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Spring training

TRIBUNE PHOTO BY JO-ANNE PROCTER
Fifteen-month-old Everett Brown was helping his grandpa Darren MacMillan with the calves last Saturday. MacMillan has 400 head of Black Angus cows calving on his farm northwest of Marquette.

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Argyle Settlers, Rails and Trails arts and culture exhibit opens

By Staff
The Argyle Settlers, Rails and Trails Museum opened up its most recent exhibit last weekend, and Interlakers seem to be a fan of the concept.

Twenty-one people attended the exhibit's opening day on April 3 for its 2021 theme, which celebrates rural life, past and present.

"The overwhelming majority of people who came out expressed they had never been to a museum before," said executive director Shayne Campbell.

"We've been exhibiting items in the space since 2015, and a big idea behind an arts and culture exhibit was to see if we could get a different demographic showing up to visit the museum. Day 1 suggested it worked pretty nicely."

He said artists for the exhibit's first showcase included people from Argyle, East Selkirk, Teulon, Gunton and Winnipeg.

The museum followed provincial COVID-19 guidelines for the exhibit, according to Campbell, who said there was never more than 10 people — the allotted amount — within the museum at any given time.

"We're very excited. Not to pat ourselves on the back too much here, but this is a really unique exhibit and something we're very proud of," said Campbell.

"We understand our small-town museum exists not just because of history but also because of the region's culture."

Campbell said the organization is accepting submissions for the art ex-



Tracy Dunstan puts out the sign, as the exhibit celebrating rural life, both past and present, opened in Argyle on April 3.



TRIBUNE PHOTOS SUBMITTED BY SHAYNE CAMPBELL
Shayne Campbell, left, and Tracy Dunstan cut the ribbon at the Argyle Settlers, Rails and Trails Museum's new art exhibit, which celebrates rural life, both past and present.

hibition online and will be throughout 2021.

Campbell said the museum has a form online that people can fill out and provide the museum with necessary information relating to the individual's submission.

The museum has named a selection committee. Though the exhibit is set for the foreseeable future, Campbell said the committee will decide which pieces of art will be curated as part of the exhibition's future. He said the theme will remain until April 2022.

"We encourage people to submit works online. That way, we can get an idea of what the work looks like and the information that goes along with it," said Campbell.

"Those details are important for us to help us make decisions. The background,



Twenty-one guests took in the exhibit on its first day.

what they're trying to express, it all helps."

Part of the exhibition's objective, according to Campbell, is to showcase that the museum is not solely about history but also about celebrating the culture and heritage of the area.

There is no cost associated with visiting the museum nor its exhibit, as Campbell said all cost associated with the exhibit has been covered by Veter-

ans Affairs Canada as well as Safe At Home Manitoba.

The museum is open the first Saturday of every month from 1 p.m. to 4 p.m. or RSVP Thursday nights between 7 and 8 p.m.

People can contact the museum via email at argylemuseum@gmail.com and book a slot to take in the exhibit.

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Online concerts connect global audience

By Jennifer McFee

A shared love of music is instrumental in boosting spirits and creating harmony across communities — particularly during the pandemic.

For the past year, Métis musicians Dave and Jason Lavalée have entertained online audiences along with contributions from his family members. Dave remains the frontman while his son Jason plays bass, provides backup vocals and takes charge of all the technical aspects of the show.

Dave Lavalée and his 16 siblings all grew up in a musical household, taking after their talented parents. Music was their main entertainment throughout childhood — a tradition that carried on throughout their lives and into the next generations.

In years past, Dave founded a band called Lavalée Tradition featuring various family members and other musicians.

And since the start of the pandemic, Dave and Jason have been performing live-streamed weekly shows on Facebook each Friday evening, with support from Dave's wife Marj. Sometimes their daughters Rebecca and Amanda join them on the show, along

with grandkids Anik, Maya, Brennen and Lucas.

"We started performing our Facebook live shows because we saw it as an opportunity to provide some enjoyment and entertainment for the viewers," said Dave, who lives three kilometres outside of Stonewall.

"We felt the music may help pass the time and give people something to look forward to each week."

On March 26, they celebrated their one-year anniversary of these Facebook live shows, which mainly feature country classic and traditional French Métis music.

"We are overwhelmed by the amount of positive responses we have received over the past year," Dave said with gratitude.

"People have commented that our Facebook live show is the highlight of their week and they look forward to our Friday night shows. Because of the support and overwhelming requests for a new CD, we are in the planning stage of publishing a new album."

In the beginning, their audience consisted of their own Facebook friends and acquaintances. But it didn't take long before it grew into a communi-



TRIBUNE PHOTO BY JASON LAVALÉE

Dave Lavalée and his son Jason have been entertaining online audiences with weekly shows for the past year of the pandemic.

ty of more than 2,000 followers from across Canada and around the world — including the United States, Australia, New Zealand, South Africa, United Kingdom, Mexico, Belgium, India and Egypt.

"We get to help bring people together who enjoy our music, no mat-

ter where you are. It has given us a renewed passion and purpose in sharing our music," Dave said.

"It has created a connection and a community of positive people all helping each other through these challenging times. This includes hap-

Continued on page 4



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Permits help ensure that buildings and structures meet the *Manitoba Building Code*, which in turn increases the level of safety for everyone.

If you are unsure whether your project requires a permit or not, or if you have any questions, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information is also available on our website: www.sipd.ca

Interlake Sexual Exploitation Educators give virtual presentation

By Katelyn Boulanger

The Interlake Sexual Exploitation Educators (ISEE) want you to know who's talking to your kids online and how to prevent exploitation in our communities while bringing more awareness to this topic during Sexual Exploitation Awareness Week with a virtual presentation for the community.

The goal of the presentation, according to a presenter at the meeting, was awareness, education and talking about what's happening in our community.

The presentation let parents know that, at this point, the most prominent form of sexual exploitation is online, but children should still be prepared for dealing with a stranger coming up to them asking for assistance or in some other way trying to coerce them into going somewhere with them.

Children should also be taught what sexual exploitation is, which is the exchange of sexual acts for anything, not just items or money.

One well-known example of sexual exploitation, which the presenters tell when they go into schools to provide information to students, is the story of Dr. Larry Nassar who exploited members of the U.S.A.'s Olympic gymnastics team while he was a doctor working for the team.

The presenters then went on to talk about the teenage brain and that teenagers need to be talked to about this by their caregivers because brains

don't fully complete development until the age of 25 or so. This means that parents need to guide their children and teens to make better choices because sometimes they don't have the ability to make the best decisions yet or don't understand the risks due to that lack of complete development.

The presenters emphasized that the predators in these situations are adults who are skilled in communication and are tech-savvy, often using apps to get in touch with teens and children.

They then spoke about some apps that parents should have conversations with their children about. They should talk about how to use them safely, emphasizing that these apps aren't necessarily bad and that you shouldn't delete them all from your teen's phone but both you and your teen should know their risks. The list of apps and their risks can be viewed at commonsensemedia.org.

Coming off the topic of connecting online, the presenters said that the pandemic has increased instances of sexual exploitation in our community with more teens and children using technology to connect when they are having to spend more time at home.

In total, 113 new investigations into sexual exploitation were started between March and July 2020 in Manitoba, which is a significant increase compared to last year with victims ranging in age from nine to 17 years old.

The presenters wanted to emphasize that it isn't just young girls who are being exploited, as boys are also at risk of sexual exploitation.

In 2017 the Canadian Centre for Child Protection reported that there had been an 89 per cent increase of teen boys getting targeted online in the preceding two years.

One of the ways that adults might find is a surprising avenue that children and teens are targeted for exploitation is through video game chats where either real people or "bots," which are simulated computer chat programs, can talk to teens fairly freely and coerce them.

The presenters then went over the ways caregivers can prevent sexual exploitation, emphasizing that spreading awareness is key to protecting not just your kids but our entire community.

They suggest:

Building positive relationships with teens.

Being involved with what they are doing follow their online accounts.

Using parental controls and time limits on use of electronics and avoiding having phones in the bedroom.

Teaching and modeling safe social media use.

Talking about sexual exploitation and how it happens.

Having regular conversations about healthy relationships and why relationships are healthy and not healthy.

Noticing if they get new expensive items.

Emphasizing the importance of boundaries between children and adults on and offline.

Listening to what your kids are talking about when online gaming.

Asking your kids open-ended ques-

tions about their life and friends lives. Creating opportunities to spend alone time with your kids.

Asking your kids for help with social media questions, even if you already know how it works, so that you can have conversation with them about their use.

Noticing and talking about current examples of sexual exploitation in the paper or media.

Letting your kids know that you are available to talk about stuff without judgment or punishment.

Talking about how to get out of tricky situations online and in person before they happen.

Having a code word with your child or teen to identify when they are unsafe and need your help.

Explaining that healthy adults should never want to be friends with or act in a sexual way towards kids and teens.

Modeling how to have a healthy romantic relationship so your teen has something real to compare to.

Talking about how sharing personal info and pictures can be dangerous so they understand the ramifications.

Having a conversation about what real friends are.

And discussing the laws in Canada, for example, letting them know that it is illegal to distribute nude photos.

The presenters ended the discussion by telling the parents they need to remember that their teens may make mistakes and that they aren't foolish for making those mistakes. But that if they do, they need to feel comfortable enough to talk to an adult because abusers thrive on secrecy.

For more information visit www.interlakesee.ca.

> ONLINE CONCERT, FROM PG. 3

piness and enjoyment within our family home."

Adding to the appeal, the shows feature special songs, props, decorations and dedications related to each event.

"We show our Canadian and Métis pride by including the flags and Métis sashes in the background. Every week, we send out birthday and anniversary wishes to our audience," Dave said.

"We have also sent out well wishes to people in the hospital who are alone and isolated. We have been told that our show and acknowledgement of them has helped lift their spirits on the road to recovery."

Each week, Dave closes the show with a dedication of his mother's favourite song "All his children" in hon-

our of her memory.

"We plan on doing the show as long as people join us and continue to enjoy," he said.

"We're also looking forward to the day we can meet our music community in person. Many people advise us that they want to travel to Manitoba to enjoy the music live."

Online audience members don't need to have a Facebook account to watch the show. All they need to do is search for "Lavallee Tradition" through Facebook or a browser. If you like or follow the Facebook page, you will receive notifications and updates about the show. The Facebook page also includes all of the past videos saved so they can be viewed online anytime.

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Pfizer's COVID vaccine research in adolescents shows 100 per cent effectiveness

By Patricia Barrett

Pfizer-BioNTech announced last week that its COVID-19 vaccine is 100 per cent effective in adolescents aged 12 to 15.

The companies made the announcement last week after analyzing data from a trial involving 2,260 adolescent volunteers in the United States.

No cases of COVID developed among the vaccinated group of adolescents (1,131 volunteers) while there were 18 cases of the virus among those in the placebo group (1,129 volunteers). The study was based on a two-dose vaccination regime administered about 21 days apart.

"In participants aged 12-15 years old, BNT162b2 demonstrated 100 per cent efficacy and robust antibody responses, exceeding those reported in [a] trial of vaccinated 16-25 year old participants in an earlier analysis, and was well tolerated," states a March 31 Pfizer-BioNTech news release.

The companies said they hope to [be approved to] start vaccinating adolescents before school starts in September. Vaccinations would help keep schools open and may prevent children from transmitting the virus to others in the community.

The findings have yet to be confirmed by other medical researchers and agencies such as Health Canada that approve drugs and vaccines.

Pfizer Canada's general manager and vaccines lead Fabien Paquette acknowledged that further investigation of the trial's results is required.

"This is data coming out a couple of weeks following the second dose, but there will be further investigation," said Paquette during an interview with CBC. "In the summertime we should have the full reports about this. These are promising data that will be analyzed by Health Canada. The complete study and results will be made available later on."

COVID-19 infections are trending upwards in younger age groups. In Canada, adults aged 20 to 39 now account for the highest case numbers.

Although children for the most part have not been as likely as adults to develop a severe illness from COVID-19, they are contracting the virus and



TRIBUNE PHOTO BY D. LITTLE
Manitobans are pictured getting a COVID-19 jab at one of the province's vaccination sites. As of the end of March, 132,807 Manitobans have received their first dose while 58,222 have received two shots. More females than males have been vaccinated.

have been hospitalized and died.

In Canada over 163,500 (17 per cent) of people aged 19 and under have been infected with COVID and 805 have been hospitalized, according to Government of Canada data as of March 26.

COVID variants, which cause more severe illness, seem to be increasing in transmissibility across all age groups, including children, according to the World Health Organization, and studies are underway to confirm their effect.

Last week Canada surpassed one million cases of COVID. Over 23,000 Canadians have died. British Columbia, Alberta and Ontario are in their third wave of infections, with cases in Saskatchewan and Quebec ramping up, as COVID outpaces inoculations and people tire of practising virus-safe behaviour.

Health experts are predicting that Manitoba could soon enter its third wave.

As of April 3, the province identified 181 new cases of COVID (cases from Good Friday and Saturday). The num-

ber of Manitobans who've died from COVID now stands at 938. There are 270 cases of variants. People are advised to continue practising physical distancing, refraining from gatherings, wearing masks and frequently washing or sanitizing their hands.

Pfizer-BioNTech said it plans to study its COVID vaccine in more children. It began trials in three age groups: 6 months to 2 years, 2 to 5 years and 5 to 11 years to further evaluate "the safety, tolerability, and immunogenicity" of the vaccine.

In addition to submitting their trial data on adolescents (aged 12-15) to Health Canada, the companies plan to submit their findings to the European Medicines Agency and the U.S. Food and Drug Administration and request authorization for the emergency use of the vaccine.

Moderna is currently studying its COVID-19 vaccine in 12- to 17-year-old children, and AstraZeneca is studying its vaccine in children aged six to 17.

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Egg farmers support legislation to protect livestock

Submitted by Manitoba Egg Farmers

Manitoba Egg Farmers are in full support of new legislation enhancing the protection of livestock, farm families and the local food supply.

Manitoba Egg Farmers (MEF) fully supports the adoption of Bill 62, the proposed Animal Diseases Amendment Act and Bill 63, proposed amendments to the Petty Trespasses Act and the Occupiers' Liability Act announced this week by Agriculture and Resource Development Minister Blaine Pedersen and Justice Minister Cameron Friesen.

Bill 62 would require a person to obtain the consent of the owner before entering a biosecurity zone, such as a laying hen or pullet barn, or interacting with animals to limit the spread of disease. A biosecurity zone is an area within a livestock operation to which access is tightly controlled to limit the spread of pathogens. Bill 62 would also make it an offence to block or interfere with a vehicle transporting commercial animals.

Bill 63 would amend the law so landowners don't have to issue written or verbal warnings to trespassers if their property is marked or partially enclosed in a manner to keep people off property not normally available to members of the public. This would in-

clude premises used for raising laying hens and pullets.

Amendments to Bill 63 would limit landowners' legal liability for persons who enter properties not usually available or maintained for public use with the intent of committing a crime, including agricultural land. Another provision would eliminate the ability of property owners to arrest someone who is on their property illegally, a function that should be carried out by law enforcement, not landowners.

MEF appreciates that the government is keeping the physical security and well-being of farmers, the biosecurity and safety of animals and Manitoba's food supply top of mind along with Manitobans' right to public expression of opinions including peaceful protest.

"As egg and pullet farmers, our top priority is to protect our animals and of course, our families. Farming is not strictly a business; it is a lifestyle and most of us live on the land we farm on. It's important to recognize that this is not just a barn; it's our home, and we deserve to feel protected," said Catherine Kroeker-Klassen, MEF chair.

"These bills will help our families feel safe in our homes and help farmers to know that our animals are protected from illness and distress

caused by trespassers."

"The threat of biosecurity breaches, which can sicken and kill hens and compromise the safety of our food system, is real when people trespass on egg farmers' premises," said Cory Rybuck, MEF general manager.

"Our egg and pullet farmers take measures every day to protect their flocks. Bill 62 will make a significant difference as an additional measure to limit the spread of disease."

Our mission: To promote a thriving and sustainable egg industry

About Manitoba Egg Farmers

We're Egg Farmers We Love What We Do ®

Manitoba Egg Farmers (MEF) represents 170 regulated egg and pullet farmers in our province. MEF is an independent organization, funded entirely by egg and pullet farmers. Regulated egg farmers are the primary caregivers of their hens that produce over 76 million dozen eggs each year and feed all communities across Manitoba. Eggs are nutritious, versatile and can be eaten with any meal.

For more information about egg farming in Manitoba, hen care or recipes, visit eggs.mb.ca.

Manitoba reaches new COVID-19 vaccine milestone

Submitted by Manitoba government

Significant progress has been made in the battle against COVID-19, as Manitoba has hit the milestone of 200,000 doses of vaccine administered, Health and Seniors Care Minister Heather Stefanson announced Saturday.

"Every day, thousands of Manitobans are protecting themselves and the people they love by choosing to

get the vaccine," said Stefanson. "This is an incredible team effort, beginning with the public and extending to the dedicated people who are working at the various super sites, pop-up clinics and Focused Immunization Teams, along with all of our partners."

There are currently five super sites operating in Winnipeg, Selkirk, Brandon, Morden and Thompson, with plans underway for more locations to

open in the weeks ahead. Thousands of eligible and consenting residents of personal care homes have received both doses of vaccine.

"This milestone we achieved today is one of many we still hope to achieve thanks to the work of key stakeholders, health providers, as well as the leadership of our First Nations part-

Continued on page 7

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Extremely dry conditions, lack of precipitation and above normal April temperatures, with daytime highs ranging from 10 to 17 degrees, has farmers heading out to their fields early. Last Saturday was one of the earliest dates on record for Ross MacMillan's family to start fieldwork. Son Jeff MacMillan was working up land just east of Meadow Lea, preparing it for corn. Ross and family work 1,500 acres, milk 140 cows and feed 150 beef cattle. Help us record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@stonewallteulontribune.ca

> MILESTONE, FROM PG. 6

ners," said Johanu Botha, operations lead of the Vaccination Implementation Task Force. "We still have much work ahead of us and remain focused on putting thousands of needles in arms in the biggest immunization campaign in our history."

Currently, there are four vaccines that have been authorized for use by Health Canada. Moderna, Pfizer and AstraZeneca/Covishield are currently being administered but the single-dose vaccine Janssen (Johnson & Johnson) is not yet available.

"For people still waiting to get their vaccination, your turn will come soon," said Dr. Joss Reimer, medical lead for the Vaccination Implementation Task Force. "Vaccines are safe, effective and the best way for us to get back to the things we love. When it is your turn, make your appointment and be immunized as soon as possible."

Individuals can sign up to be notified when it is their turn to be immunized and find more information on Manitoba's vaccine program at <https://protectmb.ca>.

Correction

Staff

In the April 1 edition of the *Stonewall Teulon Tribune*, the article "Warren wants speed reduction on Ed Peltz" referred to greenspace near the corner of Ed Peltz Drive and Railway Avenue. Warren LUD member Diana Friesen said the land is owned by the South Interlake Recreation Commission, not the Rosser Woodlands Recreation Commission as we reported.

The *Tribune* apologizes for the error.

Fire restrictions put in place from the province

Submitted by Manitoba government

The Manitoba Wildfire Service advises that due to high wildfire danger levels, Level 2 travel restrictions will take effect immediately across the southwest and eastern regions of the province.

The boundary of the restricted area is from PR 302 to PTH 12 to PR 317 to PTH 9 and PR 319 east to the Ontario border, and from the U.S. border north to Lake Winnipeg and the Winnipeg River including the Mars Hill Wildlife Management Area.

Similar restrictions are in place for the Turtle Mountain and Spruce Woods provincial parks, Spruce Woods provincial forest and the surrounding Crown land. Also affected are Moose Lake, Birch Point, Marchand, Woodridge, Whiteshell, Whitemouth Falls, William Lake and

Criddle/Vane Homestead provincial parks.

Level 2 travel restrictions include the following:

- motorized backcountry travel, including ATVs and other off-road vehicles, is prohibited unless under the authority of a travel permit;
- camping is restricted to developed campgrounds;
- campfires are permitted only between the hours of 8 p.m. and 8 a.m.;
- wayside parks remain open;
- landing and launching is restricted to developed shorelines only; and
- industry and outfitters should contact local Manitoba Conservation and Climate offices for more information.

As a further wildfire prevention measure, provincial burn permits issued under the Wildfires Act within the same areas will be restricted to

only essential agricultural, municipal or industrial operations. Burning within these areas will require the approval of an officer, and include a site inspection with strict conditions. Contact a Manitoba Conservation and Climate office for more information.

Many municipalities have already proactively implemented burning restrictions this spring, so also check with local municipal offices for more information or view the interactive Current Municipal Burning Restrictions at www.manitoba.ca/wildfire/burn_conditions.html. The province will not issue any burning permits within or areas bordering any municipality where the burning restrictions are already in place.

For further information on the fire status, maps, travel restrictions, burning permit cancellations or other re-

strictions go to www.gov.mb.ca/wild-fire/ or follow the Twitter account at <https://twitter.com/mbgovnews>.

For areas where ATV use is allowed, riders are reminded they can play a role in protecting against wildfires. Anyone using an ATV is asked to stay on developed trails, ensure the ATV has a working spark arrestor, check areas around the engine and exhaust frequently, and carefully remove and extinguish any debris from these areas. Operators are also reminded to be prepared by carrying a fire extinguisher, axe and shovel.

To report a wildfire, call 911 or the T.I.P. line (toll-free) at 1-800-782-0076. The T.I.P. line is dedicated for reporting fires. All other inquiries should be directed to the other phone lines noted above.

Moderna deliveries affecting Interlake vaccination pop-up clinics

Submitted by Manitoba government

Delays in two deliveries of Moderna vaccine to the province from the federal government will affect upcoming appointments at pop-up clinics.

A delivery of 28,300 doses expected the week of March 22 did not arrive until April 3. In addition, 28,400 doses expected this week will not arrive until next week. The exact delivery date is not known.

The province has carefully reviewed all available vaccine supplies in the province to minimize the effects of this supply disruption. It is not possible to use Pfizer vaccine for pop-up clinics because these doses will be used at other vaccine appointments.

Appointments booked at Glenboro (April 7), Matheson Island (April 8), Pine Dock (April 8), Faulkner (April 8), Whitemouth (April 8) and Piney (April 9) pop-up clinics will be honoured, but no additional appointments are being made. Other pop-up clinics scheduled this week will not be affected.

All 24 pop-up clinics scheduled from April 12 to 15 throughout the province will need to be rescheduled due to this supply disruption, with approximately 7,200 people affected. These include:

- Steinbach (April 12, 13, 14 and 15)
- Pine Falls (April 13)
- Stonewall (April 13)
- Flin Flon (April 13, 14 and 15)
- Virden (April 13)
- Russell (April 13)

- Gladstone (April 13)
- Pinawa (April 14)
- Eriksdale (April 14)
- Teulon (April 14)
- The Pas (April 14)
- Swan River (April 14)
- Killarney (April 14)
- Portage la Prairie (April 14 and 15)
- Arborg (April 15)
- St. Laurent (April 15)
- Beausejour (April 15) and
- Dauphin (April 15)

The province will be reaching out to affected people by phone, email and text to advise them of this change. Individuals may choose to book an appointment at a super site or wait for another pop-up to be rescheduled. These pop-up clinics will be rescheduled based on vaccine deliveries.

Eligibility Criteria

Eligibility to be immunized at a super site or pop-up clinic is unchanged and includes individuals aged 64 or older and First Nation people aged 44 or older. Anyone who has been in Manitoba for one month or more can receive the vaccine at no cost if they meet provincial eligibility requirements.

Appointments

Appointments are currently available at super sites in Winnipeg, Brandon, Thompson, Selkirk and Morden.

Eligible individuals can book their appointment at a super site online at <https://protectmb.ca> with an email address and their health card number.

Appointments for super sites or pop-ups can also be made by calling (toll-free) 1-844-626-8222 (1-844-MAN-VACC).

Individuals who wish to be vaccinated at the same time as their spouse/partner are encouraged to wait until both people are eligible before making appointments. It is not possible to accommodate people without an appointment at pop-up clinics or super sites.

When attending a vaccine appointment, people are reminded to bring their completed consent form (available online at <https://protectmb.ca>), wear a short-sleeved shirt, wear a mask, and bring their health card or other form of identification. To help support good physical distancing on site, people should arrive no more than 15 minutes before their scheduled appointment time.

Additional Information

All data in this bulletin is current as of April 4, unless noted otherwise.

Manitoba's daily maximum capacity measures the number of doses the province could give every day, if vaccine supply was not an issue. Currently, daily maximum capacity is 20,918 doses per day, which exceeds the province's initial target of reaching 20,000 doses per day by April.

Based on scientific evidence of the effectiveness of the first dose, Manitoba is focusing its immunization efforts on providing as many first doses

as possible to protect more people. At this time, only first-dose appointments are available and the province will provide more information about planning for second doses in the weeks ahead. For regular updates, visit <https://protectmb.ca> and sign up for the weekly e-newsletter.

More information about the vaccine campaign in Manitoba is available at www.manitoba.ca/vaccine and <https://protectmb.ca>.

COVID-19 case update

Monday saw the province announce 135 new cases of the virus including cases from the holiday Sunday and Monday. The total number of lab-confirmed cases in Manitoba as of Monday are 34,487.

- three cases in the Interlake-Eastern health region;
- 43 cases in the Northern health region;
- 19 cases in the Prairie Mountain Health region;
- seven cases in the Southern Health-Santé Sud health region; and
- 63 cases in the Winnipeg health region.

Interlake-Eastern began the week with 25 active cases and four hospitalizations (one in ICU). There have been 2,425 recoveries and 37 deaths in the region.

Peguis/Fisher River is the only community showing five active cases on the provincial COVID website while all other communities are reporting zero active cases at press time.

Province dips into rainy day fund for COVID costs

Staff

The provincial government has dipped into its rainy day fund to help pay for the fallout of COVID-19.

Finance Minister Scott Fielding announced March 30 that the Manitoba government has withdrawn \$215 million from the fund to provide pandemic relief to local businesses by way of the Manitoba Bridge Grant program.

"Our government fully replenished the rainy day fund that had been drained by the former government,

and setting aside these savings gave us flexibility in situations like this unprecedented pandemic," he said. "Our contributions to the fund put Manitoba in a much stronger position to face emergencies like COVID-19 and better protect Manitobans from its impacts."

The government began replenishing the Fiscal Stabilization Account in 2017-18 and built it up to a balance of \$800 million from \$114.5 million in Budget 2020. This marks the first withdrawal of the fund and leaves the ac-

count balance at \$585 million.

Fielding noted the province would begin to replenish the \$215 million drawn from the fund over time as the impacts of the pandemic lessen.

Taking the money from the rainy day fund keeps the government from having to borrow money, the minister said, saving millions in interest costs over the next decade.

"We continue to have nearly \$600 million in savings for future rainy days, which provides us with additional resiliency for potential emer-

gencies such as floods or forest fires," said Fielding. "Our careful budgeting has allowed us to use some of the money we set aside to cover the costs of the generous support programs we created to help local businesses through this challenging time."

The Conservative government's decision to dip into the fund was met with some criticism from the other parties.

"The PCs are not actually using the rainy day fund to help anyone. They are using it to make the books look better," Manitoba Liberal leader

Continued on page 10



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Health Canada advises Canadians to stop using face masks containing graphene

By Patricia Barrett

Health Canada issued a notice last Friday advising Canadians not to use face masks containing graphene and is removing them from the market until it gathers more data from manufacturers to assess potential human health risks.

Graphene is a nanomaterial (made of tiny particles) with antimicrobial and antiviral properties. In addition to its use in medical devices, graphene is used in the sports, automotive and electronics industries.

There's a danger the particles could be inhaled and pose a health risk.

"Health Canada's preliminary assessment of available research identified that inhaled graphene particles had some potential to cause early lung toxicity in animals. However, the potential for people to inhale graphene particles from face masks and the related health risks are not yet known, and may vary based on mask design," states the agency's April 2 advisory. "The health risk to people of any age is not clear."

Masks containing graphene have been sold in conjunction with COVID-19 claims and used by adults and children in schools and daycares, states the advisory. The

masks also may have been distributed to health-care settings.

A "thorough scientific assessment" of masks containing graphene will be undertaken and the agency will remove such masks from the market until it can establish their safety and effectiveness.

Health Canada is requesting data from mask manufacturers in order to assess potential health risks, and has directed both manufacturers and distributors to recall masks. The agency will continue to take "appropriate action" to stop the import and sale of graphene face masks.

Masks that are labelled as containing graphene or biomass graphene should not be used. Adverse events or complaints should be reported to Health Canada.

For more information, visit Health Canada's recalls and safety alerts website.



PHOTO SUBMITTED

Health Canada is advising Canadians not to use disposable masks containing graphene or biomass graphene.

RCMP request public assistance in locating missing person

Staff

Stonewall RCMP received a report of two missing females, a 17-year-old and a 14-year-old, from a residence in Stonewall on March 30 at approximately 6 p.m.

The 17-year-old female had been located later that evening but the 14-year-old remains missing.

Adrienne Dorian was last seen at a gas station in Stonewall in the evening of March 30 and is believed to be in Winnipeg. Dorian is described as 5'3", 115 pounds, with brown eyes and long brown hair with braids.

The RCMP are asking anyone with information



Adrienne Dorian

to call the Stonewall RCMP at 204-467-5015, call Crime Stoppers anonymously at 1-800-222-8477 or secure tip online at www.manitobacrimestoppers.com.

Inland Port Special Planning Area Under The Authority of The Planning Act

Notice of Public Hearing

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

INLAND PORT SPECIAL PLANNING AREA BY-LAW 1-21
Being an AMENDMENT to the
INLAND PORT SPECIAL PLANNING AREA REGULATION 48/2016
to RE-ZONE
PART of SECTION 30-11-2 EPM; PART of NE ¼ 19-11-2 EPM;
PART of S ½ 29-11-2 EPM; and
PARCELS C, D, H and J PLAN 50401 WLTO
in the RURAL MUNICIPALITY OF ROSSER
from INLAND PORT RURAL ZONE
to "I3" INDUSTRIAL HEAVY ZONE

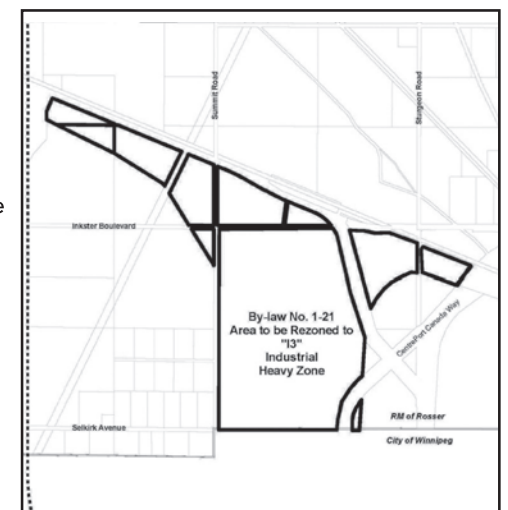
HEARING LOCATION: Virtual Public Hearing
Microsoft Teams

DATE and TIME: Thursday, April 15, 2021 at 6:30 p.m.

GENERAL INTENT and PURPOSE: To rezone part of Section 30-11-2 EPM; part of NE ¼ 19-11-2 EPM; part of S ½ 29-11-2 EPM; and Parcels C, D, H and J Plan 50401 WLTO in the RM of Rosser CentrePort lands from Inland Port Rural Zone to "I3" Industrial Heavy Zone to permit rail-oriented industrial development.

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

FOR MORE INFORMATION CONTACT: Kari Schulz, Planner
Manitoba Municipal Relations
Inland Port Special Planning Area
604-800 Portage Avenue
Winnipeg, MB R3G 0N4
Phone: 204-945-2146
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.

Manitoba

What's *Your* story?

Please share your story ideas at news@stonewallteulontribune.ca Phone 204-467-5836

Stonewall Teulon
Tribune

Students, teachers working together to bring greenhouse to WCI

By Iris Dyck

Amber Oughton credits her family with teaching her how to garden.

"My mom and grandma taught me all about plants, flowers and caring for a garden," she said. "Some of my favourite memories of my grandma were spending hours tending to her flowers."

The teacher at Warren Collegiate Institute (WCI) plants a vegetable garden every summer and is a self-described "plant nerd." She and her colleague Amanda Dion spend their lunches talking botany, comparing seed starting methods and plotting next year's crop.

"Our favourite time of year is when the seed catalogues come in," she said.

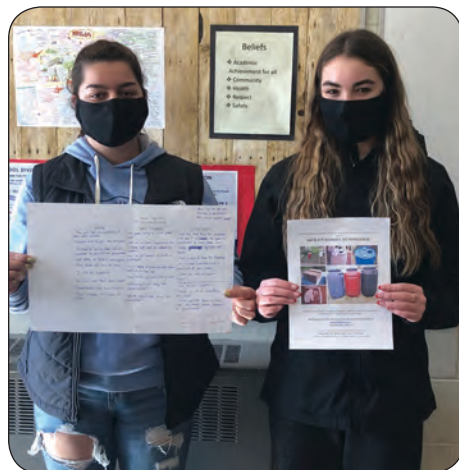
Just as her mother and grandmother taught her, Oughton wanted to pass on her knowledge and love of gardening to her students. She and Dion decided to design a hands-on plant science course where students could grow the very plants they were studying.

"That's where the memories are made in high school, actually doing stuff with your teachers," said Oughton.

Oughton planted flowers on the school grounds with her students over the years, but when classes let out in June, the flowers were always forgotten. Her goal with the plant science course is to get students gardening by giving them the skills and seedlings they need to start.

"There's more buy-in because of the fact that there's something tangible they get to take at the end of the year," she said.

Once Oughton and Dion develop the course, they will submit it to Manitoba Education for approval. They expect to begin offering it in 2022. In the meantime, WCI students in Fallon Campbell's class are working to secure the outdoor greenhouse that will house the course materials.



Aliyah Allary and Jazmyn Carr and their classmates at WCI are working toward getting a greenhouse for the school.

When Campbell heard about Oughton's plant science course, she worked the greenhouse into her Project Based Learning (PBL) class. PBL is a mandatory class for Grade 10 students at WCI. Students begin with a question or challenge that calls on a variety of skill sets to solve. The process of looking at the problem from different angles and collaborating to solve it is where the learning takes place.

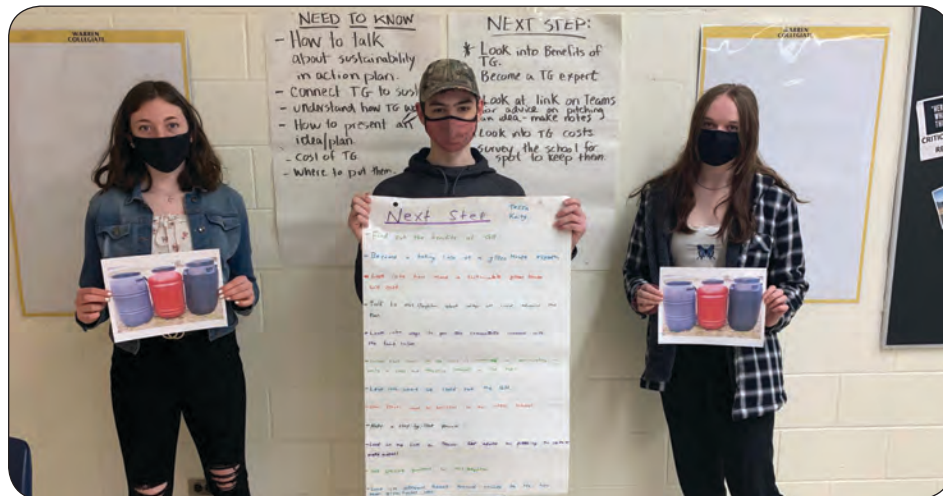
"When kids see things connected, it can be more meaningful to them," said Campbell.

Campbell's students work in small groups to examine how a greenhouse would benefit the school from educational, environmental and economic standpoints. They do research and talk to experts in the field to develop an action plan. At the end of the course, they'll get to see their work in the real world: Oughton will choose one of the plans to follow as she sets up the greenhouse and gets it ready for students.

"I think that it makes it more real for them and then they take it even more seriously," Campbell said.

Students evaluate each other's work throughout the course. This is Campbell's favourite part of PBL, as it teaches her class that learning is a process, not just an end result.

"If they get all the feedback at the end, they're less likely to make changes," she said. "Critiquing somebody at



TRIBUNE PHOTOS BY AMBER OUGHTON

WCI students Tessa Stewart, Cole Schroeder and Kaity Mair show off their Project Based Learning (PBL) work.



WCI is selling rain barrels to raise funds for a new outdoor greenhouse.

any age is hard to do, but it's so useful."

Even though the plant science course is two years away, Oughton hopes to have the greenhouse up and running as soon as possible. The only thing standing in the way is the \$1,000 price tag.

WCI is selling rain barrels, a fundraiser that "lined up perfectly" with the timing and intent of the project.

Oughton has also applied for two grants in hopes her students will be able to get planting by the end of the school year.

"I'm just excited to see the kids get their hands dirty," she said.

The rain barrels cost \$60 each, with \$10 from each sale going to WCI. To order a rain barrel, visit www.rainbarrel.ca/warrencollegiate or contact the school at wci@isd21.mb.ca.

> RAINY DAY, FROM PG. 8

Dougald Lamont said in a statement. "There are many areas that still need pandemic emergency financial relief from the rainy day fund that Manitoba Liberals asked for such as K-12 education, early childhood education, diabetes, mental health coverage, seniors and homelessness."

"Manitobans want a government that helps them in an emergency, but throughout this pandemic the PCs have ignored Manitobans and made life harder for working families," not-

ed NDP finance critic Mark Wasyliv. "They refused to invest in safer classrooms or stronger health services, despite millions of dollars set aside for emergencies like a global pandemic."

"Scott Fielding's government has underspent on the services families need and today he's signaled even more cuts to come next year. Manitobans want balance when times are good, but in a crisis, they just want a government they can rely on to help them."

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New members welcome with Stonewall Kinettes

By Jennifer McFee

Even in the midst of the pandemic, the Stonewall Kinettes remain dedicated to the community and continue to welcome new members to join the fun.

Normally at this time of year, the local service club organization hosts a membership night that usually involves current members inviting guests to attend a meeting, complete with a potluck meal. Last year, in respect of pandemic restrictions, they focused more on retaining current members with an event that featured a special guest to teach them the Charleston.

During the pandemic, their meetings and other events have gone virtual, except for their in-person volunteer commitments to the local Canadian Blood Services events.

"We're still here and we're always welcoming new members. All you need is an interest. It's a great for anyone who's new in town and maybe wants to meet more people," said Donna Kuby, this year's membership director.

"Everybody's welcome, and there's a range of ages. We currently have 18 members and we're still getting interest from people who would like to

join. We have people coming from as far as the Portage area and Winnipeg because there's not a Kinettes club in the city any more."

In addition to supporting different causes, the club provides a social outlet for its members.

"I've found that it's a very welcoming open club to new people," Kuby said.

"For myself, I joined because I love ladies' groups and the time in my life was just right for volunteering. So it's volunteering but it's also getting together with other ladies and having some fun."

Meetings usually take place once per month, these days via Zoom. For executive members, they have an additional monthly meeting held a week before the general meeting.

"People put in as much time as they can manage. Some of the ladies in this club are working full time," Kuby said.

"But I'm amazed at how much people contribute when we do have something that we're working on."

Community members might be familiar with the ladies night out event, which is a popular outing held each year prior to the pandemic. Other initiatives this year have included knitting scarves that were donated to



TRIBUNE PHOTO SUBMITTED

Stonewall Kinettes hold up letters to spell "Keep Going" in June 2020 at a wind-up event.

people in need in Winnipeg. As well, they've hosted a Mom's Pantry fundraiser and a Stonewall Kinettes Kraft Korner page on Facebook. Normally they sell Grey Cup tickets, and this year they have an online raffle.

In the past, they've also hosted successful quiz nights, crib nights and garage sales. Depending on pandemic restrictions, they might be able to host a garage sale again this year. They're also involved in Kin Canada's National Day of Kindness, which involved providing an entertaining dog show this year for residents at Rosewood Lodge.

Through their events, they are able to invest in the community and contribute to various causes, including

cystic fibrosis.

In addition, they remain connected to fellow Kinettes across the country through Kin Canada, which is the nation's largest all-Canadian service club organization.

"Each club is as connected as they want to be, and Stonewall Kinettes are very connected. They create connections with other communities," Kuby said. "We have a very strong club and we have a couple people in our club who are lifetime members."

Kuby welcomes anyone who would like more information about the Stonewall Kinettes to contact her by phone at 204-461-2423 or by email at DonnaKuby@outlook.com.



April is oral health month!

Fight back against tartar and plaque

Do you know the difference between tartar and plaque? Dental plaque is a film containing bacteria, salivary protein and food debris that adheres to a tooth's enamel. If it isn't fully eliminated by regular brushing, plaque thickens and hardens, eventually turning into tartar. When tartar builds up, the risk of developing gingivitis, periodontitis and cavities rises considerably.

Fighting tartar is critical when it comes to maintaining a healthy mouth. So how do you do it? First off, brushing your teeth twice a day will allow you to get rid of most dental plaque. Certain toothpastes are specially designed to make plaque easier to dislodge during brushing by reducing its adherence. This is a great way to reduce the amount of tartar that builds up on the teeth.

With time, if left unchecked, dental plaque can accumulate

in hard-to-reach areas and turn into tartar. Since tartar can't be dislodged by tooth brushing alone, regularly visiting your dentist is vital to preserving your oral health.

A professional cleaning, which in-

cludes descaling, is usually enough to remove all traces of plaque and tartar from the teeth. Descaling is painless. It's usually accomplished with ultrasound technology: a metallic tip that vibrates at a high frequency is used to clean the surface of the teeth and remove tartar.

All in all, one of the best ways to maintain good oral health is to visit your dentist at least once a year, even if everything seems fine.



Tartar can't be dislodged by tooth brushing alone: a professional cleaning is necessary to eliminate it.

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Introducing the new April Exhibit at the Gwen Fox Gallery

Artists Patricia Anderson, Sharon Routley, Patti Simko and Elsie Wyspanski provide inspiration at the gallery this month

By Katelyn Boulanger

The Gwen Fox Gallery will have four new artists' works to get your creative juices flowing with many pieces inspired by nature in this month's exhibit.

Patricia Anderson

Anderson's work will stand out to people because of the unique mediums she uses to create her masterpieces. Her work is done primarily in glass and fibre with multilayered works that bring a fun variety to the works on display.

"I have a glass studio and I work with fused glass, and mostly landscapes and then just about three years ago, I was introduced to felt wool. So I work with both felt and glass. I think I just like the tactile [nature of the mediums]," said Anderson.

She initially was inspired by the mosaics on the floors of churches and other building in England, which led

to her interest in glass art. However, moving to Balmoral, where she now resides, there were limited options as far as mosaic workshops to learn from so she started with stained glass then moved on to fused glass.

The inspiration for her more recent work comes from nature, particularly her travels throughout Manitoba when she would take photos, which she uses as a starting point for her pieces.

She also finds that learning new skills keeps her engaged with art and is currently pursuing a fine arts degree, which she says is very rewarding as her teachers allow her to complete assignments in her chosen mediums of felt and glass.

"I want [people who come into the gallery this month] to understand that art is not only acrylics, watercolour or oil, which that's what everybody thinks, yeah. But there are other mediums that you can use. And you



TRIBUNE PHOTO BY KATELYN BOULANGER

Balmoral's Patricia Anderson with her felt art that is on display at the Gwen Fox Gallery in Selkirk this month.

can just get some phenomenal effects with it," said Anderson.

Sharon Routley

Routley has been interested in art since she was young, having taken interior design classes before obtaining her accounting degree, but started to pursue her art more seriously after

her retirement.

Though she doesn't stick to one medium, exhibiting watercolour, acrylic, and oil paintings at the gallery this month, her impressionistic interpretation of her subject matter makes her paintings pop.

Continued on page 17



83RD ANNUAL GENERAL MEETING

of

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VIRTUAL AGM

Due to current legislation and the health & wellness of our members, please join us virtually on

APRIL 22, 2021 at 7:00 PM

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Registration close: **THURSDAY, APRIL 15TH @ NOON**

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April 7 - April 10

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COMMUNITY NEWS



After being closed for months, gyms now rely on members to return

By Sydney Lockhart

Interlake Gyms are surviving since reopening in February, but many gym members still have not returned to exercise outside their home.

"I've had just over 50 per cent of my members come back," said Carmen Lowe, owner of Reps Gym & Tanning.

She said those who did return showed up excited to get back to their regular routine.

"They're more than excited to be back at it now with the facilities because not everybody has the room in their home. It's been really hard even just to buy a set of dumbbells," she said.

The gym has to book appointments out to maintain a capacity of four people, leaving room for gym-goers to social distance.

"I was doing the booking before restrictions already too because just out of my own concern that it would get too crowded," said Lowe.

She added that she has not had any issues with members not following the protocols and that she disinfects everything many times every day.

"It's not just about health anymore right, like we all know. It's starting to affect mental health," said Lowe.

Adrenaline Fitness Inc.

Adrenaline Fitness Inc. owner Brody Nolin said the biggest complaint he received before they were able to reopen was that the government wasn't thinking about the mental health of those who use the gym as an outlet, adding that members were more than eager to get back to the gym.

Nolin put all memberships on hold when they were closed, and previously purchased memberships have now reinstated.

"We provide gym wipes, and everyone has to wipe their machines down after use," said Nolin, "We're open 24 hours a day. We can't be staffed that time so we just did like an honour system basically. And as far as I know, everyone is listening."

The gym does require its members to wear masks and social distance within the facility. Only 10 people are allowed inside at once.

Nolin said the months of being closed has created long-term financial effects for the gym.



TRIBUNE PHOTOS SUBMITTED
Reps Gym & Tanning has had only 50 per cent of its members return since reopening in February.

"It has definitely thrown a curveball for us. It doubles the time for recovery for us because we'll see a lot of membership renewals come up in the summer, which is usually a slow time for us," said Nolin, "So hopefully people keep coming in the summer this year."

Reps Gym member Lonore Dodds said she couldn't wait to be able to go back to the gym when she heard about the reopening back in February.

"Working out makes me feel healthier and gives me more energy, and it makes life worth living," said the 71-year-old.

Dodds goes to the gym three times a week and said she feels completely safe at the gym because she sees Lowe cleaning it so often and hasn't witnessed anyone not following the COVID-19 protocols.

"We weren't confined for so long, and it's nice to have a place that you know you're going to go to gives me a routine."



Fueling Manitoba's Economy

Enabling young people to have a future in the communities where they grew up is essential to rural development and the pork sector is one of few sources of new job creation.

New employment and growth provided by increased investment in the sector takes on many forms and provides for a wide variety of opportunity. From veterinarians, to electricians, food production workers, and transport drivers, 14,000 Manitobans depend on the pork sector for their livelihood. Over half of these employees are connected to processing, transportation, and related service businesses.

Towns and cities across Manitoba have experienced a renaissance with the presence of new immigrants increasing demand on services and local businesses, spurring new activity and creating more jobs for both immigrants and locals.

Hog farmers continue to be important and significant contributors to their communities, and new jobs and development ensures a legacy of growth for decades to come.

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Easy Brunch Quiche

utes. Add green onions; cook 2 minutes. Add mushrooms; cook 4 minutes, or until bacon is completely cooked and mushrooms are tender. Drain onto paper towel over plate. Set aside.

In medium bowl, whisk eggs and milk until combined. Add broccoli and cheese mixture. Add 1 cup cheese. Stir to combine. Set aside.

In pie shells, divide drained bacon mixture evenly. Divide broccoli mixture evenly and pour over bacon mixture. Sprinkle remaining cheese over both pies.

Bake 40 minutes.

Allow to cool at least 12 minutes before serving.

Note: To keep edges of crust from burning, place aluminum foil over pies for first 20 minutes of cook time. Remove after 20 minutes and allow to cook uncovered until completed.

Serves: 12
1 package (10 ounces) frozen broccoli with cheese
12 slices bacon, chopped
1/2 cup green onions, sliced
1 cup mushrooms, sliced
4 eggs
1 cup milk
1 1/2 cups shredded cheese, divided
2 frozen deep dish pie shells (9 inches each)
Heat oven to 350 F.

In medium bowl, add broccoli and cheese contents from package. Microwave 5 minutes, or until cheese is saucy. Set aside.

In skillet, cook chopped bacon 4 min-



Cheesy Bacon-Broccoli Quiche

Preheat oven to 350 F.

In microwave, prepare broccoli and cheese sauce according to package directions; set aside to cool slightly.

In nonstick skillet over medium heat, cook bacon, mushrooms and green onions until bacon is cooked through and mushrooms are tender. Scatter bacon mixture in bottom of pie shell; place pie shell on baking sheet.

In bowl, whisk eggs and dairy milk then stir in broccoli and cheese sauce along with cheddar cheese. Pour custard into pie shell and bake 35-45 minutes, or until center is just set and knife blade comes out clean when inserted into center of quiche.

Let cool at least 10 minutes before cutting into wedges and serving.

Servings: 6
1 package (10 ounces) frozen broccoli with cheese sauce
3 slices turkey bacon, chopped
1/2 cup white mushrooms, sliced
1/2 cup green onions, chopped
1 frozen prepared pie shell (9 inches)
4 eggs
1 cup fat free or low fat dairy milk
1/2 cup cheddar cheese, shredded

Banana Breakfast Shake

Servings: 2 (6 ounces milk per serving)
1 1/2 cups fat free or low fat dairy milk
1 frozen medium banana, peeled and sliced

1/2 teaspoon vanilla extract (optional)
1/4 teaspoon almond extract (optional)
cinnamon, for garnish (optional)

In blender container, combine dairy milk, banana, vanilla extract and almond extract. Blend until smooth, about 20 seconds.

Pour into two glasses and garnish with sprinkle of ground cinnamon, if desired.

Bacon Banana Bread

Prep time: 10 minutes

Cook time: 70-80 minutes

Servings: 6-8

Nonstick cooking spray

1 1/4 cups all-purpose flour, divided

1 teaspoon baking soda

1 teaspoon baking powder

1 cup sugar

3 medium bananas, mashed

1/2 cup canola oil

2 eggs

1 teaspoon vanilla extract

8 slices Coleman Natural Bacon, cooked and cut into 1/4-1/2-inch pieces

Preheat oven to 325 F. Lightly grease

Bitterness makes things worse

By Gwen Randall-Young

Many times, we are frustrated or disappointed because of things we wish. You would like a romantic evening with your spouse, or to go for a long walk, but there he is, lying on the couch again. Instead of telling him what you would like, you ask him if someone spilled crazy glue on the couch, or if he is paralyzed from the waist down. (Waist down because he can still use the remote.) He gets angry at your snappiness, and then there is even more distance between you.

The weekend is coming, and you would like to do something with the family. He has golf planned, so instead of asking for what you want, you accuse him of loving golf more than you. He says nothing, but you fear that for once he just might agree with something you said.

You might want to make love with your wife, but instead of taking the time to connect with her, you ask her if there is any chance of getting any. She rolls her eyes, lets out a big sigh and hands you the remote. You hope that your children will do something nice for you on Mother's Day, but you say nothing and wait. They disappoint you, so you are depressed all day.

These four scenarios plant seeds of discontent, which will continue to come up like weeds. They all require another person to know what you are thinking. Your happiness also depends on others changing. It's not working, is it? There is another approach you can try. It requires that you take full responsibility for your own happiness.

Tell your husband that he means the world to you, and that you want some special time with him. Ask him if he could set aside some time during the next week. Let him pick the time. Try not to get into hassles, especially just before that time. Let him know that you are looking forward to

having him all to yourself for a while. If he's a golf nut, don't try to make him choose between you and golf. Tell him it's going to be a beautiful weekend. You want him to have fun, but you also want to do something special with the family. Have a couple of ideas to suggest or ask him for his ideas. Tell him that if you both can get your needs met, you'll both be happy.

If you want to make love with your wife, and she hasn't been that responsive, there's a message there. If she's been sick or exhausted it's probably nothing personal. Otherwise, you need to do something special. Few women can resist a man who truly cares about their feelings and will take the time to look into her eyes, and really be with her. It's a bonus if the man will connect with her, hug her, show her he loves her, without expecting sex. Then she knows that his affection is genuine, and not just because he wants something.

Finally, if you want people around you on Mother's Day, or any other special day, let them know. If you want a party for your birthday and it might not happen, then plan one yourself. If you want to have dinner with your children, invite them. Do these things and enjoy the people. It's much better than being bitter about it not happening as we would wish. You would like a romantic evening with your spouse, or to go for a long walk, but there is anger in the way you ask. When you take things into your own hands, looking at how you can create the outcome you want, then the energy around you is positive, and others will want to be around you.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.



9-by-5-inch loaf pan with nonstick cooking spray.

In large bowl, combine 1 cup flour, baking soda, baking powder and sugar. In separate bowl, combine mashed bananas, canola oil, eggs and vanilla extract.

Add banana mixture to dry ingredients, stirring until just combined.

In small bowl, toss bacon and remaining flour until bacon is lightly coated.

Fold flour-coated bacon into batter. Pour batter into prepared loaf pan.

Bake 70-80 minutes, or until toothpick inserted near center comes out clean.

Cool in pan on wire rack 20 minutes before inverting bread onto wire rack to cool completely.

Cut and serve.

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ReStore gives home materials a second chance

By Jennifer McFee

What's old becomes new again through Habitat for Humanity's ReStore.

The ReStore receives donations of new and used building materials, which are then resold to the public at reduced prices.

Locally in Stonewall, Jodi and Richard Carradice recently took possession of an older home on 3rd Street West that they plan to tear down in order to build a new abode on the property.

They wanted to avoid sending materials to the landfill as much as possible, so they arranged for Habitat for Humanity Manitoba to remove items from the home to sell at ReStore.

"The property is a good-sized lot in the older end of town," Jodi Carradice said.

"There is an older house on the property that we plan to tear down and build a new home on it. We plan on incorporating a few items from the original house into the new home, but there are many items that we won't be able to use."

By providing the items to the ReStore, it helps the environment while also supporting the broader community, she added.

"It is our desire to build as sustainable and environmentally friendly home as possible," she said.

"Throughout this project, we intend to make decisions through that lens. In selecting a builder, we decided to go with Dueck Builders, who are focused on sustainable building."

According to research conducted by Cheryl Willis and Jana Williams of Stonewall's heritage committee, the Thomas Frankland family were likely the first to live in the home in the early part of the 1900s.

Later owners Ben and Alice Dawson lived in the home until Ben's death

in 1977. Alice continued living there until 1998. Since then, the home has been sold a few more times.

As for Carradice, she's been a supporter of Habitat for Humanity for many years.

"I served on the Women Build Committee for a couple of years and since 2015 have proudly served on their board as a director," she said.

"When we first started this project, I immediately thought that we could donate many items from the old house to the ReStore. The alternative was that most of the items like doors, cupboards, toilets and sinks would end up in the landfill."

A few weeks ago, ReStore representatives came out to the home and took the first load of cupboards, appliances, vents, light fixtures, interior doors and some leftover flooring.

Demolition is anticipated to be in the next few weeks, and the ReStore folks will return the day before to take the outside doors and windows, as well as any items they couldn't previously remove without taking down walls. With the water shut off, they'll also be able to remove bathroom items such as vanities, sinks and shower stalls.

Overall, the process has been incredibly easy, adds Carradice.

"I don't believe many people know that the ReStore takes reno items and resells them to support building homes for families. This keeps items out of the landfill and supports the community at the same time — win-win!" she said.

"It's incredibly gratifying to know that these items will be reused. While this house will be no longer, some of its pieces will live on in many homes. Giving what you can or lending a hand to others are key ingredients to making strong, healthy, sustainable communities."

The ReStore concept is homegrown



TRIBUNE PHOTO BY JO-ANNE PROCTER

Home owner Richard Carradice, left, and Cam Holden of Habitat for Humanity Manitoba keep home reno items out of the landfill.

since it started in Winnipeg — and is celebrating its 30th anniversary this year.

Sandy Hopkins, CEO of Habitat for Humanity Manitoba, explained that the ReStore social enterprise was invented in Winnipeg in 1991 and now there are more than 1,000 ReStore outlets around the world.

"The majority are in North America

but they're in Europe and Australia as well," he said.

"ReStore has become the single largest source of cash for Habitat for Humanity globally for the last many years."

Hopkins draws parallels between this creative repurposing of materials and Manitobans' creativity in general.

Continued on page 17

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Early Learning and Child Care Act leaves lots of questions

By Katelyn Boulanger

Daycare directors and provincial advocates are raising questions about the newest piece of legislation regarding funding, citing concerns around the amount of cash they receive to operate their licensed facilities.

Bill 47: The Early Learning and Child Care Act, introduced in the Legislative Assembly of Manitoba on March 11, seeks to streamline the licensing process of childcare facilities and provide financial assistance to eligible parents and providers of childcare and early learning.

The revised piece of legislation would see parent fees freeze for another three years to help families recover financially from the COVID-19 pandemic, yet the annual operating grants awarded to public and private childcare and daycare facilities haven't been increased in nearly five years.

Rachelle McKay, director at Woodlands Childcare, said that as a small facility operating in a rural area, the operating grants are crucial to paying trained staff to commute to work.

"Our staff are underpaid in comparison to other fields, and especially for the job that they do: working with children is an emotional job," she said.

With no increases to operational funding, the fee freeze will impact the quality of care provided to children.

Money is required to keep running centres to the quality that young children deserve.

"There hasn't been any kind of message as to how they're going to continue to fund childcare with rising expenses, and the day-to-day operations are always going to be more. So we have to get our money from somewhere. And if it's not going to be from parent fees, it has to come from somewhere," said McKay.

The provincial government offered financial respite in late 2020 in the form of a \$2.4-million COVID-19 response grant to eligible facilities to help offset expenses incurred from the novel coronavirus. Another \$4.4 million, announced on March 19, will be doled out to centres as part of the Canada-Manitoba Early Learning and Child Care Agreement, a program which gives \$15 million for early learning and child care centres across the province.

Jodie Kehl, executive director of the Manitoba Child Care Association, said while the cash is much-needed for these facilities, it does not address the need for operating grants to be raised.

"If the province is choosing to freeze the parent fees, then the operating grants need to be increased to offset that frozen funding because as time continues to go on, facilities are finding it increasingly more difficult to balance their budgets. Their revenue has stayed the same for at least five years and their expenses all continue to go up," she said.

According to the Manitoba Families 2019-2020 report, in Manitoba there are 664 non-profit childcare facilities receiving funding from the government equating to \$4,180 per space available for preschool-aged children in centre-based facilities. Parent fees are capped at \$20.80 per day to place preschool-aged children in care and will remain as such for the next three years under Bill 47.

"The current act talks about giving grants to non-profit corporations and co-operatives, which operate licensed child care; that has been removed from Bill 47. So the question becomes 'Are all services now eligible for funding regardless of auspice? Will public funding be made available for any licensed facility?' And if that's the case, I guess what I would want to know then is are they going to be mandated to then only charge the maximum daily fee," said Kehl.

A spokesperson for Families Minister Rochelle Squires said the proposed legislation would permit further funding to newly licensed care providers across the province. However, it remains unclear if the expansion of the program will lead to cuts in funding to facilities already receiving annual grants to accommodate newly licensed centres and homes.

"The authority to provide funding is established in legislation. Types of funding and funding levels are contained in the supporting regulations. This is the same structure



TRIBUNE PHOTO SUPPLIED

Childcare Centres across the province are advocating for more cash in operating grants to provide adequate and quality care for children.

currently in place under the Community Child Care Standards Act and Regulation. For this reason, types of funding and amounts of funding are not contained in Bill 47," said the spokesperson.

Kehl said the MCCA plans to speak to the Standing Committee during the next sitting regarding the associations questions and concerns surrounding the proposed bill. As of March 28 there are 18 registrations to speak on the bill.

For McKay, she said it's often the "make it work" attitude that leaves employees and directors struggling to raise red flags about the industry, making the MCCA's advocacy for centres crucial.

"We're kind of in this limbo of where we're afraid to say stuff, but at the same time attention needs to be brought to it," she said.

"We always look at the children and the families and supporting them and we make it work. And I think that's partially kind of our downfall for us as we always make it work and we need to start having our voices heard."

Rosser council news in brief

By Jennifer McFee

- Fort Distributors will provide dust control for the RM of Rosser for 2021. The application deadline is May 15 and the cost is \$275 for rural sites, based on a 12-foot by 300-foot strip.
- At the March 23 meeting, Rosser council conditionally approved a request from Driftwood Communications, on behalf of Shaw, to install conduit and vault on municipal rights-of-way for the BrookPort Business Park.
- Council passed third reading of the tile drainage bylaw.
- The RM of Rosser will enter into an agreement with Stantec Consulting for a CentrePort wastewater treatment study.
- Council authorized the CAO to start the application process for \$25,000 in funds through Transport Canada's rail safety improvement program for compliance closure of a crossing. The municipality is working with Canadian Pacific Railway to permanently close 5.84 Carberry Public Crossing and 0.1 Glenboro Public Crossing, located on Klimpke Road south of Red Fife Road.



Support for Life in the Community

Community Living Interlake is now accepting expressions of interest from individuals who can help us by serving a two-year term as a member of the board of directors.

Community Living Interlake offers you an opportunity to have a positive impact in your community and to make a difference in the lives of people living with intellectual disabilities. We are a non-profit organization dedicated to building full inclusion in the community. We create opportunities in housing and employment that allow people to learn, grow and live independent and meaningful lives. As a board member you will be an essential part of the team that provides oversight for this large and growing organization.

If you are interested in helping us as a board member please call or email our Executive Director Jimm Simon (JimmS@aclinterlake.ca) or call 204-467-9169. All Expressions of interest must be received prior to May 14, 2021.

Community Living Interlake thanks you for your support. An expression of interest is not a guarantee of board membership. Prospective board members will be contacted for an interview prior to the annual general meeting. Board membership is confirmed at the annual general meeting held in June.

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Stonewall Teulon Tribune

> RESTORE, FROM PG. 15

"I think this kind of approach actually comes from the same reason we have a vibrant arts community here and that's because we're isolated. You have to travel pretty far from Winnipeg before you get to another big-sized city," he said.

"So we have to figure out how to make do with what we have — and repurposing things means you don't have to ship things in from somewhere and spend a lot of money doing it. Similarly, if you want to have a good arts community, you have to home-grow it. I think being a sort of island causes us to be more independent."

In Winnipeg alone, Hopkins estimates the ReStore diverts more than three million pounds from the landfill sites each year.

"It's a really good program because it takes items that would normally end up in the landfill," he said.

"With that diversion, we sell the

product and the money we make from that goes towards covering the administration and overhead costs of running Habitat so that we can use the money we fundraise in the community to build houses."

At the same time, shoppers can sometimes find unique items that would be difficult to source otherwise.

"If you have an older property and you're wanting to maintain that look and that style, it's hard to find replacement parts. You can't go to Home Depot and buy those things," Hopkins said.

"Doors are particularly important, especially in the older houses. You can't easily buy older doors with little small panes of glass and the crystal handles."

Habitat's ReStores also accept more modern items to repurpose as well, he added.

"If someone has purchased a house

that works and is serviceable and in good shape but it's not the style that they want in the home so they're going to renovate the kitchen, we would assist them to take the cabinets out carefully because those cabinets could be repurposed," Hopkins said.

"Somebody could put them in their basement or cottage or garage or in their own kitchen, depending on the condition that they're in. Anything like that is very valuable, so we definitely know we could sell it and then we use the money for good purpose."

Habitat for Humanity Manitoba offers services across the province, not just in Winnipeg, Hopkins noted.

"We have 14 satellite operations called chapters. Twelve of those are in Manitoba, and we're also in Kenora and Dryden. This year, our business plan is calling for us to build eight homes in five communities outside of Winnipeg," he said.

"While we have not built in Stonewall, we have built in Selkirk, Portage,

Brandon, Dauphin, Gimli, Winkler, Morden and several communities around the Steinbach community."

In Hopkins' view, every community in Manitoba has an affordable housing problem, which extends across the country as well.

"If you think about it, it's likely that every community in Canada has an affordable housing problem," he said.

"And if every community in a wealthy country like Canada has an affordable housing problem, just think about what it's like everywhere else. There is an affordable problem everywhere in the world."

Habitat for Humanity aims to address this problem by mobilizing volunteers and community partners to build safe and affordable housing for purchase by low-income working families.

For more information about Habitat for Humanity Manitoba, visit www.habitat.mb.ca. To donate items to ReStore, call 204-233-5160 ext. 220.

> GWEN FOX, FROM PG. 12

Her art inspiration comes from her travels throughout Canada with rural scenery from trips to Newfoundland, Winnipeg and her cottage in Lundar on the walls of the gallery this month.

She hopes that visitors to the gallery this month get inspired to try their hand at their own art.

"I'd like them to have a nice feeling when they leave and [I hope] they saw something interesting," said Routley.

Elsie Wyspinski

Wyspinski started making art in her early 80s as something to do to pass the time taking classes at the Gwen Fox Gallery.

Her artwork in the gallery stands out for its amazing use of bright colours that draw the viewer towards them.

She also works from photos that she takes or is inspired by things that she sees in Selkirk to create her pieces, which are done in acrylic.

"I took a picture of a bouquet [that was sent to me by a friend], painted it and gave her the picture. After that, a lot of people were sending me flowers," said Wyspinski.

She hopes that newer artists are inspired to just try making art as she says she didn't realize that she could do it until she started. She also thinks that it's important to share your art so that the people around you can keep you inspired to keep up with it.

Patti Simko

Simko's art is the most realistic out of the group of four this month. With beautiful paintings perfectly depict-

ing the views from her home in Lockport, aspects of cottage life, as well as stunning flowers being a treat for visitors to see.

"I've only been painting since really the end of 2017-2018 and I'm self-taught. My daughter one night asked me to come to paint at the table — she's a graphic design student at Red River — she called me over and went, 'Oh, geez, I haven't painted or drawn since I was a kid'. I started painting and I was hooked," said Simko.

She, along with the other artists in this month's series, is primarily inspired by her surrounding and nature.

"Nature is one of those things that you know. I don't often need a reference photo because I can just sort of dream it up in my head. It's familiar. It's comforting and soothing," said Simko.

She also is very specific about the colours in her photos, wanting the mood to be captured by the specific colours that she chooses to use.

She says that because she is a newer artist, there is no particular method to the madness when it comes to how she goes about painting. She loves acrylic paint for its quick dry time and ability to change things if you don't like the initial outcome.

"It's very meditative. When I'm in the zone, I don't have to think about all of this stuff that's going on in the world. Even if you can go 10 minutes without thinking about what's happening outside, it's a good 10 minutes. I just find it very calming," she said.

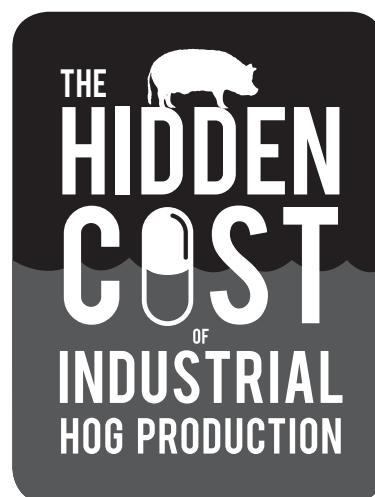
Simko hopes that people who come

to the gallery this month are drawn to her paintings and that they come away with a sense of peace and nostalgia.

She encourages everyone to take some time out of their schedules to visit the gallery this month.

"This gallery is a hidden gem. There is, like, no doubt about it," said Simko. "I think that people would be absolutely amazed to see the quality of the work."

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ANTIBIOTIC
RESISTANCE

The human health crisis of
antibiotic resistance.
What's the hog industry's role?



APRIL 21, 7 PM
LIVING NEAR
FACTORY HOG BARN

Impacts of noxious odours
and water contamination.
What can be done?



APRIL 28, 7 PM
TOXIC BLUE-GREEN
ALGAE IN OUR LAKES

The industrial hog industry
and the health of our lakes.
What's the connection?

hogwatchmanitoba.ca

Olde Cramb Farm offers Community Supported Agriculture

By Jennifer McFee

A local farm is once again offering fresh fare straight from their fields to your plate through a seasonal farm-share program.

For the second year, Olde Cramb Farm is offering a CSA, or community supported agriculture program, that includes a variety of fresh produce — and much more.

"We offer a whole bunch of different veggies from carrots to eggplants and everything in between," said Heather Teichrib, who runs the farm along with her husband Dana and their 10 children.

"CSAs depend on weather and what you can grow, so it's not always in our hands. We do our best to make it all grow right."

Benefits abound with CSA programs, which provide farmers with guaranteed sales of their crops. At the same time, participants can enjoy fresh, healthy, local foods all season long. In addition, the program creates a tangible relationship between the farmers and the people who are eating their foods.

At Olde Cramb Farm, located just south of Stonewall, participants can sign up for a 12-week weekly share for \$550 or a 12-week biweekly share for \$300. Another option is to add on 10 weeks of herb bundles for \$100.

"Not everyone wants herbs, so we decided to offer them as an add-on. I'm excited about that. They're growing well in my greenhouse right now," Teichrib said.

"We're also going to add recipe cards



Ten-week flower shares are also available for purchase.



Organic farm fresh eggs are for sale year round.



Olde Cramb Farm is selling CSA subscriptions for anyone interested in fresh produce.

this year to the CSAs as well as cards with the herb bundles to explain how to use the different herbs. It's nice to have an idea of how to try it."

Ten-week flower shares are also available as an add-on for \$150 or as a stand-alone purchase for \$200.

"We started dabbling in flowers last year. We're upping that this year to add some diversity. It actually helps our farm out a lot because we grow organically," Teichrib said.

"Diversifying our field with flowers allows us to have a lot more beneficial insects, which helps with control of unwanted pests so it's a win-win for us. And it's nice to have the flowers around. It makes the farm look more homelike."

The family farm has also teamed up with other local producers to occasionally add items such as farm-fresh eggs and honey.

"We partnered with Adagio Acres last year and offered an oat package

from them. Another local company makes herb mix and they put in cards for how to use them. We also put local soap in one of the boxes last year. It's neat to be able to try those things," Teichrib said.

"It's really nice to find people to partner with and allow others to know there are lots of local people out there that make all sorts of things."

The farming family employs a few people to assist with their endeavour, which includes a U-pick strawberry patch, along with the helping hands of their big family. Their children range in age from two to 25, although the two oldest no longer live at home.

"It creates a busy life but it's a good life. It's a family business so if we're out there, all the kids are out there too. They actually like it. Even from the age of eight, they love coming out and picking beans and peas with us. It's not so much of a chore when you're not told you have to do it," Tei-

chrib said.

"We grow enough to use all year for ourselves as well, so they're really seeing it from seed all the way to table."

Since last year was the first time they offered a CSA, they've continued to learn about the process as they go.

"It worked really well last year, but it was a learning curve to know how much to grow and how much we would need. The first years are always the hardest," Teichrib said.

"I'm really looking forward to this year with one year behind us so we have a little bit more idea of how to go forward and make things bigger and better."

For more information or to sign up for a CSA through Olde Cramb Farm, visit www.oldecrambefarm.com, email oldecrambfarm@gmail.com or call 204-467-2850. Pickup is available weekly at the farm or at pre-determined points in the city.

Manitoba's Alzheimer Society looking for board members

By Ashleigh Viveiros

Want to have a hand in leading an organization that impacts families across the province?

Then the Alzheimer Society of Manitoba wants to hear from you.

The agency has put out a call for two new members for its governing board of directors.

"We are looking for diversity," says Brenda Martinussen,

past chair and head of the board's nominating committee.

"Diversity in all areas, not just in gender and culture but also in life experience, diversity in education, diversity in professions," she says. "We're looking for people to, in respectful ways, bring their opinions forward and to contribute."

Martinussen notes the board is a policy governance board, not an operational one. The day-to-day running of the society is handled by its CEO.

"Everything that we do is through the CEO," she says, explaining board members' expertise is used to make decisions at the policy level.

"We are a board that really encourages fulsome discussion of the issues," she says, adding they also spend a fair bit of time at their meetings on stakeholder engagement. "We believe that in order for the board to really make the decisions it needs to make, to really set that vision and make sure that vision is being implemented ... we have to know what's going on out there, what are our stakeholders are experiencing, how are they feeling ... and how can the society pivot to make sure that we are meeting their needs?"

That stakeholder engagement means you don't necessarily have to have personally made use of the society's services for patients and families living with dementia and Alzheimer's disease.

"That's not necessary," says Martinussen. "It really is just wanting to help and wanting to contribute."

The board meets six times a year in Winnipeg, but members are able to attend virtually or over the phone, so don't let distance from the city be a barrier to getting involved.

In fact, having rural representation is a priority for the board, Martinussen says.

"Because we are a provincial organization, we recognize that you need to have representatives from outside of Winnipeg. You need to have rural representation," she says, stressing they want to ensure they are truly representative of the province as a whole. Members are elected for a maximum of two consecutive three-year terms.

If you'd like to get involved, visit alzheimers.mb.ca for more information or contact the society at alzmb@alzheimers.mb.ca. The deadline for applications is April 19.

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Golfers hit the links in Warren last Friday



TRIBUNE PHOTO BY BRANDEN MEIER

Nick Stire golfed nine at Whispering Winds of Warren last Saturday.

By Brian Bowman

It's rare that an Interlake golf course is open for play on April 2.

But that was the case last Friday as the Whispering Winds of Warren was open to the public.

"Friday was booked solid," said course owner and operator Brian Campbell on Monday afternoon. "It was busy Friday, Saturday, Sunday was okay. It was pretty busy — a good start to the season."

The average opening date is April 20, according to Campbell. He noted that his John Blumberg Golf Course in Headingley opened a "couple of weeks ago."

"We're four weeks ahead of last year," Campbell noted. "I expect (it will be a) good year for golf everywhere. That's all you can do right now outside is golf and golf, by nature, is a distancing sport, a social-distancing sport."

The course in Warren is in exceptional shape with the greens fast and clean, said Campbell.

"The course is in the best shape it's ever been at the start of the season," he said.

That's all good news. The bad news, though, is the

fact that no beer will be allowed for sale or consumption on the course this season.

Alcohol consumption has been restricted to the clubhouse due to Manitoba's current public health orders.

The new rule is a very curious one.

"It doesn't make any sense as to why we're not allowed to sell alcohol on a course," Campbell said. "What's going to happen (is) people are just going to bring their own alcohol and drink on the course anyway. You're not going to stop people from drinking on a golf course."

Preventing alcohol on a course will cost Campbell — and all other golf owners/operators — a significant amount of money over the course of a season. It will also reduce the number of tournaments hosted in Warren this summer, Campbell predicted.

Membership prices in Warren are: single (full) \$949 plus tax, couple (full) - must reside in the same household with married status \$1,699 plus tax, and Junior (16 and under) \$250 plus tax (must be sponsored by a member).

Comeau to compete in CFL National Combine

By Brian Bowman

Ever since he started playing football, Carter Comeau's dream has been to secure a job in the Canadian Football League.

That dream is getting closer to reality as Comeau was recently invited to participate in the virtual 2021 CFL National Combine.

"It'll be a good time," said Comeau last Saturday afternoon. "I'm not sure where it will take place yet but it will be on a turf (field) somewhere."

Comeau, a talented University of Calgary Dinos' offensive lineman, has to get everything put on video and sent to the CFL by April 10.

Comeau, a Riverton product, is one of only four players with ties to Manitoba to be invited to the national combine. University of Manitoba Bisons' running back Michael Ritchott, his teammate Arjay Shelley, a defensive back from Mission, B.C., and defensive back Shae Weekes, a Winnipegger with Bemidji State, are the others.

The 2020 U Sports football season was wiped out due to COVID-19. Calgary won the Vanier Cup in 2019.

"Obviously, that sucked," Comeau said bluntly.

"You lose a year and you lose a year of life, eligibility, everything. At the end of the day, it's over and not the end of the world. It sucks not playing but it is what it is."

Despite not playing any games, the Dinos still maintained their practice and workout schedule while following provincial guidelines.

Comeau still has one more year of university eligibility remaining. But his goal is to get selected in this year's CFL Draft or, at least, get an opportunity to participate in a team's training camp.

"There's a chance that I go back to school or there's a chance that (a CFL team) will keep you," Comeau said. "My goal is to stay in the CFL and not come back (to Calgary) but that's also something that I can explore later on."

The CFL is always looking out for talented Canadian offensive linemen.

"Luckily for us, (offensive linemen) are high in demand," he said. "Most teams take one or two in the draft. It's definitely an area of interest for teams, for sure."

The 2021 CFL Draft will take place this spring in Toronto.



TRIBUNE PHOTO BY UNIVERSITY OF CALGARY
Riverton's Carter Comeau (67), an offensive lineman with the University of Calgary Dinos, has been invited to participate in the 2021 CFL Combine.

Interlake players to compete at hockey nationals

Staff

The Minot State University Beavers and the city of Minot will be hosting the ACHA Women's Division I National Tournament later this month. The club hockey tournament will take place at Maysa Arena from April 15 to 19 with multiple games on each day.

Minot State, whose roster includes Riverton's Denali Sigurdson, enters the tournament as the two overall seed and will compete in Group B during pool play. They will square off

against Midland University and McKendree University prior to the start of bracket play.

Last weekend, Minot State (14-3-1) swept Dakota College of Bottineau in a two-game series, winning 5-0 and 4-0.

The national tournament schedule is as follows:

Thursday | April 15

10 a.m. - Midland vs. McKendree

1 p.m. - Minot State vs. Adrian

4 p.m. - Liberty vs. Lindenwood

Friday | April 16

10 a.m. - Lindenwood vs. Adrian

1 p.m. - Minot State vs. Midland

4 p.m. - Liberty vs. McKendree

Saturday | April 17

10 a.m. - Midland vs. Lindenwood

1 p.m. - Minot State vs. McKendree

4 p.m. - Liberty vs. Adrian

The Beavers' men's hockey team, meanwhile, played a home-and-home series with the Jamestown Jimmies this week but no scores were available at press time.

That series was a warm up to the 16-team ACHA Division I nationals in St. Louis, MO, from April 16 to 20.

No. 6 Minot State will face No. 11 Calvin University Knights at 1:30 p.m. on April 17.

The Beavers' roster features several former Manitoba Junior Hockey League players, including Arnes' Wayne Johannesson, St. Andrews' Carter Barley and Teulon's Brayden Pawluk.

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Rural Municipality of Armstrong

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

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 April, 2021, at the hour of 2:00 PM, at Fraserwood Hall, 10140 PR 231, Fraserwood, Manitoba, 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
119600	ALL THAT PORTION OF THE SE 1/4 23-20-2 EPM DESCRIBED AS FOLLOWS: COMMENCING AT A POINT IN THE SOUTHERN LIMIT OF SAID QUARTER SECTION DISTANT ELY THEREON 532 FEET FROM THE EASTERN LIMIT OF RIGHT-OF-WAY ON RAILWAY PLAN 1622 WLTO THENCE NLY AT RIGHT ANGLES TO THE SOUTHERN LIMIT OF THE SAID QUARTER SECTION 208.71 FEET THENCE ELY AT RIGHT ANGLES TO THE LAST DESCRIBED COURSE 208.71 FEET THENCE SLY AT RIGHT ANGLES TO THE LAST DESCRIBED COURSE TO THE SAID SOUTHERN LIMIT THENCE WLY ALONG THE SAID SOUTHERN LIMIT TO THE POINT OF COMMENCEMENT SUBJECT TO THE RESERVATIONS AND PROVISIONS CONTAINED IN THE GRANT FROM THE CROWN - DESC SE23-20-2E	L -\$13,500	\$3,633.62
224400	LOT 8 PLAN 4675 WLTO EXC ALL MINES AND MINERALS, MINERAL OILS AND OTHER MATTERS AS MORE FULLY SET FORTH IN INSTRUMENT NO. 8524 WLTO (R DIV) IN LEGAL SUBDIVISION 14 OF SECTION 35-17-1 WPM - 6 1ST AVE	L -\$5,900 B -\$44,100	\$5,424.56

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 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 Armstrong 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 \$309.75 (\$295 plus 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 24th day of March, 2021.

Managed by:



Corlie Larsen
Chief Administrative Officer
Rural Municipality of Armstrong
Phone: (204) 278-3377
Fax: (204) 278-3437

AUCTIONS

LIVESTOCK EQUIPMENT & ANTIQUE AUCTION:
FULL LINE OF LIVESTOCK EQUIPMENT, LOTS
OF ANTIQUE FURNITURE & COLLECTABLES.
Timed on-line auction www.billklassen.com,
search WJK Acres. Bidding now open until April
11, 2021, auction closes at 6 p.m. Seller phone
number 204-825-7198.

METAL RECYCLING

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

SCRAP METAL

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

SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

HOUSE FOR RENT

3 bdrm., 1 bath house with garage & barn on small acreage for rent in the Balmoral area. For more details call John at 204-861-0115.

PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

APARTMENT FOR RENT

Age 55+ Apartments -INWOOD SENIORS LODGE bachelor & 1bdrm suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: inwoodm@highspeedcrow.ca

HELP WANTED

Rockwood Pork Inc. is looking for one fulltime Hog Farm Supervisor/Worker. Job duties include daily chores, facility maintenance, minor record keeping, etc. Teulon, MB (NE 30-16-3E) area. Week-end work required. Experience an asset but not required. Starting wage \$14 - \$20 per hour, plus benefits. Please forward all resumes to stanem@mymts.net or mail to Box 1181, Arborg, MB. R0C 0A0.

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April 18

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Estate & Moving
Closes Wed Apr 21 @ 7:00 pm

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(204) 886-7027
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take a break > GAMES

SUDOKU

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

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!

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!

7	1	8	9	7	9	8	6	2	
8	7	9	7	6	2	8	1	9	
9	6	2	8	1	8	7	9	7	
6	8	9	1	8	7	2	9		
2	7	8	9	9	7	6	8	1	
1	9	7	2	8	6	9	8	7	
8	8	1	7	2	9	9	7	6	
7	2	6	8	9	7	1	9	8	
9	9	7	6	8	1	7	2	8	

Sudoku Answer

V	N	V	S	I		E	T	V		H	E	O	E
H	V	O	O			I	O	V	H		E	H	E
E	V	V	H		E	N	E	X		I	T	B	O
S	I	S	E	H	I	V	I	O	H	E	D	N	H
			H	O	I	S	O	V	V		I	O	
H	V	N	S	O	I	S	N	V	H	V	S		
S	T	E	E		S	I	N	O	V	O	V	H	
S	O	H	I	V		X	H	I	S	E	O	O	H
I	S	V	I	O	V	E	I	S	O	O	O	I	
	V	E	T	V		V	H		E	B	S		
I	V	N	N	B	E	O	V	I	D	S			
N	I	E	I	S	N	O	N	H	E	B	E	O	
O	N	E	I	O	V	O	V	O	V	H	V	O	E
N	V	T	E	N	O	T	E		I	V	N	I	S
S	W	B	O	E	O		H	E	X	V	H		

Crossword Answer

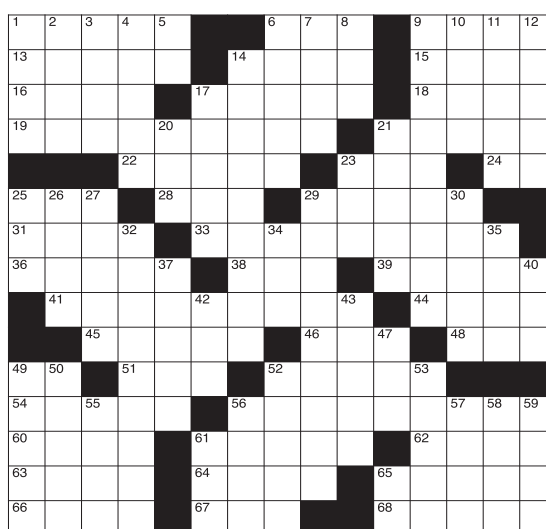
CROSSWORD

CLUES ACROSS

- One who manufactures
- Science degree
- Database management system
- Desert
- Inventor Musk
- Welsh valley
- Round Dutch cheese
- Saying
- Comedian and TV host
- Uppermost portions of the brain
- City in Transylvania
- Where astronauts go
- Men's hairstyle
- Indicates position
- One point east of due south
- Businessmen may have one
- Grass part
- Running back Gurley
- Unwavering
- Options
- Annoy
- Greek mountain
- Pastas
- Fishes
- Wrap
- Potentially a criminal (slang)
- Seize
- The Constitution State
- Upset
- 1991 men's Wimbledon champ
- Central Chinese province
- Predisposition
- A notice of someone's death
- One-time Kentucky Rep.
- Swiss river
- Dried-up
- Finger millet
- ___ Allan Poe
- German river
- Brew
- Kenyan river

CLUES DOWN

- Millisecond
- Acts as military assistant



- Knot in a tree
- Husband-and-wife industrial designers
- The Ocean State
- Point the finger at
- Parts in a machine
- Midway between northeast and east
- Portray precisely
- Blister
- Mental illness
- Nose of an animal
- What students receive
- Semitic peoples
- Beats per minute
- Family of drugs
- Atrocious
- Type of microscope (abbr.)
- ___ or bust
- Icelandic poems
- A citizen of Pakistan

- Very pale
- Metric linear unit
- Sea eagle
- Biblical judge of Israel
- Isaac's mother (Bib.)
- Sino-Soviet block (abbr.)
- Cool!
- Large hotel room
- Type of boat (abbr.)
- Picked
- Type of hookah
- Attack
- Directs
- Belgian WWII resistance fighter
- Finished negotiation
- Heroic tale
- Middle Eastern country
- Protein-rich liquids
- Malaysian Isthmus
- Spielberg's alien



NOW HIRING!

Teulon Golf & Country Club is looking for responsible, highly motivated, team oriented individuals for the upcoming golf season. We are now accepting resumes for all positions.

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Cooks
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Please email your resume and cover letter:
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General Manager
teulonacc@mymts.net

We thank all that apply, however only those candidates selected for an interview will be contacted.

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HELP WANTED

Evening chore help wanted. Duties include milking cows, cleaning barn & feeding calves. Teulon area. Call 204-886-2408 or email kenson@xplornet.com

Farm help wanted for upcoming spring season. Must have working knowledge of farm equipment & valid driver's license. Class 1 license is an asset. Ph 204-781-8664.

Driver needed - Stonewall, MB. Rockwood Victoria Co-op Ltd. is hiring a part time driver to haul bulk milk in Stonewall/Marquette area. Must have Class 1 license and driver's abstract. Call Ted at 204-461-2038.

BUSINESS OPPORTUNITY

Laser Jungle in Stonewall for sale. Turnkey business. \$60,000 obo. Phone Bernice at 204-298-8013.

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MISCELLANEOUS

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MUNICIPAL EMERGENCY COORDINATOR POSITION

The Town of Teulon is hiring a Municipal Emergency Coordinator to provide emergency management services to include:

- Preparation, and maintenance of the Town's emergency plan and program to meet the standards set out under Provincial legislation.
- Coordinate and manage the municipal response to any emergency that happens within the Town of Teulon.
- Attract, manage, train and motivate volunteers to work on aspects of the Town of Teulon's emergency program.

Reporting to the Chief Administrative Officer, this position is part-time and will require a time commitment of 20 hours per month.

Qualifications:

- Training in emergency response and/or operations is an asset.
- A valid Class 5 Driver's License and access to a vehicle is required.
- A Criminal Record Check, and Child Abuse Registry will be required.

Training for this position will be provided.

Inquiries can be directed to Shelley Napier at 1-204-806-0108.

Please submit your resume via email to Shelley@napierconsulting.ca by April 21, 2021

THE RURAL MUNICIPALITY OF ROCKWOOD 2021 FINANCIAL PLAN - PUBLIC HEARING

In accordance with Section 162(2) of The Municipal Act, the Rural Municipality of Rockwood shall hold a **PUBLIC HEARING** to present the 2021 Financial Plan for the Municipality at:

6:30 p.m.

Wednesday, April 28, 2021

Heritage Arts Centre

Stonewall Quarry Park - 166 Main Street

Stonewall, Manitoba

The Rural Municipality of Rockwood 2021 Financial Plan consists of:

1. The 2021 Operating Budget;
2. The 2021 Capital Budget;
3. An Estimate of the Operating Revenue and Expenditures for the following fiscal year, and
4. A five (5) year Capital Expenditure Program.

The purpose of the **PUBLIC HEARING** is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Rockwood 2021 Financial Plan.

Any person who wishes to make a Presentation, Ask a Question, or Send a Letter to Council must provide a copy of the presentation and/or documentation no later than 4:00 p.m. on April 23, 2021.

Copies of the 2021 Financial Plan are available for review at the Municipal Office, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Chris Luellman, CMMMA
Chief Administrative Officer
The Rural Municipality of Rockwood

2021 Financial Plan & COVID-19

We hope that all residents of the Rural Municipality of Rockwood are staying indoors and following proper protocols as set out by the Province of Manitoba.

We understand that during these trying times it is difficult to be present at the meeting, however we will be proceeding with the hearing while practicing social and physical distancing as we feel there is adequate space at the Heritage Arts Centre. Public Hearings must, of course, be open to the public and residents are allowed to interact, ask questions and have the opportunity to speak for or against the proposed By-Law.



RURAL MUNICIPALITY OF ROSSER PUBLIC HEARING 2021 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act the Council of the Rural Municipality of Rosser will hold a **PUBLIC HEARING** to present the 2021 Financial Plan for the Municipality at:

7:30 P.M.

Tuesday, APRIL 27, 2021

ROSSER MUNICIPAL OFFICE

Important Note: This Hearing will be conducted both in-person and virtually

For anyone who wishes to attend the Public Hearing by in-person and virtual means, you are required to Pre-register by emailing the RM of Rosser at clerk@rmofrosser.com.

The Rural Municipality of Rosser 2021 Financial Plan consists of:

- 1) the 2021 Operating Budget,
- 2) the 2021 Capital Budget,
- 3) an estimate of the operating revenue and expenditure for the 2021 fiscal year, and
- 4) a five year Capital Expenditure Program (2022-2026).

At this time the Council will present the proposed 2021 financial plan for the Municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

Copies of the proposed financial plan are available upon request at the Municipal Office, 77 E PR 221 in Rosser, Manitoba during regular office hours Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Larry Wandowich
Chief Administrative Officer
Rural Municipality of Rosser



PUBLIC NOTICE 2021 Financial Plan

In accordance with Section 162(2) of the Municipal Act, the Town of Teulon shall hold a **PUBLIC HEARING** to present the 2021 Financial Plan on:

Thursday, April 29, 2021 at 7:00 p.m.

Teulon-Rockwood Arena (Upstairs)

23-8th Avenue S.E.

Teulon, Manitoba

The Town of Teulon 2021 Financial Plan consists of:

1. The 2021 Operating Budget
2. The 2021 Capital Budget
3. An Estimate of the Operating Revenue and Expenditures for the following fiscal year, and
4. A five (5) year Capital Expenditure Program

The purpose of this Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Teulon's 2021 Financial Plan.

Copies of the 2021 Financial Plan will be available for review as of April 8, 2021 on our Municipal Website at www.teulon.ca or by calling 204-886-2314, or emailing info@teulon.ca

2021 Financial Plan & COVID-19

NOTE: COVID 19 protocols i.e., physical distancing, masking, and hand sanitizer will be available.

Dated this 31st day of March, 2021.

Andrew Glassco
Chief Administrative Officer
Town of Teulon



Stonewall & District Lions Manor

F/T MAINTENANCE PERSON REQUIRED

The Lions Manor is seeking an individual to assist with inspecting, maintaining, cleaning, and repairing the Stonewall & District Lions Manor building & grounds, suites, equipment and fixtures. Must have the ability to communicate with and service tenant concerns in a respectful manner. A problem-solving handyman who has knowledge in basic carpentry, plumbing & electrical would be an asset. Occasional weekend on-call duties will be required. **Please email your resume with salary expectations by April 12 to manager@stonewallmanor.ca**

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HEALTH

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

NOTICES

Urgent Press Releases - Have a newsworthy item to announce? A cancellation? A 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 or Email classified@mcna.com for more details.

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Red, yellow & russet potatoes, cabbage, carrots, onions, beets, parsnips, rutabaga, honey, song bird seed, sunflower seed, rolled oats, wheat and corn, deer feed. Open Tues. - Friday, 8 a.m. - 5 p.m.; Saturday, 9 a.m. - 3 p.m.; closed Sunday & Monday. Ph 204-886-2676. 1 mile east of #7 on Rd. 95. Interlake Potato Farms, Teulon.

FARM PRODUCE

Local unpasturized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

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Black Angus bulls, 2 year olds, registered, not overfed, semen tested, reasonably priced. Phone Ross Jermey 1-204-768-3900, Ashern.

Purebred Charolais yearling bulls & purebred black Angus yearling bulls. Ph 1-204-280-0122.

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- EPD's & performance data available



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Individuals flexible to work all positions would be ideal
Wage depends on position \$15-\$20/hour
info@watersongfarms.com

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

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MORTGAGE SALE

The buildings and land known as 9 Lottie Avenue, Gunton, Manitoba and as described in Certificate of Title No. 2870343/1 will be sold at auction on Wednesday, the 5th day of May, 2021, at 10:00 a.m./p.m. by a licensed auctioneer, by way of video or teleconference. Attendees are required to pre-register with Taylor McCaffrey LLP at least 24 hours prior to the auction by submitting the following information: 1. your full legal name; 2. your email address; 3. your telephone number; 4. the address of the subject property; and 5. the date and time of the auction by telephone to 204-988-0443 or by e-mail to dransom@tmlawyers.com. On the date of the auction, an email will be sent to all attendees at the email addresses provided. The attendees will need to follow the instructions in the email, which will include a video link or teleconference call-in information. The successful bidder shall have a period of 24 hours to provide the mortgagee with the deposit, in certified funds payable to Taylor McCaffrey LLP, and sign the auction sale conditions.

TO THE BEST of the vendor's knowledge, there is situated on the property a single family mobile home dwelling located in the community of Gunton in the RM of Rockwood, built in 1986, approximately 1220 square feet, 5 rooms, 3 bedrooms, 2 four piece baths, a kitchen, dinette and a living room with vaulted ceilings, original vinyl flooring throughout with updated laminate flooring in the living room and master bedroom, laundry/utility room off the second entrance, original MDF cabinets and original laminate counter tops in the kitchen and bath vanities, updated PVC windows, 8x11 porch type addition and private gravel driveway. The lot size is approximately 150ft by 225ft.

PRIOR ENCUMBRANCES: NIL

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2018.

TERMS OF SALE: The sale shall require a deposit of \$9,000.00 of the purchase price by way of certified cheque or bank draft payable to Taylor McCaffrey LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. The property will be sold subject to a Reserve Bid of \$61,700.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 31st day of March, 2021 to the date of auction and which costs will be announced prior to the commencement of the sale. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca.

FURTHER information may be obtained from:

TAYLOR McCAFFREY LLP

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2200 - 201 Portage Avenue, Winnipeg, Manitoba R3B 3L3
Attention: Dan Ransom
Phone: 204-988-0443
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Rural Municipality of Woodlands REQUEST FOR QUOTATION



Gravel Hauling & Spreading

The RM of Woodlands is requesting quotations for 2021 hauling and spreading of approximately 22,000 tonne of RM gravel.

The option for contractor self-loading must be shown separately in the quote.

The successful applicant agrees to sign a one (1) year agreement.

Information package is available at the RM Office located at 57 Railway Avenue, Woodlands during regular business hours, **by visiting the municipal website or MERX Website.**

Quotations must be submitted to the RM Office no later than 2:00 P.M. on Thursday April 15, 2021.

RM of Woodlands

PO Box 10, 57 Railway Avenue, Woodlands, Mb. R0C 3H0

The lowest quote or any quote will not necessarily be accepted.



TOWN OF STONEWALL PUBLIC NOTICE

GENERAL BORROWING BY-LAW 04-21 RENOVATION OF TOWN HALL

In accordance with Section 174.1 of The Municipal Act the Town of Stonewall will consider the following proposal to borrow \$3,900,000.00 (General Borrowing By-Law 04-21) at their Regular Meeting of Council on:

Wednesday, April 21, 2021 at 6:30 PM

A VIRTUAL MEETING LINK WILL BE AVAILABLE WITH THE MEETING AGENDA ON THE TOWN WEBSITE:
www.stonewall.ca

General Borrowing By-Law 04-21 is proposed to pay for:

- The Renovation of Town Hall at 293 Main Street
- The total estimated cost of the renovation is \$3,900,000.00 to be funded by borrowing
- The borrowing will be repaid over 20 years at a maximum interest rate of 4.5% per year
- The annual repayment amount will be no more than \$282,750.00 to be levied annually as part of the general municipal levy

Copies of the proposal to borrow and information about this capital project will be available for review and may be examined by any person on the Town of Stonewall website at www.stonewall.ca on **April 19, 2021**. Alternatively, a paper copy may be requested from the Town Office located at 293 Main Street by calling 204-467-7979.

Dated at the Town of Stonewall this 1st day of April, 2021.

Wally R. Melnyk, CMMA, CPA, CGA
Chief Administrative Officer
Town of Stonewall

Announcements

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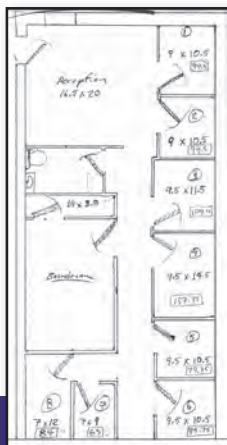
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Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include The Lord Selkirk Teachers Association, Sun Life Financial, two Massage Therapists, an Esthetician and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



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ENGAGEMENT



Congratulations
Amber-Dawne Thievin-Andres
and **Jeff Turick**
on your engagement.

Amidst the trials of a pandemic, with many postponements, a small family wedding will take place in May.

Due to restrictions the T-A's will be celebrating for all those unable to attend!

Wishing you both a lifetime of happiness!

-All our love
The T-A family, xo.

IN MEMORIAM



Fred Tully
July 3, 1949 – April 8, 2014

On that day...
Everything changed.
Since that day...
Nothing has or ever will be the same.
Our tomorrow never came
Did you know how much we loved you,
We will miss you always
We will love you forever
As long as we live.

-Love Maureen, Garrett, Elaine, Sierra,
Wyatt, Elliott, Grace, Brooklyn
and Eli

CARD OF THANKS

Thank you so much for the cards, calls, flowers, gift certificate and best wishes I received for my 98th birthday. I really appreciate all your thoughts and prayers. God bless you all.

-Muriel Boyer

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