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Mother Nature's curve ball

TRIBUNE PHOTO BY ANDREA BENNETT

Mother Nature has thrown one curve ball after another this spring when it comes to our weather. Last Monday and Tuesday, she dumped 25 cm of snow on the Interlake and then brought back the sun for record high temperatures on the weekend. Four-year-old Emma Bennett from Warren was very excited to build a snowbear last Wednesday.

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Testimonial - April 2021

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Annual 4-H Communications Competition held virtually



TRIBUNE PHOTOS SUBMITTED

First place winners of the South Interlake Area 4-H Communications competition, pictured left to right, Kardyn Reimer, Malachi Nugent, Kristen Greigson, Keira Waldbauer, Rebecca Sarb and Kaitlyn Greigson.

Staff

For the first time in local 4-H history the annual South Interlake Area 4-H Communications competition was held virtually.

On March 21 via Zoom, members from the Balmoral and Teulon clubs participated by submitting their videos ahead of time, following all of the traditional presentation guidelines.

Judges from the UofM Future Leader's Club reviewed the videos, chose winners and provided feedback to the members.

Participants from the Balmoral Club included Peyton Marohn, Kardyn Reimer, Kristen Greigson, Micah Sarb, Ty Mitchell, Rebecca Sarb, Ava Dodd, Malachi Nugent, Kaitlyn Greigson and Micah Sarb. Participants from

the Teulon 4-H Club included Keira Waldbauer and Otilja Yankech.

Winners from each category are now eligible to participate in the Provincial Communications on April 24, which will also be held virtually.

First place winners from the Area event: Kardyn Reimer - Cloverbud Speech "Diamond's are a Girl's Best Friend"; Malachi Nugent - Junior

Speech "The Moon and How We Got There"; Kristen Greigson - Intermediate Speech "A Year to Remember"; Keira Waldbauer - Senior Speech "History of the Oscars"; Rebecca Sarb - Junior Visual "I Love to Bake" and Kaitlyn Greigson - Senior Visual "The Only Math I Like!"

Stonewall council continues work with Motocross Club

By Jennifer McFee

The Stonewall Motocross Club continues its work to secure a site for a future track.

On behalf of the club, Sheldon Churchill and Leanne Good spoke to council as delegations at the virtual committee of the whole meeting on April 14.

They told council that they have a lease in negotiations with a landowner; however, it has not been finalized since there are still some areas that need to be settled.

They're also in talks with the RMs of Rosser and Woodlands to search for other options.

"We're looking for the best place for the community. We're looking for the best place for neighbours around," Churchill said.

"We want it to be a positive, not a negative. We want it to be some place that will benefit more than just a smaller area."

To keep up to date with the Stonewall Motocross Club, visit their Facebook page at facebook.com/Stonewallmotocross.

In other council news:

On Wednesday, April 21, the town will consider a proposal to borrow \$3.9 million for a project to renovate town hall. The borrowing would be repaid over 20 years at a maximum interest rate of 4.5 per cent per year. The annual repayment amount of maximum \$282,750 would be levied annually as part of the general municipal levy. A copy of the proposal will be available on the town's website, as well as a virtual link to the meeting.



Stonewall Chiropractic Centre is happy to announce our newest team member Arielle Chartand. Arielle is currently completing her Massage education, and will be starting with us April 7th. From April until her graduation in June, Arielle will be permitted to perform relaxation-based techniques only, for a reduced rate. She will be Registered and able to bill insurance after her graduation. If you would like to see Arielle please call the office for an appointment. She will be available evenings and weekends.

Arielle Chartand Arielle is joining the Stonewall Chiropractic team in her final year of study at Wellington College, with a focus to Relaxation Massage. After graduation in June of 2021, she plans to use her knowledge of osteopathic-based assessment and treatment to help her clients achieve their therapeutic goals. Her desire to become an RMT stems from the impact massage has had on her own daily living, from pain management to rehabilitation to stress relief, and a desire to share those same benefits with her clients. Arielle has also trained in Hot Stone and Palliative massage.

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Welcome aboard to new library director

By Jennifer McFee

It's a new chapter for the South Interlake Regional Library.

On March 15, the library welcomed its new director Raquel Dumas, who has a background in human resources as well as business administration and management. Before starting at the South Interlake Regional Library, Dumas had been working in the human resources department at Mac-Don Industries.

As a lifelong literacy enthusiast, Dumas is well suited to her new role.

"I have been an avid reader for as long as I can remember. I was that kid who would take out 10-plus books every time and then need another stack by the next week," said Dumas, who grew up in Balmoral and now lives in Stonewall.

"I absolutely love reading; therefore, working in a library to promote literacy and diversity has always been a long-time dream of mine."

Last year, she even started an Instagram account where she would review books, which turned a new page in her life.

"This started to grow, and from it, I have been given the opportunity to work with publishers such as Harper Collins Canada or Simon & Schuster Canada to receive advanced copies of books in exchange for honest reviews," she said.

"I also recently had the opportunity to get a sneak peek at the trailer for a new Netflix movie *The Woman in the Window*, a novel written by A. J. Finn, and sit in on a live virtual interview with Amy Adams, Julianne Moore and Anthony Mackie. Being able to bring awareness to upcoming events that focus on literature, such as meet and greet with authors, is something I'm hoping to bring to the community."

When the opportunity arose for the library director position, Dumas discovered a novel new career path.

"I immediately fell in love with the idea of being around books and fellow book-lovers all day and decided to go for it. I am going to be completely honest and admit I cried — in a good way, of course — when I was offered the position," she said.

"I think my fiancé was excited as well, as he thought this would mean I would stop buying excessive amounts of books. Fingers crossed he doesn't find my hidden pile I just bought."

For Dumas, she's excited to help the library evolve, develop and continue to involve the surrounding communities in this journey.

"Of course, things are a little bit different right now in regards to COVID restrictions; however, from what I've seen already, the libraries seem busier than ever in regard to services such as contactless pickups and take-home programming," she said.

"It's heart-warming to see and it also shows that there will always be a need for the services that a library has to offer. I'm happy that I'm able to work in the community that I live in, as well as getting to know the surrounding communities a bit more too."

Looking ahead, Dumas will have the chance to finish a project that involves designing and building a much-needed new Bookmobile — a continuation of work that was in progress before she joined the team.

"Pam Palcat, the Bookmobile's branch librarian, has an incredible amount of knowledge about what will be needed to serve our patrons and what new and improved features we can possibly add; therefore, I am very lucky to continue to work with her and with the library board on this," she said.

"It's quite a large project to jump in to; however, it's going to feel like such an amazing accomplishment for our entire organization when it's ready to be completed."

At the same time, Dumas looks



TRIBUNE PHOTO SUBMITTED

New library director Raquel Dumas with a display at the Teulon library.

forward to working with other long-standing library staff members.

"Stonewall's branch librarian, Joan Ransom, has done an incredible job with her staff in regards to moving some of their programs virtually in the last year, increasing their social media content for all age groups and assisting with contactless service or

customized book picks. We have plans to shuffle a few things around in the building to create more space in some public areas, as well as feature a spot where we can post and highlight local news, vendors and events," she said.

"June Makowski, Teulon's branch li-

Continued on page 4

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SOUTH INTERLAKE PLANNING

Planning a Project this Construction Season?

Spring and summer are busy seasons for construction, and it's also a time when many are preparing to enjoy the outdoors.

With this in mind, the South Interlake Planning District (SIPD) would like to issue a reminder that Development and Building Permits are required for most types of construction, renovations, and structures (pre-built, site-built, temporary or permanent). These include but are not limited to: **Swimming Pools, Hot Tubs, Decks, Sunrooms, Gazebos, Pergolas, Sheds, Fabric Shelters, Interior/Exterior Renovations or Repairs, Solar Panels, Window and Door Installations (structural only), Basement Developments, etc.**

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

Virtual Hike for Hospice runs from May 1 to 9

By Jennifer McFee

The Hike for Hospice takes steps towards supporting palliative care in the community — and it will continue in a new way during the pandemic.

The annual event raises funds for South West District Palliative Care, a registered charity that supports end-of-life care for clients and their families in Stonewall, Teulon, Rosser, Rockwood, Woodlands and part of Armstrong.

In respect of public health restrictions, participants will have the chance to hike, bike, roll or scoot a five-kilometre route of their choice anytime between Saturday, May 1 and Sunday, May 9.

Interlake resident Colleen Penner will be participating in the event on foot while her mom, Irene McCormick, will take part in her wheelchair under the team name 'Super Troopers'.

"My mom has been a trouper through all of this," said Penner.

The cause is close to their hearts since McCormick is currently receiving palliative care. The 81-year-old has been battling colon cancer for the past 14 months, and the mother-daughter duo have been impressed with the level of care she's received every step of the way.

Penner penned a letter expressing deep gratitude for her mom's caregivers, who have done everything possible to ease the stress of a difficult time.

"I needed to let everyone know how fortunate and blessed we are in the Interlake-Eastern Regional Health Authority for the Palliative Care Program that we have. Dr. Kerr Graham has been absolutely amazing! He has been so caring and has done everything in his power to help my mom. Christine Skakum, our palliative care nurse specialist, has also been amazing! She is so kind and sweet. She makes you feel so at ease. She is always there to assist us in any way she can," she wrote.

"Vera Appleyard, who is so pleasant and kind, is a psychosocial specialist for palliative care and has been to our home for a visit and has offered us her services anytime that we may feel we need to talk to someone about what we are going through."

She also expressed appreciation for the homecare services available for her mom.

"I have spoken on the phone to Michelle Loehmer from palliative care homecare about obtaining some equipment for my mom and about having a nurse come out to the house every so often to have a home visit with her," Penner wrote.

"She has been so kind and caring and has gone out of her way to assist us. They will also provide you with homecare if you need someone to come and stay with your loved one while you attend an appointment, go for groceries or just need some



TRIBUNE PHOTO BY LANA MEIER

Irene McCormick and Colleen Penner

time for yourself."

In addition, Penner and her mom feel fortunate for a new program called Paramedics Providing Palliative Care at Home. Through this program, palliative care clients in the Interlake-Eastern Regional Health Authority can call 911 and receive care from paramedics who are trained with a palliative approach.

For McCormick, this meant that paramedics provided care in her own home without the need to transport her to the hospital, which is particularly worrisome for those with weakened immune systems during the pandemic.

"This means the world to us! When you have someone you love so much and they are in a weakened condition and their immune system is very compromised, you are so appreciative of this service — especially right now with there being COVID and other variants out there," Penner wrote.

"We have had to have the paramedics out to our home on three different occasions to help my mom. Because of them, she was able to remain in her own home, in her own bed and with me. Right now with COVID, if she ends up in the hospital, I would not be able to go into the hospital to see her. This would be devastating for both of us. The paramedics that

came into our home were extremely kind and caring and just put my mom and I right at ease."

Looking for ways to give back, Penner and McCormick were pleased to hear that South West District Palliative Care will be hosting the Hike for Hospice, albeit in a different way this year. They have registered a team called Super Trooper, which also has a few more team members on board.

"I think it's awesome that they're still doing it through this difficult time with COVID as well," Penner said by phone.

"It's a good thing to support. We definitely want to do whatever we can to help out too."

They're also hoping to spread the word about the event, which they learned about since a friend is participating. The charity's annual gala event wasn't able to take place due to the pandemic, so that makes the Hike for Hospice fundraiser all the more important.

"My dad also passed away from cancer and we did get a little bit of help with homecare for him, but we didn't actually know about this hike," Penner said.

"Maybe more people will find out what a great program it is and how lucky we are to have it."

Jennifer Beirnes of South West District Palliative Care explained that the funds will go towards general needs related to palliative care.

"We're always working towards getting specialized equipment to support people staying at home, volunteer and community member education, and grief and bereavement support groups," she said.

"The fundraising is wonderful, but the main goal is raising awareness for palliative care in our community."

Many people don't think about — or even know about — palliative care services until they need them during the hard times, she added.

"We have missed some of our bigger fundraisers but we're very well supported by the community, so we thank everybody for what they can do," she said.

"It's priceless to just get out for the walk and be aware of palliative care."

Hike for Hospice registration is open until April 30, and participants can register by calling 204-513-1728, by emailing s.w.d.p.c@hotmail.com or by contacting a South West Palliative Care board member for a pledge sheet.

Donations to support end-of-life care can also be made online at <https://www.canadahelps.org/en/charities/south-west-district-palliative-care-inc/p2p/2021-Hike-for-Hospice/>

Participants are encouraged to share their stories and photos of their Hike for Hospice activities on social media and tag #SWDPCHike4Hospice.

> LIBRARY, FROM PG. 3

brarian, has been extremely creative in the activities and programming that she and her staff have implemented in the last year with the current restrictions, such as showcasing a massive I Spy poster in the window or town scavenger hunts. Before these restrictions, she was always known for coming up with creative and artistic programming; therefore, I'm excited to continue and grow that area with them."

Dumas also expressed gratitude for the help and

support from the rest of the staff as well as from library board members while she familiarizes herself with her new role.

"They have been nothing but patient and kind since I've started and absolutely amazing to work with. That was one reason why I was excited for this position, as everyone knows how great the staff are at all three branches, and I loved the idea of being a part of that team," she said.

"We also have amazing board members, who deserve a huge thanks for volunteering their time in order to do what they do. I hope they don't get tired of all my questions just yet. I think that's what hap-

pens when you are a bit of a book lover — you're always needing to know things and asking 'How does this work? What does this do? What happens if we do this?'"

With an eye on the horizon, Dumas looks forward to eventually getting the green light to fully reopen the libraries, including indoor spaces for computers, study areas and meeting rooms.

"My ultimate goal is to continue to have the libraries as a spot where people can learn, grow and feel safe," she said, "whether it's as part of the community or a quiet place to reflect."

Local 301 Alan McLeod air cadet leads virtually

By Captain Morgan Arnott

Local air cadet, Flight Sergeant Parker McElroy, had the opportunity to deliver virtual classes about space and aerospace engineering to cadets across Canada as a part of Regional Cadet Support Unit Northwest's Cadet Activity Program (CAP) at Home conducted virtually over March 29 to April 9.

McElroy has been a cadet at 301 Alan McLeod, V.C. Royal Canadian Air Cadet Squadron in Stonewall for the last four and a half years.

McElroy was interested in instructing during Cadet Activity Program at Home mostly due to his passion for public speaking and space exploration. He decided to combine his two passions and made it happen by teaching cadets about advancements in space exploration and engineering.

"I don't know what got me into space. It just gradually happened one day," he said. "I often go on random internet binges, which leads to new information every time."

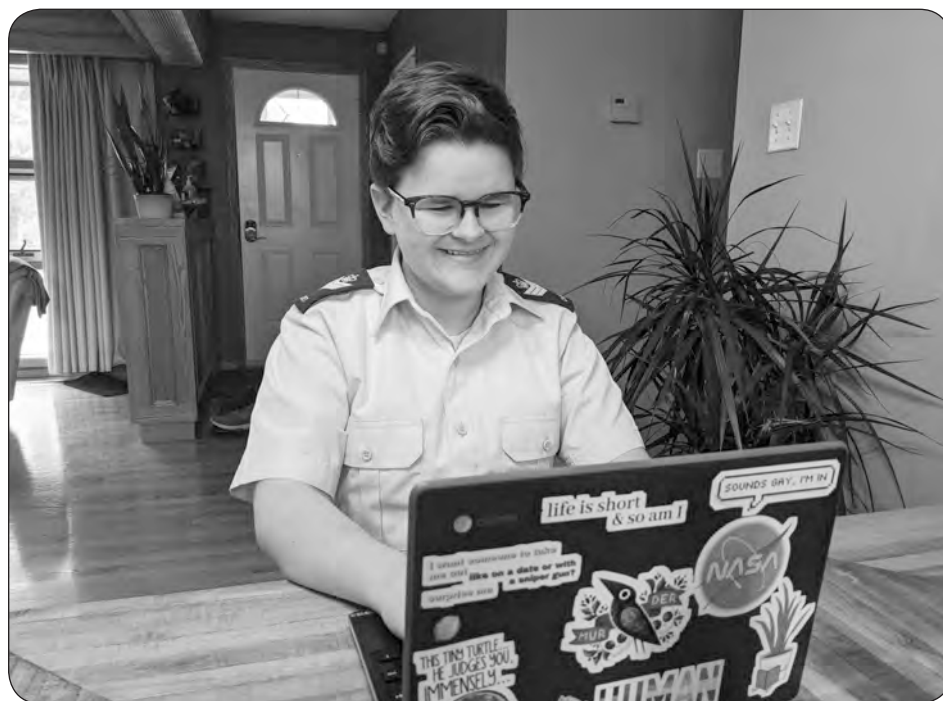
When McElroy was 10, he received his first telescope, which helped to grow his interest in the great beyond, as space is infinite and therefore there is infinite amounts of knowledge out there.

This was his first year being an instructor.

"It is sure different under the COVID-19 environment, but I adapted quickly and figured out a way to keep cadets engaged," he stated.

The spring Cadet Activities Program at Home demonstrates the Cadets and Junior Canadian Rangers' commitment to ensuring cadets across Canada have access to challenging and unique experiences focused on leadership, citizenship, and healthy living while following all public health measures.

Cadets from Alberta, Manitoba, Saskatchewan and the territories had the opportunity to participate in two weeks of virtual activities conducted from March 29 to April 9.



TRIBUNE PHOTO SUBMITTED

Flight Sgt. Parker McElroy had the opportunity to teach cadets virtually about advancements in space exploration and engineering.

IERHA vaccine clinics pop up

Community	Date	Location	Hours
Ashern	April 20	Ashern Centennial Hall	10:30 a.m. to 6:30 p.m.
Beausejour	April 21	Brokenhead River Community Hall	10:30 a.m. to 6:30 p.m.
Eriksdale	April 23	Eriksdale Recreation Centre	10:30 a.m. to 6:30 p.m.
Fisher Branch	April 20	Fisher Branch Ukrainian Hall	10:30 a.m. to 6:30 p.m.
Gimli	April 20	Gimli Recreation Centre 45 Centennial Rd.	10:30 a.m. to 6:30 p.m.
Lac du Bonnet	April 23	Lac du Bonnet Community Centre	10:30 a.m. to 6:30 p.m.
Lundar	April 21	Lundar Legion 50-3rd Ave.	10:30 a.m. to 6:30 p.m.
Pine Falls	April 19	Pine Falls Legion 7 Tamarack St.	10:30 a.m. to 6:30 p.m.
Riverton	April 23	Riverton Hall	10:30 a.m. to 6:30 p.m.
St. Laurent	April 19	St. Laurent Recreation Centre	10:30 a.m. to 6:30 p.m.
Teulon	April 20	Anglican Church Hall 60-2nd St. SE	10:30 a.m. to 6:30 p.m.
Whitemouth	April 19	Whitemouth Community Hall	10:30 a.m. to 6:30 p.m.

PHOTO SUBMITTED

The Province of Manitoba announced more pop-up COVID-19 vaccination clinics last week. Many are in the Interlake Eastern Regional Health Authority. See the attached chart for a full list of when and where in our region. Manitobans can find out if they are eligible and book their immunization at www.protectmb.ca.

Ontario to implement travel restrictions, Manitobans advised to review travel plans to Ontario carefully

Submitted by Manitoba government

The Manitoba government is aware of new travel restrictions into Ontario, starting Monday, April 19 at 12:01 a.m.

The Ontario government is introducing checkpoints at all of Ontario's interprovincial borders limiting access at Ontario's borders with Manitoba and Quebec.

Access will be limited to essential travel only including essential workers and anyone travelling for medical care, transportation of goods and exercising Indigenous treaty rights.

People without a valid reason for entering Ontario will be turned back.

The Ontario orders note that individuals can only travel to Ontario to visit a principal residence or to re-

spond to a critical incident including travel to prevent damage to property. For more information, visit www.ontario.ca/laws/regulation/r21293.

At this time, Manitobans are strongly discouraged from all non-essential travel. This includes within the province and interprovincially due to the highly contagious variants of concern.

As per current provincial public health orders, 14 days of self-isolation is required for all individuals entering or returning to Manitoba. This includes all Manitoba and non-Manitoba residents. Consider travel plans carefully.

For more information on Manitoba's self-isolation requirements, visit <https://manitoba.ca/covid19/index.html>.

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CMA calls for inter-jurisdictional sharing of health-care resources

By Patricia Barrett

The Canadian Medical Association (CMA) is urging provinces and territories to share their medical resources with hard-hit areas of Canada where a third wave of COVID-19 infections is out of control and hospital capacity is at breaking point.

The advocacy organization has also called on the federal government to consider a new prioritization scheme for the distribution of COVID-19 vaccines and enhance paid sick leave to keep infected people at home.

The CMA issued a statement April 16 about pandemic crises unfolding in several provinces and called for restrictive public health measures, the marshalling of national resources and national collaboration.

“As the third wave of the pandemic wreaks havoc on the health-care and public health systems, health-care providers and patients, we are at a critical juncture where a truly national approach to combatting COVID-19 will make the difference between more or fewer lives saved,” said CMA president Dr. Ann Collins in the statement. “This country must come together to help support provinces most severely impacted.”

The most COVID infections and deaths have been recorded in Ontario and Quebec.

Ontario broke records last week with thousands of daily new infections. Over 4,800 new COVID cases alone were reported last Friday, and health experts are predicting Ontario could see 30,000 new cases a day by June if drastic measures aren’t taken.

People failing to follow the fundamentals (wearing a mask, physical

distancing and avoiding social interactions) coupled with an eleventh-hour provincial stay-at-home order for six weeks have left Ontario hospitals at breaking point and scrambling for more intensive care unit (ICU) beds. Sunnybrook Hospital in Toronto built a barracks-style tent hospital in its parking lot to free up space in its ICU as the number of COVID patients continued to climb and the virus’s highly transmissible and more deadly variants gain traction.

British Columbia recorded over 1,200 new infections last Thursday and is experiencing record-high hospitalizations. Based on modelling, health experts warned the province could see 2,000 new cases a day if people refuse to reduce their social interactions.

Manitoba logged its first case of the Brazil variant (also called P1) of the virus, which is considered to be two and a half times more transmissible than the original strain of COVID. P1 was detected in a person from the Interlake-Eastern health region.

Variants now make up about 40 per cent of cases in Winnipeg, according to the province’s acting deputy chief public health officer Dr. Jazz Atwal, who spoke to the media last Friday. Fifty-seven more cases of contagious variants — including B117 (U.K.) and B1351 (South Africa) — were announced in Manitoba that day and 127 new COVID cases, of which 12 were in the Interlake-Eastern health region. COVID cases increased at the weekend, with 183 on Saturday and 170 on Sunday.

The Manitoba government said last week it’s considering deploying vaccines to high-risk areas and hinted

that new restrictions could be introduced if people continue to disregard public health orders.

The CMA said physicians may have to let some people infected with COVID die if they don’t have enough resources, and recommends that medical resources from provinces/territories be deployed to where they are most needed “to save the most lives.”

“We act as one country when crisis hits with wildfires, floods and other tragedies. This pandemic has reached a new level that requires a national response,” said Dr. Collins. “We must do everything needed to avoid making unbearable choices as to who lives if resources are not available.”

The CMA is also asking the federal government to distribute vaccine to areas of “urgent need” as opposed to its current per-capita distribution scheme. It also wants the government to implement enhanced paid sick leave that will allow infected workers to stay at home rather than go to their workplaces in order to earn a paycheck.

Lastly, the CMA said “better communication” is needed to get people to adhere to public health measures.

Prime Minister Justin Trudeau stepped up, asking premiers in Atlantic Canada to help Ontario by supplying ICU physicians and nurses and other health-care workers. The federal government will cover the costs of those personnel.

Manitoba has had 955 deaths from COVID. Almost 3 million people worldwide have died (source: Johns Hopkins University, April 16).

ADVERTISING OR PRINT CONTACT INFORMATION

Jasmin Wolf 204-771-8707
ads@stonewallteulontribune.ca
PHONE 204-467-5836
FAX 204-467-2679

OUR EDITORIAL STAFF

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

Brian Bowman Sports Reporter
sports@stonewallteulontribune.ca

ADDRESS

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

> **EMAIL US**

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

PAPER DELIVERY OR FLYER CONCERNS

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

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TRIBUNE PHOTO BY MATTHIEU MEIER

Whispering Winds Golf Course in Warren was open Saturday for walk ons. Help us record the weather with photos of people in our community outdoors. email: weather@stonewallteulontribune.ca

Causes and effects of climate change

By Lana Meier with files from Christina Nunez, National Geographic

As we celebrate Earth Day on April 22, we are reminded that we all need to do our part when it comes to climate change.

Glaciers are melting, sea levels are rising, cloud forests are dying, and wildlife is scrambling to keep pace. It has become clear that humans have caused most of the past century's warming by releasing heat-trapping gases as we power our modern lives. These gases are called greenhouse gases, their levels are higher now than at any time in the last 800,000 years.

We often call the result global warming, but it is causing a set of changes to the Earth's climate, or long-term weather patterns, that varies from place to place. While many people think of global warming and climate change as synonyms, scientists use "climate change" when describing the complex shifts now affecting our planet's weather and climate systems — in part because some areas actually get cooler in the short term.

Climate change encompasses not only rising average temperatures but also extreme weather events, shifting wildlife populations and habitats, rising seas, and a range of other impacts. All of those changes are emerging as humans continue to add heat-trapping greenhouse gases to the atmosphere, changing the rhythms of climate that all living things have come to rely on.

The "greenhouse effect" is the warming that happens when certain gases in Earth's atmosphere trap heat. These gases let in light but keep heat from escaping, like the glass walls of a greenhouse, hence the name.

Sunlight shines onto the Earth's surface, where the energy is absorbed and then radiate back into the atmosphere as heat. In the atmosphere, greenhouse gas molecules trap some of the heat, and the rest escapes into space. The more greenhouse gases concentrate in the atmosphere, the more heat gets locked up in the molecules.

Levels of greenhouse gases have gone up and down over the Earth's history, but they had been fairly constant for the past few thousand years. Global average temperatures had also stayed fairly constant over that time — until the past 150 years. Through the burning of fossil fuels and other activities that have emitted large amounts of greenhouse gases, particularly over the past few decades, humans are now enhancing the greenhouse effect and warming Earth significantly, and in ways that promise many effects, scientists warn.

As the mercury rises, the climate can change in unexpected ways. In addition to sea levels rising, weather can become more extreme. This means more intense major storms, more rain followed by longer and drier droughts — a challenge for growing crops — changes in the ranges in which plants and animals can live, and loss of water supplies that have historically come from glaciers.

Most of the Interlake was under a heavy snowfall warning last week bringing upwards of 25 centimetres of snow. Then two days later we had rain, sun and then snow again by the weekend. We are feeling the effects of climate change. Let's all celebrate Earth Day — and do our part. One reusable bag can prevent the use of 600 plastic bags in its lifetime. Every mile walked instead of driven keeps nearly one pound of pollution out of the air and one reusable water can save 1,460 plastic bottles per year.

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Are you feeling low? Don't panic. Find a mechanic!

Do you remember your first car? Well, I'm gonna tell you how someone destroyed my first car. And what we learn may save your job, your marriage and your life.

I get this car. Sure, it's held together by bumper stickers (a.k.a. car band-aids), and it's kind of a beater — but I love it. So this car burns more oil than a vaping convention. And someone asks to borrow it for a few weeks. And I'm like

...
 "This is a dipstick. This is a litre of oil. Whatever you do, don't forget to check the oil and fill the oil."

What do you think happens next? Yup. The oil supply runs dry — and that's when engines die. Then you get the call that starts way too love-ly.

"Hey, Paul. How's it going?" And you're like, "Car's dead, isn't it?" And they're like, "Yeah, car's dead."

A car needs "things" like oil, brake fluid and washer fluid to run well. When these "things" run low, bad things happen. Similarly, the human mind needs "things" too — stuff like hope, connection, joy and a sense of purpose. Without those, your spirit will starve and die. Life will come to a grinding halt.

Before a car dies, there are warning signs — check engine light, smoke or a knocking sound. As humans, we also have warning signs — angry outbursts, trouble sleeping, anxiety or burnout. If we ignore these signs, it may cost us our job, marriage or life.

Have you seen a warning sign in yourself or someone you love? Is it possible that "something" is running low? Jesus is like a mechanic that can help you "top up" the things you really need.

And if you want to learn new ways to help yourself and others, just email me, and I'll send you some free videos.

Paul Emmer
 (Paul@RaisedUpChurch.com)

Manitoba tightens restrictions as third wave begins

By Ashleigh Viveiros

Public health officials tightened restrictions this week in a bid to slow down the third wave of COVID-19 in Manitoba.

Starting this past Tuesday, households may only have two designated visitors indoors and outdoor gatherings on both public and private property are limited to 10 people, including members of a household.

Wedding and funerals are also reduced to 10 people, in addition to an officiant and photographer.

Faith-based gatherings are now capped at 25 per cent capacity or 50 people, whichever is lower, with indoor mask orders in place except while household groups are seated together, are appropriately distanced from other groups, and are not singing.

Starting this Wednesday, retail stores are limited to one-third capac-

ity or up to 333 patrons, whichever is lower. Malls are limited to 33 per cent of the facility's capacity.

The new orders will remain in effect until May 12.

"Despite our best collective efforts, COVID is on the rise again due to in large part to the new variants of concern," Premier Brian Pallister said at a news conference Monday. "Our cases are rising, our test positivity numbers are rising, hospitalization numbers are beginning to go back up.

"We'd been in this situation last year and we know that we don't want it to be recreated now," Pallister said. "We cannot stand by and wait for what happened once to happen once more."

Tightening restrictions will hopefully slow the third wave of the virus here in Manitoba, the premier said, and avoid the need for a full lockdown.

The province on Monday announced

108 new cases of the virus, bringing the tally to 36,267. The five-day test positivity rate was at 5.7 per cent both provincially and in Winnipeg.

As of press time, there were 1,685 active cases, 33,623 recoveries, and 132 people requiring hospitalization, including 30 in intensive care.

A total of 959 Manitobans have died due to COVID-19.

The Interlake Eastern Regional Health Authority were reporting 72 active cases as of Monday. Gimli 18, Stonewall/Teulon 9, Beausejour 6, Fisher River/Peguis 4, Pinawa/Lacdu-Bonnet 3, Powerview/PineFalls 2, Selkirk 6, Springfield 1, St. Clements 4, St. Laurent 1, Unknown 6 and Winnipeg Beach, St. Andrews 12.

Arborg/Riverton, Eriksdale/Ashern, Whiteshell and Northern Remote all reported no active cases.

To date IERHA has reported 2,559 cases with 2,449 recovered.

Vaccine eligibility broadens

This week also saw the province open up the AstraZeneca vaccine to all Manitobans aged 40 and over.

"Tens of thousands of doses of the AstraZeneca vaccine remain in clinics and pharmacies across the province, which is why we're expanding the eligibility criteria for the vaccine," explained Health Minister Heather Stefanson. The vaccine was previously only available to people 55 and older with certain health conditions.

The province also lowered the eligibility age for vaccination at a super site or pop-up clinic to Manitobans 54 or older and First Nations people 34 and older.

Head to protectmb.ca or call 1-844-626-8222 to book a vaccination appointment or find a clinic or pharmacy near you with available doses.

Province launching COVID-19 rapid test asymptomatic screening strategy

Submitted by Manitoba government

The Manitoba government has launched a rapid testing screening program to support businesses and critical service providers by helping to limit the spread of COVID-19 through early detection, Health and Seniors Care Minister Heather Stefanson announced Monday.

"We are partnering with Manitoba businesses and critical services to make the best use of our rapid test supply with the goal of identifying asymptomatic cases of COVID-19 in the workplace and other critical settings that would otherwise go undetected," said Stefanson. "This rapid test program will help us protect more Manitobans as we deal with a rise in COVID-19 cases."

This program builds on the current Fast Pass asymptomatic rapid testing in place for teachers and education workers. Rapid testing using an antigen-based test is already in place for asymptomatic staff at select personal care homes in Manitoba.

The expanded strategy will focus

primarily on providing antigen-based rapid tests to targeted industries and critical service providers in non-health-care settings. It focuses on organizations that can self-administer a sustainable asymptomatic screening program and whose specific setting may benefit from routine testing because of their geographical location, potential supply chain, community or population impacts, transportation or living arrangements, or who have a workforce that have been disproportionately impacted by COVID-19. Partner organizations will be responsible for administering the tests and tracking, and reporting test results to the province.

The province has distributed a three-month supply of rapid tests to

participating organizations and is providing training and other resources to support launch of the program. The majority of sites will use nasal

swabs, which can be administered by non-health-care professionals, as they do not go as far into the nasal cavity as the nasopharyngeal swab that is used for a typical COVID-19 test. Red River College will support the pilot by offering participants a two-hour virtual training module on nasal swabbing and how to conduct a rapid test.

The initial rollout includes a number of organizations from a cross-segment of Manitoba sectors including the Addictions Foundation of Manitoba, Manitoba's Wildfire Service, a

mid-size Manitoba-based agri-foods business (Winkler Meats), a mining operation in northern Manitoba (Alamos Gold Inc.), and a major airline (Air Canada).

"The opportunity for our employees to participate in this important, science-based, rapid screening initiative adds another tool in our multi-layered approach to employee safety," said Dr. Jim Chung, chief medical officer at Air Canada.

Depending upon uptake and results, the program may expand to other industries such as construction or transportation or look to implement other delivery models, such as pop-up screening clinics at a later date. Manitoba also launched a second Fast Pass site in Winkler on April 12 that expands access to rapid testing for school-based and child-care staff.

"As we continue to immunize and protect more Manitobans, this rapid testing program can help screen even those who have been immunized to provide assurances to workforces and their employees," said Stefanson.

For more information on Manitoba's rapid testing strategy, visit www.gov.mb.ca/covid19/testing/rapid-testing.html.

"THIS RAPID TESTING PROGRAM CAN HELP SCREEN EVEN THOSE WHO HAVE BEEN IMMUNIZED TO PROVIDE ASSURANCES TO WORKFORCES AND THEIR EMPLOYEES,"



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Johnson & Johnson COVID-19 vaccine 'paused' in U.S.

J&J approved in Canada with up to 38 million doses expected

By Patricia Barrett

The one-shot Johnson & Johnson COVID-19 vaccine was put on hold in the United States last week after six cases of serious blood clots were reported.

The U.S. Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) issued a joint statement April 13 recommending a "pause" in the use of the Johnson & Johnson vaccine, also called the Janssen vaccine after the name of the company's pharmaceutical branch.

The two agencies issued the recommendation "out of an abundance of caution."

Six cases of a rare and severe blood clot called cerebral venous sinus thrombosis were reported along with low levels of blood platelets. The clots were reported in women between the ages of 18 and 48, and the symptoms occurred six to 13 days after they were inoculated.

"Right now, these adverse events appear to be extremely rare. COVID-19 vaccine safety is a top priority for the [U.S.] federal government, and we take all reports of health problems following COVID-19 vaccination very seriously," said Dr. Anne Schuchat, principal deputy director of the CDC, and Dr. Peter Marks, director of the

FDA's Center for Biologics Evaluation and Research in the joint statement.

Over 6.8 million doses of the vaccine have been administered in the U.S. as of April 12. Both agencies are reviewing data from the cases involving blood clots.

People who've received the Johnson & Johnson vaccine are asked contact a health-care provider if they develop a severe headache, abdominal pain, leg pain or shortness of breath within three weeks after receiving the shot.

Johnson & Johnson issued a statement last week saying it'll delay its vaccine shipments and hold off using the vaccine in clinical studies.

"The company has made the decision to proactively delay the rollout of our vaccine in Europe and pause vaccinations in all Janssen COVID-19 vaccine clinical trials while we update guidance for investigators and participants," said the press release issued April 14.

Canada approved the Johnson & Johnson vaccine on an interim order last month and has ordered "up to 38 million" doses of the vaccine, according to the federal government's COVID-19 vaccine agreements webpage. There have been no shipments as yet.

The federal government has invested over \$1 billion to secure access to promising vaccines. That includes up-

front payments that companies use for vaccine development, testing and "at-risk manufacturing."

A series of similar-sounding blood-clotting events — and deaths — have dogged the AstraZeneca COVID vaccine that's currently being used in Canada.

Health officials in Quebec confirmed April 13 that a woman developed a blood clot after receiving the AstraZeneca vaccine. Her age wasn't provided. And last Saturday, the Alberta government reported that a man in his 60s developed a blood clot after receiving it. There have been no reports from Manitoba of anyone developing blood clots (as of April 17).

The Canadian government has an agreement for 20 million AstraZeneca doses.

The European Medicines Agency acknowledged a possible link between the AstraZeneca vaccine and blood clots with low platelets. The blood clots occurred in veins in the brain (cerebral venous sinus thrombosis, CVST), the abdomen (splanchnic vein thrombosis) and in arteries, together with low levels of blood platelets. Sometimes bleeding occurred.

In a statement issued April 7, the EMA said its safety committee concluded that the two events "should be listed as very rare side effects" of the vaccine after reviewing 62 cases (from the E.U. and the U.K. as of March 22) of cerebral venous sinus thrombosis and 24 cases of splanchnic vein thrombo-

sis. Eighteen people have died.

"EMA is reminding health-care professionals and people receiving the vaccine to remain aware of the possibility of very rare cases of blood clots combined with low levels of blood platelets occurring within 2 weeks of vaccination," said the statement. "So far, most of the cases reported have occurred in women under 60 years of age within 2 weeks of vaccination."

In Australia, the Therapeutic Goods Administration's Vaccine Safety Investigation Group reported April 13 that a second case of a person developing a blood clot after receiving an AstraZeneca jab occurred. A woman in her 40s developed a clot.

Denmark pulled AstraZeneca from use last week and will not offer it as part of the country's immunization effort. It's the first country to ban the vaccine.

There have been no reports of similar blood-clotting events in people who've received the Pfizer-BioNTech COVID vaccine and the Moderna COVID vaccine.

Pfizer is expected to send 8 million more doses (4 million in May and 2 million in June). Prime Minister Justin Trudeau made the announcement last week. Moderna is scaling back its delivery after experiencing production setbacks. The company is sending 650,000 doses to Canada rather than the 1.2 million that were expected this month. Future deliveries of Moderna are now expected in summer or fall.

She's Got the Look closes shop

By Jennifer McFee

A Stonewall business owner has closed her shop just days after its fifth anniversary.

On March 31, Susan McKillop closed She's Got the Look, a second-hand boutique for women's quality clothing. The store marked its five-year milestone on March 28, but it certainly wasn't the celebration anyone envisioned.

"We closed the store due to lack of shoppers. Since COVID started, there's only so much you can take. You've got to cut the bleeding when you start running in the red all the time," she said.

"Most of my customers are 50 and over, and they just didn't want to come in. They were too nervous. Even when we had big sales, like 75 per cent off, we still didn't see them. They were just too terrified — and I don't

blame them."

Last Monday, McKillop moved everything out of the store at 371 Main St. She donated lots of the clothes and plans to sell whatever's left from her home.

As this entrepreneurial venture draws to a close, she expressed gratitude to the community for backing her business over the years.

"The support was awesome. All the clothes were donated, and the people who donated got a discount when they shopped," she said.

"The community was a great support so I thank them. I think it's going to be some sad days ahead when they can't go shopping locally and they're going to have to run into Winnipeg."

In addition to offering budget-friendly fashion options for local shoppers, McKillop donated a portion of the proceeds towards South West

"THE SUPPORT WAS AWESOME. ALL THE CLOTHES WERE DONATED, AND THE PEOPLE WHO DONATED GOT A DISCOUNT WHEN THEY SHOPPED."

District Palliative Care.

It's a cause that's top of mind for McKillop since her mom has been in and out of the hospital for the last few years. And although her mom hasn't been receiving palliative care specifically, she said the general health care she's received has been wonderful.

"We're all getting older and I really do believe in palliative care," she said. "This is just one way that I can say thank you for the good care that she's gotten in there."

Looking ahead, McKillop aims to focus more on her family's real estate business now that She's Got the Look has closed.

"It was a dream of mine to open the store. Since I was a young girl, I'd always wanted people to dress without spending a million dollars and I still feel that way today," she said.

"It's a dream come true that I was able to put the store together. Now I can say I've done it. I'm going to miss it. I miss it already."

Entrepreneur bringing childcare opportunities to Teulon

Affordable housing on its way, too

Staff

A local man is working to add much-needed affordable housing and childcare to the Teulon area, and he has council support.

After recently purchasing the assets of the former Whispering Pines Addiction Centre in Teulon, Kirt Ansell has started exploring the potential of opening a childcare facility.

"I am a father and a grandparent. My grandson Connor is three years old. I've watched my son struggle to find childcare in the Teulon area, as we had Connor in three separate home daycares," said Ansell, who doubles as the operator for the Red River Co-op gas bar in Teulon and bulk fuel agent for the Interlake.

"Each one of those home daycares closed for various different reasons before we finally received a spot in the Teulon Daycare Centre," he said.

The property is home to three buildings: two residential and one larger gym space.

The plan as of now, Ansell said, is to have the gym be home to the childcare facility. He said the space is large enough to accommodate a daycare, and he plans to add an indoor play structure for the kids.

The two residential buildings will remain as such, with Ansell aiming to use them as affordable housing in the community.

"The Canadian Mental Health Association (CMHA) has expressed an interest in utilizing the property. We've been having really positive conversations," said Ansell.

"They're looking for independent housing for their clients who live in this area. I rent to some of their clients now in another property, and they've been excellent tenants.

"It's something that fills a need; it's something we can get to work on today, as the building is zoned appropriately. We think it's something that could benefit the community," he said.

On Tuesday, April 13, Ansell unveiled his plan of opening a licensed childcare facility, which received unanimous support from Teulon council.

"We are all very impressed with Kirt's plans. They're well-thought-out, and will be beneficial to the Teulon

community," said Mayor Anna Pazdzierski, who noted the gymnasium facility won design awards at the time it was built.

"It will be good to see the facility once again in use, and for the benefit of the community. These plans will ensure the facility is once again an important part of Teulon," she said.

Because the buildings are all on one property, Ansell said whereas all the buildings had been used in the past for common purposes, in order for each building to have separate designated uses, council will have to be a favour of a subdivision at some point in the not-so-distant future.

Ansell said he's applied for grants to help work through the process, but he will forge ahead whether or not those

funds come through. His timeline, however, is dependent on funding and red-tape, he said, noting there is no definite timeline for opening the facility as of now.

However, his hope is to have at least one residential building in operation and occupied by fall 2021. An early benchmark for the childcare facility is April 2022, Ansell said, but that date is subject, and likely, to change.

There is a definite need for childcare in Teulon, according to Ansell, as the current wait list is roughly 60 names long.

Ansell said in his conversations with the Teulon Daycare, he was told the organization has been investigating other buildings in the community for expansion, but many of those buildings did not meet safety and regulatory requirements for a daycare.

"They've done such great things for this community. They've helped bring the Balmoral Childcare Centre into operation, as an example," said Ansell, noting his plans will remain independent from the Teulon Daycare, but the organization has offered to help throughout the process in any way it can.

"This isn't a business competition or anything like that. Our community needs additional service, so collectively we want to provide it," he said.

Ansell is the owner of a property company titled Ansell Managed

"I'LL LOAD THE BASES FOR THIS PROJECT. I JUST NEED A PERSON OR ORGANIZATION TO COME FORWARD AT SOME POINT TO KNOCK IT OUT OF THE PARK."



To the viewers' left is a greenspace beside the gymnasium building, which Ansell has earmarked for an outdoor playground.



TRIBUNE PHOTOS SUPPLIED BY KIRT ANSELL

Tape measure in hand, Kirt Ansell stands in his newly acquired space. He's measuring the space to decide where to place a newly acquired indoor play structure for children.

Properties (AMP), which owns houses and apartments in the Teulon, Gimli, Arborg and rural Interlake areas.

All of the housing AMP owns is designated for the affordable housing market, Ansell said, a market he deals with exclusively.

He said as these projects move forward, he will be looking for a person or organization to run the daycare operation, as he said running a fuel business and property management company is busy enough.

He said he'll be looking for support and for interested parents to come together to help make this happen, add-

ing at some point the formation of a board will have to take place.

"I have no problem doing the work to make this happen so any interested community members won't have to deal so much with the creation of the daycare, but just be there to manage it in operation," said Ansell.

"I'll load the bases for this project. I just need a person or organization to come forward at some point to knock it out of the park," he said.

For more information, or those with interest in aiding the project along, should call Ansell at 204-886-7717.

IERHA's new CEO charting the course for transformation

By Patricia Barrett

It has only been a few months since he took the helm at the Interlake-Eastern Regional Health Authority, but David Matear is on his way to aligning health-care services to health-care needs within the region.

Matear will be bringing together municipal leaders, Indigenous health leaders, politicians and physicians in May to chart a course for the next five years. A new strategic plan will be developed to determine the region's health-care priorities in keeping with the provincial government's ongoing transformation of the entire health-care system.

The central idea is to look at ways to deliver health care differently from the way it is currently in the IERHA. Some of the changes coming may entail less emphasis on hospital-based care, with fewer or no days spent in hospital after certain surgeries such as hip replacements (evidence says community care has better outcomes), an expansion of surgical care, meeting the needs of the region's population "closer to home," and Indigenous health.

Matear said the provincial government is spending half its budget on health care and seeing poorer outcomes compared to other Canadian jurisdictions. It needs to make sure it's "getting the best return on that investment."

"We have to be more progressive in the way we look at [health-care delivery], certainly look at clinical evidence-based practices. There's no reason for us to be as far behind as we are. I say that not critically but as an opportunity to look at how we can improve our health-care system," said Matear April 14 during a conference call with media.

After holding senior health-care leadership positions in the U.S. and in Canadian provinces such as Alberta where he helped transform its health-care system, Matear said his passion for population health management and an opportunity to deliver health-care services appropriate to population needs brought him to the Interlake-Eastern RHA.

Other IERHA news:

- With the pandemic's ceaseless demands on health-care workers, a growing disenchantment with the profession has arisen across the world and many are leaving the profession.

Physicians, nurses and health-care support workers are opting out because of COVID-19, according to ongoing reports from countries such as Canada, the U.S. and the U.K. They're burnt out, fear death or fear transmitting the virus to family members, lack proper protective gear or have to re-use gear on COVID frontlines, lost pay (those who can no longer work at multiple facilities) and are unhappy with their government's handling of public health measures.

After surveying over 130 national nursing associations, the International Council of Nurses identified a "COVID-19 Effect" that is causing mass trauma, including fear of death, physical exhaustion, burn-out from the unrelenting care of COVID patients, psychological distress and abuse from COVID deniers. Over 2,220 nurses have already died from COVID, and the ICN is predicting an exodus from the nursing profession.

Matear said health-care workers normally work in a stressful environment but agrees that there are signs of extreme stress in workers dealing with



TRIBUNE PHOTO SUBMITTED

David Matear became CEO of the IERHA Feb. 8 and is leading a new approach to health-care service delivery.

large volumes of COVID patients, working excessive hours and having to wear personal protective equipment (PPE).

He himself worked at a federal medical station in Santa Clara, Calif., during the first wave of COVID, he said, and found it physically "draining" having to wear PPE, which is hot, difficult to breathe in and dulls the senses.

"I know there have been instances of ... folks in emergency services, emergency preparedness and management who have taken early retirement as a result of the initial phases of COVID or others who've decided to step away. I think that's understandable but regrettable," said Matear.

Although it's difficult during emergency response periods to provide all the supports necessary, Matear said it's possible to build in supports during such times and for a considerable period afterwards.

"We have discussed that here. And at a provincial level, we have looked at resilience to the stresses that are placed on health-care professionals in the system and the need for resiliency and an ability to survive these very stressful times," he said. "We're looking at what would be the best approach for the health-care system to take providing those supports for workers. That discussion is ongoing. From my perspective, we should look at options we've had experience with or at evidence-based approaches to develop resiliency in the health-care workforce."

- There are no plans as yet to wind down the number of pop-ups clinics in the Interlake-Eastern health region. The provincial government indicated last week it might shift vaccine resources to areas experiencing COVID outbreaks in the province, and that may mean a reduction in pop-up clinics in rural areas.

"We have schedules already planned for pop-up clinics throughout the region. The only limiting factor currently has been supply of the vaccine," said Matear. "The province is looking at efficiencies and the best way to deliver vaccine to the population.

We haven't curtailed our schedule as far as I'm aware. That may come when we look at efficiencies and provincial direction and discussions. But at this point in time, we haven't lost any."

- Canada has not yet received shipments of the Johnson & Johnson (Janssen) COVID vaccine, which has been put on hold in the U.S. because of rare blood-clotting events. But AstraZeneca, which health experts have also linked to clotting events, is currently being used in Manitoba.

Matear said issues with vaccines — which Canada has yet to receive — in other countries may give public health experts here an advantage as regards the best course to take.

"Unfortunately, or fortunately, Canada is down the line in terms of getting vaccine supplies; we're not first in the queue," he said. "But we can benefit from any issues identified internationally. If vaccines are paused internationally, it's unlikely ... unless there's strong evidence otherwise that Canada would go forward with them."

- In terms of vaccine hesitancy in the Interlake-Eastern region, Matear said he has not heard "too much" from within the region — he sits on all the committees — but he's aware of reports of hesitancy in other areas of Manitoba.

"We are certainly taking the opportunity to educate people and there's a provincial education campaign. We're also educating communities, including First Nations, ensuring they have all the information and facts necessary to make informed decisions so that people feel more comfortable."

- A Regina, Sask., woman and her husband thought earlier this month they'd be getting the Pfizer COVID vaccine at a site she thought, based on health authority information, was offering it. But a nurse informed her at the site they'd be instead getting AstraZeneca, a vaccine they didn't want. She thought the switch was "underhanded." The Saskatchewan health ministry said the province had to "accelerate" vaccinations because of COVID variants.

When asked whether he knew of any similar plan in Manitoba — offering vaccines other than Pfizer at supersites in the province, including the one in Selkirk — Matear said he believes supersites exist because of Pfizer's requirement for cold storage that can't be accommodated at small sites.

"I've never heard Moderna mentioned at a supersite. Pfizer is the only one at the supersite," he said. "As for consent, a person has an opportunity to decline. It should be informed consent that this is the vaccine we intend to give you and [people] should have the opportunity to decline."

What's *Your* story?

We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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

**Stonewall Teulon
Tribune**

Kindness, one size fits all



TRIBUNE PHOTO BY BROOKE DARRAGH

April 14 marked the annual International Day of Pink. It is a day of action for communities across the world to remain united in celebrating equity, diversity and inclusion while raising greater awareness of the need to stop homophobic, transphobic and all forms of bullying. Students from Ecole Stonewall Centennial School dressed in pink, posted messages of positivity on bulletin boards and were encouraged to spend the day device-free. The middle years students took part in a Zoom presentation "Empowering Students to Stay Safe" by the Joy Smith Foundation. Left to right: Kai L., Francesca H. and Kaitlyn L.

Flames in motion



TRIBUNE PHOTOS BY MOLLIE MEIER

The Stony Mountain-Rockwood Fire Department responded to a garbage truck fire on Highway 7 last Thursday.

Staff

The Rockwood-Stony Mountain Fire Department responded to a 911 dispatch call at approximately 7:06 a.m. last Thursday.

The garbage truck was heading north on Highway 7 and was empty at the time of the fire.

Fire chief Marcel McIvor said there

were no injuries sustained and the cause of the fire is unknown at this time.

Six members responded to the call with two members on attack line. Stonewall-Rockwood Fire Department was called out for additional water supply but was cancelled on route.

April is oral health month!

Three bad oral health habits to squash ASAP



If not nipped in the bud, bad oral health habits can lead to increased tooth sensitivity, tooth fractures, tooth decay, the development of bad breath and even serious health problems. Here are three bad oral health habits that need to be nixed right away.

1. CONSUMING TOO MUCH SUGAR

The bacteria in your mouth thrive on the sugars and starches you consume, converting them into acids that deteriorate tooth enamel, cause cavities and lead to excessive plaque buildup.

When you eat sugary snacks throughout the day, your mouth gets overwhelmed by tooth-rotting acids. If you're going to snack, it's far better to choose something healthy like nuts, hard cheeses and crunchy vegetables.



In addition, you should guard against frequently sipping on sugary beverages such as juice, sports drinks and soft drinks. Consuming these items can coat your teeth with excessive amounts of sugar. Instead, make water your go-to beverage — it's a far more hydrating option, anyway.

2. BITING YOUR NAILS

Constantly biting your nails can damage your teeth. Moreover, it exposes your mouth to the bacteria that's under your nails. Cutting your nails short and applying a bitter-tasting nail polish can help you curb this nervous habit.

3. CHEWING ON ICE

Habitually crunching on ice cubes can cause tiny fissures to form on your tooth enamel, thereby weakening your teeth and making you more prone to tooth sensitivity and tooth decay. In some cases, chewing on ice can even lead to chipping or breaking a tooth.

Lastly, neglecting to brush and floss regularly is the ultimate bad oral health habit. To protect your teeth, be sure to brush and floss them every day.

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COMMUNITY NEWS



Interlake Saskatoons launches PurpleFit powder

By Jennifer McFee

Interest is blossoming for a berry exciting product coming out of a local orchard.

Interlake Saskatoons recently launched its saskatoon berry powder called PurpleFit, which is both delicious and nutritious.

Doug Langrell, one of the directors and orchard owners involved in the endeavour, explained that PurpleFit powder is made from 100 per cent saskatoon berries.

“First of all, they’re freeze-dried, which is a slightly more complex process than drum-drying or heat-drying them,” he said.

“It’s a colder process that uses a much lower temperature. The advantage is that more of the nutrition, and particularly the sugar, is maintained in the process of freeze-drying.”

In contrast, the heat-drying process caramelizes and partially processes the sugar.

“But when you freeze-dry it, the sugar is left in its natural state,” he said.

“So a dried saskatoon berry tastes



Saskatoons contain high levels of antioxidants, thought to act as a protective guard to our immune system.

and looks very much like a normal fresh or frozen berry — but, of course, it’s much lighter. About 80 per cent of the weight is water, so that’s taken out in the freeze-drying process.”

After that, the second step is quite simple.

“You freeze-dry saskatoons — which still have the same size, bulk or displacement of the frozen or fresh but they’re only 20 per cent of the weight



TRIBUNE PHOTO BY LANA MEIER

Interlake Saskatoon co-owner Doug Langrell grinds a sampling of freeze-dried saskatoon berries into a fine powder, which is ready for consumption.

— and then you put them in a grinder or hammer mill,” he said.

“You grind it down to your specifications. It could be ground as fine as icing sugar if you really want to do that. We have ours half-ground so it’s got a lot of fibre and a lot of substance.”

After that, you can let your creativity take over while you dream up all the different ways to incorporate the powder into your foods and beverages.

“Because they’re a natural product, they can be used in essentially any way. There are no additives, so there’s nothing to steer away from. There’s nothing to be scared of because they’re just as nutritious as the berries you would pick off the trees in July,” Langrell said.

“The advantage is that because they’re in a powdered fashion, they could be put in your porridge, added to smoothies or milkshakes or used in baking both as a colorant and as a taste additive. Compared to the usual

process of adding saskatoons to muffins, this is much more flexible. Or you could bake a raisin or cherry pie and put saskatoon powder in it. If you want an apple pie with a nice purple fleck on top, you can do that too.”

For Langrell, he has discovered there’s almost no limit to the purple powder’s uses. In fact, Patent 5 Distillery uses saskatoon berries from Interlake Saskatoons to create the Winnipeg-based company’s popular Manitoba berry gin.

“I’ve taken glasses of beer and poured the freeze-dried powder on top and stirred it up — and you get this nice purple saskatoon beer,” he said.

“There are blueberry beers all over the place, but saskatoon beer is great too.”

Since the powder is almost completely soluble in water, it leaves only minimal residue after it’s been added.

Adding to the appeal, the powdered berries provide a nutritional boost that’s easy to incorporate.

“I’VE TAKEN GLASSES OF BEER AND Poured THE FREEZE-DRIED POWDER ON TOP.”

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manitobapork.com/economy



Olivia Penner
Future Generation Manitoba Hog Farmer
Blumenort, MB



Manitoba Pork holds annual general meeting, names new chair

By Joey Dearborn, Manitoba Pork

Manitoba Pork held its annual general meeting virtually for the second year in a row on April 14, 2021.

The meeting was attended by approximately 100 producers and guests who heard greetings and updates from Manitoba Agriculture and Resource Development Minister Blaine Pedersen, as well as presentations from key trading partners in Iowa and

Minnesota.

After 24 years of service, including 15 years as a director and seven years as chair, George Matheson stepped down from his role with the organization. Rick Préjet, a producer from Notre Dame de Lourdes, has been elected as the new chair of Manitoba Pork. Joining Préjet on the executive are Rick Bergmann (vice-chair), Scott Peters and Margaret Rempel. The or-

ganization recognized Matheson's contribution, along with retiring director Edward Stahl's 10 years of service, during the meeting.

"I am deeply honoured to have been elected to be the chair of Manitoba Pork," Rick Préjet said. "I look forward to lending my voice to support producers across our province to ensure that our sector remains a key contributor to the provincial economy and

will continue to greatly enhance the lives of all Manitobans."

Manitoba's hog sector contributes 14,000 jobs and \$1.7 billion to the provincial economy every year. Over the next decade, about \$2 billion will be invested by hog farmers and meat processing companies, creating more jobs and economic growth.

> PURPLEFIT, FROM PG. 13

"The freeze-drying does not diminish the nutrient features at all. We've had it tested at labs both in Canada and in the United States," Langrell said.

"The nutrient qualities or oxygen radical absorbent capacity, which is a way of measuring antioxidants, is very high. It's top notch — actually about three times what blueberries

have as an antioxidant cancer-fighting property."

Even during the pandemic, business has remained steady for Interlake Saskatoons, which consists of five independently farmed orchards — two in Stonewall, two in Warren and one in Grosse Isle.

At Langrell's orchard in Warren, they've also set up a processing facility. In addition, Langrell's orchard has a commercial kitchen that is available for rent.

"We planted the orchards between 2007 and 2008. They took several years to take root and expand. With saskatoons, everything is in the root. You have to have a huge, solid root ball. Their root ball is very much like a prairie plant. They're 15 feet deep, 10 feet wide," Langrell explained.

"They have a huge root system,

which is why they can survive drought. Basically, they can keep enough water stored in the root right from spring runoff through to harvest in July. So if we had no rain in that period of time, we'd still have nice plump, rich berries."

These hardy native berries remain well poised for growth, no matter what the future brings.

"They're drought-friendly plants, which is actually a big plus going into the drier turn in climate that we're both in and anticipating with climate change," Langrell said.

"While field crops may suffer from increased drought and heat, saskatoons don't suffer at all."

And the pandemic has not slowed down sales for their business either. Instead, it's seemed to have the opposite effect.

"We've had a very busy winter because the pandemic has actually had

the reverse effect of increasing our market," he said.

"More people are baking at home and there is a focus more on local food. In that sense, the pandemic has helped our market."

For those looking to try something new with their baking, cooking or beverages, they might consider picking up a package of PurpleFit, which is available for direct order online at www.PurpleFit.ca. The new product is also available through Good Local, Vita Health and Crampton's Market in Headingley, as well as Warren Hardware and Market 6 in Warren.

"We expect to be spreading out to quite a number of stores within the province," Langrell said. "We'll see where it goes from there."

For more information about Interlake Saskatoons, visit www.PurpleFit.ca.



A breakthrough denture procedure making a lot of smiles

By Elisha Vandor

OPINION GIVEN BY ACTUAL PATIENT

"I didn't realize how much your confidence is shot when you have no teeth. I am so much more confident now, wow," says Mark S. about his new permanent teeth.

Mark, like so many others never could get used to his denture. "They just fall out; they won't stay there. I had to use 10 tons of that paste that you stick them in with and I hated that. I would rather go with no teeth than put that stuff in, you know," said Mark in a recent interview regarding his smile.

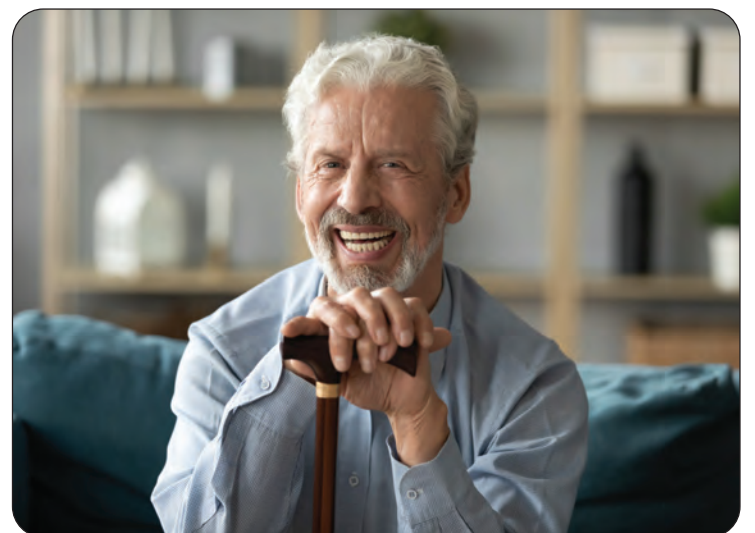
This 'breakthrough' procedure works so great because it doesn't just replace the white teeth and pink gums like a denture, it actually replaces the roots of the teeth as well. "It is the roots that give your teeth the stability to chew. They are the foundation that gives someone the freedom

to enjoy all kinds of foods again, smile without fear of their teeth falling out, and actually work to preserve ones jaw bone from shrinking away," says Brock Vandor, owner of Vandor Denture Centre.

The official name for the replacement tooth root is a 'dental implant', which is a titanium post the size of a natural tooth root. What this procedure does is use (typically) 4-6 dental implants to become the stable foundation for a denture. "We like to call it The Freedom Smile, says Brock, because it gives people a 21st century solution to age old denture problems. We work right alongside a Dentist who places the dental implants, then while the patient is still in the chair, I fit the denture (which is now much smaller and more comfortable than the regular one) on top of the dental implants, and voila, Mark has teeth again!"

We asked Mark about how that procedure went on his end. He said, "Actually, I was a little apprehensive about it, but it went really really well! They froze me up really good and I got little breaks now and then. Anytime the freezing wore off, they put more in. After the procedure it was hardly sore at all, which amazed me. Very slight bit on the gums, hardly anything to worry about. I took no pain killers, I didn't need them, I'm serious. I can eat pretty much whatever I want and smile whenever I want. It's just a real pleasure, the ability to laugh again and enjoy life. They are just like regular natural teeth in my mouth, that is the coolest part about it, it's incredible and I'm loving every second of this!"

Whenever you have questions, we are here to answer them. The start of a well-functioning and good-looking smile is one call away.



After years of suffering with loose bulky denture problems, Mark S. shares his experience with permanent dentures.

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3 car sounds you should never ignore

In many cases, the first indication that there's something wrong with your car is a strange sound. Here are three types of noises that could indicate there's a problem.

1. Squealing

If it comes from your engine bay, a high-pitched squealing sound could indicate that there's a worn out or loose belt. On the other hand, if the noise emanates from the wheels, it may mean that there's a problem with your brakes or bearings. An issue with the brakes may also present itself with a grinding sound.

2. Grinding or crunching

These sounds, especially when they come from under the hood, can be caused by a whole host of issues.

A complete inspection may be necessary to pinpoint the origin of the noise.

3. Rattling or knocking

This could be caused by something as simple as a rock caught in the wheels or may be an indication that something is seriously wrong with your car. If the noise persists, get a mechanic to take a look at it.

If you regularly listen to music while you drive, you may miss the telltale sounds of a car problem. At least once a month, turn off the radio while driving in order to listen carefully to the noises your car makes. If you hear anything out of the ordinary, have it checked by a professional.



What every car owner should know about brake maintenance

When behind the wheel, your safety depends on the proper functioning of your brakes. It's important to understand, however, that critical brake components deteriorate with time. Two items that require regular inspection are the brake pads and the brake fluid.

Brake pads

Brake pads wear down due to friction and usually need to be replaced about every 50,000 kilometres or when there's one-eighth or less of the pad lining remaining. When brake pads are nearing the end of their lifespan they let you know by emitting a high-pitched screeching noise as you brake.

Brake fluid

Over time, brake fluid absorbs moisture and contaminants that make it less effective. It should be replaced about every two years or every 35,000 kilometres. However, recommendations vary by manufacturer (check your owner's manual).

Leaks can sometimes occur but it's uncommon that your car's brake fluid levels will suddenly drop. The most obvious sign of a leak is a puddle under your car that has the consistency of vegetable oil. Your dashboard warning light coming on is another clear indication. Generally, a leak will also change the feel of your brake pedals — they'll feel

squishy or spongy when you pump on them. Verify that your brake fluid levels are in order by checking the brake fluid reservoir under your hood. Needless to say, a leak requires immediate attention.

While these are the two parts of the brake system that typically require the most attention, issues with other parts (the rotors, callipers, brake shoes, etc.) can certainly arise. Some signs of these other types of brake problems are grinding, clunking noises and vibrations when braking. If

you notice these things, get your car inspected ASAP!

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> MEAL IDEAS



Orange Shrimp Quinoa Bowls

1 cucumber, sliced into half moons
 5 green onions, sliced
 1 avocado, sliced
 1 teaspoon sesame seeds
 2 tablespoons cilantro, chopped
 Cook quinoa according to package instructions. Set aside.

In medium bowl, whisk orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour one-quarter of liquid into separate bowl. Set aside.

Add shrimp to remaining mixture and marinate 15 minutes.

Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.

In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.

Drizzle with reserved dressing.

Serves: 2
 1 cup quinoa
 1 cup orange juice
 1 tablespoon hot sauce
 1 tablespoon honey
 1 tablespoon soy sauce
 4 tablespoons vegetable oil
 1 tablespoon lime juice
 1 tablespoon white miso
 1/4 cup butter
 1 1/2 pounds shrimp, peeled, deveined and tails removed
 1/4 teaspoon salt
 1/8 teaspoon pepper
 1 cup mushrooms, sliced
 1 red bell pepper, diced



Orange Juice Shrimp Quinoa Bowls

3 scallions, sliced
 1 avocado, sliced
 1 teaspoon sesame seeds
 2 tablespoons cilantro, chopped
 In pot, bring water to boil.

Add quinoa, reduce to simmer, cover and cook 15 minutes. Fluff with fork.

In bowl, whisk orange juice, hot sauce, honey, soy sauce, 4 tablespoons vegetable oil, lime juice and miso. Remove half and set aside.

Add shrimp to remaining half and marinate 15 minutes.

Heat large skillet over medium-high heat and add remaining oil.

Season shrimp with salt and pepper then add shrimp to wok and saute, cooking approximately 2 minutes per side until pink and cooked through.

Place 1/2 cup quinoa in bowl and top with bell pepper, cucumber, scallions, avocado and shrimp.

Drizzle with dressing that was set aside and garnish with sesame seeds and cilantro.

Servings: 2
 2 cups water
 1 cup quinoa
 1 cup Florida Orange Juice
 1 tablespoon hot sauce
 1 tablespoon honey
 1 tablespoon soy sauce
 6 tablespoons vegetable oil, divided
 2 tablespoons lime juice
 1 tablespoon white miso
 1 1/2 pounds shrimp, peeled and deveined
 1/4 teaspoon kosher salt
 1/8 teaspoon ground black pepper
 1 bell pepper, diced
 1 English cucumber, sliced into half moons

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Expert patient here to help!

By Susie Schwartz

In honour of my birthday and the concept of 'born naked,' here's an 'exposé' into the sometimes awkward and revealing nature of being a patient. What to do?

Laugh and laugh some more.

Let me throw out a couple of terms here: 'Alert colonoscopy', 'Standing Bladder Stress Test' and 'Defecating Proctogram'. If you are brave, look up the last two and then picture me in a room filled with a medical cheerleading squad. 'You're doing great! You've got this! Keep going!' I tell you this so that you know I know – I get it. Being a patient can be em.bar.rass.ing.

I won't lie. That proctogram was rock bottom for me in this department. And okay, I was in such shock, I didn't laugh immediately, but I sure have whilst telling the story ever since. (It's grrreat for parties.) I'm learning there is a difference between feeling vulnerable and being vulnerable. One speaks to having a sense of choice and the other, not. Laughter has saved me when feeling exposed or vulnerable.

A side perk to this? No matter what shape or size, this sure helps one become comfortable with their body. (Maybe a little too comfortable? Think: Pulling an insulin pump out of my bra whilst eating dinner at a wedding reception. Oops!) Seriously though, we are all human and there are few variations on our 'parts'. And the medical professionals that see it all, really do see it all. What is more than awkward to us is normal to them. They don't really care what we look like with our clothes off. Bellies are bellies are bellies. (Caveat: I recog-



Susie Schwartz

nize there can be cases of abuse in a medical setting, and this is not to minimize the impact on those who have been exploited. I'm terribly sorry if this has happened to you.)

I just want you to know it is okay to laugh – if not in the moment (which I recommend as being the best - chuckling with the nurse whose job is to walk you down the aisle to your colonoscopy) - then laugh later, when you can verbally share your 'I had my gown on backwards and it wouldn't stay fastened' quandary, with a trusted friend. You'll feel better about it, obsess less about the embarrassment, and I almost guarantee the belly laugh will make your friend's day!

Happy Birthday (Suit)!

Less health stress, yes?

A published author and motivational speaker, Susie currently lives in the UK. She welcomes feedback and questions. Find her on FB @ medicalmissstress, Instagram @ medicalmiss_stress and her website lesshealthstress.com



Florida Sunshine Grapefruit Smoothie

Servings: 1
 1 cup Florida Orange Juice
 1/2 cup Florida Grapefruit Juice
 1 ripe banana
 1/2 cup low-fat vanilla yogurt
 1/2 teaspoon vanilla extract

In blender, blend orange juice, grapefruit juice, banana, yogurt and vanilla extract until smooth. Serve immediately. Photo courtesy of Getty Images (smoothie)



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Your Health

Vaccination roll out delayed by supply chain

Telephone townhall hears concerns of rural residents

By Nicole Buffie

Rural Manitobans had the chance to ask the province's top doctor and public health officials questions about the province's COVID-19 vaccination rollout plan during a recent telephone town hall, citing issues with who's eligible to receive the vaccine and how supply chain disruptions will affect their ability to be inoculated in a timely manner.

Dr. Brent Roussin, Manitoba's chief provincial public health officer, Dr. Joss Reimer and Johanu Botha from the vaccine implementation task force took questions from callers via the public forum on Apr. 13 to quell concerns and dispel misinformation regarding the recent suspension of the Johnson & Johnson COVID-19 vaccine and the availability of the AstraZeneca shot for certain age groups.

On April 13 the Johnson & Johnson vaccine was suspended from being offered to those wanting to be inoculated in the US after the U.S. Food and Drug Administration (FDA) and the Centers for Disease Control (CDC) jointly recommended the temporary halt as a small percentage of women who received it formed blood clots as a result. The news came on the tail end of reports the AstraZeneca vaccine found sim-

ilar results in those under the age of 65 who received their jab.

During the question period, callers also asked if there would be a way for those wishing to be vaccinated to choose the brand they receive, especially if they have underlying health conditions which would put them at greater risk of severe outcomes.

Dr. Joss Reimer said the province is putting the health and safety of residents at the forefront of the vaccination campaign.

"We would never offer any vaccine that we didn't think was safe," she told one caller.

Reimer also mentioned to one resident who asked about the availability of vaccines to high-risk individuals now that some shots are not deemed safe for said population that she hopes the disruption is a mere pause before the province can once again administer jabs to those most at risk.

"We're working with the National Advisory Committee on Immunization as well as our European counterparts to look at the data as quickly as we can. And, I hope it's certain that we'll be able to start using it in the other populations, again, once we have that reassurance," she said.

On April 19, the province announced that all Manitobans aged

40 and over will be eligible to receive the AstraZeneca/Covishield vaccine at a medical clinics or pharmacies.

Those at high risk was a popular topic during the virtual forum, with questions regarding the inoculation of teachers and essential workers. Reimer reiterated prioritizing those most likely to have severe outcomes if they contracted COVID-19 was the province's prime concern, while research and contact tracing has found the former populations were not seeing high rates of transmission.

"This is something that we are continuing to look at."

With supply chain disruptions affecting planned pop-up vaccine clinics across the province and widely cancelling appointments for those eager to receive their first doses, residents raised concerns with the accessibility to super sites. Botha said while pop up clinics are an asset to the provincial government to vaccinate residents, due to supply delays super sites will be

prioritized.

The provincial government announced on Apr. 15 they will be partnering with United Way's 211 Manitoba to provide transportation for seniors and people with mobility issues living in rural settings to super sites in order to receive their doses in an effort to vaccinate as many eligible residents as possible and to return to normal. Roussin said if Manitoba can achieve a 70 per cent vaccination of Manitobans restrictions will likely be lifted to pre-pandemic levels.

"We need to continue with these fundamentals a little bit longer. And I know people are tired of hearing that, but we're looking at a really good summer if we can get many Manitobans vaccinated and keep this third wave at bay," he said.

Manitobans eligible for the AstraZeneca vaccine can find their nearest clinic or pharmacy with available doses by visiting:

<https://manitoba.ca/covid19/vaccine/finder.html>

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Stonewall residents to see slight tax decrease for 2021

By Jennifer McFee

Stonewall residents can expect to see a slight decrease in their property taxes pending approval of the 2021 financial plan.

This plan, which was presented virtually on April 14, outlines a 0.5 per cent decrease in property taxes for 2021. For a residential property with a \$3,000 tax bill, the savings will be about \$15.

At the same time, the solid waste special services levy has increased by \$14.17 per household.

Mayor Clive Hinds said the financial plan includes ways "to keep the boat afloat."

"Council and myself have worked diligently to move things along, even though we are faced with the situations at hand," he said. "We've done our best to keep the town going forward."

CAO Wally Melnyk explained how the pandemic has impacted every area of the operation, including staffing, works and operations, parks and arenas, and the Heritage Arts Centre administration.

"Everybody has felt the impact either in terms of increased protocols, lack of activity, increased costs. It's been throughout the entire operation, like it is for most Manitobans. We have seen reduced revenues from user fees and we continue to face, we believe, the same dilemma for 2021," he said.

"We know for a fact that the arena has been impacted for the winter and spring season. All revenues were lost for January through till the middle of April when we would normally shut down the facility. We're projecting that reduction to be about \$225,000 for 2021, which is very similar to what the reduction was for 2020."

Council is cognizant of the impact

on businesses and residents alike, Melnyk said, and the budget aims to mitigate this impact. As a result, the financial plan decreases the taxes being paid by property owners by half a percentage point.

"The current rate of relief is not sustainable, however, and there will be need to return to some prudent tax increases in the future. But we understand that currently there is quite a significant impact on property owners, both in terms of their personal situations with jobs and employment but also businesses in terms of their ability to generate revenue," Melnyk said.

"So council felt it was important for our leadership in this area and provide for a reduction potentially in the taxes paid by individual property owners."

Even though taxes will be reduced, projects will still proceed in the town for 2021.

"This isn't just a matter of staying status quo," Melnyk said. "There are things being done in terms of investments back in the community, including things like an investment in an RV campground power upgrade."

Other initiatives will include an increased investment in recreation and economic development, a new dock at Kinsmen Lake, a new wheel loader and fleet trucks, the installation of four Level 2 charging stations, an equipment upgrade for the fire department, a capital study for work at the Veterans Memorial Sports Complex, and the town office upgrade project to start this summer and be completed by September 2022.

"All capital is being funded by reserves and borrowing, so there is no specific impact on the mill rate this year," Melnyk said. "There will be impact on either future years or ulti-



TRIBUNE PHOTO SUBMITTED

Stonewall council has approved funding for four Level 2 charging stations for electric cars. May not be exactly as shown.

mately has been in past years in terms of reserve allocations."

The bulk of the money will go towards recreation and culture (23.6%), fiscal services (20.3%), protective services (12.8%) and general government (12.5%). Other areas include reserves (8.5%), transportation (7.3%), environmental health (6.3%), public health and welfare (5%), economic development (3.1%) and environmental development (0.7%).

During these tumultuous economic times, the town will continue to offer support for local agencies and committees through grants, he added.

Melnyk also noted that council took a cost of living decrease for their 2021 remuneration, and there have been other saved costs from not attending conferences or events.

Stonewall residents can also look forward to a change in the water rate this year, with an 11 per cent decrease

on an average consumption bill in 2021, mainly because the rate rider is being removed this year.

Looking to the future, the town hopes to get a potential Canada Infrastructure program approval for a regional water treatment plant for the community, featuring a reverse osmosis system. However, this project will only proceed if the provincial and federal governments provide funding towards it.

Mayor Clive Hinds invited anyone with questions about the 2021 financial plan to reach out for more information.

"We've certainly taken the bull by the horns to keep things afloat," he said.

The presentation is also posted on YouTube, and the link is available on the town's website at www.stonewall.ca.

Pizza Den and RW Bobby Bend teaming up for month-long campaign

Staff

Pizza Den Restaurant and Lounge is giving R.W. Bobby Bend families a reason to order pizza this spring.

For the month of April, the Ecole RW Bobby Bend School Parental Advisory Committee (PAC) are selling gift certificates in support of future playground projects.

The gift certificates are being sold in \$20 increments with 20 per cent of all sales being donated to the play structure project.

School divisions do not fund play structures. This leaves fundraising,

donations and grants as the only source of revenue.

"We completed Phase 1 of our play structure project in the summer of 2017. The new playground has been a huge hit with the kids and is used to capacity daily. We are continuing fundraising efforts for future projects to the playgrounds on the west side of the school," said Kathleen O'Connor on behalf of the PAC.

In 2019 Pizza Den donated \$1,867 to PAC, after \$9,140 worth of gift certificates were sold. This money went directly into the playground account.

Planning the new play structure for the kindergarten area and a outdoor classroom is in the works now.

"This is a fun and useful way to help with the fundraising efforts while supporting a local business."

The gift certificates are being sold until April 28 and do not have an expiry date. They are good for dine-in, delivery or take-out.

"Pizza Den's owner Robert Magnifico is a fantastic community partner," said O'Connor. "We can make \$20 for every \$100 of gift certificates sold. We are really hoping to beat our 2019 to-

tal. With all the COVID restrictions, PAC is finding it hard to fundraise."

"Pizza Den is excited to partner with RW Bobby Bend for a third time. It's a win-win. I get to support the play structure project and expose myself to new people and the school gets their funds. It's an easy way for our customers and friends to support our local schools. It wonderful to be a part of the fundraising," said Magnifico.

To place an order or for more information contact bobbybendpac@gmail.com or call 204-513-0168.

Rockwood council proclaims June as PTSD awareness month

By Jennifer McFee

- At the April 14 council meeting, Rockwood council imposed a burning ban that will be in effect until further notice.

- The RM of Rockwood has hired Ashley Michaluk as its finance manager. The former finance manager John Visser will be the new CAO in the RM of St. Francois Xavier.

- Based on quotes received from numerous contractors, council awarded the supply and installation of Gen-sets for Rockwood utilities — including Stony Mountain water treatment plant, two lift stations in Stony Mountain, Balmoral water treatment plant and Balmoral lift stations — to Control Electric. In addition, council awarded the design and construction of five concrete pads to

Darcy Kowalchuk Concrete and Construction. One of these pads will be a 32- by 32-foot building extension on the Stony Mountain water treatment plant. The project also includes chain link fencing and bollards around the four other concrete pads.

- The RM received an offer to purchase lands in the south portion of the Rockwood business park. The purchasers will need to enter into a development agreement with the RM of Rockwood.

- Council defeated a drainage licence application.

- The RM hosted a public hearing in regards to a conditional use request for a 726-square-foot detached secondary suite on Main Street in Stony Mountain. Council tabled the discussion.

- The RM also hosted a public hearing regarding a request to authorize a mechanical business in an existing 600-square-foot accessory building on Road 87N. Council approved the request with conditions.

- Another public hearing focused on a variation request for a proposed farmstead subdivision on Road 94N as well as another one from a different applicant on Road 6E. Council approved both requests.

- Council granted conditional approval to allow for a new home to be built on Road 76N while also allowing an existing home to remain on the property until occupancy.

- The RM of Rockwood will enter two teams for the annual Ralph Eichler Charity Golf Tournament on June 11 at the Teulon Golf and Coun-

try Club.

- Council proclaimed June as PTSD (post-traumatic stress disorder) awareness month, encouraging residents to learn about the PTSD assessment form written by the Centre for PTSD Research as a tool to help individuals affected by PTSD to get medical assistance.

- The reeve and CAO will execute an agreement between the RM and a landowner to prohibit a residence from being located on a residual parcel of land, in accordance with a condition of the subdivision file. They are also executing an agreement between the RM and the administrators of an estate to prohibit a residence from being located on a residual land parcel, per a condition of the subdivision file.

RM of Rosser financial plan scheduled for April 27

By Jennifer McFee

- At a special meeting on April 12, council passed first and second readings of a bylaw related to fire prevention and controlling wildland fires.

- At the same meeting, council approved a proposed electrical work order from Manitoba Hydro.

- At the April 6 regular council meeting, Rosser council authorized a \$879,779.14 payment from the capital levy reserve to the Manitoba Water Services Board until the next series of debenture is issued and received. The municipality is in a cost-sharing agreement with Manitoba Water Services Board for costs related to Phase

2 of a low-pressure sewer. The municipality had agreed to reimburse the Manitoba Water Services Board for the RM's share of project costs. As well, council authorized payment of interest from the project expenses to the capital levy reserve, equal to what would have been earned in 2020.

- The RM is looking to buy a used tandem truck and will put out a request for proposal.

- In addition, the RM will put out a request for proposal for a consultant to review and analyze the capital lot levies in the Rosser CentrePort lands.

- Council approved the closure of 5.84 Carberry and 0.1 Glenboro

main line public rail crossings effective Sept. 30, 2021. The Canadian Pacific Railway reviewed and declared these two crossings unsafe without upgrades. They are currently not compliant in regards to surface, signage and sightlines.

- Council approved a culvert application from CCJ Farms onto Road 68 North, subject to approval from administration and the municipal engineer. The applicant will need to cover the cost of supplies and installation. The RM will cover costs to remove the crossing nearest the intersection of Road 68N and the Highway 7 service road on the south side.

- Council approved RFNow's

request to design and build fibre optic infrastructure.

- The RM will enter into an agreement with Longview Communication for research and associated fees.

- The RM of Rosser will host a public hearing for its 2021 financial plan on Tuesday, April 27 at 7:30 p.m. The meeting will be held both in person at the Rosser municipal office as well as virtually. Anyone who would like to attend in-person or virtually will need to pre-register by emailing the RM of Rosser at clerk@rmofrosser.com. More information is available on the RM of Rosser website at www.rmofrosser.com.

Ground breaking for Stony Mountain school



TRIBUNE PHOTO BY JOYCE KURNELL

The Stony Mountain School recently got word that they would be receiving \$39,792 as part of the province's Building Sustainable Communities program. Joyce Kurnell applied for the provincial funding and is very excited that the money planned for their outdoor natural playground was confirmed.

"Stony Mountain school celebrates Earth Day every day and in order to appreciate and to take care of our Earth, we need to learn how to connect and enjoy what we have," said Kurnell. "This outdoor learning project is a second phase for in school learning."

Work on the play hill, which will be the focal point, has been started by Kenton Byle. Byle has been hired to help with the landscaping and excavation work. Kurnell is excited that the addition to the playground will be accessible to the entire community for all abilities and will stimulate not only our minds but our sensory and motor skills. This will be a great educational tool, said Kurnell, who wanted to thank the Stony Mountain PAC and school principal Dawn Fenske for their amazing support of the project.

Hours a day in the barns, for a fun hobby

By Sydney Lockhart

A local farm completes the annual shear of their 64 ewes that they care for as a side hobby.

"We have cows, sheep, horses, goats, rabbits and chickens. We have a little bit of a funny farm," said Jennifer Reesink.

While the family raises many types of animals, their main focus is on their sheep.

Reesink had over 60 new lambs this year and is expecting another 30 around May.

"Some of the ewe lambs, depending on who their mom is and how I feel about their genetics, I will keep for future replacements and put back into the flock. The rest I will sell; some ewe lambs off of the farm to people who want to increase their flock or get started into sheep. The male rams mostly go for meat," she said.

Reesink said she and her husband Carel have had sheep on their farm for about 11 years now.

"We started out with just a handful and then we've slowly grown over the years."

Around this time every year, they hire a professional sheep shearer to come to their farm and take the wool off.

"It's just we catch the sheep, and she shears them. I think it's, like, under two minutes she can shear in," said Reesink.

"It's a pretty fast process. It mostly takes us longer to catch and flip the

sheep than for her to shear them."

Reesink said she enjoys keeping sheep on their farm because it is something she can handle alone to take care of, if needed, and it is convenient to not need help with them.

After their sheep are all sheared, they send the wool to Canadian Co-operative Wool Growers Limited, which pays them based on the grade of wool received.

According to Canadian Co-operative Wool Growers Limited, "The Co-operative grades and markets approximately three million pounds of raw wool each year, the majority of this coming from Quebec, Ontario and Alberta. Each of the three general classes of wool (fine, medium and coarse) are sold wherever the best price is available. China is a major buyer."

The Reesink family runs the Woodlands Vet Clinic during the day and take care of their farm when they come home in the evenings.

"It kind of changes our frame of mind. When we've had a busy day, we get to come home and look after our own animals," she said. "We do it because we enjoy it. We enjoy having the farm animals and it's kind of a pastime for us actually."

Their 10-year-old daughter Annika helps out on their farm, taking care of her own rabbits and goats, two of which she received as a birthday present.

Reesink said her daughter mostly takes care of her animals on her own

"WHEN WE'VE HAD A BUSY DAY, WE GET TO COME HOME AND LOOK AFTER OUR OWN ANIMALS."



TRIBUNE PHOTOS BY SYDNEY LOCKHART

Jennifer Reesink and her daughter Annika with their hobby farm sheep.



but also helps out with the other animals they have on the farm.



Annika helps to care of her rabbits and goats along with the sheep on their farm.

Applications now open for 2021 RBC \$10,000 Emerging Filmmaker Pitch Competition

Submitted by Aaron Zeghers, GFF

RBC and Gimli Film Festival (GFF) have launched the 10th Annual RBC \$10,000 Emerging Filmmaker Pitch Competition, which will take place at GFF on Saturday, July 24.

This year marks an important milestone for the competition, bringing the total 10-year cash investment in emerging filmmakers to \$100,000.

"For nine years, the RBC Emerging Filmmaker Competition at Gimli Film Festival has served as a springboard for aspiring filmmakers, providing access to resources, funding and networks to help bring their creative visions to life and advance their careers," said Aaron Martyniw, vice-president of commercial financial services for RBC.

"We're thrilled to celebrate an incredible 10 years of this competition in 2021, and we remain unwavering in our commitment to maintain this critical support to artists as we move towards re-emergence from the pandemic."

The competition — which is supported by On Screen Manitoba, William F. White International Inc., and the National Screen Institute—Canada — sees five emerging filmmakers pitch their short film concepts to a jury of industry professionals in front of a live audience.

The filmmaker with the winning pitch will receive \$10,000 to make their film courtesy of RBC, a \$5,000 William F. White Equipment Rental Grant Certificate, a story-editing and

directing mentorship from the National Screen Institute, and a premiere screening of their film at the 2022 Gimli Film Festival. All five finalists will receive a one-year membership to On Screen Manitoba and passes to All Access, On Screen Manitoba's annual industry forum. Joanne Roberts, last year's recipient, will premiere her winning film, *Anak*, at the festival on Saturday, July 24.

"Gimli Film Festival has increasingly seen how important it is for us — as a charity — to leverage and distribute film production funding directly to filmmakers. Over the past year, artists have been hurting from reduced revenues, and filmmakers have faced increased costs and hurdles going into production," said Aaron Zeghers,

festival director for the Gimli Film Festival. "The RBC \$10,000 Emerging Filmmaker Pitch Competition is one important piece in the mosaic of opportunities that maintains Manitoba's reputation as a hotbed of emerging filmmaker activity."

To celebrate \$100,000 invested and 10 years of the competition, Gimli Film Festival will be hosting the RBC \$10,000 Emerging Filmmaker Pitch Competition 10-Year Retrospective Screening, which will present all of the winning films.

GFF is accepting applications to the competition until June 4. Filmmakers may learn more by visiting the GFF website and reading the Call for Applications.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson defeated in the Humpty's Champions Cup semifinals

Staff

Kerri Einarson's run at the Humpty's Champions Cup ended Sunday evening.

Team Rachel Homan avenged earlier losses to Gimli's Einarson with a 5-3 victory during a semifinal matchup at Calgary's WinSport Arena.

Homan played defending champions Team Silvana Tirinzoni of Switzerland in Monday's final but no score was available at press time.

Einarson started with the hammer and converted for a deuce in the second to open the scoring. But Homan answered with three in the next end for a 3-2 lead.

The two teams blanked the next three ends before Einarson scored one in the seventh to tie the score at 3-3.

Homan countered with a pair in the eighth for the hard-fought victory.

Einarson earned a bye into the semifinals after finishing with a 4-0 record in pool play.

Last Friday, it was officially announced that Team Einarson was named Sport Manitoba Night of Champions Top Team.

Her rink includes Petersfield's Briane Meilleur, Winnipeg's Shannon Birchard, and Edmonton's Val Sweeting.

Here's a team biography written by Sport Manitoba:

The 2019-20 season was one to remember for Team Einarson winning two monumental events, the 2020 Manitoba Scotties Tournament of Hearts and the 2020 Canadian Scotties Tournament of Hearts. At the 2020 Canadian Scotties Tournament of Hearts Championship, both Val and Shannon were named to the First All-Star team at their respective positions. Kerri was named to the Second All-Star Team as skip. By winning the national event, the team also secured a spot as Team Canada at the upcoming 2021 Canadian Scotties Tournament of Hearts along with a berth to the Tim Hortons Roar of the Rings Olympic Curling Trials. It is at this event that the Canadian four-player team reps for the 2022 Olympic Winter Games in Beijing were to be determined.

They were unable to compete as Team Canada at the 2020 World Championship due to the COVID-19 pandemic. Team Einarson finished the 2019-20 season ranked second in the world for a second year in a row. Einarson and her team were in Prince George, B.C., ready to play in the 2020 Women's World Curling Championship and two days before the opening draw, news on social media con-



TRIBUNE PHOTO COURTESY OF GRAND SLAM OF CURLING

Team Einarson, which includes from left to right, skip Kerri Einarson, third Val Sweeting, second Shannon Birchard, and lead Briane Meilleur, were officially honoured at Sport Manitoba's Night of Champions last Friday.

firmed the event was cancelled. It was definitely hard news to take, but they agree that it was the correct thing to do. The team was able to practice for about six weeks from September to November all while overcoming sponsorship concerns, travel restrictions, and health restrictions - one team member works in a health-care facility with elderly patients. The players increased their visibility on their

social platforms by sharing selfie videos with greetings during special occasions, they ran contests for their fans and friends, and did holiday giveaways in partnership with their sponsors. Without being able to be on the ice, the team has focused on the off-ice aspects of the game and have been working on their physical fitness, mental toughness, and tactics.

Stonewall Skating Club grateful for generous Canadian Tire donation

By Brian Bowman

Christmas came early for the Stonewall Skating Club this year.

The local club received an extremely generous donation of \$10,000 from the Canadian Tire Corporation's Jumpstart Sport Relief Fund to help sport and recreation organizations build back sport and play in Canada.

"That's huge for us, that means that we can carry on next year," said the Stonewall Skating Club's Tara Glaspey. "(Our sport) is exceptionally expensive. We pay the same (for ice time) as hockey. Costs are huge.

"We are tremendously thankful for the community's support and we are very encouraged by this gift Canadian Tire Corporation's Jumpstart Sport Relief Fund was awarded to us. We can't wait until next season so we can share it with all of our skaters."

The COVID pandemic had a tremen-



dously negative impact on the Stonewall Skating Club this past season.

"Last year, we struggled (financially) really, really hard," Glaspey noted. "We had to do a fundraiser and this community was amazing, they really helped us because we had to pay our ice bills. We were in arrears."

This Canadian Tire donation will help offset costs to keep registration fees down.

"With Jumpstart's support, we'll be able to provide our club with new teaching aides that all skaters will benefit from, purchase extra helmets to have as a resource for those that need them during training and continue to keep registration costs down so everyone wanting to skate can," Glaspey said. "We've been functioning on donations and duct-taped teaching aides for as long as I have been here. We haven't been able to purchase anything, it's been pretty crazy."

This past winter, the local skating club had to shut down early due to COVID. They were on the ice for just over a month, said Glaspey, adding they could only have a limited number of skaters on the ice due to the

province's restrictions.

"It was very upsetting for us because we had to turn people away," Glaspey said. "We were governed by a number of skaters that we could have on the ice. This was the first season that we actually had to turn people away."

The local club hopes to get back to normal this fall when they begin in either September or October. A large number of skaters registering with the club would be great to see.

To help raise funds, they recently held an extremely successful Online Easter Fundraising Auction through Facebook.

"We had incredible support from local businesses, local folks, our skating families," Glaspey said. "We had insane support from bidders and we were able to raise \$4,005. It was amazing."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Minor ball a hit in Warren

By Brian Bowman

There are going to be a lot of kids having a ball in Warren this summer.

There are about 150 kids registered for either baseball or softball this season.

"Compared to last year, obviously, we're higher," said Warren minor ball president Crystal Bergthorson last week. "The numbers are really good and everybody is excited. We usually have high numbers in Warren but this is really good."

Warren offers age groups in Timbits (which begins at four years old)

and they have players registered all the way through to U18.

This year saw more softball players register than baseball ones, which is rare, said Bergthorson.

"It's extremely welcomed and we have lots of first timers to the sport so it's good," she noted.

Warren had a "really light" season a year ago with limited teams due to COVID. But this year, there is a full slate of teams at every age group.

"It's going to make diamond scheduling a little bit challenging," Bergthorson admitted, noting they have

four diamonds that are in great shape for use. "But that's OK. It's a good problem to have, having too many teams and not enough diamond space, but we'll figure it out."

This summer's minor ball season is slated to start May 8 barring any restriction changes by the province due to COVID.

"We're hoping to have good weather so we can get out their practicing (this week)," she said. "We're really excited to get out there."

Stonewall Youth Soccer Association set to kick off its season

By Brian Bowman

There are a lot of Stonewall kids looking to get their kicks in this summer.

About 200 kids have registered for the Stonewall Youth Soccer Association's (SYSA) mini program while another 175 have signed up for the travel program for the older athletes.

Those are some fantastic numbers. "For the travel it's a record, by far," said SYSA president Craig Thompson last week. "Up probably 30 per cent, we've never had numbers like this. We have more teams than we've ever had before."

SYSA offers mixed groups for U3/U4 and U5/U6 and boys' and girls' divisions for U7/U8.

The Travel program is part of the

Red River Recreational Soccer League that includes Stonewall, Selkirk, East Selkirk, Petersfield and St. Andrews. Typical age groups in past years for boys' and girls' divisions have included U10, U12, U15 and U18.

Both the age groups and days of play are subject to change based on the registration numbers in the group of small communities.

Youth soccer, which begins in May and ends in June, is a popular sport in Stonewall.

"Stonewall is a hockey town but then soccer season comes along and the parents take it a lot more casually than what they're used to for the hockey season," Thompson said.

With COVID, the league has come

up with an air-tight return to play protocol, said Thompson.

"There will be some new rules and some inconveniences but the goal is to be safe, have fun, and to make sure the province doesn't shut down sports," he said.

Last summer's SYSA's season was cancelled due to COVID. Everyone is very excited to get out on the soccer fields.

"I've talked to a lot of parents and they're ecstatic. They're very excited to have their kids back doing organized sports and being active again. The parents are ecstatic that soccer is back on because they were terrified that they would have had to have their kids play boring baseball," Thompson joked.

King gets call up to Swift Current Broncos



Karson King

By Brian Bowman

Karson King received a phone call that most young players in Western Canada dream about.

King was summoned to join the Western Hockey League's Swift Current Broncos and he has been with the club in the bubble in Regina.

The Warren product signed with Swift Current on Jan. 14. The Broncos drafted King 111th overall in the 2019 Bantam Draft.

"The second I was drafted here I was really excited," King told a Swift Current radio station. "I was set on playing in the Western Hockey League and that was my biggest goal. I'm happy to be here and can't wait to get things going."

King has been practising with the Broncos but has not played a game as Swift Current (4-14-1-0) was set to battle the Winnipeg Ice on Monday afternoon.

King found out quickly that the pace of a WHL practice is much quicker than in AAA hockey.

"It's definitely fast, a lot faster than back home but I think I'm finally adjusting to it and getting my legs back underneath me," said King, who played for the Interlake Lightning U18 AAA team this past season.

"Hopefully, I can get into a few games. I just want to carry everything over from now to next season. I'm very fortunate to get this opportunity to get to practice with the guys and get a taste of what it's all about."

Minot State reaches semifinals of the ACHA Division men's hockey nationals

Staff

The Minot State Beavers advanced to the semifinals of the ACHA Division I men's hockey nationals in St. Louis, MO.

The No. 6-ranked Beavers faced the fourth-ranked Liberty University Flames in the national semifinals on Monday evening but no score was available at press time.

Minot State reached the semifinals

after a thrilling 2-1 quarter-final victory over the No. 3-ranked Lindenwood Lions on Sunday afternoon.

All three goals were scored in the third period as the Beavers built a 2-0 lead.

Minot State, the defending ACHA Division I national champion, opened play with a 2-1 win last Saturday over No. 11-ranked Calvin University.

St. Andrews' Carter Barley assisted on Nick Doyle's goal early in the second period.

The two other Interlake players on the Beavers' roster include Brayden Pawluk and Wayde Johannesson.

If the Beavers won Monday, they would then advance to the championship game against either Indiana Tech or Liberty College on Tuesday.

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Rural Municipality of Woodlands 2021 DUST CONTROL PROGRAM



The Rural Municipality of Woodlands will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS**, on municipal roads in front of residences within the Municipality. Application forms are available at the Municipal Office or our website www.rmwoodlands.info. The application will consist of a 16' x 300' strip at a cost \$300.00 plus GST (\$315.00).

Deadline to submit application forms is **Friday, May 14, 2021.**

In the event of insufficient requests, payments will be refunded.

NOTE: Any property owners undertaking Dust Control privately **must** provide Public Works with 5 days notice prior to commencement of any works and road prepping will only be undertaken during the same time frame when the Municipality is undertaking its dust control.

COUNCIL

Rural Municipality of Woodlands

PUBLIC NOTICE

Pesticide Application Program

Bel Acres Golf and Country Club intends to conduct the following pesticide control programs from April to November, 2021. All applications are part of a comprehensive IPM strategy and depending on pest threshold levels, may or may not include:

1. Weed control in turf areas within the property. Projected dates of application are from May 15 to October 15, 2021. Herbicides used may include: acetic acid, citric acid, copper sulphate, glyphosphate, dicamba, 2,4-D, mecoprop.
2. Fungus control in turf and treed areas within the property. Projected dates of application are from April 1 to November 15, 2021. Fungicides used may include: chlorothalonil, propiconazole, iprodione, azoxystrobin, trifloxystrobin, thiophanate methyl, foseetyl AI, metalazyl-M, triticonazole, metconazole, pyraclostrobin, penthiopyrad, fludioxonil, polyoxin D zinc salt, boscalid, mineral oil, fluoxastrobin, fluopyram, tebuconazole, fluazinam, thiophanate-methyl.
3. Insect control in turf and treed areas within the property. Target pests include mosquitoes, elm bark beetles, tent caterpillars, cankerworms and white grubs. Projected dates of application are from May 15 to October 15, 2021. Insecticides used may include Bacillus thuringiensis, chloranthraniliprole, chlothianidin, deltamethrin, lambda-cyhalothrin, permethrin, imidacloprid, chlorpyrifos.
4. Growth regulators may include trinexapac-ethyl.

Any public concerns with the above may be addressed by sending a written submission within fifteen days of this publication to:

Manitoba Conservation and Climate Environmental Approvals Branch Pesticides Program
1007 Century
Winnipeg MB R3H 0W4

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

Call 204-467-5836

Rural Municipality of Woodlands EMPLOYMENT OPPORTUNITY



Youth Employment (3 Positions)

Qualifications:

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, weed eater
- Knowledge of safety procedures and of the use of safety equipment
- Ability to do physical labour
- Available from July to August
- Must be 16 to 29 years old

Salary as per the agreement between The International Union of Operating Engineers Local 987 and the Rural Municipality of Woodlands.

All applications must be in writing and may be sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB. R0C 3H0, emailed to finance@rmwoodlands.ca or delivered to 57 Railway Avenue, Woodlands, MB. Applications will be accepted until **12:00 noon May 14, 2021.**

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

Rural Municipality of Woodlands PUBLIC HEARING



REGARDING THE 2021 FINANCIAL PLAN

In accordance with Subsection 162(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a PUBLIC HEARING to present the 2021 Financial Plan for the Municipality at

May 6, 2021 at 6:00 P.M.
Warren Hall

145 MacDonald Avenue, Warren, MB

The Rural Municipality of Woodlands 2021 Financial Plan consists of:

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

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 Woodlands 2021 Financial Plan. If you are planning to attend we are requesting that you pre-register with the RM of Woodlands Office at 204-383-5679 or by email at finance@rmwoodlands.ca.

Due to COVID-19 information and documents concerning the 2021 Financial Plan are available for review by email, mail or fax. Please call 204-383-5679 to arrange for delivery.

Adam Turner, CMMA
Chief Administrative Officer
Rural Municipality of Woodlands

Dated April 14, 2021

Watersong Farms
MULTIPLE ON FARM TERM/FULL TIME POSITIONS AVAILABLE

- Experienced Butcher/ meat cutter/fishmonger
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NOTICES

Urgent Press Releases - Have a newsworthy item to announce? A cancellation? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab or Email classified@mcna.com for more details.

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REQUEST FOR PROPOSAL



Teulon Rockwood Rec Commission is requesting proposals for servicing four portable toilets and two holding tanks for the Park's season from May 15, 2021 to September 30, 2021. Each proposal should include "per call" and a "flat rate" pricing. Please send information to teulonrockwoodrec@gmail.com

Deadline for proposals is April 30, 2021.

DO YOU HAVE A NEWS TIP OR AN INTERESTING STORY?? CALL THE TRIBUNE 204-467-5836

LEGAL SECRETARY

Grantham Law Offices requires a legal secretary for a full-time position, preferably with legal experience but not required. Duties will include preparing legal documents and dealing with clients. Specific training will be provided. Salary will commensurate with experience. Please forward your resume to: Grantham Law Offices, Box 1400, Stonewall, Manitoba, R0C 2Z0 Attention: Doug Grantham



Rural Municipality of Armstrong

PUBLIC NOTICE / LONG TERM FORAGE LEASES

THE RM OF ARMSTRONG IS NOW ACCEPTING APPLICATIONS FOR LONG TERM FORAGE LEASES. APPLICATIONS WILL BE ACCEPTED UNTIL April 30th, 2021 BY 4:30 PM TO BE REVIEWED AT THE MAY REGULAR COUNCIL MEETING.

LEASE TERMS ARE TO THE AGE OF 65, WITH 5 YEAR RENEWAL OPTIONS AFTER AGE 65.

THE LESSEE MUST BE 18 YEARS OF AGE AND A RESIDENT OF MANITOBA OR BECOMING A RESIDENT WITHIN 2 YEARS.

THE USE OF THE LEASED LANDS IS MEANT FOR THE PURPOSE OF FORAGE PRODUCTION FOR LIVESTOCK OWNED SOLELY BY THE LESSEE.

APPLICATION FORMS CAN BE OBTAINED FROM THE MUNICIPAL OFFICE 204-278-3377 OR EMAIL CAO@RMOFARMSTRONG.COM. FORMS ARE ALSO AVAILABLE ON OUR WEBSITE WWW.RMOFARMSTRONG.COM.

THE RM OF ARMSTRONG IS NOT OBLIGATED TO PROVIDE ACCESS TO THE LEASED LANDS.

APPLICANTS ARE RESPONSIBLE TO VIEW THE LANDS PRIOR TO SUBMITTING AN APPLICATION.

LEASE RATE WILL BE SET AT 1.5% OF THE CURRENT YEARS ASSESSMENT FOR 2021.

Land Location	Roll	Assessment	Acres
NW 26-18-1E	11800	9,800	160.00
SE 13-20-1E	99300	23,200	157.46
NW 8-20-2E	111900	36,800	160.00
SE 8-20-2E	112000	36,800	160.00
SW 9-20-2E	112500	36,800	160.00
SW 17-20-2E	117000	41,600	160.00
NE 31-20-3E E 1/2	134200	32,000	80.00
SE 32-21-2E	165600	41,600	160.00
SW 17-21-3E	172300	60,700	160.26
NW 19-17-1W	184300	26,300	159.00
NE 13-21-2W	326800	39,700	152.78
SW 25-21-2W	331900	41,600	160.00
NW 26-21-2W	332100	30,300	159.00
SE 26-21-2W	332200	32,800	160.00

Corlie Larsen, CMMA
Chief Administrative Officer
RM of Armstrong



SENIOR ACCOUNTANT

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From our operations in Arborg and Teulon to our work with communities, everything we do is with the future firmly in mind. We are always looking for innovative ways to do our business, deliver results and build a great work environment.

Our mission is to "Make the world's products safely accessible". We continue to innovate, implement best practices and adopt new technologies in all areas.

**The Opportunity:
For our ARBORG FACILITY, we are seeking a:
Senior Accountant (Term Position)**

This is a term position. The Senior Accountant plays a lead role in the accounting function at Vidir. This position supports the CFO with the execution of Vidir's financial reports and records, including month-end, year-end and budget, ensuring that all financial data is accurate and complete. The Senior Accountant is responsible for developing efficient, effective and secure internal controls and processes through collaboration with the accounting team and other department managers.

Key Responsibilities: Reporting to CFO

- Ensures the timely delivery of accurate financial statements to support Executive decision-making as well as banking reporting requirements
- Prepares monthly balance sheet and income statement, analyzing reports to ensure accuracy
- Supports the CFO in preparing year-end journal entries, supporting documentation and financial reports
- Works closely with the CFO in the annual budget process
- Prepares and reconciles monthly budget variance reports and distributes to department managers
- Provides support to department managers, responding to inquiries and requests, and identifying issues that need to be brought to the CFO's attention
- Examines budget line items to ensure accurate coding
- Improves the budget process by seeking opportunities for coding or reporting changes that would help identify and understand key cost drivers better
- Monitors and controls the general ledger to enable accurate reporting on operational objectives, projects and other initiatives
- Conducts monthly account reconciliations to ensure accurate reporting and ledger maintenance
- Regularly reviews general ledger transactions ensuring that data entry processes are leading to accurate account balances and information.
- Utilizes a strong knowledge of transactional processes to provide training and assistance to the Accounts Payable/Receivable Clerk as well as employees in other departments as needed
- Handles income tax and sales tax requirements
- Prepares monthly tax filings and ensures taxes are paid on time
- Leads the external tax audit process, serving as the primary contact for auditors. Compiles and organizes required information, delegating as necessary
- Develops and implements internal controls and processes to safeguard Vidir's assets, and to help create accurate and efficient workflow

Qualifications:

The successful candidate must have a minimum of 3 years of experience in a financial accounting role. The successful candidate will also have advanced proficiency in Microsoft Excel, Outlook, Word, and Accounting Software. A diploma or certificate in business administration or accounting is preferred.

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

Applications will be received until Friday, April 30th, 2021

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Rural Municipality of Armstrong

2021 DUST CONTROL NOTICE

The Rural Municipality of Armstrong will now be accepting requests for the application of dust control on rural roads in front of residences in the RM of Armstrong on a **PRE-PAYMENT BASIS ONLY**.

Costs are as follows:

- 12 ft x 300 ft \$230 plus gst = \$241.50
- 16 ft x 300 ft \$330 plus gst = \$346.50

Areas to be serviced must be staked out by the applicant prior to application.

Due to precautions surrounding COVID-19, we ask that dust control orders be paid by cheque and be placed in the drop box available at the Municipal Office Lot 55 Highway 17 in Inwood or mailed to the RM of Armstrong, Box 69, Inwood, MB, R0C 1P0, accompanied with the application form. **All information on the application form must be completed or your order may not be processed. Forms can be found at www.rmofarmstrong.com.** Cheques are made payable to the RM of Armstrong or you may make a payment by e-transfer, please call the office for details 204-278-3377.

Applications will be received up to and including May 14, 2021.

The Municipality can not guarantee the effectiveness of the dust control suppressant. Once a dust control suppressant has been applied, no refunds will be made. The use of a dust suppressant is meant to control dust on the roadway, not to eliminate it completely.

Rural Municipality of Armstrong



RURAL MUNICIPALITY OF ROSSER

DUST CONTROL NOTICE

The RM of Rosser will accept requests for dust control measures on a **PRE-PAYMENT BASIS**, on municipal roads in front of residences and/or established sites within the Municipality. Application forms are available on our website, call the Municipal Office to have one mailed to you, or email to request a form to clerk@rmofrosser.com. Applicants will be charged \$275.00 for a 12' x 300' strip. Areas to be serviced must be staked out by the applicant prior to application. In the event of insufficient requests, applications may be denied.

Note: Deadline for applications is May 15, 2021.

Council
The Rural Municipality of Rosser

WATER TREATMENT

Waterite dealer. Water softeners 30,000 grain \$598. All sizes. Five stage reverse osmosis systems \$246. Filter 10" sediment \$3.40 and 10" carbon \$6.40. Greensand iron/odour/manganese removal filters \$780. All Seasons Furnishings 204-661-8581.

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

FARM PRODUCE

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

FARMLAND

Young farmer looking for farmland to rent in the RM's of Rosser, Rockwood or Woodlands area. Call or text Nolan at 204-461-1784.

LIVESTOCK

Rainbow Trout Fingerlings for private pond stocking. Available now. For more information call 204-322-5558 or email: info@watersongfarms.com

SUPPORT THOSE WHO FEED YOU - SUPPORT LOCAL FARMS AND FARMERS



Rural Municipality of Armstrong

PUBLIC HEARING 2021 FINANCIAL PLAN

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

Thursday, May 6, 2021 @ 7:00 P.M.
FRASERWOOD HALL
10140 PR 231 Fraserwood, MB

PRE-REGISTRATION REQUIRED

At this time Council will present the proposed 2021 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by questions or comments from the public.

Council will hear any person who wishes to make a presentation, ask questions, or register an objection to the proposed financial plan. If you wish to appear at the Public Hearing in person, you must pre-register with the Armstrong Municipal Office to attend by calling 204-278-3377 before May 4, 2021 by 4:30 PM. The Municipality will also be accepting written representations by sending an email to cao@rmofarmstrong.com or postal mail to RM of Armstrong, Box 69 Inwood, MB R0C 1P0. Pre-registration is required so we can book space to adhere to social distancing protocols. Council may at their discretion decide to hold the public hearing virtually instead of meeting in person.

Copies of the Financial Plan will be available for review and may be examined by any person on the RM of Armstrong website at www.rmofarmstrong.com on April 21, 2021 or by contacting the Municipal Office at 204-278-3377.

Dated this 15th day of April, 2021.

Corlie Larsen, CMMA

Chief Administrative Officer
Rural Municipality of Armstrong

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



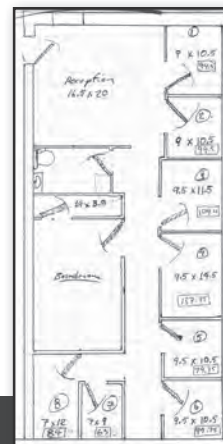
Property Features

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.

For information please contact:

BIG Real Estate
204-485-0010

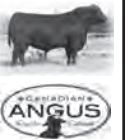
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IN MEMORIAM

GILSON, Ray

In memory of our husband, dad, granddad and best friend
May the winds of love blow softly,
And whisper so you can hear;
That we will always love you,
And wish that you were here.
Helpful, Willing, thoughtful and kind,
What treasured memories you left behind.
For you have not really left us,
Nor have you travelled far;
You've just stepped inside God's garden,
And left the door ajar.
-Forever, Violet and family

IN MEMORIAM

SMITH, Helen

In loving memory of our dear Mother who left us April 24, 1967.
-Forever remembered by son Richard and his wife Sheelagh, Children Sheena and Shawn and Daughter Judy, husband Ken Paluk, Children Wesley and Trevor

IN MEMORIAM



Edward Barnes
March 6, 1947 – April 25, 2005

The gates of memory will never close,
We miss you more than anyone knows.
With tender love and deep regret,
We who love you will never forget.

-Lovingly remembered by,
Barb,

Sean, Kristine, Mitchell and Kendall,
Spencer Figur,
Sharon Brandstrom and family
Ronald and Joan Geisler and family

Your memory will live forever
Engraved within our hearts



Dorothy G. Simpson
August 22, 1933 – April 12, 2021

It is with great sadness that we announce the passing of Dorothy at the age of 87.

She is survived by her daughter Marlene (Jim) Martin, son Alex (Sandy) and ex-daughter-in-law Tammi Smith; grandchildren Gregory Kargus, Brittany Kargus and Cori and Tom Norquay; great-grandchildren Alexa-Lilly and Jaymi; along with many nieces and nephews.

Dorothy was predeceased by her parents Bob and Gertrude Cosens; husband Tom; sisters Mayme (Nick) Lesko and Eleanor (Courtney) Hamaberg.

Dorothy loved teaching. She started teaching at Hartley School from 1953 – 1956, then taught at Petersfield School from 1957 – 1966 when she retired. During that time, she married Tom Simpson on August 4, 1956 and they lived in Petersfield; they moved to the family farm in the mid 60's where she gave birth to their son Sandy (Alexander). Her hobbies included baking (especially around Christmas), gardening and going for drives with Tom. She helped on the farm and later in life enjoyed tutoring and watching Tom and Sandy play hockey and curling. Her greatest joys in life were her son, grandkids and husband. Friends and family meant the world to her and she will be deeply missed by all that had the pleasure of knowing her.

Cremation has taken place, there will be a small family service at a later date. She will be laid to rest with Tom at Wakefield Church Cemetery.

In lieu of flowers, donations can be made to the Heart and Stroke Foundation.

Forever loved, Forever missed and Forever in our hearts

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



CARD OF THANKS

Congratulations to our Club 200 Draw Winners March 26, 2021: \$250 – Charlotte Peach; \$250 – Thomas and Duncan Kresnyak; \$250 – Glenn Appleyard; \$250 – Dave Meyers; \$500 – Sunova Credit Union; \$500 – Mary Brogan; \$500 – Brandy Dobson; \$500 – Travis and Jaime Williams; \$1000 – Wes Taplin; \$2000 – George and Shirley Williams; \$4000 – Glen Weaver. Thank you to everyone that bought and sold tickets. We appreciate your support.

-Balmoral Rec Centre
Board of Directors

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Job Overview:

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- Assist customers with vehicle repair needs

Responsibilities and Duties:

- Prepare work orders, estimates, order/return parts and prepare final invoice
- Keep customer informed and ensure customer's satisfaction

Qualifications and Skills:

- A positive, pleasant attitude
- A good grasp of technology
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