to subdivide 15 new lots (plus residual) totaling ± 67.03 acres in the Rural Municipality of Rosser

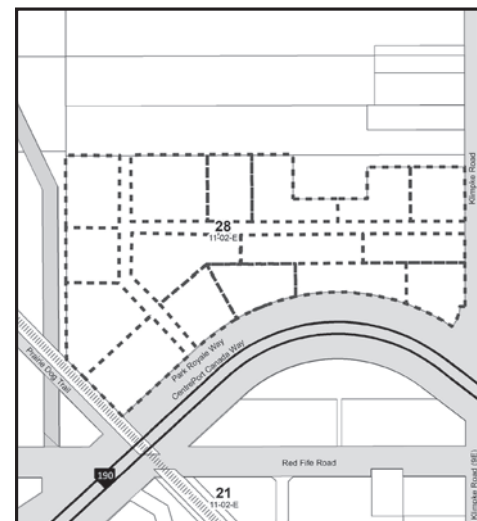
HEARING LOCATION: 400-330 Portage Ave. Winnipeg, MB. R3C 0C4

DATE and TIME: Wednesday, October 18, 2023 at 6:00 pm

GENERAL INTENT and PURPOSE: To rezone part of SE ¼ Section 28-11-2 EPM in the RM of Rosser CentrePort lands from "IPR" Inland Port Rural zone to "I2" Industrial General zone and to subdivide to create 15 new lots (plus residual) totaling ± 67.03 acres.

AREA AFFECTED: This zoning by-law amendment and subdivision shall apply to the area identified on the map appearing on the Public Hearing Notice.

FOR MORE INFORMATION CONTACT: Holly Ervick-Knote, Planner Manitoba Municipal Relations Inland Port Special Planning Area 604-800 Portage Avenue Winnipeg, MB R3G 0N4 Phone: 204-945-2150 Email: inlandportspa@gov.mb.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. A description of the procedure to be followed at the hearing is also available at the location noted above.

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Three ways to help someone with breast cancer



Has a friend or family member of yours been diagnosed with breast cancer? As a loved one, you can support their physical and psychological well-being in several ways. Here are three tips.

1. ASK WHAT THEY NEED

If you don't live with the person, ask questions to get ideas for how you can help. They may like company for a chemotherapy appointment, or you may be able to do a grocery run, provide childcare or clean a bathroom. There are so many ways to make their daily life a little easier. That said, if your loved one prefers to handle things alone, respect their decision and resist the urge to insist on helping.

2. DON'T TRY TO DO TOO MUCH

It's quite often enough just to be present for your loved one. Remind them that you're available to help or simply spend time together, reading a book or listening to

music. If you feel unsure how to react or worry your actions will be awkward, say so. Your honesty is the key to a trusting relationship.

3. HELP THEM THINK OF THINGS OTHER THAN THE ILLNESS

Breast cancer is a tough ordeal. When you're with your loved one, it's a healthy practice to talk about subjects that have nothing to do with their illness. For example, if they feel up to it, you could invite them to do something special like go to the movies. Don't be afraid to share the latest gossip from your friend group or ask for their famous spaghetti sauce recipe.

Ultimately, the most important way to help your loved one through their breast cancer journey is to make them feel your love. A listening ear, a word of encouragement, a smile and a hug are all free, and they can do a world of good.

Do you know the risk factors associated with breast cancer?

October is Breast Cancer Awareness Month across Canada. Even though this disease has many causes, several factors can increase the risk of contracting it. Here's an overview of some of those risk factors.

- 1. Previous conditions.** You're more vulnerable to developing breast cancer if abnormal cells have been detected in your breasts in the past or if you've had previous abnormalities.
- 2. Age.** More than 80 per cent of cases in Canada occur in women over the age of 50.
- 3. Alcohol.** According to the World Health Organization (WHO), drinking one beer or one glass of wine per day is enough to increase your risk significantly.
- 4. Menstrual cycle.** Early menstruation and late menopause are linked to the possibility of developing the disease.

5. Family history. Your risk of getting the disease is higher if your mother, sister or daughter has been diagnosed with breast cancer, especially if it was before menopause.

6. Pregnancy complications. Your risk increases if you've never carried a pregnancy to full term or if you've been pregnant after the age of 30.

7. Body weight. People who are obese have a higher statistical likelihood of getting breast cancer.

8. Taking hormones. Undergoing hormone replacement therapy for more than five years is associated with the onset of this type of cancer.

9. Physical inactivity. A sedentary lifestyle increases the likelihood of a breast cancer diagnosis.

For more information, visit cancer.ca.



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- Nancy Reagan

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

Local storm-chaser sees tornado touch down in South Dakota

By Jennifer McFee

The day before he went to Europe to chase his sports-related dreams, a Stony Mountain man drove to South Dakota for a different type of chase.

Ethan Caners has delved into the adrenaline-saturated venture of storm chasing, which led him on a last-minute excursion on Sept. 23 — the day before he was scheduled to leave for Germany for soccer trials.

For the first time, 18-year-old Caners led a team of storm chasers on a journey that resulted in them catching a tornado near Bruce, S.D.

“That was the first one I ever caught while leading the team. I still have a lot to learn, so even though I was the lead, my chase teammate Jordan Car-ruthers helped me on my calls. It was definitely a very surreal moment to be able to make all the calls and actually be able to produce from them,” he said by phone from Germany.

“We’re always looking at the forecast and all the new models. A week before, we saw that there was a high Theta-E trough, which indicates instability and convection.”

Caners and his team decided to keep an eye on the system.

“Two days before, we saw that nothing changed so we figured we’d make plans to make it to target. We went out the same day, a six-hour drive, caught the tornado and came back — just like that,” said Caners, who has been fascinated with storms since he was a young boy.

“When we were down there, we met up with about 10 other chasers along the same route. So every photo of this tornado is almost on the exact same road from the exact same spot because it was the only storm that produced



for the entire day. We nailed it.”

The storm chasers were well equipped for their adventure, he added.

“We had a multiple radar system so we could see the velocity, which is right-to-left rotation at all times, and the precipitation composition, which basically shows us how heavy the rain or hail is and what type of precipitate it is. It shows us everything we need to know to be able to do this safely and efficiently,” Caners said.

“You look up and there’s one area of rotation here, another area of rotation there. You’re trying to look at everything at once and, all of a sudden, one just drops a funnel and everyone focuses on it. I have about a four-minute video of the entire cell’s tornado genesis. We sent it in to the National Weather Service and they confirmed



TRIBUNE PHOTOS SUBMITTED BY ETHAN CANERS

Ethan Caners of Stony Mountain saw a tornado touch down on Sept. 23 in South Dakota.

that the touchdown was there, which is kind of the trophy as a chaser.”

Of course, Caners was also keeping an eye on the clock since he had an international flight to catch the next day.

“It was definitely something that I thought of while I was planning this. I was talking to my parents about whether this was a good idea, but I have really supportive parents who allow me to chase my dreams like this. They have my back,” he said.

“But everything ran smoothly, just as we thought, and I hopped on the plane to Germany the next day.”

It’s not common for a tornado to touch down in that area so late in the year, he added.

“It was very late into the season. With climate change right now and the shifting of Tornado Alley, anything can be possible. That Theta-E that we saw is usually an April to May sort of model, and for it to be this late in the year is almost unheard of,” he said.

“Crazy things are happening climate-wise right now that are keeping us on our toes. Anybody in the industry knows that climate change is affecting everything, for sure.”

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STONEWALL

Progress continues for Stony Mountain development

By Jennifer McFee

Work continues for a residential development in Stony Mountain that is expected to be complete by next summer.

Mountain Ridge Park Development, located at the junction of Maple Drive and School Road, is a four-phase residential development with a total of 81 single-family homes in the first three phases. Phase 4 will offer multi-family dwellings.

"All services and roads are complete in Phase 1 and 2," said Melissa Gleich, director of Kenaston Development Inc., which is developing the project.

Foundation work has started on some lots, and increased construction should begin soon. In addition, Manitoba Hydro work is now underway.

Phase 3 is currently in the application stage and Phase 4 is in the planning stage.



TRIBUNE PHOTO BY LANA MEIER

Mountain Ridge Park, which is located on the south east side of Stony Mountain, has all roadwork completed in Phase 1 and 2.

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Swedes on Wheels set out on Number 6, celebrate culture

Submitted by Sonja Lundstrom, president Swedish Cultural Association Manitoba

With smiles on their faces and gas in their tanks, the Swedish Cultural Association of Manitoba set out on Highway 6 last week to tour the places and hear the stories left behind by their ancestors.

The association regularly organizes such trips, affectionately called Swedes on Wheels, to visit their rural roots and reconnect with the people and places that share their history.

The latest trip came Sept. 15, and the group's first stop was Lundar, where they dropped in at Pauline Johnson Library in time to enjoy barbecue and swap stories of Icelandic first settlers there.

Next, Eriksdale welcomed the Swedes, with the Swedish flag flying full out in the fall breezes. Deputy Reeve MacLennan brought greetings and stories about the area.

Highlights for the Swedes included a visit to the Jonas Erickson Monument of "Manny's Shack" for immigrants in early 1900s and a tour of the Eriksdale Museum.

Lunch was held at the lovely home of Neil and Anna Brandstrom, where their abundant garden was on display



The Eriksdale Creamery Museum showcases the equipment formerly used to make butter in rural Manitoba.

and more stories of Swedes of Eriksdale were told in true Swedish style.

A trip to the Nyland (in English, New Land) school and church sites brought more stories.

Then, the Swedes went on to Steep Rock, one of Manitoba's truly unique destinations. They took in the beauty of the lake, toured the cliffs and ran

Continued on page 19



TRIBUNE PHOTOS SUBMITTED

The Swedes on Wheels pose outside the Eriksdale Museum, which was established in 1995 by a group of community volunteers seeking to commemorate and preserve the area's history.

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Thursday, September 28th was the **WINNING** day

Greg & Karen Chic – Komarno \$3367.99

Kevin Gross – Arborg \$45.87

Rachael Hawrysh – Winnipeg Beach \$994

Gwen McDougall – Ashern \$1999

Gerry & Anne Plett – Arborg \$1518

Pauline & Clarence Sinclair – Hodgson \$2097

Phyllis Sinclair – Koostatak \$999

Elma & Ron White - Arborg \$799

We are pleased to add these winners to our ever growing list...

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Total amount
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to date
\$323,765.76



The Jonas Erikson memorial for Manny's Sthack honours immigrants from the early 1900s.

> **SWEDES, FROM PG. 18**

the Steep Rock beaches.

Margaret Olson Snidal arrived by boat and regaled the group with more stories of the Swedish settlers of the area.

The Swedes on Wheels enjoyed meeting fellow Swedes of West Interlake, sharing stories of their rich heritage, singing songs and even a little dancing.

Thank you, West Interlake, for your

wonderful hospitality and keeping the Swedish history and culture alive.

More programming is available online at www.Scandinaviancentre.ca (select the Sweden tab).

Swedish language classes, movie nights and book club are also available online.

Svensk lunches are scheduled for Nov. 3 and Dec. 1, with pea soup and pancakes on Oct. 19.

Those interested can register by emailing svenskclub17@gmail.com



Located on the shores of Lake Manitoba, Steep Rock is known for its beautiful sunsets, rock formations and cliff-side views.

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HALLOWEEN
Family Dance
Saturday, October 21
1:00pm – 3:00pm
Teulon Rockwood Centennial Centre
Costume Parade Children's Activities
Snacks Available for Purchase
\$5.00/Person
Children 2 & Under FREE!

GREEN ACRES ART CENTRE
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HALLOWEEN
Teen Dance
Saturday, October 21
7:00pm – 10:00pm
Teulon Rockwood Centennial Centre

\$5 Admission
Canteen Open!
Costume Contest
Party Games
Grades 6 to 12
All Minors Must Be Signed In & Out By An Adult

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Lightning female teams remember Wes



TRIBUNE PHOTOS BY CLARA WONG

The Interlake Lightning U13, U15 and U18 female teams made a special presentation to honour the late Wes Killbery and his family at the Veterans Memorial Sports Complex on Oct. 1. Wes was a devoted father, husband, player, coach, referee and mentor at all levels throughout his life. He is remembered for treating everyone with respect and kindness. Wes always put others before himself and was a very honourable man with a loving soul. One of his passions and pastimes was officiating the Lightning teams. He would be very proud that his daughter Tamsen is playing with the U13 Lightning team this year. The Lightning teams have dedicated this hockey season to Wes, fondly known as Killer Bee, and will wear Killer Bee stickers on their helmets in his memory. Clockwise from top photo: Easton dropped the ceremonial puck for the official face off between Interlake's Brooke Baryliski and Winnipeg Avros' Seanna Price; U18 Lightning manager Amanda Halldorson, Easton, J'Aime and Tamsen Killbery, Lightning vice-director Len Epp and U18 Lightning's MacKenna Steeves; Wes Killbery's family, wife J'Aime and children Easton and Tamsen with the Interlake Lightning U18 AAA female hockey team, the Winnipeg Avros teams and officials.

Buors scores late game winner against Southwest

Staff

The Interlake Lightning U18 AAA male hockey team had the flair for the dramatics on Sunday.

Ian Buors scored the game-winning goal with just 10 seconds remaining in regulation time to lift Interlake to a 4-3 home win over the Southwest Cougars.

Mathias Sibilleau and Cole Swanson (power play) scored for the Lightning in the first period and then Brandon Burak tallied in the second.

Ryder Heaphy, Jackson Hofer and Lynden Gould replied for Southwest.

Lightning netminder Alex Myers made 35 saves for the win.

On Saturday, Interlake was edged 3-2 by the Winnipeg Thrashers at the Gateway Recreation Centre.

Mason Bernier and Drew Russell scored for the Lightning while Ben Brambilla, Maddox Malmquist and Mason Mykichuk tallied for the Thrashers.

Interlake will play the Eastman Selects on Saturday (8 p.m.) and then host the Parkland Rangers Sunday (1:30 p.m.) in Teulon.

Jets drop OT game to Riels in weekend MMJHL action

Staff

The Stonewall Jets were defeated 6-5 in overtime by the St. Boniface Riels in Manitoba Major Junior Hockey League action last Friday in Stonewall.

Nathan Burzynski scored the game winner in OT.

The Jets, who led 4-2 late in the second period, received goals from Karson King (two), Alex Kaczorowski, Cole Emberly (power play) and Michael Spence.

Nate Hinds (two), Matthew Trott, Connor Davis (power play) and Easton Kapelus also scored for the Riels.

The Jets played the St. James Jr. Canucks this past Tuesday but no score was available.

Stonewall, now 0-2-1, will take on the Pembina Valley Twisters on Friday (8 p.m.) in Morris and then host the St. Vital Jr. Victorias Sunday (2:30 p.m.).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Awesome day for middle school athletes

By Jennifer McFee

The new school year is off to a running start.

Middle years students from across Interlake School Division gathered last week for a cross-country divisional meet at Teulon Green Acres Park.

Grade 5/6 students ran 1,500 metres in the primary category, while Grade 7 students ran 2,000 metres in the junior category and Grade 8 students ran 2,000 metres in the intermediate category.

Jodi Bodnarchuk, a phys-ed teacher at Ecole Stonewall Centennial School, felt it was a valuable experience for all involved.

"It was an awesome day for all of the athletes. It's not just great for the ones on stage with ribbons, but we are training these athletes to think about running to beat their previous time or place," she said.

"Many of them are motivated to beat themselves, which is a great attitude to see them have — and really promotes a lifelong love of running and physical fitness."



Intermediate boys, left to right: Banx Chartrand (ESCS) second, Carson Kirk (ESCS) first and Adam Ball (Grosse Isle) third.



Intermediate girls, left to right: Everly Sherry (Grosse Isle) second, Mackenzie Boonstra (Grosse Isle) first, Emma Boonstra (ESCS) third.



TRIBUNE PHOTOS SUBMITTED

Woodlands School won the Interlake Divisional Jr. High Cross Country small school championship banner.



Primary boys, left to right: Jake Nychuk (ESCS) second, Zach Schram (Stony Mountain) first, Crew Corbett (ESCS) third.



Primary girls, left to right: London Sherry (Grosse Isle) second, Kayla James (ESCS) first, Gaia Turner (ESCS) third.



Junior boys, left to right: Cree Redhead (Woodlands) second, Oliver Fleury (Woodlands) first, Masson McCallum (ESCS) third.



Junior girls, left to right: Emma Cassils (Grosse Isle) second, Ashley Schneider (ESCS) first, Ciara Tomchuk (ESCS) third.



Ecole Stonewall Centennial School won the large school banner.

Mustangs race past Thunder



TRIBUNE PHOTO JO-ANNE PROCTER

The Interlake Thunder's Ian Grey makes a nice tackle against the St. Vital Mustangs during Rural Manitoba Football League action Saturday in Stonewall. The Thunder lost the game 46-21.

Atom action



TRIBUNE PHOTO JO-ANNE PROCTER

Interlake's Jaxx Wilson makes a tackle during the Thunder's 37-7 home loss to the East Side Eagles in Atom action last Saturday in Stonewall.

get inspired

> MEAL IDEAS



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Cowboy Caviar

Dressing:

- 1/3 cup olive oil
- 1/3 cup red wine vinegar
- 1 tablespoon honey
- 1 tablespoon paprika
- 1 lime, juice only
- salt, to taste
- pepper, to taste

Drain and rinse corn and black beans; dry well.

Finely chop and dice cilantro, tomatoes, jalapenos, onion and bell peppers.

To make dressing: Combine olive oil, red wine vinegar, honey, paprika and lime juice. Season with salt and pepper, to taste.

Mix vegetables with dressing. Serve with tortilla chips.

- 1 can (15 ounces) sweet corn
- 1 can (15 ounces) black beans
- 1 bunch cilantro
- 3 Roma tomatoes
- 2 jalapenos
- 1/2 red onion
- bell peppers (mix of green, red, orange and yellow, as desired)
- tortilla chips, for serving

Parmesan Chicken and Rice with Spinach and Artichoke

Prep time: 5 minutes

Cook time: 5 minutes

Servings: 1

1 Minute Chicken & Herb Seasoned Rice Cup

1 tablespoon olive oil

1 cup spinach, stems removed

2 ounces chicken, cooked and shredded

1/4 cup canned artichokes, drained and quartered

1/4 cup shredded Parmesan cheese

Heat rice according to package directions.

In medium saute pan over medium heat, heat olive oil. Add spinach and saute 1 minute.

Add chicken and artichokes; saute 2 minutes, or until heated through.

Add cheese and rice; stir to combine until heated through.

Wellness Check In! Mental Health Week Oct. 1-7

By Julie Germaine Coram,

Just checking up on you, because, well... life can be tough for everyone at times. And because this is Mental Health Awareness Week. Not only is the cost of living at all all-time high, but healthy foods and spare time to exercise can be difficult to fit into the budget. We are going through a lot together!

The key word I want you to take away from my sad intro is "together". You are not alone in your struggles. The good news is that there are many ways to interact with others and help yourself cope with circumstances to improve your mental health and overall wellness.

Taking just thirty minutes a day so get moving will release endorphins into your system that will elevate your mood and reduce cortisone stress levels! Glute bands and mini exercise bands are available on my website. If you book a free call with me, I may even end up sending you a freebie ;)

10 Repetitions Each, Repeat 3x

Lower Body:

Squats with Band, Step-Ups onto a Stable Chair, Bridge Top Taps, Band Kneeling Glute Kickbacks, Standing Calf Raises

Upper Body:

Push-Ups, Chair Dips, Single Arm Pull-Downs using Mini Band, Concentration Curls with Band, Bicycle Crunches with Band

Don't feel like exercising today? No worries – rest days are important! I would suggest soaking in

a hot bath and then taking fifteen minutes to stretch out your body, focusing on leaning forward from a standing position to ease back pain and reverse the tension that can occur in your butt and legs from too much sitting. Some simple reverse arm circles and forward neck rolls are super effective to promote better posture.

Proper nutrition is absolutely vital to optimal health, so here are some easy-to-follow tips to boost your energy, help you resist high-calorie temptations, and enhance your quality of sleep.

- Drink plenty of water! Sip on sugar-free fluids all throughout the day to help your body function at full capacity.

- Ensure your protein intake is adequate. I recommend eating a gram of protein per pound of body-weight.

- Have a bedtime snack. When you are at rest, this is when your body needs calories to perform muscle repair to keep your body healthy! Choose low-carb, high protein options, like non-fat cottage cheese with berries, an egg white omelette, or a chocolate protein shake and a handful of nuts.

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

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take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

S	S	V	S		H	S	S		D	E	R		
I	B	V	R		E	N	E		D	E	V		
D	E	T	I	V		T	O	O		V	H	O	D
H	R	E	B	V	S		T	Z	V		L	V	A
S	V	N	O	B	O		V	P		C			
L	V		C	O			V	G	N	O	T		
S	I	B	I		B	N	D		S	I	T	V	S
T	I	D	V		W	V			R	E	R	E	V
N	I	V	P		I	T	V		S	B	S	A	V
V	A	V			T	P	S		V	A	T	V	D

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Information
- Seaport (abbr.)
- Agricultural disease (abbr.)
- Riding horses
- Boxing's GOAT
- Hurt or discomfort
- A small sharp knife to trim vegetables
- A beaver builds one
- Horizontal passage into a mine
- Self-immolation by fire rituals
- Chain bar with lots of games (abbr.)
- Goo Goo Dolls' hit
- Agreeable
- In an early way
- In a way, struck
- It's there in the morning
- County in the S. Pacific
- Central Florida city
- Numbers cruncher
- Mexican beers
- Lawyers say you can indict one
- Capital of South Australia
- Wings
- Drug used to treat HIV/AIDS
- Fencing sword
- Capital of Qatar
- Portable bed
- Afflicted
- Lying down
- Midway between northeast and east
- Spiritual leader of a Jewish congregation
- Inflamed
- Soviet Socialist Republic
- Impudence

CLUES DOWN

- A way to fish
- Greek mythological figure

1	2	3	4		5	6	7		8	9	10			
11				12		13			14					
15						16			17					
	18				19		20			21				
					22	23			24					
25	26	27	28	29										
30							31							
32									33	34	35	36	37	
					38	39	40		41	42				
					43				44					
			45	46										
47	48					49				50	51	52	53	54
55						56					57			58
59						60					61			
62						63						64		

- Scarlett's home
- Assist
- More doleful
- Premeditated
- Dish featuring minced food
- San Diego ballplayer
- Eight
- Unwelcome picnic guests
- Human gene
- Bucket
- Make full
- Dirt
- Person cited as ideal example
- A part of (abbr.)
- The 17th letter of the Greek alphabet
- Very long period of time
- Gas usage measurement
- North American native people

- It says "moo"
- Folk singer Di Franco
- Resinlike substance of certain insects
- Residue
- Grand homes
- Popinjays
- Man who behaves dishonorably
- Figures
- One who watches over children
- Expressed pleasure
- No longer living
- Hebrew calendar month
- Part of the ear
- Swiss river
- Prejudice
- Italian Island
- Resist authority (slang)
- Criticize

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NOTICE OF APPLICATION TOWN OF STONEWALL REVISED WATER AND WASTEWATER RATES STONEWALL WATER AND WASTEWATER UTILITY

September 21, 2023

The Town of Stonewall (Town) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for Stonewall Water and Wastewater Utility (Utility) as set out in By-law No. 08-23, read the first time on September 6, 2023. Rates were last approved in 2023 in Board Order No. 3/23, with current rates coming into effect January 1, 2023.

The current and proposed rates are as follows:

	Current Rates		Proposed Rates	
	By-Law 09-22	By-Law 08-23	By-Law 09-22	By-Law 08-23
Quarterly Service Charge	\$ 22.50	\$ 22.50	\$ 22.50	\$ 22.50
Water (per cubic meter)	\$ 0.98	\$ 1.01	\$ 0.98	\$ 1.01
Wastewater (per cubic meter)	\$ 0.85	\$ 0.88	\$ 0.85	\$ 0.88
Minimum Quarterly Charge*	\$ 47.46	\$ 48.28	\$ 47.46	\$ 48.28
Minimum Quarterly Charge - Wastewater Only**	\$ 67.66	\$ 69.25	\$ 67.66	\$ 69.25
Wastewater Disposal Tipping Fees (per cubic meter)	\$ 4.20	\$ 4.35	\$ 4.20	\$ 4.35
Final Meter Reading Fee	\$ -	\$ 50.00	\$ -	\$ 50.00

*Based on 13.64 cubic meters
**Based on 53.13 cubic meters

Details of the Town's application are available for review at the Town's office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the Town.

If you have concerns/comments regarding the Town of Stonewalls application for water and wastewater, rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the Town.

Questions or comments should be sent on or before **November 5, 2023**.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

Jennifer Dubois, CPA, CMA

Assistant Associate Secretary
Manitoba Public Utilities Board

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THE RURAL MUNICIPALITY OF ARMSTRONG

REQUEST FOR TENDER

SNOW PLOWING

The Rural Municipality of Armstrong is accepting proposals for snow plowing of municipal roads in the RM of Armstrong.

Bid forms and Contract details may be obtained on MERX or at the RM of Armstrong Office, or our website at www.rmofarmstrong.com

The lowest or any bid not necessarily accepted. Contractor must be in good standings with the RM of Armstrong to be considered.

Proposal Close: **12:00 noon, Friday, October 27th, 2023**. All tenders must be delivered to the office in a sealed envelope or emailed to CAO.

Hilda Zotter, CAO
RM of Armstrong
1094 Highway 17
Box 69, Inwood, MB ROC 1PO
cao@rmofarmstrong.com
Phone: 1-204-278-3377



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ROCKWOOD

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **16th day of November, 2023**, at the hour of **10:00 AM**, at Rural Municipality of Rockwood, Council Chambers, 285 Main Street, Stonewall, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
81620	N 1/2 OF NE 1/4 14-13-2 EPM EXC FIRSTLY: SLY 417.4 FEET OF ELY 521.7 FEET AND SECONDLY: PLAN 44504 WLTO - 10137E ROAD 75N	L - \$270,300 B - \$284,000	15,849.61
206600	FIRSTLY: LOT 1 PLAN 3289 WLTO IN SE 1/4 12-15-1 EPM SECONDLY: PARCEL 5 PLAN 12207 WLTO IN SE 1/4 12-15-1 EPM - 85004 ROAD 6E	L - \$81,100 B - \$24,900	8,657.21
258400	LOT 17 BLOCK 9 PLAN 1263 WLTO IN SW 1/4 OF 33-15-2 EPM - LOT 1-16 BLOCK 9 PLAN 1263 SW 33 15 2	L - \$30,500 B - \$0	2,714.17
262500	LOTS 14 AND 15 BLOCK 15 PLAN 1263 WLTO IN PART OF SECTION 33-15-2 EPM - 24 GUNN ST	L - \$38,200 B - \$139,000	9,145.84

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RURAL MUNICIPALITY OF ROCKWOOD as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 5th day of October, 2023.
Managed by:



Chris Luellman
Chief Administrative Officer
RURAL MUNICIPALITY OF ROCKWOOD
Phone: (204) 467-2272
Fax: (204) 467-5329

HELP WANTED

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

UPCOMING EVENTS

South Interlake Rockwood Ag Society's Fall Supper on Sunday, Nov. 5 at the Red Barn. 2 sittings - 3:30 & 5:30 p.m. Reserve at 204 633-2144 (grenkownfarm@yahoo.com) or 204 633-2238 (dbblue@mymts.net). Take outs available - limit 100. Turkey, meat balls and all the fixings plus dessert
Adults \$25; 6 - 12 years, \$12; 5 & under free.

WANTED

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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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Todd The Coin Guy
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FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

SHOP LOCAL



MANITOBA BEEF PRODUCERS
Manitoba Beef Producers invite you to attend your local fall district meeting. In-person sessions will be held in Rosa, Arborg-Bifrost, Oak Lake, Baldur, Ste. Rose du Lac, Swan River, and Neepawa beginning at 4:30 PM with a free meal to follow. Advance registration is appreciated - visit www.mbbeef.ca/news for dates & information.

HEALTH

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

Nostalgiarama Presents:

MANITOBA'S LARGEST FALL RECORD & MUSIC SALE
SUN - Oct 15, 2023
10 AM - 4 PM
90+ tables of records, tapes, CDs posters, books & memorabilia
Admission: \$5.00
Caboto Centre
1055 Wilkes Ave, Wpg.
For info:
204-255-3463 or
431-374-6925

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Richard John Grayson, late of the Town of Stonewall, in Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 15th day of November, 2023.
DATED at Stonewall, Manitoba this 6th day of October, 2023.
GRANTHAM LAW OFFICES
Solicitor for the Executrix

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MORTGAGE SALE

The land and building known as Lot 9 Plan 38197 RM of St. Laurent Manitoba, as described in Certificate Title No. 2093567/1 will be sold by public auction by a Licensed Auctioneer on November 1st, 2023, at 10:30 a.m.

The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction.

In order to participate you must pre-register at least 24 hours prior to the auction by contacting M.L. Rosenberg at either (204) 957-8373 or auctions@fillmoreriley.com

The Vendor is informed that the property consists of a one storey dwelling approximately 1,104 square feet with living room, kitchen, 1 bathroom, with a 1200 square foot heated quonset shop on an approximately .51 acre lot. Property is serviced by a well and septic system (particulars unknown). Property is located just South of St. Laurent, Manitoba, on Road 61 1 (Veteran's Memorial Road) and is approximately 1 mile south of the Allard Road intersection Realty taxes (excluding any accruing water charges) are paid to December 31, 2022.

Prior Charges: Nil

TERMS OF SALE

A deposit of \$8,000.00 by way of certified cheque or bank draft payable to Fillmore Riley LLP, or cash (the cash component of the deposit not to exceed \$7,500.00), and the balance according to conditions which will be available electronically by contacting the individual below prior to the auction. The property will be sold subject to a Reserve Bid of \$56,000 plus such other additional and incidental costs which may be incurred by the Vendor from the 3rd day October, 2023 to the date of auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below.

Further information may be obtained from :

FILLMORE RILEY LLP
Barristers and Solicitors
1700 - 360 Main Street
Winnipeg, MB R3C 3Z3

File No. 406132-1443MLR/kl(bor)
Attention: M. L. Rosenberg
Phone: 204-957-8373
auctions@fillmoreriley.com

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PUBLIC NOTICE

BOARD OF REVISION

2024 General Assessment, 2024 Personal Property Assessment, 2024 Business Assessment and 2023 Supplementary Property Taxes

Public Notice is hereby given that the 2024 General Assessment, Business Assessment and the Personal Property Assessment Rolls for the Town of Teulon will be available in the Civic Office at #44 Fourth Ave. S.E., Teulon, Manitoba after October 13, 2023, and will be open for public inspection during regular office hours.

The Board of Revision will sit on **Tuesday, November 14, 2023 at 5:30 P.M.** in the Council Chamber of the Town of Teulon, 44 Fourth Avenue S.E., Teulon, Manitoba to hear applications.

Any person including the assessor, who believes that an assessment ought to be revised may make application for revision of an Assessment Roll in accordance with Sections 42 & 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 Section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

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

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- a) be made in writing;
 - b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - c) set out which of the matters referred 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 causing it to be delivered to the Town of Teulon
 - ii) serving it upon the Secretary;

at least 15 days before the scheduled sitting of the Board as indicated in the public notice.

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

Applications should be addressed to the Secretary, Board of Revision, Town of Teulon, Box 69, Teulon, MB, R0C 3B0. Email to: info@teulon.ca, Fax to: 204-886-3918.

Where an application is received in accordance with this notice and of the Municipal Assessment Act, applicants will be notified in writing of the date, time and place of the hearing of their application.

Chris Yuen, Secretary
Board of Revision
Town of Teulon
Box 69, Teulon, MB R0C 3B0

Dated this 28th day of September A.D., 2023 at the Town of Teulon in the Province of Manitoba.

RENTAL SUITES

2 bed/2 bath suite available November 1, rent is \$938/month plus cable, sector, garbage, parking if req'd

2 bed/1 bath suite available December 1, rent is \$898/month plus cable, sector, garbage, parking if req'd

55+ Seniors Building in Teulon, close to grocery store, pharmacy, post office, restaurants, banks, seniors council

Contact Andrea at 204 886-2760 or farview@mymts.net for more info

WEEK-END COOK

Oak Park Lodge Inc is a 55+ housing unit located in Woodlands and is seeking a part time week-end Cook for the Congregate Meal Program. Duties will include meal preparation, serving meals, cleanup. Hours are Saturday to Sunday 9:30 am to 1:30 pm. Specific training will be provided. Criminal Record and Adult Abuse Checks are required. Please forward your resume to Oak Park Lodge Inc. Box 52 Woodlands MB R0C-3H0 Attn: General Manager or email to opl@mts.net or call Lori at (204) 383-0270. Start ASAP.

Classifieds Stonewall Teulon Tribune Announcements

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Call 204-467-5856 or
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IN MEMORIAM



Bruce Campbell
October 16, 2018

May the winds of love blow softly,
And whisper so you can hear;
We all love and miss you,
You are ever near.

-Lovingly,
Mom, Bernie and family



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The applicant must also own their own tools.

Contact: Warren Lahaie, Service Manager - Gimli Auto Ltd.
Ph: 1-204-642-5137 Fax: 1-204-642-9890



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HIRING DAY

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Saturday, October 14 - 9 am to 3 pm
Wednesday, October 18 - 2 pm to 8 pm

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Announcements



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IN MEMORIAM



Shannon Lee Sherlock (nee Nelson)
May 15, 1973 - October 12, 2022

Remember Me!

Fill not your hearts with pain and sorrow,
But REMEMBER ME in every tomorrow.
Remember the joy, the laughter, the smiles...
I've only gone to rest for awhile.
Although my leaving causes pain and grief,
My going has given me peaceful relief.
So dry your eyes and
REMEMBER ME, not as I am now,
But as I used to be.
I will watch you all and look on with a smile,
Understand in your HEARTS,
I'm only gone for a short while.
As long as I feel each of your LOVE,
I'll be waiting happily for YOU in Heaven above.
Unknown

-Love always,
Mom, Dad and family

IN MEMORIAM



**In Memory of
Jim Dola**
May 20, 1955 – October 13, 2018

The moment that you left me,
My heart split in two;
One side filled with memories,
The other side died with you.
I often lay awake at night,
When the world is fast asleep;
And take a walk down memory lane,
With tears upon my cheek.
Remembering you is easy,
I do it everyday;
But missing you is a heartache,
That never goes away.
I hold you tightly within my heart,
And there you will remain;
You see life has gone on without you,
But will never be the same.

-Love Yvonne, Janie, Becky, Kylie
and the entire family

OBITUARY



Allan John Lindsay

It is with great sorrow we announce the passing of Allan John Lindsay, on October 2, 2023.

He is survived by his wife Bev Emms of 27 years and stepson Aaron as well as his sister Karen and her three boys Daniel, Matthew and Jeff of Winnipeg.

He will be deeply missed by all who knew him.



MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com

OBITUARY



Anita Ann Jones (nee Jenkins)
August 2, 1931 – October 5, 2023

We sadly announce the peaceful passing of Anita Ann Jones, on October 5, 2023 at Rosewood Lodge Stonewall.

She has left us to join her lifelong love Orville at the age of 92 years. She leaves to remember her sons; David; Larry (Gina), daughter Shelly (Gordon); grandchildren; Crystal (Devon), Michael (Anna), Aimee, Curtis, Dennis (Lil), Bryce, Jeff (Kim); Great Grandchildren; Isabella, David; Brother; Ted (Helen); sister-in law Pat and many nieces, nephews, cousins and extended family. Also her close friends Elinor and Lil.

She was predeceased by her husband Orville in 2020, daughter-in-law Chris, brother Don, several brothers-in-law as well as her parents.

Mom was born in Shaunavon, Sk. and was raised in Paradise Hill, Sk. Here she married Orville Jones in 1952. They celebrated 67 years together. In 1954, Mom and Dad moved to the Stonewall area, to raise their family and begin their life on the farm where Mom worked tirelessly. She was the heart of our home who loved her family and friends' visits. She was an exceptional homemaker. Visitors or family never went home hungry. Once her children were grown, Mom took her "Nurses Aid" course to be able to work in the brand new Rosewood Lodge. Where she worked until she retired. Mom and Dad moved to Stonewall to enjoy their retirement. They were very active until Dad's passing, and Mom's declining health, but she lived independently until she turned 91. Mom had many hobbies. Many family, friends and pets received one of her crocheted blankets. In her younger years, Mom could be mistaken for Queen Elizabeth, so we called her "The Queen". She always dressed nice and tried to look her best. We will miss you, Mom.

We wish to thank all those who took such good care of Mom in her final years. Your kindness and support is much appreciated. Also thank you to Ken Loehmer for your guidance and excellent services.

As per Mom's wishes, cremation has taken place and a private service will be held.



204-886-0404

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