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TRIBUNE PHOTO BY HALEY CVAR

Doug Ives and sons Maxy and Nico were enjoying the first snowfall of the season at Jimm's Hill Sunday morning. Mother Nature dumped large amounts of snow throughout the Interlake after a snow squall developed overnight on Saturday, moving cold air over the relatively warmer waters of Lake Winnipeg. Under the snow squall bands, visibility was significantly reduced due to the heavy snow, and snow quickly accumulated. Some areas received in excess of 25 centimetres of snow.

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Teulon welcomes Chris Yuen as its new CAO

By Autumn Fehr

In September, the Town of Teulon filled the gap of its departed chief administrative officer, Andrew Glassco, and hired his replacement, Chris Yuen.

Having worked in the municipal field for more than three decades, Yuen brings plenty of experience to the role, in which he will oversee much of the day-to-day operations of Teulon's public office.

He has a wife and four kids, with his youngest finishing school in June.

"I always enjoyed the town of Teulon, so when an opportunity arose, I kind of jumped at it, and here I am. It's a great little community that has all the amenities that anyone would need and just a great bunch of people.

I've enjoyed it so far," Yuen said.

Teulon Mayor Todd Campbell commended Yuen for his new appointment, speaking at length about his anticipated contributions to town council.

"Chris's experience will provide guidance for our administration and public works departments. We are very fortunate to have a diversified group of skill sets within our departments. Our departments are going through various training and cross-training to ensure we have coverage and knowledge in all areas," Campbell said.

"He brings knowledge, tons of experience and leadership qualities. He strives for a team environment and does not like 'I' in team. His staff is what will make him successful," Campbell said.

The mayor went on to describe Yuen as a humble man with a single-minded focus on community.

Yuen's primary skills and insights

are in municipal governance and rural community relations.

Although Yuen has no ties to Teulon, his experiences in other small-town communities will help guide his work. The atmosphere he's experienced while working in the towns across the Prairies has continued to pull him back to rural communities, he said.

"The last 30 years, I've worked in small towns. I enjoy working in small towns. I enjoy the community aspect of it all. I really enjoy working with all the user groups and helping the community grow. It's all about community. I enjoy that part of the job, working with people and helping the community achieve its goals and being a part of the community," said Yuen.

The new CAO's top three priorities coming into government in Teulon are to follow the council's plans, work with the user groups and help the community grow in various aspects, whether developmental or just bringing a sense of community and pride to the town.

"Those are all sort of stepping stones to success. Creating that sense of community and inclusion. It's all about community; we all work together, and we all share in the passion of living and working here, and it's just one community creating a sense of belonging. It's all that when you work in a municipal office," he said.

He wants to continue growing the town by improving its amenities and quality of life and developing bonds and relationships so everyone can work together through all the challenges and successes, he said.

"Through Chris's leadership, we



TRIBUNE PHOTO SUBMITTED

Chris Yuen is the Town of Teulon's new chief administrative officer.

feel that we will be able to provide strong communication and constructive feedback to our residents. Chris strives to be active in our community not only with residents but also with various community groups. Our entire administration group is making strides on previous committed programs and plans. Chris is motivated by fostering a team atmosphere and not acting alone. His approach to this type of environment is key to our success," Campbell said.

"I am excited to have Chris join our team and welcome him to our community. I believe through his guidance and leadership, we will grow and prosper as a community."

Yuen wants to thank the community for making him feel at home and for all the positive feedback. He also wants to thank the council for the opportunity that they have afforded him.

"I'm happy to help the town move forward," he said.

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Rockwood celebrates ribbon-cutting for new trail system

By Jennifer McFee

The RM of Rockwood is on the right path to encouraging an active outdoor lifestyle.

On Wednesday, Oct. 25, Rockwood representatives braved the chilly weather to cut the ribbon for the municipality's new paved trail system.

The project converts a retired railbed line into a five-kilometre multi-use pathway running from the southeast tip of Rockwood all the way north to Komarno, including stretches that run through Stonewall and Teulon.

The municipality received grants from both Trails Manitoba and the Government of Canada's Revitalization Fund to entirely cover the first phase of the project, which provides a scenic route for walking, biking and other forms of active mobility.

For Phase 2, which involves asphaltting a portion of the trail, Rockwood received \$276,000 in federal funding through the Active Transportation Fund to cover 60 per cent of projected costs.

Rockwood Reeve Wes Taplin expressed appreciation for the contributions that helped make the project possible.

"We are pleased to offer this trail system to the community," he said. "We want to officially open this section of trail and acknowledge our funding partners for their gracious contributions."

The reeve also read messages from funding partners, including MP Dan Vandal who shared congratulations on behalf of the federal government for the opening of the new trail system.

"This is an exciting and important asset for Rockwood and neighbouring communities. Your efforts to make this trail a reality will enable greater community connection between neighbours and nearby towns," he said.

"It will also provide a new way for residents and visitors of all ages to get outside and enjoy the outdoors."

Residents have powerful and crucial roles to play in revitalizing communities, Vandal added.

"As the people who live, work and play in these areas each day, your leadership in this project is demonstrating the importance of accessible outdoor spaces for others across the Prairies," he said.

"Our government is proud to support your efforts. Thank you to everyone involved in creating this new route to get outdoors and explore the community. This trail will have a lasting impact for years to come."

Likewise, MP Kevin Lamoureux shared a message with the municipal-

ity to mark the moment.

"Today is a great day for the Rural Municipality of Rockwood. From improving air quality in community centres and schools to increasing the reliability of water and wastewater systems, the Government of Canada recognizes the value of investing in infrastructure to keep our communities safe, healthy and resilient," he said.

"Today, the Government of Canada celebrates the opening of a section of the new paved trail system. Our investment of \$276,000 will make a difference in the day-to-day lives of those who live in Rockwood and surrounding communities."

This project will encourage active living, outdoor enjoyment and green commuting options, Lamoureux added.

"This trail segment will enhance the well-being of community members by providing safer and more flexible transportation options for walking, biking and other forms of active mobility," he said.

"By investing in the infrastructure that keeps our communities running, the Government of Canada is working to improve the lives of Canadians. We will keep collaborating with our partners to build a stronger economy and a brighter, more prosperous tomorrow."

Tim Coffin, executive director of Trails Manitoba, also shared a congratulatory message with the municipality for the ribbon-cutting event.

"On behalf of Trails Manitoba, I extend our warmest congratulations to you and your team on successfully completing the first phase of this connector trail. This accomplishment is a testament to your dedication and hard work in enhancing the quality of life for the residents of the Rockwood municipality," Coffin said.

"This trail will undoubtedly have a lasting and positive impact. The recreational and environmental benefits alone by repurposing this old rail line between Stonewall and Stony Mountain will no doubt foster a sense of unity and well-being for the community. I look forward to visiting this trail in the coming weeks."

Other Interlake projects also received funding through the federal government's Active Transportation Fund.

The City of Selkirk received \$204,000 towards building about three kilometres of separated bike lanes on Mercy Street from Pittsburg Avenue to Greenwood Avenue, as well as a multi-use pathway to Selkirk Park. In addition, \$30,000 in federal fund-



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Rockwood Rail Trail was officially opened with a ceremonial ribbon cutting last Wednesday. The paved trail runs from the east side of Road 7E to Highway 7. RM of Rockwood staff and council, left to right; Roberta Van Caeyzeele, Neal Wirgau, Lyle Willis, Debbie Pansky, Lana Hintz, Reeve Wes Taplin, Curtis McClintock, CAO Chris Luellman and Laine Wilson.

ing will go towards the Selkirk Waterfront Development Corporation's project to install a 66-metre accessible ramp and pathway connecting the downtown to the waterfront.

In addition, the RM of St. Andrews received \$546,000 from the Active Transportation Fund to install a pedestrian bridge and signalized cross-

ing to connect West St. Paul to St. Andrews. Another \$50,000 will go towards the preparation of a design plan for a 1.15-kilometre active transportation trail along Highway 44 in Lockport from the St. Andrews Lock and Dam bridge to Highway 9.

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Old-fashioned Halloween fun



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Woodlands Museum hosted two days of old-fashioned Halloween fun for all ages Oct. 14 and 15. There were hot dogs and candy, games and activities including sack races, three-legged races, find the feather in the leaf pile, racing with eyeballs, catch the marshmallow on a string contest, a haunted forest and much more. The museum committee hosts events throughout the year bringing the community and families together all while showcasing historic artifacts collected and on display in the buildings on site. Next up will be a special outdoor Christmas event with special guests Santa and Mrs. Claus on Nov. 25.



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Pay increases approved for Rockwood reeve and councillors

By Jennifer McFee

The RM of Rockwood will extend the roll-off bins service at Winfield Waste Transfer Station and Teulon-Rockwood Waste Disposal Grounds for another year.

The monthly fee is \$113.82 per bin for rental and \$162.50 per bin for haul, plus the yearly average consumer price index rate in October for Manitoba.

Council will also extend the curbside waste collection services with 4570732 Manitoba Ltd. another year for \$246,987.60 plus the yearly average consumer price index rate in October for Manitoba.

In addition, council will extend the

Teulon-Rockwood Waste Disposal Grounds operator agreement with Edwin Hieronymus for another year for \$70,460 plus the yearly average consumer price index rate in October for Manitoba.

IN OTHER COUNCIL NEWS:

- A public hearing is scheduled for Nov. 8 at 10 a.m. related to the conditional use to operate a rural retreat by Turning Leaf Support Services on Road 81N. The proposed rural retreat would include communal gardening as well as Indigenous services and ceremonies. The proposed development is expected to cater to vulnerable people of Indigenous descent.

- The RMs of Rockwood and St. Andrews, along with the Town of Stonewall and Village of Dunnottar, have entered into a memorandum of understanding to conduct a waste characterization feasibility study. DJ Signmundson of The Point Guard Group municipal consulting services has conducted the feasibility study and provided progress reports to all the councils. Each partner municipality will pay 25 per cent of the required municipal contribution to a maximum of \$40,000. For the RM of Rockwood, the funds will come from the community enhancement reserve.

- Council conditionally approved a request from Postime Signs to vary the minimum front yard requirement for the installation of a new freestanding LED sign from the required 25 feet to 10 feet.

- Council also conditionally approved a request to place a temporary mobile home on a property along Highway 7.

- Council conditionally approved several proposed subdivisions.

- Council authorized the RM to be a \$1,200 gold table sponsor for the South West District Palliative Care annual gala dinner and dance.

- The Inwood Snowmobile Club requested to enter into a landowner right-of-way agreement with the RM of Rockwood for part of the Rockwood Trail for snowmobile use. Council approved the request.

- Council gave second and third reading to a bylaw to provide payment of indemnities, mileage and expenses to reeve and council members.

Effective Jan. 1, 2024, the monthly indemnity will be set at \$3,000 for the reeve (up from \$1,883.91), \$2,750 for the deputy reeve (up from \$1,583.76) and \$2,500 for councillors (up from \$1,544.23).

Each council member will also be paid \$27.18 for each hour spent at a special meeting or committee meeting approved by council, as well as for each hour spent to perform any services related to the operation of the municipality and approved by council. In addition, council members will be paid a daily indemnity of \$190.26 when authorized to travel beyond the RM's boundaries on municipal business. Council members also receive \$100 per month to cover costs such as internet, cell phones and faxes. These rates remain unchanged from the previous bylaw that was adopted in February 2021.

Council members also receive \$0.68 per kilometre from their residence to the meeting location and for any necessary travel on municipal business, an increase from the previous mileage rate of \$0.61 per kilometre.

Coun. Lana Hintz voted against the resolution, while the reeve and all other councillors voted in favour.

- Council gave first reading to a bylaw to amend the zoning bylaw.

Pizza Hut opens in Stonewall



TRIBUNE PHOTO BY JO-ANNE PROCTER

Pizza Hut has officially opened its doors for service in Stonewall. The new local pizzeria located at 493 - 4 St. East makes a variety of pizzas, breadsticks, wings, salads and more for pickup and delivery. It's open seven days a week and the menu can be found online at pizzahut.ca. Pictured left to right: store manager Dhaval Patel, Arti Patel and Om Patel.

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Allison Janney

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PG

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Manitobans encouraged to get updated COVID-19, seasonal flu vaccines

Submitted by the Manitoba government

The Manitoba government is encouraging Manitobans to get the updated COVID-19 and seasonal flu vaccines as soon as possible to help protect themselves, their families and their communities during the upcoming respiratory virus season, Premier Wab Kinew announced Monday after receiving both vaccinations at a local pharmacy.

"Vaccines are safe and effective, and I am proud to play my part to help keep my family and our community safe," said Kinew. "I encourage all Manitobans to stay current with their vaccinations — a simple, quick visit now can help you stay healthy and make the most of your time with family and friends throughout the winter."

The vaccines continue to be distributed to hundreds of locations across the province to ensure sufficient supply is available for all Manitobans who want to be vaccinated, noted the premier. The online vaccine finder at www.gov.mb.ca/covid19/vaccine.html#finder is updated regularly as new location and clinic details become available.

In alignment with Manitoba Health,

Seniors and Long-Term Care's mandate to make it easier for every Manitoban to access health care no matter where they live, there are many ways people can conveniently access their vaccines. Manitobans can contact their local clinic, pharmacy or nursing station.

"Heading into respiratory virus season, we all have a role to play in protecting vulnerable Manitobans as well as the dedicated health-care professionals that care for them," said Health, Seniors and Long-Term Care Minister Uzoma Asagwara. "Getting vaccinated against this season's dominant COVID-19 and influenza strains lessens the risk of illness and severe outcomes and helps to reduce pressure on our health-care system."

Public health also recommends personal health measures all Manitobans can take including:

- staying home when you're sick until you feel better and no longer have a fever;
- washing your hands or using hand sanitizer regularly;
- covering your coughs and sneezes;
- choosing to wear a mask as an extra layer of protection; and

- regularly cleaning and disinfecting shared surfaces and objects.

"Getting the updated vaccines for COVID-19 and seasonal flu is one of the best ways to protect yourself against getting sick this winter," said Dr. Brent Roussin, chief provincial public health officer. "This is even more important for parents and caregivers, pregnant people, children and others who are most likely to develop serious symptoms if they do become ill. If you haven't had a COVID-19 vaccine before, it's never too late to protect yourself and your loved ones. We can also all do our part by staying home when we're sick, washing our hands and choosing to wear a mask."

More than 109,000 doses of the flu vaccine and almost 59,000 doses of the COVID-19 vaccine have already been given to people in Manitoba this respiratory virus season.

For more information on COVID-19 and seasonal flu vaccines, visit: www.manitoba.ca/protectMB.

A weekly epidemiology update on COVID-19 and seasonal flu is posted every Friday at www.gov.mb.ca/health/publichealth/surveillance/influenza/index.html.

Stonewall / Headingley RCMP respond to fatal collision

Submitted by RCMP

On Oct. 25 at 11:40 p.m., RCMP officers from Stonewall/Headingley responded to a report of a single vehicle rollover on Highway 1, located approximately one kilometre west of Highway 26.

Investigators have determined that a vehicle with two occupants was travelling westbound when it lost control

as it crossed over the bridge spanning the Assiniboine River. The vehicle then entered the ditch and rolled.

The driver, a 33-year-old male from Dauphin who was not wearing his seatbelt, was ejected from the vehicle. He was transported to hospital in critical condition where, on Oct. 26, he succumbed to his injuries.

The passenger, a 45-year-old female from Dauphin, was transported to hospital with non-life-threatening injuries.

Weather conditions are believed to be a factor in the collision.

Stonewall / Headingley RCMP continue to investigate.

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Celebrating employees at local establishment



TRIBUNE PHOTO BY JO-ANNE PROCTER

October is Disability Employment Awareness Month (DEAM). It is the month when we celebrate the contributions made by people with disabilities to workplaces and communities. The staff at Something Beautiful Café in Stonewall greeted, took orders and served clients throughout the lunch hour last Thursday. DEAM presents a movement that ignites conversation about disability inclusion in employment and spotlights the economic importance of the disability talent pool and inclusive hiring in our community. Pictured left, left to right; Darrell, Brett, Kyle, Gary and Mike greet guests for lunch. Right: Darrell takes an order from Jacquie Derewianchuk and Joan Grandmont.

Rosser council news in brief

By Jennifer McFee

The RM of Rosser will apply for up to \$1,943,167 in funding through the Municipal Economic Development Infrastructure Program for the design and construction of a municipal fire hall in CentrePort.

The funding would cover 36 per cent of eligible project expenses.

IN OTHER COUNCIL NEWS:

- Council conditionally approved a variation request for the maximum separation distance between a principal dwelling and a detached secondary suite from the required maximum 50 feet to 100 feet for a property on Road 71N.

- Council amended a condition for the Lilyfield Quarry to indicate that blasting can occur a maximum of eight times per month Monday to Friday between 9 a.m. and 4 p.m., effective Oct. 11, per provincial regulations. All other conditions and clauses of the Municipal Board order and development agreement remain the same.

- Council gave second and third reading of a zoning bylaw

amendment related to private vehicle collection.

- The RM of Rosser entered into a mutual aid agreement with the RM of Rockwood.

- Council is authorized to attend online Indigenous Awareness training for four hours on a day of their choice and expenses will be paid.

- Council is also authorized to attend the annual gala dinner and dance for South West District Palliative Care in Stonewall on Nov. 18 and the RM will purchase a gold-level table and donate \$200 Keg and grocery gift cards.

- Council is authorized to attend the Winnipeg Metropolitan Region Plan20-50 consultation open house in Winnipeg or Stonewall on Nov. 1 or Nov. 7. Council is also authorized to attend the Urban Development Institute of Manitoba's Mix and Mingle event on Nov. 2, as well as the Association of Manitoba Municipalities webinars on Nov. 9 and Dec. 6. In addition, council is authorized to attend the Association for Manitoba Municipals fall convention in Brandon from Nov. 26 to 30 as well as the Medical Transportation Coordination

Centre Study tour in Brandon during the 2023 AMM fall convention. Expenses will be paid for all of these events.

- Rosser council unanimously passed second and third readings of a bylaw to regulate parking, stopping and special use of vehicles on certain municipal roads.

- Council also unanimously passed second and third readings of a bylaw to provide for an administrative penalty scheme to be enforced within the bylaw enforcement act.

- Council entered into an agreement with Contempra Steel Builders for project management services to complete a proposed design for the municipal storage building at 106 Wheatfield Rd.

- The Nov. 14 council meeting is moved to Nov. 7 at 9 a.m. Also, the Nov. 28 meeting is moved to Nov. 21 at 6 p.m. The Dec. 12 meeting is moved to Dec. 5, and the Dec. 27 meeting is moved to Dec. 19.

- The public works and municipal offices will be closed on Friday, Dec. 22 and staff will receive a full day's pay during this closure.

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“Now, he is comforted here”

The other day, I was thinking about the wars going on in the world now: Russia attacking Ukraine and Hamas attacking Israel. I thought of the injustices being perpetrated by evil men (like 40 babies being beheaded by Hamas terrorists) and it grieved my soul.

I felt like I wanted to do something to stop Vladimir Putin and Hamas and what they are doing, but obviously, I can't. It seemed all so unjust, unfair, evil, even demonic.

So, instead, I prayed for those situations and God brought to my mind a story in the Bible that Jesus told about a certain rich man. He lived in luxury and dined sumptuously while a beggar by the name of Lazarus sat at his gate starving. Reading that story makes me mad at the selfishness and cruelty of that rich man and I always want to straighten that guy out.

Anyways, as I pondered that story of terrible, calloused injustice and evil, like that of today's similar injustices and evil, this was what I got out of it: that story goes on to tell that both men, the rich man and Lazarus, die. Lazarus goes to Heaven, to a place of peace and serenity, while the rich man finds himself in torment in Hell.

The rich man calls to Abraham, who is with Lazarus in Heaven, to have pity on him “and send Lazarus to dip the tip of his finger in water and cool my tongue, because I am in agony in this fire.” Abraham's response is insightful: “Son, remember that in your lifetime you received your good things, while Lazarus received bad things, but now he is comforted here and you are in agony.”

Here's the take away: in the eternal state, all abusers will get their final justice, while all those who suffered under their hand will be comforted: “Now, he is comforted here.” The books will finally be balanced.

Realizing that was like a breath of fresh air, a drink of cold water on a hot day.

May it do the same for you.
Henry Ozirney

Running to conserve the wetlands: Duck and Run 2023

By Autumn Fehr

Runners of all ages and calibre flocked to Oak Hammock Marsh to take in the annual Duck and Run over the weekend of Oct. 14 and 15.

Duck and Run is a national fun run to raise funds and awareness for Ducks Unlimited Canada's work protecting our country's wetlands.

Some participants ran five kilometres or one kilometre through the marsh, while others participated independently in a 10,000 Steps Virtual Challenge.

Runners, walkers and outdoorsy people anywhere in Canada could host their own Duck and Run event with resources and support from Ducks Unlimited Canada — an easy way to support the wetlands across the country.

The first Duck and Run was held in Manitoba at Oak Hammock Marsh in 2015. But, as of this year, it is now being run in other provinces across Canada, such as Ontario, Saskatchewan, Alberta, New Brunswick and Nova Scotia.

This year, Ducks Unlimited Canada had 550 race participants across Canada in 11 locations, plus one virtual race online. In total, they raised \$34,000.

Leigh Patterson, the editor-in-chief for Ducks Unlimited Canada, organized the successful run in Oak Hammock Marsh, with 116 participants raising \$6,200.

"For many of those participants, it was their first introduction to Oak Hammock Marsh," said Patterson.

The Manitoba Marsh is a restored

prairie wetland and Ramsar site — a wetland of international importance — and home to an award-winning Wetland Discovery Centre and the site of Ducks Unlimited Canada's national offices.

"Our small group of volunteers pulled off an amazing event. We received such positive feedback from participants on the course, the fun atmosphere and the beautiful setting. Best of all, many promised that they plan to be back for future Duck and Runs, which, to me, speaks to both the calibre of our event and a passion for wetland conservation. I was on a runner's high, and I didn't even run," she said.

At 65 years old, Jim Campbell, a local Winnipegger and long-distance runner, has been running the trails at Oak Hammock Marsh for years. Although he did not attend the Duck and Run this year due to another commitment, he has been involved in the event since 2016.

"In 2016, I saw that the Duck and Run 10K Race would be held on the trails at Oak Hammock Marsh, an area that I truly love exploring, and I couldn't believe it — signed up right away. On a hot, humid, sunny morning in August 2016, I was standing at the start line with other runners, excitedly waiting for the race to begin. The race started, and I was in heaven. It's my passion for running, for wildlife and marsh itself all coming together in this remarkable event," he said.

Even though his participation in the run only started in 2016, Campbell has had a relationship with the marsh



TRIBUNE PHOTO SUBMITTED

This year's Oak Hammock Marsh Duck and Run raised \$6,200 to raise awareness for Ducks Unlimited Canada's work protecting our country's wetlands.

for decades. In the 1970s, during the migration season, he "fell in love with the place" due to the "sheer amount of birds and wildlife."

Over the years, he has visited frequently, witnessing changes and improvements in the area, yet his connection to the marsh remains steadfast.

Campbell's experience during the race includes a unique finisher medal — a "Genuine Engraved Goose Band Medal" — and the tradition of attending every Duck and Run race, even during the COVID-19 pandemic.

He describes the "Duck and Run ... where the passion for running meets the passion for wildlife for a truly remarkable experience."

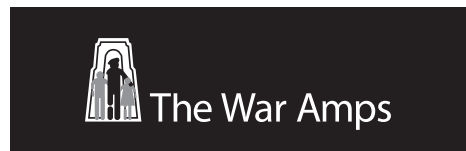
The 2023 run loops together many milestones: Ducks Unlimited Canada's 85th anniversary, the 30th anniversary of the Wetland Discovery Centre and the 50th anniversary of the Oak Hammock Marsh Wildlife Management Area

The race day also coincided with World Migratory Bird Day.

"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," said Patterson.

Many positive remarks came from participants of this year's race. Many said they loved that the event was back at the marsh, and many first-timers said they'd be back next year. Other highlights of the run were the quality of the course and ease of navigation through the marsh — and folks came out with smiling faces to enjoy the family-friendly event.

At a time when we are seeing temperatures skyrocket and natural disasters become normal, runs like these can make a difference in our collective effort to protect the environment we live in.



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Clubroom Events for the Week of October 30

Wednesday 4-10 Chase the Queen Draw at 8:30
Pot is over \$4,600

Thursday 4-10 Crib 7pm start

Friday 4-close Meat Draw at 6:30

Saturday 2-close Vets Dinner in Hall
Tickets available at the Bar for \$15 -

The Discmen Band in the clubroom after the dinner.
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RM of Woodlands council news in brief

By Autumn Fehr

The Woodlands Transfer Station will be closed on Saturday, Nov. 11 for Remembrance Day and Tuesday, Dec. 26 for Boxing Day.

Council has rescheduled the regular council meeting on Nov. 28 to Nov. 27 at 5 p.m. The Dec. 26 regular council meeting will be cancelled.

IN OTHER COUNCIL NEWS:

- Council gave first reading to a bylaw to clarify the days recognized as statutory holidays for non-union staff

- Council amended a bylaw to clarify the responsibility of damages to a

water line in Warren or Woodlands, respectively.

- Council gave second reading to amend a bylaw to assign civic addresses to a newly developed street in Warren on Silverbridge Drive.

- Council approved Manitoba Hydro's electrical service update construction plan for Park Dairy Farm. It also approved Hydro's proposed multi-party work for Firth subdivision located in NE 28-14-2W. Additionally, it approved Manitoba Hydro's farm yard upgrade plan for Boonstra Farms.

- Council approved the invoice from Esri Canada for \$1,890 plus taxes for maintenance of the ArcGIS system.

- Section 374 of the Municipal Act states that when a municipality bids or purchases property at a public auction, it may direct a designated municipality officer to bid or purchase said property on its behalf. Council appointed CAO Kaitlyn Griffith as the agent to bid on or purchase property on behalf of the municipality at the tax sale scheduled for Nov. 22, 2023.

- Council authorized six members of council, for a total of eight gala tickets, to attend the Association of Manitoba Municipalities fall convention held from Nov. 28 to 30 in Brandon for \$400 plus taxes per delegate and an additional \$75 per gala ticket.

- Council authorized Kaitlyn

Griffith to attend the MMA – Finance and Administration Boot Camp in Brandon from Nov. 8 to 10 for \$825 plus taxes.

- The RM of Woodlands will host a Manitoba Good Roads Association two-day gravel course in the spring of 2024.

- Council established a sub-committee for cemeteries. Coun. Carl Fleury, Reeve Douglas Oliver, Coun. Darryl Langrell, public works foreman Dave Kozyra and administration will be on the committee.

- Council has decided to dissolve the temporary committee formed to prepare request for proposals for bases for columbariums.

Correction

Staff

The article Rockwood council news published in the Oct. 19 edition of the *Tribune* incorrectly indicated that council and South Interlake Planning District board previously granted conditional approval for a subdivision to create a lot for an existing residence and for a cell tower on Road 92N. There was no cell tower involved in the subdivision that was granted. The *Tribune* regrets the error.

Clocks fall back this Sunday for end of daylight savings

Staff

Most Canadians will turn their clocks back by an hour Sunday, Nov. 5 for the switch from daylight savings time to local standard time.

Local standard time officially starts at 2 a.m.

Clocks are turned back one hour in the fall for what's commonly called "the end of daylight savings time," an idea first used in Germany during the First World War with the goal of saving energy. It aims to take advantage of daylight hours in the spring so that people don't sleep through the first few hours of sunshine.

When the daylight period gets shorter in the fall, the clocks are readjusted to the proper "local standard time."

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:

To rezone ± 184 acres and create 24 industrial lots in Pt. E ½ 20, W ½ 21 AND SE ¼ 29-11-2 EPM in the Rural Municipality of Rosser

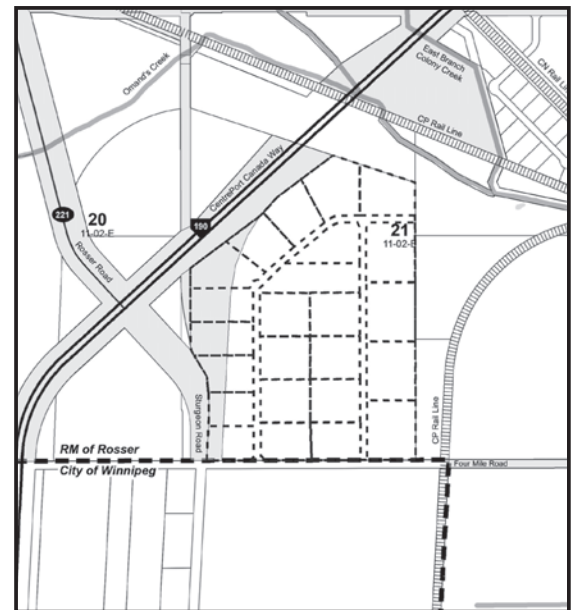
HEARING LOCATION: 400-330 Portage Ave. Winnipeg, MB. R3C 0C4

DATE and TIME: Wednesday, November 15, 2023 at 5:00 pm

GENERAL INTENT and PURPOSE: To rezone ± 184 acres and create 24 industrial lots in Pt. E ½ 20, W ½ 21 AND SE ¼ 29-11-2 EPM in the Rural Municipality of Rosser.

AREA AFFECTED: This rezoning 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: 204-945-1312 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.



Interlake Tourism Awards sees whole region of winners

Winners show Interlake is a tourism hub

By Katelyn Boulanger

From Lockport to Gimli to Oak Hammock Marsh and more, many winners were announced at this year's Interlake Tourism Awards proving that we don't have to go far to find great events, people and organizations.

Melissa Van Soelen, manager of Interlake Tourism, and Samantha Hampton, Interlake Tourism's community engagement consultant, were a dynamic duo bringing joy and fun along with an informative presentation.

"It's not every day that we have the ability to gather with so many dedicated, passionate people who admire tourism as much as we do," said Hampton.

The Larters at St. Andrews Golf & Country Club was packed with representatives from all over the region who were there to see which of the 20 nominees would take home the 12 awards that honour outstanding contributions and achievements in the tourism industry in the Interlake.

The big winners that came home with awards were then announced:

Wishme operated by Inclusion Selkirk took home the Business, Excellence in Diversity, Equity and Inclusion Award. Wishme is a business in Selkirk on Eveline Street, and Van Soelen said that it's not your grandma's shop.

"It's had a total makeover [that's] all about inclusivity with wider doorways through the aisles and automatic door openers that will make you feel like a magician. And, if you need a quick change to your superhero cape, they've got a deluxe accessible washroom. But here's the real magic. Wishme is a social enterprise on a mission to support adults with intellectual disabilities on their journey to becoming workplace superheroes. The staff is like the Yoda of employment skills," she said.

The next recognition was for the Employee of the Year Award, which went to the RM of St. Clements recreation manager Brenna Philp.

"She leaves an unforgettable mark wherever she goes, but there's more. She's the genius behind rural tourism development. Brenna is like a collaboration wizard uniting with locals to showcase the region's quirks and culture drawing visitors from all over Manitoba and beyond," said Hampton.

The winner of the Marketing Campaign of the Year over \$2,500 Award went to The Gimli Chamber of Commerce Destination Brand Committee

for their Explore Gimli – the Heart of New Iceland campaign.

"They took Gimli from a summer hotspot to a year-round wonderland. Starting their journey in February 2022 with 21 dedicated team members and the help of Travel Manitoba, they unleashed a strategic plan by September, which included an expanded ice fishing village. Picture people in colourful shacks, tasty treats on ice accommodations and Icelandic heritage, a winter angler's dream," said Hampton.

The next winner was Lake Winnipeg's oldest volunteer-run seasonal pier, The Famous Sandy Hook Pier, taking home the Interlake Tourism Non-Member Excellence Award.

"It went from a hidden gem to a top lighting photo spot, Northern Lights hub and community hangout. They teamed up with the Lions Club for a wild scavenger hunt, maximized their social media, especially Facebook, as well as started a GoFundMe, which powered this grassroots sensation. They even got limited edition Christmas ornaments by local artists to promote and fundraise," said Hampton.

Harry J. Enns Wetland Discovery Centre - Oak Hammock Marsh was the next winner. They took home with them the Sustainable Tourism Award.

"These folks are all about sustainable tourism, education, community involvement and collaboration with the government to tackle conservation challenges. They even throw forums and conferences into the mix. By including the community in their tourism plans and creating jobs, boosted tourism revenue and fixed up the place, or will be. They're so transparent; they monitor sustainability indicators, and they're all about environmental education, habitat, preservation, wildlife watching and connecting folks with wetlands," said Van Soelen.

Taking home the Business Of The Year-Large (More Than 20 Employees) Award was The Gimli International Film Festival.

"The Gimli International Film Festival is a networking hub for filmmakers driving film-related business growth in Manitoba featuring competitions and awards and a career rocket for filmmakers and art boosts in Manitoba and it's a tourism magnet, obviously. Have you ever been to Gimli when the film festival is going on?" said Van Soelen.

The Volunteer of the Year category had some of the toughest competition of the evening. Ultimately, the



The Business Of The Year – Small (Fewer Than 20 Employees) Award went to Prairie Breeze Folk Art. The award was accepted by a student of Amina Haswell.

winners of the night were Susan and Peter Holfeuer, who have been dedicated volunteers in Gimli for over 15 years.

"Susan and Peter Holfeuer are the dynamic duo of the Gimli Ice Festival. They've dedicated 15 years to this town. In 2023 they steered the Gimli Ice Festival with over 100 volunteers. They even conquered COVID by taking things online, keeping the community engaged with wacky events. These two are the social and economic sparks of Gimli drawing crowds by the thousands," said Hampton.

Next up was the Marketing Campaign Of The Year (Campaign Under \$2,500) Award, which went to the Lockport Community Development Group.

"They strategically put Lockport on the map during the St. Andrew's Lock and Dam construction. With a campaign targeting anglers, adventures, history buffs and families, they highlight Lockport's rich history and Indigenous heritage," said Van Soelen.

The Indigenous Tourism Award went to Fisher River Cree Nation.

"They're all about self-sustainability and good governance while protecting the beauty of the South-Eastern Interlake. These leaders are on a mission to provide top-notch service and programs for their community and beyond. They're actively pursuing self-determination, all while seeking reconciliation and healing, especially in the face of challenges and trauma for residential schools. With elders as their guides, they're educating their youth about Indigenous heritage," said Van Soelen.

The Interlake Tourism Member Excellence Award this year was taken home by Heather Hinam of Second Nature Creative Interpretation.

"She has been the go-to creative for introducing visitors to the island, na-



TRIBUNE PHOTOS BY KATELYN BOULANGER
Harry J. Enns Wetland Discovery Centre - Oak Hammock Marsh won the Sustainable Tourism Award.

ture and cultural heritage. Through Second Nature, she's orchestrated media tours and custom signage and rock news code coverage for 11 communities in the Interlake," said Van Soelen.

Sweeping away the category of Business Of The Year– Small (Fewer Than 20 Employees) Award was none other than Prairie Breeze Folk Arts Studio.

"Here the ancient art of broom-making comes to life with a dash of enchantment. Visitors step into a world of folk art crafting brooms for decoration, special ceremonies or everyday cleaning. With hands-on workshops and small classes, you'll feel like a wizard," said Van Soelen.

The final award of the evening was for the Event of the Year. Though there were many amazing events in the Interlake and tough competition in the nominees for this category alone, Holiday Alley in Selkirk came away with the award this year.

"This event keeps growing with Indigenous teaching, short films, live concerts and more. They have sheep poetry. ... It's all about boosting tourism, downtown renewal and fostering community bonds plus they're all for supporting non-profits and promoting local art and culture. They've got a brilliant communication strategy and they're just they're not just local news there and national news," said Van Soelen.

This evening was a wonderful time for all involved and a great way to recognize the hard-working people of our region. To keep up with the many projects that Interlake Tourism is a part of and learn more about many of the upcoming events in our region, visit Interlake Tourism's website at <https://interlaketourism.com/>.

Interlake Tourism sending two people to Churchill

Proceeds from prize draw being split between organizations

By Becca Myskiw

Interlake Tourism will be sending two people to Churchill. The grand prize for the Interlake Tourism Awards Night was a trip for two to Churchill, Manitoba and was won by April Wilson. Interlake Tourism manager

Melissa Van Soelen said the organization likes to support all tourism initiatives in the province, so they partnered with the Churchill Tourism Development Committee to promote the northern town.

Churchill is the polar bear capital of the world and is just 1,000 kilometres north of Winnipeg. The remote northern town may look like any other, but it sits on the migration path of polar bears and beluga whales, drawing wildlife enthusiasts from across the globe.

The polar bear makes a south-to-north migration in the spring and a north-to-south migration in the fall. They use the ice as a platform for feeding, mating and denning, typically moving to drifting ice to stay where seals are abundant.

The beluga whale migrates in the same fashion as the polar bear. When the ice breaks up in the summer, the whales can often be found near river mouths and sometimes even venture up-river.

Also, in Churchill are almost never-ending northern lights. Because Churchill lies directly beneath the Auroral Oval in the northern hemisphere, the northern lights can be seen in the northern town up to 300 nights of the year. And thanks to its long fall and winter nights and next to no light pollution, the lights are vivid dancing colours you can't miss.

No roads in the province lead to Churchill, meaning you can only get there by plane or train. With Interlake Tourism's draw, the winners will travel to and from Churchill via Wings Over Kissinging, a charter plane company.

Some other attractions in Churchill include retreating glacier marks etched on billion years old rocks, a 300-year-old stone fort established by the Hudson's Bay Company, intricate carvings and other Inuit art at the Itsanitaq Museum, hiking through fireweed, the MV Ithaca shipwreck, dogsledding and more.

Dogsledding is a northern tradition developed by the Indigenous Peoples. Sled dogs have been critical to the transportation of mail and the fur trade and was the most efficient mode of travel in the winter months. Today, the Town of Churchill describes dogsledding as "a labour of love."

The town is a year-round destination. In the winter, the northern lights are unbeatable and in the fall, polar bears are everywhere. Spring offers incredible birdwatching of falcons, hawks,

tundra swans and snowy owls, and the summer provides an opportunity to see thousands of beluga whales.

Included in the trip are two Tundra Buggy tours (for two), a three-night stay at the Tundra Inn and two round-trip flights. The Tundra Buggy Adventure takes people on an all-terrain vehicle designed specially for the northern landscape to the best locations in Churchill. On the tour, people can safely view the town's wildlife and the phenomenal northern lights.

Anyone could buy raffle tickets for the trip — one for \$50 or two for \$75. There were 200 tickets available in total, and the draw winner was announced at the awards Saturday night.

"Seeing the polar bears and just being in an environment so different than yours is an incredible experience," said Van Soelen.

The raffle generated a total of \$4,000. Half of the proceeds from ticket sales went to the Churchill Tourism Development Committee and the other half went back into the awards night.

Oak Point Hall continues to thrive

Submitted by Lorna Johnson

The village of Oak Point came to know how valuable having a place to gather is when the old Oak Point Community Hall burned to the ground in 2019.

Fortunately, a new hall has been built. COVID restrictions slowed the number of activities offered for a time, but this year the Oak Point Hall was the busiest it's ever been. Monthly Old Time Dances with live bands took place from April to October. The first social and wedding were held, along with numerous showers, birthday parties, family gatherings, meetings and funerals.

The Oak Point Community Club is ending the year's events with a Craft and Bake Sale and Breakfast with Santa. The Craft and Bake Sale is on Nov. 18 from 10 a.m. to 4 p.m.

Tables can be reserved by phoning 204-739-8001. Breakfast with Santa is on Saturday, Nov. 25 from 9 to 11 a.m.

The club looks forward to another busy year next year, so watch for posters.

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:

To create five industrial lots totalling ± 41.08 acres in Pt. Parcel "E" Plan 50401 WLTO in the Rural Municipality of Rosser

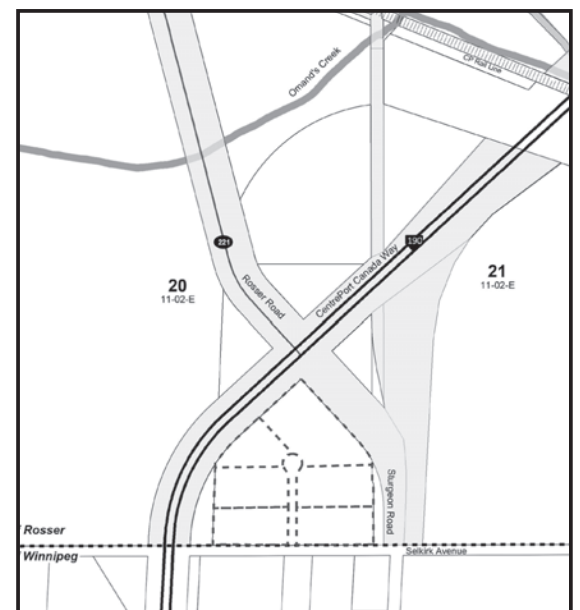
HEARING LOCATION: 400-330 Portage Ave. Winnipeg, MB. R3C 0C4

DATE and TIME: Wednesday, November 15, 2023 at 6:00 pm

GENERAL INTENT and PURPOSE: To subdivide Pt. Parcel "E" Plan 50401 WLTO in the RM of Rosser CentrePort lands to create 5 industrial lots.

AREA AFFECTED: This 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: 204-945-1312 Email: inlandportspa@gov.mb.ca



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Manitoba Stronger Together event coming to Stonewall

Staff

A grassroots organization that aims to promote civic engagement is continuing with its live tour series, which includes an upcoming stop in Stonewall.

The non-partisan group Manitoba Stronger Together focuses on its mission statement “to restore political influence to the people by empowering them through the creation of a robust bloc of voters.”

Its strategy hinges on voter mobilization, grassroots organizing, political education and collaborative partnerships.

“Manitoba Stronger Together officially launched earlier this year with the aim of providing Manitobans with a united platform to voice their concerns and hold politicians accountable,” said Ken Drysdale, who co-founded the group along with Chris Riddell.

“Our organization’s primary purpose is to empower Manitobans by creating a strong grassroots movement that advocates for transparent governance, individual freedoms and a commitment to the well-being of our communities. We do this by creating a community of voters in each electoral district who can come together as a voting bloc and use the power of that

voting bloc to influence the election outcome.”

The group focuses on six core values: impactful engagement, non-partisanship, civic responsibility, inclusivity, transparency and empowerment.

All are welcome to attend weekly Zoom meetings on Tuesdays at 6:30 p.m. featuring engaging discussions with guest speakers.

Earlier this year, Manitoba Stronger Together also presented in-person meetings in seven communities across the province as part of its live tour series, with stops in Winnipeg, Brandon, Dauphin, Winkler, Swan River, Gimli and Selkirk.

These live events are continuing in Stonewall on Nov. 15 at the Parochial Hall (291 1st St. W) from 6:30 to 8:30 p.m. Other in-person events will take place this month in Steinbach, Lorette and Lac du Bonnet. In addition, Drysdale will be speaking at the Christine Anderson event in Winnipeg on Nov. 28.

Admission is free for the Manitoba Stronger Together events, which will offer attendees an opportunity to listen to speakers, engage in community building, learn through Q&A sessions and find out about next steps.

The group also doesn’t charge mem-



PHOTO SUBMITTED

Manitoba Stronger Together will be Stonewall on Wednesday, Nov. 15 from 6:30 to 8:30 p.m. at the Parochial Hall.

bership dues or take donations.

“I’d like to emphasize that Manitoba Stronger Together is a non-partisan group funded by Manitobans without corporate or government funding,” added Drysdale, a Beconia resident who is originally from Stony Mountain.

“We are committed to bringing Manitobans together to effect positive

change. We do not charge any fees. We do not sell merchandise. We do not have tax-exempt status. The members fund the activities and we provide them with the tools they need.”

Visit www.manitobastrongertogogether.com for more information about Manitoba Stronger Together, including blog posts, upcoming events and how to get involved.

Stonewall comedian hosts fundraiser for Zach Hunter

By Jennifer McFee

Cancer is no laughing matter, but a local comedian is using humour to raise money for the cause.

Brady Holm will be sharing his comedic skills on Nov. 9 and 10 in support of his friend Zachary Hunter, who was diagnosed with bone cancer and lung cancer last year.

The 18-year-old comedian did a similar fundraiser in March at Rumours Restaurant and Comedy Club — and he ended up selling out the venue on a Tuesday evening.

“I’ve known Zach from school, hockey, soccer and work. I ran it past some of his close friends and his Uncle Chris and they all said it was a great idea,” said Holm, who graduated from Collège Stonewall Collegiate as valedictorian in 2022.

“It went well, so I figured it doesn’t hurt to do it again at The Basement, which is a really nice speakeasy on the close side of the city.”

In addition to Holm, other comedians will take the stage for the fundraiser. The Nov. 9 show will also feature Pat Gagne, Dewey Parker and Jordan Welwood, while the Nov. 10 show will feature Jeff Gobeil, Spencer

Adamus and Rollin Penner.

“It’s a showcase of some of the best comedians working right now in Winnipeg and even nationally right now. I’ve booked the lineups based on what I think people from Stonewall would like to see, knowing that will be a majority of the crowd,” Holm said.

“There’s two shows and two different great lineups. As long as people show up and support, that’s more than I can ask for.”

Besides these fundraising comedy nights, Holm takes the stage for open mic comedy nights several times each week. And on most weekends, you can catch him as part of a comedy showcase at Silver Heights Restaurant or The Basement Speakeasy.

“My friends are terrible influences,” he said, explaining how he got his start in comedy.

“About a week after I graduated, being valedictorian, a good buddy of mine and I went out one night and ended up at Wee Johnny’s, where they host an open mic that I ended up on — and I’ve been going up ever since.”

Brady Holm’s fundraising comedy shows are set for Friday, Nov. 9 and



TRIBUNE PHOTO BY ABBY SARGENT

Local comedian Brady Holm is hosting a cancer fundraiser for his friend Zachary Hunter in Winnipeg on Nov. 9 and 10.

Saturday, Nov. 10 at The Basement Speakeasy and Comedy Lounge, located at 3740 Portage Ave. Doors open at 7 p.m. and the show starts at 8 p.m.

Tickets cost \$25 each and are available through The Basement’s website at basementwpg.com. All proceeds

from ticket sales will support Zach Hunter and CancerCare Manitoba.

To help raise funds for the cause, Holm is also seeking prize donations. To make arrangements, email bradyholm87@gmail.com.

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In hockey, teams rely on their forwards, their defensemen, and finally their goaltender to keep the puck out of the back of the net. These layers allow for consistency in managing oncoming threats.

Manitoba hog farmers use a similarly layered set of defenses to protect the health of their animals and our food supply. The 105 Code of Practice for the Care and Handling of Pigs requirements are mandatory and enforceable in Manitoba. Farmers are transitioning to the enhanced Canadian Pork Excellence program, an auditable program that maintains and enforces the best on-farm practices to eliminate any potential safety and meat quality hazards. A key part of the Canadian Pork Excellence

program is PigTRACE, which offers supply chain confidence throughout the country, and gives producers and animal health experts the ability to track all pig movements to mitigate food safety or animal health threats, while utilizing the program's ability to demonstrate source verification. Finally, Canada's stringent meat inspection system ensures only healthy pigs are processed and that no antibiotic residue is present in the meat. As well, growth hormones are prohibited in the raising of pigs.

Hog farmers are open and transparent about their biosecurity protocols with everyone that comes to their yard site, including feed suppliers, contractors, and transport drivers.

These protocols include restricting on-farm access, keeping accurate visitor logs, following shower-in-out procedures, wearing dedicated barn clothes, and properly disinfecting supplies or tools used in a barn.

Maintaining pig health is a farmer's pride and passion, and everyone in the hog sector works together to ensure that our food system remains safe and dependable. This layered approach to implementing sound production practices helps keep proverbial pucks out of the net, promoting a reliable supply of fresh, nutrient-rich, and affordable pork.

To learn more, visit manitobapork.com/animalcare

PIG TALES

PIG-TIONARY

Match each word to the correct definition by drawing a line.

<p>1 A male pig that has been neutered</p> <p>2 The length of a pig's pregnancy</p> <p>3 Someone who takes care of pigs</p> <p>4 The birthing of piglets</p> <p>5 A piglet that has grown from drinking its mother's milk to eating solid food</p> <p>6 The smallest pig in the litter</p>	<p>Sow</p> <p>Piglet</p> <p>Boar</p> <p>Barrow</p> <p>Weanling</p> <p>Herdsperson</p> <p>Farrowing</p> <p>Gilt</p> <p>Gestation period</p> <p>Litter</p> <p>Biosecurity</p> <p>Runt</p>	<p>7 A newborn pig</p> <p>8 A group of piglets born at one time to the same sow</p> <p>9 An adult male pig that fathers piglets</p> <p>10 A mother pig</p> <p>11 Actions taken to protect pigs from disease</p> <p>12 A young female pig that has never given birth</p>
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Answers: 1. Barrow 2. Gestation period 3. Herdsperson 4. Farrowing 5. Weanling 6. Runt 7. Piglet 8. Litter 9. Boar 10. Sow 11. Biosecurity 12. Gilt

GOOD FOR ME GOOD FOR MB

It's great to see animal care standards implemented and maintained in the barns I visit.

*Dr. Melissa Desrochers, DVM
Swine Veterinarian, HyLife Ltd.
Ste. Anne, MB*

Hog farmers are leaders in animal care, following 105 Code of Practice requirements.

manitobapork.com/animalcare

Warren Collegiate students celebrate achievements

Staff

Students from Warren Collegiate were recognized for their academic and sport achievements from the 2022-23 school year at a ceremony held last Wednesday morning.

The following students received ISD Medals of Excellence and Honours Certificates for maintaining an average of 90 per cent and above: Grade 9 — Shelby Birch, Conaly Chrusch, Cheyanne Fleury, Connor Grenkow, Cayden Ingimundson, Karalyna Kuzenga, Camryn Oliver, Kiera Schutz and Seth Stepaniuk.

Grade 10 — Jadyn Baldwin, Samantha Boonstra, Colton Bruce, Mia Cassils, Ethan Corbett, Colby Darragh, Talon Hogg, Charlize Huard, Avery Langrell, Bre-Ann Lucier, Gabrielle Noren, River O'Dell, Jesse Perrett, Izabel Toews, Lauren Voth and Sadie Walsh.

Grade 11 — Lily Campbell, Rianna Cassils, Livanna Daun, Sarah Gilmore and Bryn-Lee Procter.

Merit Awards for students that had averages of 80 per cent to 89.99: Grade 9 — Charli Becker, Ashtin Bettorf, Payton Bizier, Liam Boonstra, Haley Bullcock, Tanzi Dolski, Mikayla Emms, Caitlyn Eyjolfson, Chase Hnatuk, Kaelen Ivany, Sara Knutson, Daniel Koss, Isabel Laing, Drake Marshall, Michaella Monforton, Casey Nichol, Ty Olson, Teagan Peterson, Alexis Petrie, Isla Petrie, Jak Procter, Espen Sund, Leia Theroux, Landon Tully and Sylar Unger.

Grade 10 — Odin Arksey, Natalie Bergthorson, Preston Dolski, Elliot Dowd, Reese Hnatuk, Abigail Kaplan, Thalissa Lavallee-Thang, Abigail Mair, Ryan Manweiller, Nathan Mudge, Faith Scheffer, Meadow Seidel, Zachary Smith, Rylan Thibodeau and Dylan Uppang.

Grade 11 — Daniel Beardy, Colton Carlson, Jenna Cassidy, Abbigail Dorsch, Matthew Good, Kjerstin



Rianna Cassils was the recipient of the Highest Academic Award as well as Varsity Female Athlete of the Year.

Green, Kaiden Kollman, Mya Malcolm, Ayden Nabess, Carter Olson, Molly Phillips, McKenzie Schnell, Annika Sund and Abigail Sveinson.

Grade 11 student Rianna Cassils was the recipient the Highest Academic Standing Award for her outstanding average of 99 per cent as well as the Varsity Female Athlete of the Year.

The Junior Varsity Female Athlete of the Year was shared by four Grade 10 deserving recipients: Mia Cassils, Colby Darragh, Samantha Boonstra and Jadyn Baldwin.

Junior Varsity Male Athlete of the Year was presented to Grade 10 student Ethan Corbett and Varsity Male Athlete of the Year to Grade 11 student Carter Olson.

The WCI Outstanding School Service Award was presented to Abby Mair and Gabby Noren. The award is presented to a student that gives their time to make the school and community a better place.



TRIBUNE PHOTOS BY JESSICA CHRUSCH

Warren Collegiate 2022-23 Grade 9 ISD Medals of Excellence and Honours Certificates recipients who maintained an average over 90 per cent.



Grade 10 ISD Medals of Excellence and Honours Certificates recipients.



Grade 11 ISD Medals of Excellence and Honours Certificates recipients.



Abby Mair and Gabby Noren were the recipients of the WCI Outstanding School Service Award.



Junior Varsity Female Athletes of the Year, left to right: Mia Cassils, Colby Darragh, Samantha Boonstra and Jadyn Baldwin.



Junior Varsity Male Athlete of the Year Ethan Corbett, left, and Varsity Male Athlete of the Year Carter Olson.



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Pumpkin carving tradition



TRIBUNE PHOTO SUBMITTED

A Berkvens family tradition of carving a caricature pumpkin every Halloween has been passed down to the grandchildren. Luigi (eight-year-old Freya Deslauriers) and her brother Mario (six-year-old Errai Deslauriers) created their new buddies "The TMNT" (The four lads) with help from their grandparents Orla and Pierre Berkvens, who live north of Balmoral.

Dazzling display of lights



TRIBUNE PHOTO SUBMITTED

Manitobans were treated to yet another picture-worthy display of the northern lights last month, a sighting that has graced the prairie skies a few times over the last months. This photo of Lady Aurora over Lake Winnipeg was taken from Jackie Saurette's deck in Gimli on Aug. 21 at 1 a.m.

The auroras seen last week were owed to an eruption known as a coronal mass ejection that occurred Saturday on the sun.

Dazzling displays of the northern lights wowed skywatchers across parts of Canada and the United States, including Manitoba, after a powerful eruption from the sun supercharged the aurora borealis.

The northern lights, or aurora borealis, come from charged particles that spew from the sun during solar storms. The colourful light displays are created when these clouds of energetic particles collide with Earth's magnetic field and interact with the atoms and molecules in the planet's upper atmosphere.

Northern lights typically appear as shimmering curtains or pillars of green and purple light, but depending on the composition and density of the atmosphere, it's possible to see red, blue and pink hues as well.

Lakeside MLA sworn in



TRIBUNE PHOTO BY COLTON KING

Progressive Conservative members of the Legislative Assembly were officially sworn in at a ceremony at the Legislative Building on Oct. 24. Lakeside MLA Trevor King will serve as Shadow Minister for Municipal and Northern Relations and for Indigenous Economic Development. Pictured with King is Rick Yarrick, deputy clerk of the Legislative Assembly. King replaces Ralph Eichler who retired after two decades in provincial politics.



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Local representation at national school board advocacy event

By Jennifer McFee

A local education advocate should get an A+ for his efforts to promote priorities at a national level.

Alan Campbell, president of the Canadian School Boards Association (CSBA), was part of a delegation sent Ottawa from Oct. 3 to 5 by the CSBA for its annual federal advocacy event. Campbell also continues to serve the as board chair and trustee for the Interlake School Division. In addition, he is past-president of Manitoba School Boards Association.

Representatives from B.C., Alberta, Saskatchewan, Manitoba, Ontario, Quebec and Nova Scotia attended the Ottawa-based event with the CSBA. Sandy Nemeth, president of Manitoba School Boards Association and chair of the Louis Riel school board, attended as well.

While they were there, the CSBA representatives from across the country met formally with four senators and 15 members of Parliament. They also met informally with Greg Fergus, Speaker of the House of Commons, when they bumped into him in front of Centre Block a few minutes before his first question period as Speaker.

"The objective of the annual event is to strengthen the relationship between the federal government and school boards across the country," Campbell said, "with a focus on the strategic priorities of the CSBA."

One of these priorities is comprehensive school health.

"A particular focus of the meetings this year was on the proposed Pan-Canadian School Food Program," Campbell said, "which school boards strongly support in recognition of the vital importance of stronger nutritional supports for the many thousands of students across Canada who attend public school daily without having eaten any food at home."

Another key priority is Indigenous education.

"School boards recognize that there is a vital role at the local level when it comes to ongoing implementation of the Calls to Action on Education from the Truth and Reconciliation Commission," he said.

"The degree to which the calls to action are being implemented varies across the country, and this is

an important research topic for CSBA."

The CSBA also prioritizes diversity, equity and inclusion.

"Especially at a time when the inclusivity of public schools is being called into question in many parts of Canada and indeed throughout North America, the preservation of public schools as safe and healthy learning environments for all students and safe and health work environments for all staff continues to be a key priority for all school boards," Campbell said.

In addition, advocacy remains a priority for the organization.

"In several provinces, democratically elected local school boards have been eliminated or threatened with elimination by provincial governments — most recently in Manitoba under the former PC government," Campbell said.

"Mindful of the importance of tri-lateral communication between school boards, provincial and federal governments, our time in Ottawa was a key opportunity for us to share the vital role of school boards as the foundations and, in many parts of Canada, oldest forms of local democratic institutions."

In the Interlake, as well as in many parts of both rural and urban Manitoba, local school boards experienced a surge of support in opposition to Bill 64, Campbell added.

Bill 64 proposed the elimination of democratically elected school boards, the creation of a provincial education authority, school division dissolution, and limiting principals and vice-principals from being in the same bargaining unit as teachers. The proposed bill faced widespread opposition and did not move forward.

"Unfortunately, local democratic institutions like school boards remain under threat in some parts of the country by provincial governments who are seeking to centralize their control over the delivery of essential services like public education," he said.

"Individual citizens, regardless of where they're from in Canada, are entitled to the preservation of local democratic authority that flows through local school boards and local municipal councils."

For Campbell, it was noteworthy to realize the ex-



TRIBUNE PHOTO SUBMITTED

Left to right: Dr. Vivian Abboud, executive director of ASBA; Alan Campbell; Speaker Greg Fergus; Marilyn Dennis, president of ASBA.

tent that public education leaders from across the country were watching the recent provincial election in Manitoba.

"When school boards and individual Manitobans were fighting against Bill 64, there was a high degree of focus on us at that time as well — especially because we were successful in our defeat of that legislation," he said.

"Now, with the recent election of the new government and appointment of Minister of Education Nello Altomare, there is a sense of cautious optimism across the country for what can happen for public education in Manitoba with a provincial government led by individuals who have repeatedly and publicly stated their support for school boards."

Teulon Elementary students learn curling skills



TRIBUNE PHOTOS BY LINDSEY JACK

Teulon Elementary students had an opportunity to test out their curling skills and learn about the sport at school last week. Jim Hardy and Kathy Good with the Teulon Curling Club Junior Program spent time with all of the classes teaching them about curling with floor curling sets they borrowed from the Green Acres Art Centre. Left photo: Jim Hardy explains to Grade 1 and 2 students how to score by throwing rocks closest to the button. Middle left: Kolton Proulx and Delilah Rutledge work on their delivery. Middle right: Carver Wasserman and Toren Nordin practise throwing stones using the right turn. Right: Kaelynn Lucier and E.J. Urquhart Wiersema honing their new curling skills.

Stonewall Jets host annual fundraising gala

Staff

The Stonewall Jets hockey club is not just a team on the ice but a community of individuals and businesses who come together to support their passion for the sport.

Last Saturday evening was no exception as supporters gathered at the annual gala at Quarry Park Heritage Arts Centre for the players and executive to introduce the team to the community while wining and dining them. This year's gala raised close to \$11,000 through a number of live auction items, a 50-50 and silent auction items.

The club relies heavily on the generous contributions from these supporters. From local businesses purchasing sponsorship boards to individuals making donations, every contribution makes a difference and helps ensure the smooth operations of running a Manitoba Major Junior Hockey League team.

The evening was MCed by Phil Aubrey from 92 CITI FM while Cree Nakoda Sioux comedian Conway Kootenay, a.k.a. Smudge Pan, kept everyone in stitches.

Jets' general manager Liam Wheddon auctioned off a number of items including a guided fishing trip for eight on the Winnipeg River which was purchased by Jeff Smith for \$1,750, a framed and autographed Connor Bedard Jersey purchased by Jason Manning for \$2,700 and a ski trip package to Big White by Tricia Bateman for \$1,800.

Signed jerseys and art in the progressive auction raised a total of \$3,025.

The elimination alcohol wheelbarrow draw was won by Michelle West,



Michelle West won the wheelbarrow of alcohol donated by Home Hardware.



The Stonewall Jets players for the 2023-24 season hosted their fundraising gala on Oct. 21.

TRIBUNE PHOTOS BY LANA MEIER



The Stonewall Jets coaching staff and executive, left to right, Joe Courrier, Kris Menard, comedian Conway Kootenay, Pat Power, Brent Murray and Liam Wheddon.



The Connor Bedard Regina Pats jersey was purchased for \$2,700 by Jason Manning.

while Ryan Fines took home 50/50 draw of \$1,150.

No gala would be complete without delicious food. Attendees were treat-

ed to a mouth-watering roast beef dinner catered by Chelsea Coulter of RW Catering.

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Running with scissors: How a local woman makes positivity into a business

By Becca Myskiw

A Winnipeg Beach woman is running through life with scissors.

Heidi Hunter is a local mime turned artist turned therapist. She's always loved making things with her hands, whether it be sewing, crocheting, knitting or embroidery. So after taking a quilting class in the late '90s, Hunter switched from miming to fibre art.

"I had written in my journal, 'I want to make colourful quilts and stand in a garden with mismatched socks,'" she said. "And then it all came true."

Hunter soon started working out of a home studio, hosting classes and events, one of which went on for five years before it got too large for her. Then, when COVID-19 hit, Hunter pivoted again.

"I've always been enamoured with the creative process," she said. "I love the creative process more than the product itself. I liked rehearsal more than performing, and now I call myself a creative flow facilitator."

Hunter now teaches creative writing and block therapy, relating everything to the idea of play. Block therapy helps people melt through restrictions in fascia tissue to help relieve pain. In her newest workshop, Writing from the Well, Hunter helps people access inner wisdom through art journaling.

"Kids are fearless on the playground," she said. "Play is intrinsically motivating. It's the same with art."

Hunter believes everything grows from a place of curiosity, so everything she does is about finding that curious place and using it. In her block therapy sessions, she uses the idea of play to help people learn and heal. She and a block therapist in Australia have created the app "Block Therapy Blockheads" for people wanting to try the practice.

"It all makes sense if everything comes from a play perspective," she said. "If you can find that playfulness and that place of curiosity, just to be in that curious place is the ticket."

Hunter's business name is Runs with Scissors, something she came up with years ago. It means to go through life breaking the rules, leaning into the unknown, running with scissors.

Hunter's newest endeavour is Showing Up Sundays, a subscription community-like service. For \$9/month, people can log into a Zoom call every Sunday and for one hour. Everyone on the call gets things done they've been putting off. Some people fold laundry; others do a puzzle, and some complete late work. Whatever the task, everyone does it together. Hunter has around 40 people registered for Showing Up Sundays right now, with 18 showing up every week.

To learn more about Runs With Scissors, go to www.runswithscissors.ca or call 204-782-9863. To learn more about block therapy with Hunter, go to www.untilnow.ca.

"I call it putting the window in the wall," she said. "When we can see possibility, I think we can be kinder to ourselves."



TRIBUNE PHOTO SUBMITTED

Heidi Hunter has made a business out of positivity. She teaches creative writing and block therapy, among other things.

Elm Creek family one of the first in Canada to try Dexcom G7

By Becca Myskiw

The new Dexcom G7 is finally approved for use in Canada.

After being diagnosed with Type 1 diabetes at three years old, Hayley Boyachek has spent countless hours pricking her fingers and then inserting her continuous glucose monitor (CGM) device, the Dexcom G6.

Before they had the CGM device, Heidi Boyachek, Hayley's mom, was waking up multiple times every night to check her daughter's blood sugar levels and spent most days anxious about it, not knowing if she was experiencing a low or high.

When a person with Type 1 diabetes's blood sugar is too low, they can go unconscious, have a seizure, go into a coma or die. If it's too high, they can go into diabetic ketoacidosis, which is when the body starts filling with acid and goes into a coma. This can also lead to death. Both extremes also come with their own mental side effects.



TRIBUNE PHOTO SUBMITTED

Hayley Boyachek with her brand new Dexcom G7, which is finally available in Canada.

With the CGM device, Heidi can sleep through the night — and so can Hayley. The device is composed of tiny disposable sensors that sit just beneath the skin, attached to a small wearable pack. The unit measures the amount of sugar in the blood every couple of minutes and sends that reading to a smart phone app, letting the person in charge know if everything is OK.

The CGM device also gives warnings when the person's blood sugar is too high or too low.

The new Dexcom G7 is a smaller sensor than the G6. It still needs to be changed every 10 days, but unlike the Dexcom G6, which had a two-hour warm-up period after insertion, the G7 has a 30-minute warm-up period.

"That was always nerve-wracking for us," said Heidi. "Hayley had lots of lows during [the two-hour warm-up period] because you don't get readings during it."

The Dexcom G7 is also an all-in-one device as opposed to the G6, which had a transmitter Heidi had to remove and replace every 10 days. This new design means the device costs less, as additional transmitters aren't needed. The new device is also 60 per cent smaller than the G6 and gives the family a 12-hour grace period for changing it.

The Dexcom G7 is approved for children to wear on the back of their arm. Though Hayley has worn hers there for a while, the G6 wasn't approved for that. Heidi said the arm is the best location — there, the device is out of the way and Hayley doesn't feel the prick as much as she does on her tummy.

"It truly is a lifeline for us to be able to get an update every five minutes," said Heidi. "We can see the trend in which way her glucose is moving. It gives Hayley more independence, too, not having to stop and check her blood sugar levels every 10 minutes. I really can't picture life without one."



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Home sweet home

By Jennifer McFee

A Teulon woman's dream home became a reality by incorporating aspects that are both esthetically and environmentally appealing.

For the past five months, Donna Royer has been enjoying life in her brand new hempcrete home, built by Elm Natural Builders just outside of Teulon.

The 1,000-square-foot bungalow stands out from conventional builds for multiple reasons. To start, the hand-sculpted home is insulated with hempcrete, a natural mixture made by combining lime with the core of the hemp plant, also known as the hurd.

Francesco Zurzolo of Elm Natural Builders explained the benefits of working with hempcrete.

"It's different from a typical home in the construction materials, but the form is the same. We have a foundation, a wood-framed super structure and roof trusses, but the walls themselves are hempcrete," he said.

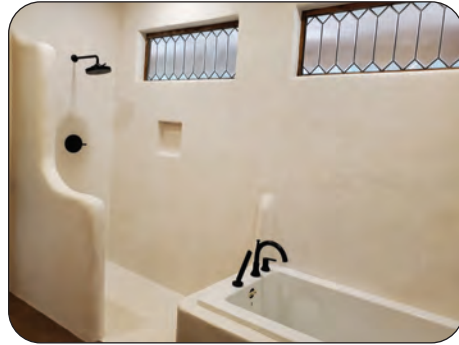
"Basically, it's solid hemp-lime insulation all the way through, 12 inches thick cast around the stud so there's no sheathing. There's no vapour barrier or air barrier. Everything is directly applied to the hempcrete."

With vapour permeability, hempcrete is a breathable material that regulates humidity in the air, thereby making it mould-resistant.

"It makes for a much more integrated wall system. You don't have places for condensation to occur on different building layers," Zurzolo said.

"The whole wall is vapour-open but air-tight so you get a very comfortable indoor environment. You're not using plastic, and all the hemp is from Manitoba."

At the same time, hempcrete provides thermal mass. It can absorb, store and release heat to keep the space cool in the summer and warm



in the winter.

"The environmental impact is what draws people to consider this," he said. "But they're pleased when they learn that they're going to have R-50 walls and they can heat their home with a fraction of the energy of a regular house. The longevity is there to outlast pretty much all standard building materials."

The building material is also carbon-negative and fully compostable since hempcrete sequesters more carbon than is emitted from its processing and installation.

Adding to the appeal, most of the interior finishes use clay- and lime-based materials, including the walls, ceilings, floors and countertops. The waterproof surfaces in the bathroom are finished with a traditional Moroccan lime plaster technique known as "tadelakt."

"The home has in-floor hydronic heat, so hot water is heating in the clay-based floor. Clay, sand and flax fibre are the only ingredients in the floor, and then we seal it with linseed oil from Saskatchewan. Our walls can be fully wet. In fact, in the construction, we spray them down with a hose regularly. If that were drywall, you'd have mould," Zurzolo said.

"It's a way more durable way of constructing — and all the walls and the hempcrete can be tilled back into the ground and they will degrade over time. When you move in, there's



TRIBUNE PHOTOS SUBMITTED

Elm Natural Builders built a brand new hempcrete home near Teulon.

no 'new house' smell. The only VOCs (volatile organic compounds) would be linseed oil curing, which is not harmful to your health. That's a significant benefit for people who have sensitivities."

As another benefit, the home is naturally fire-resistant and pest-resistant. In addition, it qualified for Efficiency Manitoba's performance building program, thanks to the natural building materials, high-efficiency windows and solar panels.

Beyond the environmental considerations, the new hempcrete home features an esthetic that's entirely different from standard homes.

"It's beautiful. Every layer gets hand-applied, so every surface has had our hands on it probably five or six times, at least. It's hard work, but it's also nice to be the person doing all the work," Zurzolo said.

"With us, we do 90 per cent or more of the work ourselves. We do everything except plumbing and electrical, and we really like that. We like having the control, responsibility and ability to design on the fly. You don't have that flexibility when you're dealing with many different people. We enjoy

having that level of intimacy with the home."

As for Royer, she couldn't be more pleased with her new home.

"It has exceeded all of my expectations to the positive. It's all I dreamed of and then some. It's been great," she said.

"I love the fact that it reflects my personality. It's handcrafted, and I love the organic movement in it. I love the fact that I know the people who built it, and I got to help build it. I know all the blessings that friends wrote on the walls underneath the plaster. All of those things are important to me."

Before moving to her Teulon-area home, Royer lived in Winnipeg's Wolseley neighbourhood.

"I've been interested in alternative building for a long time — tiny houses, yurts, van life. When we got to the point where I was going to have a house built, I came up with a list of some things that were important to me," she said.

"The ecological sustainability of the build was important, as was a small dwelling. But if I was going to invest in this, I also needed someplace where I could age in place and I needed it to meet legality. So I began to look at having a custom house."

Initially, she was considering a straw-bale structure. Then a friend put her in touch with Zurzolo, who suggested a hempcrete home.

"I very quickly found that it was going to be the best solution to address the issues that I wanted to focus on. The hemp was available in Manitoba. Francesco had used hempcrete before, so he had worked with the city and other municipalities around how to meet code requirements, which was important. It let us move forward," Royer said.

"I really love the fact that the mate-



Continued on page 20

Warm hearts provide warm toes



TRIBUNE PHOTO BY MADDY FIDLER

At College Stonewall Collegiate, the month of October was deemed "Socktober." Students collected 145 pairs of socks throughout the month that will be donated to Main Street Project. Main Street Project has been serving the needs of Winnipeg's most vulnerable residents since 1972, and this year is the sixth year they have been collecting socks. Pictured left to right: Lexi Anderson-Schmidt, Elia Grosselle, Mikayla Breton and Daisy Uhres-Todd.

> HOME SWEET HOME, FROM PG. 19

rials were available locally. It was something that we could physically make on site, and it was going to give me a massive thermal mass. In the summer, my house didn't get above 22 degrees inside on the hottest day with no air conditioning. In the winter, I'll have the heat on, but it will heat up the building as opposed to the air in the building. Once I began to understand those properties and mechanisms, I kind of fell in love."

At the same time, Royer also enjoyed the hands-on approach of Elm Natural Builders.

"Francesco and two employees built it and I was able to work alongside them every day. It's a very different construction material and it allowed us to put organic shapes into it, which has been a real gift to me. It's a different feel. My walls have a curve that goes into the ceiling, so there isn't a 90-degree joint there. My floors come up onto the walls ever so slightly to form a baseboard, so there isn't a 90-degree turn there. When I sweep my floors, it's a whole lot easier," she said.

"I have a built-in niche that is hand-formed and I have really deep windowsills. It really has suited me beautifully. They are definitely

artisans and professionals who understand the material, which allows things that just aren't possible with traditional building materials. They cared about it and wanted to teach me about it. They have made this a very doable project and became my friends in the process. It's been great."

Elm Natural Builders completed Royer's home on schedule within two per cent of the estimated costs, ringing in at about \$415,000 (excluding the well, septic system and solar panels).

"I honestly can't name any part that I regret, which is really nice. When plans needed to change, we could talk about them. They gave their ideas, and I could change my mind at appropriate spots in the build. There were a number of changes that really improved the house — some of them at their suggestion," Royer said.

"I didn't need to have everything nailed down right from beginning, and that was really nice too. It made a big difference in terms of the usability because I designed the space. All of those pieces have been important and made a huge difference to me."



Extra! Extra! Read all about it!

Ecole Stonewall Centennial School Grade 6 students, along with their teacher Erin Hunnam, visited the Stonewall Teulon Tribune on Tuesday, Oct. 24 to learn the process of publishing a newspaper. The students are reading *Papergirl* and learning about the Winnipeg General Strike and how the main character, 10-year-old Cassie, wants to help when they orchestrate a general strike by volunteering to be a paper girl to distribute the bulletin.

TRIBUNE PHOTO BY NICOLE KAPUSTA

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- November 2: Ukulele Club 6:30pm (at Something Beautiful)
- November 3: Quilter's Corner 11:00am (In Person)
- November 3: Texas Hold'em 1:00pm (In Person)
- November 3: Club Regent Casino 9:30am (Pre-registration required)
- November 7: ThinkWild Adventures Presentation 1:00pm (In Person)
- November 8: Men's Chat/Stitch n Craft 10:30am (In Person)
- November 8: Cards 1:00pm (In Person)
- November 8: Texas Hold'em 7:00pm (In Person)
- November 9: Virtual Chat 3:00pm (On Zoom)
- November 10: Travel Club 11:00am (In Person)
- November 10: Texas Hold'em 1:00pm (In Person)
- November 14: Canasta 1:00 pm (In Person)
- November 15: Luncheon 12:00pm (Pre-purchased ticket required)
- November 15: Cards 1:00pm (In Person)
- November 15: Texas Hold'em 7:00pm (In Person)
- November 16: Ukulele Club 6:30pm (at Something Beautiful)
- November 17: Quilter's Corner 11:00am (In Person)
- November 17: Texas Hold'em 1:00pm (In Person)
- November 18: Old Time Rock 'n Roll Sock Hop 1:00pm
- November 21: Canasta 1:00pm (In Person)
- November 22: Men's Chat/Stitch n Craft 10:30am (In Person)
- November 22: Cards 1:00pm (In Person)
- November 22: Texas Hold'em 7:00pm (In Person)
- November 23: St. Vital Shopping Trip 9:15am (Pre-registration required)
- November 24: Signatures Market @ Convention Centre (Pre-registration required)
- November 28: Canasta 1:00pm (In Person)
- November 29: Men's Chat/Stitch n Craft 10:30am (In Person)
- November 29: Cards 1:00pm (In Person)
- November 29: Texas Hold'em 7:00pm (In Person)
- November 30: Ukulele Club 6:30pm (In Person)
- December 1: Quilter's Corner 11:00am (In Person)
- December 5: Canasta 1:00pm (In Person)
- December 6: Men's Chat/Stitch n Craft 10:30am (In Person)
- December 6: Cards 1:00pm (In Person)
- December 6: Texas Hold'em 7:00pm (In Person)

LUNCHEON

Wednesday, November 15, 12:00pm
 Tickets: \$13.00
 Tickets available at 374 1st Street W.
 Ticket deadline: Friday, Nov. 10
 Chicken Pot Pie

ST. VITAL SHOPPING TRIP

Thursday, November 23
 Registration Deadline: Tuesday, November 21
 Members \$20 / Non-members \$25

PICKLEBALL

Tuesdays & Thursdays, 6:00-8:30pm
 Stony Mountain School
 Saturdays, 10:00-12:30pm
 Stonewall Collegiate
 Suitable for all adults at all fitness levels. We play doubles but you don't need to bring a partner.
 Call 204-467-2582 for more info.

QUILT RAFFLE TICKETS

AVAILABLE NOW!
 Fundraiser for South Interlake 55 Plus
 3 Tickets \$5 or \$2 Each

OLD TIME ROCK 'N ROLL SOCK HOP

Saturday, November 18, 1-4pm
 Tickets \$10.00 includes light lunch
 Come in your 50's/60's dance clothes! (optional)
 Tickets available at 55 Plus Centre

DINNER AT DENNY'S IN HEADINGLY AND CANAD INNS WINTER WONDERLAND

(drive-thru holiday light show)
 Tuesday, December 12

THINKWILD ADVENTURES PRESENTATION

Tuesday, November 7, 1:00 pm
 PowerPoint presentation along with props and storytelling to describe how animals have adapted to survive in our environment.
 Presented by Murray Gillespie. A local retired wildlife biologist who's work involves research in game birds and other wildlife species.
 Call for more info and to sign up!

SIGNATURES HAND-MADE MARKET CHRISTMAS CRAFT SALE

FRIDAY, NOVEMBER 24
 Members \$20/Non-Members \$25
 Sign up deadline: Tues. Nov. 21

2024 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR
 To renew or become a new member, check out our website at www.si55plus.org to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).

You do not have to be 55 + to become a member!

Payments can be made by cash, cheque or E-transfer to si55inflo@gmail.com



For more information call 204-467-2582

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

SOUTH INTERLAKE SENIORS RESOURCE

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

Supports to Seniors in Group Living (SSGL)

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

Estate Planning for your future

Current issues facing Canadian Senior's - What encompasses a Comprehensive Estate Plan -Estate planning questions to consider - The Role of the Executor / Attorney - Royal Trust Solutions and how we can help - Q&A
 Presenters: Financial Planner - Leah Lee/ Royal Bank of Canada
 Financial Planner - Mladen Cvar
 Senior Trust Advisor - Daryl Lindsay
 Thursday, November 9th/23 @ 2:00PM
 Lions Manor Multi-purpose Room - 622 Centre Ave (Entrance 4) Stonewall
 Everyone Welcome! Reservations Required! RSVP by Nov.8th/23
 Call Seniors Resource at 204-467-2719 to reserve your seat!

Deprescribing Presentation

Presenter: Mathilda Prinsloo (she/her/hers) BPharm CDE EPPH
 Patient Care and Thrive Practice - Medication Management and Deprescribing Consultant
What was good in the past may not be good now.
 Come to learn why you should think about decluttering your medication list!
 The research has proven unequivocally that taking less medications means better quality of life and more satisfaction with life for older individuals.
 It is common for older people to take many medications. Medications saves lives, prevents illnesses and their complications and treat bothersome symptoms.
 Over the years people accumulate medications for a variety of reasons. The most common reason is that as we age, we may experience more health problems that are typically treated with medications. That said, the research is clear that some medications may not be necessary when a person reaches a certain age, some medications may no longer be safe at a certain age due to age related changes in the body and there are medications that are less effective in older people compared to younger people.
 Thursday, November 30th/23 @ 2:00PM
 Lions Manor Multi-purpose Room - 622 Centre Ave (Entrance 4) Stonewall
 Everyone Welcome! Reservations Required! RSVP by Nov. 29th/23
 Call Seniors Resource at 204-467-2719 to reserve your seat!

For more information call 204-467-2719

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities

Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre

51 Parish Lane, 204-646-2504 ext.4

Seniors Resource Coordinator, Darlene McKay

- Footcare Clinic • Mobility Aids • Victoria Lifeline
 - (E.R.I.K.) Emergency Response Information Kit
 - Volunteers for Different Services Such as Telecheck • Transportation
 - Resource Information • Fundraising Activities Throughout the Year.
- Inquire about our new bike club coming soon!

"Celebrating Seniors in Action"

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
 Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

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 - INFORMATION/FORM ASSISTANCE
 - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
 - MEDICAL EQUIPMENT LOANS
- REGULAR OFFICE HOURS: 8:30AM-4:30PM**

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall's Martin wins Grand Prix as province's top triathlete

Staff

Andrew Martin has become the triple threat not even he could've imagined.

The Stonewall product was recognized as Manitoba's top Olympic distance amateur triathlete on Oct. 17, winning the Grand Prix awarded by Triathlon Manitoba.

Martin, 27, accumulated the most points on the provincial circuit this summer, winning the Hecla Triathlon and Riding Mountain Triathlon and placing second at Peace Gardens. Last season, Martin was named Rookie of the Year.

"It definitely means a lot. It's kind of nice to see the fruits of your labour. (You) have some days you might not want to get out there and put in the work but at the end of the day it's

worthwhile," said Martin.

"It probably means a little more (than the Rookie of the Year award), it's a bit of an affirmation that I'm going on the right track and things are working well, too. It was nice to have it all come together there, for sure."

Martin's background was as a runner and an occasional cyclist, but an Achilles injury in 2020 forced him to refamiliarize himself with the water. With his options to exercise limited on one leg and a global pandemic shuttering gyms and community centres, Martin jumped in a pool for the first time since his younger days in swimming lessons.

A bit of inspiration sprouted from those days in the water. And with some added motivation from his sis-



TRIBUNE PHOTOS TRIATHLON MANITOBA

Triathlon Manitoba announced that Stonewall's Andrew Martin is the male Grand Prix Series overall champion.

Winning the bronze



TRIBUNE PHOTO SUBMITTED

The Grade 8 volleyball team from Stonewall Centennial School competed in the Lions Pride tournament at Garden City Collegiate in Winnipeg last Saturday. It is the largest middle school tournament with 16 girls' teams competing and Stonewall was the only rural team.

With a fourth-place finish after round-robin play, Stonewall came out strong in the playoff round, beating St. Mary's and then they suffered a tough loss to a very good Ecole Ness team before they worked hard to defeat H.C. Avery to win the bronze. Pictured front row, left to right: Jordyn Chetyrbok, Payton Farthing and Sophie Fumerton. Back row, left to right: Katie Hallock, Isla Gemmill, Iyla Koch, Chelsea Thomas, Kate Halleux, Sophia Walton, Reese Karpinsky, Chloe McMurren, Dru Ponton and Danielle Barnych. Missing from the photo is Laney Lowry and Maiya Krahn.

ter, who also decided on a whim to start training for triathlons, Martin found his new calling.

Martin said he didn't start training for triathlons with any expectations. That changed after he won the Rookie of the Year award last summer, and his goals will only heighten after the latest addition to his trophy case.

"When I started last year, I thought, 'Okay, we'll see how it goes and then try it from there,' so I didn't really have anything specific when I started but then this year I had some target races in mind. Riding Mountain is the big one so I thought that was the target, 'I would like to win that one,'" he said.

Martin, who recently completed a move from Winnipeg to Calgary, said a half iron-man is next on his bucket list, which he expects to complete with his girlfriend next summer in Alberta.

On the side, Martin has continued

his success on the track he knows best, winning the 11th annual Winnipeg Fire Paramedic Service Half Marathon held in Winnipeg on Oct. 22. He finished his 10-kilometre run in 35:58, pacing the event's 753 participants.

"Probably a bit of an element of surprise," Martin said of the early success he's enjoyed.

"One thing is just realizing that you can probably do better than you may be initially expect at the start. In the early stages, maybe you don't really see any improvement or results as much at the start and then, I guess, it's kinda like a hockey stick curve almost in a way. There's minimal improvement to start and then after a while, it compounds a little bit and you see more of an improvement.

"That's probably one thing I realized is don't get frustrated early because it takes a bit of time."

To see more photos of your favourite Interlake Athletes

GO TO

Stonewall Teulon Tribune | flickr

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Thunder win on the final play of a wild semifinal game

By Brian Bowman

Even Hollywood could not have written up a more exciting finish for the Rural Manitoba Football League semifinal game between the Interlake Thunder and the Swan Valley Tigers.

Interlake edged Swan Valley 36-35 in a wildly exciting Doug Steeves Trophy playoff game last Saturday in Stonewall.

Interlake punted the ball on the game's final play and Swan Valley failed to move the ball outside of the end zone, giving the Thunder a single point to snap a 35-35 tie.

"It was the most exciting playoff win that I've ever had," said Thunder head coach Christof Hasselfield. "Honestly, I feel I only remember (the game) in bits and pieces. I was vibrating because I couldn't believe we're punting it and the guy kind of muffed the punt in the end zone and I remembering think that 'This might work.'"

There were a lot of smiles on Thunder players, coaches and fans after the game.

"That locker room was shaking with excitement when we got off the field and all of the dust had settled," Hasselfield said.

Interlake spotted Swan Valley a 14-0 lead but the Thunder's offence started to catch fire as the game progressed.

"I've been in a lot of close games before but it's a lot sweeter when it's a real hard-fought game that you worked your way back into. I don't think that last play was lost on any of the fans, the coaching staff, or the players," Hasselfield said. "It was an all-around team win and great feelings were all around."

Interlake quarterback Ben Cook finished the game 18-for-26 for 331 yards and three touchdowns. Receiver Jessie Batenchuk had a fantastic game with 13 catches for 297 yards and three scores.

The Thunder offence played really well despite the field covered with snow. Hasselfield wanted to give a

lot of credit to the parents that helped shovel the field.

The Thunder will now take on the Mustangs in the championship game on Saturday at the Maple Grove Rugby Park in Winnipeg. Kickoff is 1 p.m..

The championship game should be a really entertaining one between two great teams.

"It's exciting because I don't think you could draw it up much better," Hasselfield said. "This is exciting to be in (the final) with such a young team. We have one loss this season (against St. Vital) and this is a chance to make that one loss right and it would be a heck of a way to end the season.

"They're a great team and it's going to take our best shot but I wouldn't have it any other way."



TRIBUNE PHOTOS BY LANA MEIER

The Interlake Thunder edged the Swan Valley Tigers 36-35 in a RMFL semifinal game last Saturday in Stonewall. The Thunder will now face the St. Vital Mustangs in the championship game this Saturday in Winnipeg.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 AAA male Lightning split weekend games with Bruins

Staff

The U18 AAA male Interlake Lightning defeated the Winnipeg Bruins 3-2 in overtime in Manitoba U18 Hockey League action last Saturday at the Southdale Community Centre.

Brandon Burak scored the game winner in overtime. Burak gave the Lightning a 1-0 first-period lead.

Winnipeg's Shea Rollason tied the score in the second period. The final frame saw Interlake's Lucas Spencer and the Bruins' Maxx Hamelin (power play) trade goals.

Lightning goaltender Alex Myers made 27 saves for the win.

On Friday, Interlake lost 4-3 in overtime to the Bruins in Teulon.

Rollason scored the game winner in OT.

Winnipeg's Alexandre Andre had tied the score at 3-3 at 19:40 of the third.

Interlake's James Franklin and Winnipeg's Carson White traded goals in the first period and then the Lightning grabbed a 3-1 lead as Cole Swanson and Ian Buors, on the power play, tallied in the second.

White made it a one-goal game at 18:59 of the middle frame.

Interlake, now 6-4-1 and in fourth place in the 12-team league, will visit the Pembina Valley Hawks on Friday (8 p.m.) and then will host the Winnipeg Thrashers (7:30 p.m.) on Saturday in Teulon.

The U18 AAA female Lightning, meanwhile, shut out Balmoral Hall 7-0 in an exhibition game last Sunday at the Hockey For All Centre.

Interlake will resume league action on Saturday against the Eastman Selects in Niverville. Puck drop is 4:45 p.m.



TRIBUNE PHOTO BY TANYA SWANSON

Lightning goaltender Alex Myers made 27 saves for the 3-2 overtime win against the Winnipeg Bruins last Saturday.

U17, U15 AAA male Lightning in action

Staff

The Interlake Lightning U17 male AAA hockey team defeated the Westman Ice Bandits 3-2 last Sunday in Elkhorn.

Preston Crate led Interlake with a pair of power-play goals in the second period while Ty Sadowski tallied at even strength in the third.

Westman goals were scored by Shane Elder (power play) and Slater Anderson.

Lightning goaltender Braeden Cor-

mack made 26 saves for the win.

On Saturday, Interlake was defeated 4-3 by the Brandon Wheat Kings.

Lightning goals were scored by Sadowski, Peyton Thiessen, and Brody Slatcher while Joey LeBlanc (two), Ethan Stanley and Konnor Klemick replied for the Wheat Kings.

Interlake netminder Nathan Meisner stopped 43 Brandon shots in the losing cause.

The Lightning will play at the Winnipeg Bruins on Wednesday (7:30

p.m.) and the Eastman Selects Friday (8:15 p.m.).

On Saturday at 6:15 p.m, Interlake will host Brandon.

In U15 AAA play, the Lightning lost 7-1 to the Winnipeg Thrashers White on Saturday.

Alec Harrisko scored a third-period goal for Interlake.

Thrashers' goals came from Prabh Bhathal (four), Luke Banera (two) and Zennon Chernecki.

Last Thursday, Interlake was de-

feated 3-1 by the Winnipeg Thrashers Blue.

After a scoreless first period, Winnipeg's Dixon Hartwich scored twice in the middle frame to give his team a 2-0 lead.

The Thrashers' Zander Tepleski and the Lightning's Carter Reykdal traded goals in the third.

Interlake will visit the Yellowhead Chiefs on Friday and the Parkland Rangers Saturday.

Rams trounce Trojans 5-1 in WHSHL play

Staff

The College Stonewall Collegiate Rams defeated the Vincent Massey Trojans 5-1 in Winnipeg High School Hockey League Platinum Promotions Division play on Oct. 23.

It was the Rams' first win in the high school hockey league's "A" division since 2015.

Justin Braid and Gavin Holod scored to give the Rams a 2-0 first-period lead before Vincent Massey's Aiden Dilay and Stonewall's Adam Newcombe traded goals in the middle frame.

The Rams' Evan McMurtry and

Evan Reimer closed out the scoring in the third.

Newcombe, Braid and Holod each finished the game with three points.

Hunter Manning made 28 saves for the win.

Stonewall played the River East Kodiaks this past Tuesday but no score was available.

The Rams will battle the Beliveau Barracudas this Thursday (4:15 p.m.) at the Southdale Community Club.

The Warren Collegiate Wildcats, meanwhile, were defeated 4-3 in a shootout by Murdoch MacKay Colle-

giate last Friday at the South Interlake Recreation Centre.

Warren goals were scored by Ethan Shymko, Owen Shymko and Cayden Ingimundson while Lucas Merner, Austin Cousins and Chris Beavis replied for Murdoch MacKay in regulation time.

Warren played its home opener on Oct. 23, which resulted in a dominating 7-3 win over the Windsor Park Royals.

Warren goals were scored by Owen Shymko (two), Ethan Shymko (two), Quinn McKnight, Colton Bruce and

Ingimundson.

McKnight had a great game with five points while Owen Shymko added three points.

Royals' goals were scored by Riley Derkach (two) and Brody Wentland.

Dallas Shaver made 17 saves for the win.

Warren will play the Powerview Wild in Sagkeeng on Nov. 8 and then host the Pinawa Panthers Nov. 10.

Puck drop for both games is 4 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall Jets earn pair of MMJHL victories

By Brian Bowman

The Stonewall Jets picked up their first two wins of the MMJHL season last week.

Stonewall earned its second straight win with a 4-2 road victory over the River East Royal Knights last Friday.

After Chase Sobey gave River East a 1-0 lead, the Jets responded with goals from Rylan Slatcher and Raf Padua before the first period ended.

The Royal Knights' Dante Staples tied the score at 2-2 just 1:09 into the middle frame but Stonewall's Karson King answered at 13:53 of the second period to give his club the lead for good.

The Jets' Landen Sitarz closed out the scoring in the third.

Liam Johnson was busy, making 41 saves for the win.

On Oct. 24, the Jets picked up their first victory of the season with a great effort in a 3-2 win over the Ft. Garry/Ft. Rouge Twins in Stonewall.

Dean Gorchynski gave the Twins a 1-0 first-period lead with a short-handed goal.

The Jets' Austin Manaigne and Sitarz replied with goals just 1:55 apart early in the second.

Michael Spence made it 3-1 before Ft. Garry/Ft. Rouge's Sam Mitani added another shorthanded goal at 18:32.

Johnson stopped 17 shots for the victory.

On Sunday afternoon, the Jets lost 4-3 in a shootout to the Raiders Jr. Hockey Club.



TRIBUNE PHOTO BY LANA MEIER

Jets' defenceman Brody Stovin scored the tying goal against the Raiders to force overtime last Sunday.

Andrew Denoon and Davis Koga scored to give the Raiders a 2-0 first-period lead before Logan Klippenstein and Logan Clarke made it 4-0 after 40 minutes.

The Jets made a wild comeback in the third, though, as Stonewall stormed back with goals from Brayden Kohlman (power play), Alex Kaczorowski, Cole Emberly and Brody Stovin.

Stovin's goal came at 19:03 of the third period.

Jack Oleksiuk and Nate Goodbrandson scored for the Raiders in the shootout.

The Jets, now 2-5-1-1, will host the Transcona Railer Express on Friday (8

p.m.) and then visit the St. Boniface Riels Sunday (3 p.m.).

On the trade front, it was announced on Oct. 26 that the Jets were involved in a three-team trade with the Raiders and Charleswood Hawks.

The Raiders receive Davis Koga from the Hawks who receive Nathan Vigfusson from the Jets.

In return, Stonewall gets the rights to Jayden McPherson-Nepinak from the Raiders and Mitch Altkens, Kaase Reyburn, Ty Genik and Brayden Laaveld from the Hawks.

There are conditions between the Jets and the Hawks.

Hofer posts first career NHL shutout



TRIBUNE PHOTO ST. LOUIS BLUES

Winnipeg's Joel Hofer earned his first NHL shutout as the St. Louis Blues beat the Calgary Flames 3-0 last Thursday.

Staff

Winnipeg's Joel Hofer made 27 saves to lead the St. Louis Blues to a 3-0 win over the Calgary Flames last Thursday.


It was Hofer's first career National Hockey League shutout.

Hofer became the third-youngest goaltender in Blues' history (23 years, 88 days), to record a shutout, trailing only Yves Belanger (22 years, 162 days) and Jake Allen (22 years, 219 days).

"I think the biggest thing for me was to just get the win tonight, do anything to help the guys succeed," Hofer said on the Blues' website. "I'm just happy I got the win, (the shutout) doesn't really matter for me."

Hofer recorded a combined shutout with Thomas Greiss in a March 19 game against the Winnipeg Jets last season. He made 33 saves in that game, but an equipment issue forced him to leave the game temporarily. Greiss made one save in Hofer's absence.


In 10 career NHL games, Hofer is 5-3-1 with a 3.14 goals-against average and a .903 save-percentage.



Stonewall Jets Player Profile

#12 Karson King
Forward
Shoots right

Come out to support the Jets



UPCOMING GAMES

Friday, Nov. 3 at 8 p.m.
Transcona Railer Express at Stonewall Jets
VMSC

Sunday, Nov. 5 at 3 p.m.
Stonewall Jets at St. Boniface Riels
Southdale Community Centre

get inspired

> MEAL IDEAS

FamilyFoods
Phone 467-5553



Fresh Snack Board

1/2 cup pomegranate seeds
1/2 cup fig jam
1/2 pound sharp cheddar cheese, sliced
crackers

On charcuterie board or platter, arrange prosciutto, apple slices, nuts, pomegranate seeds, fig jam and cheddar cheese slices. Serve with crackers.

1/3 pound Prosciutto di Parma
1 apple, sliced
1 handful pecans, walnuts or almonds



Prosciutto Pizza

5 slices Prosciutto di Parma
6 fresh basil leaves
Remove dough from refrigerator and let sit at room temperature at least 30 minutes. Preheat oven to 500 F. Grease baking sheet with olive oil.

Roll out pizza dough onto floured work surface to form oblong shape about 16 inches long and 12 inches wide. Remove to oiled baking sheet and stretch out edges to fill length of baking sheet.

Bake 4 minutes. Remove from oven and evenly spread tomato sauce over surface, leaving 1/2 inch from edges bare. Dot with mozzarella. Bake until edges are golden and mozzarella is bubbling, about 12 minutes.

Drape prosciutto over mozzarella. Garnish with fresh basil.

Yield: 8 slices
Olive oil
flour
1 container (16 ounces) store-bought pizza dough
1/4 cup tomato sauce
4 ounces fresh mozzarella, cubed



Sweet Potato Rounds

toss sweet potatoes with oil and lightly season with salt, to taste. Arrange rounds in single layer on prepared pan; bake until sweet potatoes are lightly browned and tender, about 20 minutes, flipping halfway through.

In small skillet over medium heat, bring butter to simmer. Add half the sage leaves. Cook until crispy, 2-3 minutes. Remove to paper towel and season lightly with salt, to taste. Repeat with remaining sage leaves. Reserve 2 teaspoons butter. In small food processor, combine goat cheese and reserved butter; whirl until smooth.

To make rounds, remove goat cheese to plastic zip-top bag. Cut off one corner and pipe small dollops of cheese onto each round. Top with half slice prosciutto and one crispy sage leaf.

Yield: 16-20 rounds
2 medium sweet potatoes
2 teaspoons olive oil
salt, to taste
2 tablespoons butter
1 bunch fresh sage, stems removed
4 ounces goat cheese
8 slices Prosciutto di Parma, halved
Preheat oven to 425 F. Line baking sheet with foil or parchment paper. Peel and slice sweet potatoes into 1/2-inch rounds. In medium bowl,

Ask The Money Lady

Dear Money Lady: I'm really worried about whether my savings will last. I retired last year, but I'm nervous about whether I've made the right choices. I am 59 and still have a little debt. Melanie



Christine Ibbotson

Melanie, everyone worries when they first retire. Here are some tips to ensure you have enough money, how to lower your stress, and how to get the most out of your retirement.

The most important asset you have right now is not your home, your savings, or your car – it's you and your attitude. You must be happy day-to-day, with a "can-do" mindset towards your future. This will help you deal with the market, your investments and most of all keep you calm when times get tough. It really doesn't matter about how you got to retirement. You're here now and you do have control over how you will live the rest of your life from this moment onward.

First, you cannot retire with debt – this is nonnegotiable. If you have debt and you are retired, then I would suggest you either go back to work and start making more money to pay it off or downsize your home to eradicate your debt. I know a lot of you are choking on your morning coffee reading this one and Melanie – this is not what you wanted to hear. But you know it's true. Debt has no place in retirement - period. If you retired young (in your late 50's or early 60's) then go back to work until you are 70. I'm not saying you have to have some "power job" but you could work part-time to bring in extra money to pay off debt or save more.

Second, start living below your means – and please don't tell me this can't be done, especially if you are living with consumer debt. Everyone has a "bit of give" in their budget. It's really up to you to make the right choices and prioritize saving and debt reduction. Living more modestly must become a reality for those in retirement. You don't need a wardrobe full of fancy clothes anymore. Why not sell your items online or if you have a lot of things, consider having a booth at a craft market or opening an Etsy account to sell all your eclectics.

Third, you should want to build a financial team. Yes, I know fixing things must first start with you and your journal; writing down a plan to improve your situation. But you also need help. Do you have a good financial advisor, a good banker, a good accountant – and if not, why not? Building a team of professionals to help you find ways to build

wealth and reduce debt is one of the fastest ways to meet your goals. You can't know everything about investing, the stock market, what products are best, and how to reduce taxes or get the most out of social benefits. But there are hundreds of professionals who do know – just waiting to help you. For that matter, I am here for you too. Send me your financial questions and I will answer them free.

And lastly, remember the plain vanilla type investment choices are usually the ones that have less market volatility and guarantee a steady growth overtime. Consider simple annuities, index fund ETFs (exchange traded funds), low fee indexed mutual funds, SMAs (separately managed accounts) or institutional funds that offer guaranteed floor values. You could also consider buying investment properties and renting. Better still, if you are young enough, why not start house-hopping to earn more money. It takes a special type of person to do this – but if you can, it does work. You can either buy a builder home from plans, then move in years later, wait till the subdivision is finished and then sell for a profit (all tax free since this is your primary residence). Or why not buy a fixer upper. One of my friends sold their home and purchased a horrible little home. I was quite surprised by their choice; however, I stood corrected, when they turned around and sold it 3 years later for twice what they paid after they had fixed it up. Get creative – I know you have ideas of how to make money in retirement and you may just need that push to get off your "pot" and get started.

*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 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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Flax straw for sale, Stonewall. \$3.50/bale. Call Nick at 204-461-0706 or Bill at 204-461-1906, Monday - Saturday.

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HAY FOR SALE
Wild grass mix hay as well as alfalfa hay. Call or text for availability 1-204-861-0003.

APARTMENT FOR RENT
Bachelor suites to rent at Oak Park Lodge which is a 55+ seniors residents at 75 Railway Ave. in Woodlands, MB. Congregate meal program available daily for minimal additional charge. Contact Lori at 204-383-0720 or email op1@mts.net

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.

HELP WANTED
Looking for part time work? We are hiring collators for Tuesdays in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

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NOTICE OF SPECIAL MEETING ACCESS CREDIT UNION LIMITED (the "Credit Union")

TAKE NOTICE THAT a Special Meeting of the Members of the Credit Union will be held at 7:00 PM CST on Tuesday, the 28th day of November, 2023 via teleconference to consider the approval of the amendment of Access Credit Union Limited's By-laws to allow for the removal of districts in accordance with The Credit Unions and Caisses Populaires Act (the "Act") and the By-laws of Access Credit Union Limited (as proposed herein).

All eligible members wishing to participate in the Special Meeting are required to register online at www.accesscu.ca prior to November 28th, 2023 at 4:00 PM CST.

VOTING

TAKE FURTHER NOTICE THAT Voting on the Special Resolution will take place during the meeting held on November 28, 2023. Each member may vote on a personal electronic device. Voting will end during the meeting and results will be shared.

PROPOSED RESOLUTION ACCESS CREDIT UNION LIMITED

WHEREAS the Governance Committee has recommended to the Board of Directors of Access Credit Union Limited ("Access") that certain changes be made to the By-laws of Access;

AND WHEREAS the Board of Directors of Access have considered the recommendations of the Governance Committee pertaining to the removal of the Director District Structure;

AND WHEREAS section 58(1) of the Act provides that the Members of Access may, subject to the Act and the Articles of Access at a general meeting called for the purpose, amend By-laws in respect of those matters authorized or required by any provision of the Act;

AND WHEREAS under section 58(2)(b) of the Act, any By-law may be amended by the Members by a majority of the votes cast at the meeting if written notice of the proposed amendment is forwarded to each Member of Access with the notice of the meeting at which the amendment is to be considered;

WHEREAS the Board of Directors of Access have determined that it is in the best interest of Access to put before the meeting of the Members the recommendations of the Governance Committee for approval of the Members;

AND WHEREAS the Board of Directors recommend that it is in the Members' interest to approve the recommendations of the Governance Committee;

AND WHEREAS this meeting has been duly called and requisite notice under the Act and the By-laws has been given by the Directors of Access for the purpose of amending the By-laws of Access as aforesaid;

NOW THEREFORE BE IT RESOLVED AS A GENERAL RESOLUTION OF THE CREDIT UNION THAT: The By-laws of Access Credit Union Limited be and are hereby amended to remove any reference to the Director District Structure, including the Table of Contents, Interpretation, Section Five, Section 6.02(b) and (c), Section 7.04(a) and (b) and Appendix 1.

Unless otherwise expressly amended as herein provided the provisions of the By-laws of Access Credit Union Limited remain in force without any further amendment.

SUMMARY OF PROPOSED BY-LAW CHANGE

The proposed By-law changes remove Director Districts to provide for more equal representation on the Board as it relates to the growing territory of the Credit Union and to enable the most qualified Members to serve as a Director and a member of the Board of Directors.

RIGHT OF DISSENT

TAKE FURTHER NOTICE THAT, under the provisions of Section 127 of The Credit Unions and Caisses Populaires Act, you have the right to dissent to the proposed amendment. If you wish to dissent, you must send a written objection to the amendment to the Credit Union at or before the meeting of Members referred to in this Notice.

DATED this 2nd day of November, 2023

ACCESS CREDIT UNION LIMITED By Order of the Board of Directors



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ST. LAURENT

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 28th day of November, 2023, at the hour of 10:00 AM, at Rural Municipality of St. Laurent, Council Chambers, 16 Veteran's Memorial Road, St. Laurent, 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
556	LOT 4 PLAN 20503 WLTO EXC ALL MINES AND MINERALS VESTED IN CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN LOT 1 PARISH OF ST LAURENT - 311 TWIN BEACH ROAD	L -\$29,400 B -\$600	3,782.63
10146	LOT 4 BLOCK 2 PLAN 49108 WLTO IN RL 9 AND 10 PARISH OF ST LAURENT - 75 MEADOWLARK ROAD	L -\$61,200 B -\$0	3,963.80
10148	LOT 5 BLOCK 2 PLAN 49108 WLTO IN RL 9 AND 10 PARISH OF ST LAURENT - 71 MEADOWLARK ROAD	L -\$60,900 B -\$0	3,953.50
10150	BLOCK 3 PLAN 49108 WLTO IN RL 9 AND 10 PARISH OF ST LAURENT - BORD DU LAC ROAD	L -\$27,300 B -\$0	2,790.42
31300	LOT 1 PLAN 26985 WLTO IN LOT 3 SETTLEMENT OF OAK POINT - 105 SUTHERLAND AVE.	L -\$1,100 B -\$10,600	5,847.33
44100	LOTS 26 AND 27 PLAN 574 WLTO (P DIV) TOGETHER WITH A RIGHT-OF-WAY FOR THE PURPOSE OF INGRESS AND EGRESS IN DRAWING WATER AS APPURTENANT TO BOTH OF SAID LOTS ABOVE DESCRIBED OVER AND UPON LOT 24 AS SHOWN ON SAID PLAN 574 IN LOT 4 OF THE SETTLEMENT OF OAK POINT - 84 LEIGHTON AVE	L -\$1,800 B -\$51,100	3,293.58
69475	LOT 12 BLOCK 7 PLAN 16901 WLTO IN LOTS 3, 4 AND 5 SETTLEMENT OF ST LAURENT - 74 ROSE LANE	L -\$12,000 B -\$0	1,850.81
69478	LOT 13 BLOCK 7 PLAN 16901 WLTO IN LOTS 3, 4 AND 5 SETTLEMENT OF ST LAURENT - 66 ROSE LANE	L -\$12,400 B -\$0	1,866.32

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 ST. LAURENT as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - 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
 - 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 12th day of October, 2023.
Managed by:

Billie Jean Oliver
Chief Administrative Officer
RURAL MUNICIPALITY OF ST. LAURENT
Phone: (204) 383-0370
Fax: (204) 646-2705

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

**SOUTH INTERLAKE PLANNING DISTRICT
UNDER THE AUTHORITY OF THE PLANNING ACT
NOTICE OF SECOND PUBLIC HEARING**

On the date and at the time and location shown below, a SECOND PUBLIC HEARING will be held to receive representations from any person(s) with respect to ALTERATIONS concerning the following by-law:

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

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

DATE & TIME: Friday, November 17, 2023, at 10:30AM

INTENT: 1. To expand the Urban Centre boundary for Stony Mountain to include Pt. of the NE ¼ of Section 15-13-2EPM, Pt. of the S ½ of Section 22-13-2EPM, and Pt. of the SW ¼ of Section 23-13-2EPM; and

2. To re-designate lands as follows:

- Pt. of the SW ¼ of Section 22-13-2EPM, Pt. of the SE ¼ of Section 22-13-2EPM and Pt. of the SW ¼ of Section 23-13-2EPM from "Restricted Agricultural Area" to "Business Park Area"
- Pt. of the NE ¼ of Section 15-13-2EPM from "Residential Area" and "Restricted Agricultural Area" to "Commercial Area"
- Pt. of the NE ¼ of Section 15-13-2EPM from "Restricted Agricultural Area" to "Residential Area"
- Pt. of the NW ¼ Section 15-13-2EPM and Pt. ¼ NE-15-13-2EPM from "Highway Commercial Area" to "Residential Area"
- Pt. Lot 2, Plan 51494 from "Residential Area" to "Business Park Area"

PROPOSED ALTERATION: The by-law has been amended to remove proposed "Business Park Area" lands north of the Manitoba Hydro Transmission Line in Pt. SW ¼ 22-13-2E, Pt. SE ¼ 22-13-2E, and Pt. SW ¼ 23-13-2E.

AREA AFFECTED:



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

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

Note: Property Owners are responsible for notifying lessees

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

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

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

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? 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.

NOTICES

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

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EMPLOYMENT OPPORTUNITY

**Woodlands Recreation Commission
Recreation Facilitator
(Part Time - 24 Hours/Week)**

The Woodlands Recreation Commission is seeking an individual to guide and facilitate the development of the recreational programming offered in the communities by assisting recreational volunteer organizations to maximize facility usage, develop leadership and promote the value of recreation and community event programming.

Duties and Responsibilities

- Liaise with external organizations and maintain contact with groups in the municipality
- Serves as the resource person on recreational matters
- Attend meetings of the Recreation Commission, partner organization West Interlake Trading Company (WITC) and other community meetings as requested by the Commission or required by position.
- Work with community organizations to develop and coordinate recreational programming and associated facility usage
- Monitor and evaluate recreation programming in meeting the community needs
- Perform administration of the Commission including meeting agenda, minutes, scheduling and basic bookkeeping
- Identify and assist with applications for external funding programs including grants and sponsorship development
- Participate with the Recreation Commission board in the preparation of any requested plans and budget for submission to partners including ensuring regular communication with RM of Woodlands (organizations).
- Identify and assist with volunteer development opportunities within the community
- Provide quarterly reports to the Recreation Commission and annual presentation to the partners outlining objectives, plans and results achieved

Qualifications

- Administrative organizational skills
- Superior research and grant writing skills
- Customer service & communication skills
- An understanding of social media and marketing tactics used to promote events
- Ability to act independently and demonstrate effective time management skills
- Strong interpersonal skills to deal with the public and other colleagues
- Ability to act with initiative, discretion and self-discipline
- Requires computer skills including working knowledge of Microsoft Office (knowledge of social media an asset)
- Class 5 driver's license
- Basic first aid and CPR Certification (or willingness to obtain)
- Ability to work flexible hours including weekends and evenings when required in a 24-hour work week

Compensation

The salary range for the position is \$30-35,000/year based on a .6 FTE or 24 hour/week position. The employee will be enrolled in the Municipal Employees Benefit Program.

APPLICATION DEADLINE: Friday, November 10, 2023 at 4:00 p.m. Applications should be submitted via email to: Lana@westinterlake.com A copy of the full job description may be viewed at www.rmwoodlands.ca Only those selected for an interview will be contacted.

Accessibility accommodations available upon request.

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204-467-1858 or 204-886-7027
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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate


Here's How It Works:

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

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

Sudoku Answer



THE RURAL MUNICIPALITY OF WOODLANDS REQUEST FOR TENDER

JANITORIAL AGREEMENT

Tenders will be received by the R.M. of Woodlands for a three-year janitorial agreement beginning January 1, 2024 – December 31, 2026. The agreement will cover as needed cleaning of the RM Office and the RM Public Works Shop in Woodlands, MB and the Multi-purpose Building in Warren, MB after hours, no less than once weekly.

Proof of Workers Compensation coverage and 2,000,000 liability coverage are required.

For more information contact the R.M. Office in Woodlands. Tenders shall be in writing and may be sent to the attention of the Finance Manager, R.M. of Woodlands, Box 10, Woodlands, Mb. R0C 3H0 or finance@rmwoodlands.ca. Tenders will close 4:00 p.m. December 4, 2023. Lowest or any bids not necessarily accepted.

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Reflexology is an ancient healing art that can help alleviate headaches, neck, shoulder, hip and back pain. It is described as an internal massage for your organs and glands. It helps regulate digestive, circulation and builds your body's natural healing mechanism. Visit naturalreset.ca or book at Do or Dye in Stony Mountain at 203-344-5446.

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K5 Insurance is a family owned insurance broker in Selkirk. We provide a positive, friendly work environment, without the big office stress, competitive salary plus commission, Group Health Benefits, paid training and opportunities for growth.

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- Process Autopac and Drivers' Licensing transactions
- Sell Travel Insurance

As the ideal candidate you possess:

- Insurance experience is preferred
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- Proficient in Microsoft programs, including Word, Excel & Outlook
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- Flexible weekday hours 8:30 – 6:00 and 1-2 Saturdays/month
- Strong work ethic and positive team attitude
- Strong attention to detail
- Ability to deal with people diplomatically, and professionally
- Excellent customer service skills is a must
- Genuinely enjoy working with the public

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RETIREMENT



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Proud of you!**
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IN MEMORIAM



Joanne O'Dell
October 2, 1953 – November 1, 2021
May the winds of heaven blow softly,
And whisper in your ear;
How much we love and miss you,
And wish that you were here.
-Forever in our hearts,
Larry, Steve, Ernie and Ron

OBITUARY



Albert John Edward McCartney
November 22, 1931 - October 24, 2023
It is with great sadness that we announce the sudden passing of John. We will miss his love of a good joke, generous soul, and dedication to spiritual growth.
He will be greatly missed by his loving wife of 63 years, Joyce, along with his daughter Lisa (Randy), daughter Diane (David), granddaughter Kelsey (Joe), granddaughter Holly (Ryan) and great-granddaughter Emmy. John is also mourned by his sister Edie (Larry), many nieces and nephews, in addition to his friends, and neighbors at 'the manor'.
John was predeceased by his father Albert, mother Mary (Twerdun), as well as his brothers Ken, Max (Eileen), and Bert (Irene).
John was self-employed for most of his career, having run several successful businesses including The Wedding Lounge in Winnipeg. He was an avid gardener who loved walking in the great outdoors. He also enjoyed playing snooker, bowling, and the VLTs with his friends. John's number one priority was his family. He was never more fulfilled than when he had his loved ones surrounding him.
Funeral services will be held at MacKenzie Funeral Chapel in Stonewall on Friday, November 3, 2023 at 1:00 p.m. A gathering will take place immediately following the service, at Stonewall Legion.
In lieu of flowers, donations can be made to the Heart and Stroke Foundation.

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



IN MEMORIAM

Lynn Langrell
January 24, 1956 – October 21, 2011
There will always be a sadness,
And often a silent tear;
But always special memories,
Of days when you were here.
Gone are the days we used to share,
But in our hearts you are always there.
-Love,
Harold and family

IN MEMORIAM



Ethan Boyer
February 1, 2000 to October 25, 2019
We didn't know that morning
God was going to call Your name...
In life we Loved you dearly
In death we do the same
It broke our hearts to lose You
You didn't go alone
For part of us went with You
The day God called Your name
You left us Beautiful memories
Your Love is still our guide
And though we cannot see You
Your always by Our side
Our Family chain is broken
And nothing seems the same
But as God calls us one by one
Our chain will link again
-Love and Miss You
Mom, Reid, Dad and Critters

OBITUARY



Therese' Marie Buors (nee Champagne)
February 03, 1933 - October 27, 2023
Peacefully passed away at the age of 90, residing at Rosewood Lodge Care Home, having a daughter with her by her side.
The entire family is blessed forever with endless love from the most beautiful, gracious, caring lady, wife, mother, grandmother, great-grandmother, sister, aunt, in-law.
Many family, friends, and neighbors knew her as Teresa or Granny.
Her sincere kindness, and warm hugs always enduring, inviting, and special.
She enjoyed gardening, cooking, reading, country music, dancing, and bingo.
Her importance was to remain independent, hardworking, successful, educational.
Therese' was married to her one and only true love Julien for 55 years. Their six children remain her greatest gifts: Yvonne, Gerald, Gisele, Yvette, Raymond, Jules.
Loving sister Bernadette Champagne holds fond memories and cherished moments forever in her heart.
Predeceased by her parents Alphonse and Christine; four brothers Joseph, Georges, Roy, Omer (infant); husband Julien; daughter Yvonne; and granddaughter Kelly.
Special thanks and much appreciation for their dedication to all the local care home workers, the Stonewall District Hospital, and Rosewood Lodge Care Home facility.
Funeral Service will be held on Monday, November 6, 2023 at 1:00 p.m. at Christ the King Church, Stonewall.
"A mother's love is more beautiful than any fresh flower"

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



IN MEMORIAM



Thomas George Kowalchuk
December 15, 1942 - November 3, 2019
We think about you always,
We talk about you still;
You have never been forgotten,
And you never will.
We hold you close within our hearts,
And there you will remain;
Filling us with memories,
Until we meet again.
-Missing you, Dad and Eddie every day,
with love from your whole family

**Don't Forget Your Loved Ones
WITH AN ANNOUNCEMENT IN THE**

Stonewall Teulon
Tribune

Announcements



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OBITUARY



Modiste Holod
September 4, 1932 – October 25, 2023

It is with profound sadness that we announce the passing of our Dad, Husband, Papa and Great Papa on Wednesday, October 25, 2023. Mod, or "Colonel" as his family fondly called him, passed away peacefully with family by his side.

Dad is survived by his loving wife of 64 years, Shirley (nee: Gillespie); his children, Scott (Tracy), Rick (Darci), Ryan (Jacqui), Geoff (Kathy) and Lyle (Jo-Anne). He is also survived by his 11 grandchildren: Kyle (Rachel), Ryley (Justine), Rachael (Garrett), Brayden, Jessica, Kaitlyn, Jefferson, Austin, Miranda, Dylan, and Gavin as well as the newest addition to the Holod family, his great-granddaughter Sophie. Dad will also be greatly missed by his large extended family and friends.

Mod is predeceased by his parents Ted and Sophie Holod; and his siblings Bill, Maurice, Olga, and Nestor.

Dad was born in Vita, MB and later moved to the Holod Family Farm outside Stonewall with his parents and siblings. Eventually, he and his brother Bill, widened the scope of the grain farm, by buying dairy cows and getting into the milking business in addition to grain. He would joke that he hated those animals but loved the milk cheque. Over time, he decided he disliked them so much he would get out of the dairy business and back to just farming grain which the farm still does today.

He met the love of his life at the Gunton Hall where she took his breath away on the dance floor. After they married, Shirley joined Dad on the farm where they raised their family of five boys all while tending to the cattle or working in the fields.

When he and Shirley did have spare time, they enjoyed travelling but would most often head to the family cabin that they built at The Narrows. They spent time on the lake boating, fishing, and swimming. They met lifelong friends who were challenged to many games of cards before enjoying time around the campfire.

Dad was given the nickname "Colonel" as he liked everyone to think that he was strict and in charge, but we all know that he was a big softy at heart. Pops spent many hours waiting up for all his boys to be home safe and sound before he could go to sleep. Even as adults, our phones would ring in a snowstorm, with Colonel checking in to make sure our families were all safe.

Papa, as his many grandchildren called him, loved spending time with his family and would brighten when we would visit. He was quick to jump up and ensure everyone had a drink or snacks. Everyone knew wine-time was after chores were done and Mod looked forward to sitting on the deck and telling stories with the group.

When Pops retired, as much as a farmer ever really does, he could be found helping Shirley in their garden, or most often tinkering in the shop. He loved woodworking and fixing things. The family was always bringing "mister fixit" small projects to work on. He also never gave up the supervision of the farm, making sure those boys were "doing things right". The farm will never truly be the same without its foreman.

Pops, right until your final days, you were the hardest working man we knew, and you taught us so many lifelong lessons. You will be in our hearts forever; we will miss you, love you and always cherish the memories we have.

The family would like to thank all the Stonewall Hospital staff for the care that they provided.

In lieu of flowers, donations can be made to the Interlake Community Foundation.

A private family service will be held with a "come & go" celebration taking place at the Holod Family shop on Sunday, November 5th from 2:30-4:30 p.m.



204-886-0404

OBITUARY



Linda Lea Zaharia (nee Patrick)

Linda passed away peacefully at her home in Gunton, Manitoba on Saturday, October 21, 2023.

Linda is survived by her husband of 53 years Brian Zaharia; children Chris St. Germain, Cindy Finney (Roger), Jodie Dear (Howie) and Jackie Shorrock. Also survived by seven grandchildren: Nicole Goulsbra (Jason), Bryon Shorrock (Jennifer), Brandy Shorrock, Robyn Knapp (David), Ashly Shorrock, Rachel McDonald (Justin), Michael Delorme (Emma); 12 great-grandchildren; one great-great-grandchild; one nephew and numerous friends.

Linda was predeceased by her parents Doreen and Joseph Patrick; brother Neil Patrick; sister Barbara Robinson; one niece and two nephews.

Linda was born September 7, 1940 in Winnipeg, Manitoba. Linda loved spending time with her family. She loved camping, fishing and was a jack-of-all trades when it came to her many hobbies she thoroughly enjoyed.

Mom and Dad excelled in their restaurant business of Linda's Place and Linda's Catering, meeting many people along the way and retiring in the early 90's.

If friends and family so desire, in lieu of flowers, memorial donations may be made to any animal rescue in Linda's name, would be greatly appreciated.

Cremation has taken place and a private family interment will take place at a later date.

Family and friends are welcome to attend a Celebration of Life on Saturday, November 4, 2023 at 2:00 p.m. at Gunton Community Hall, Gunton, Manitoba.



204-886-0404

OBITUARY



Vicky Lynn Deprez

It is with great sadness we announce the passing of Vicky Deprez age 71 years of Stony Mountain, MB. on Sunday October 29, 2023 at Health Sciences Centre Winnipeg.

Arrangements pending, longer obituary to follow.



204-886-0404

Don't forget to send your special wishes and words of remembrance for your friends and family.

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