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TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Teulon Tribune's newshound Maxwell and publisher Lana Meier were special guest readers for I Love to Read Month at the Stonewall Children's Centre on Feb. 13. The provincewide, month-long celebration is held annually and encourages reading, writing and sharing in the joy of literacy and sniffing out news stories.

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Info session to focus on TD bank closure in Teulon

By Jennifer McFee

Clients typically bank on their financial institution to remain open and available close to home.

However, clients of Teulon's TD branch will soon need to come up with other options to meet their banking needs.

The branch located at 96 Main St. in Teulon will be permanently closing on Friday, July 25 at 3 p.m. and moving to 396 Main St. in Selkirk.

Judith Dедrick-Williams, who has been a client of the Teulon TD branch for more than 30 years, was taken aback by the news.

She heard about the closure from another community member in November, and when she popped into the branch, she said the only indication was a small sign on the counter. She asked a staff member for more information and was told that the local branch would be merging with the Selkirk location.

A week later, a handwritten sign was posted in the window stating that the Teulon branch would be closing in July.

Then in mid-January, she received a letter in the mail confirming the closure. The letter also advised her that an information session about the bank closure will take place on Thursday, March 13 from 6 to 7 p.m. at Teulon Centennial Hall (14 Main St.). Dедrick-Williams plans to attend the session, and she hopes to see many other community members there as well.

"Basically, we'll lose our identity. We'll just be Selkirk TD — there will be no Teulon at all," she said.

"What really bothers me is how they



TRIBUNE PHOTO BY LANA MEIER

Teulon's TD Canada Trust branch will be closing its doors permanently on Friday, July 25 at 3 p.m. and moving to 396 Main St. in Selkirk.

went about it — the total indifference on the part of the bank to the harm they're causing their loyal customers. I feel so disrespected. It's not just affecting individuals; it's affecting businesses and clubs too."

As an example, Dедrick-Williams serves on the Seniors' Resource board and she's also a member of the local Lions Club. Both organizations deal with TD, and some transactions require two people to be present in person. Once the Teulon branch closes, they would need to drive 25 minutes to Stonewall or 45 minutes to Selkirk to get to another TD branch.

"How are they going to do that in the middle of the business day?" she asked.

"If you have a cheque to deposit but

you're working during the day, good luck doing it. If you don't have online banking through them, you're going to have to wait until you're off work to go to Stonewall or Selkirk."

Teulon Mayor Todd Campbell acknowledged TD for its years of service in town and noted that it means a lot to the community. He said the presence of the TD bank has not only provided financial services, it's also been a factor in Teulon's economic stability and growth.

The bank has helped families to buy homes, businesses to get started and students to save for post-secondary education. Campbell said it's also provided jobs, sponsored teams and local events, and been a trusted source of financial guidance.

"If the bank leaves, there will be a loss of opportunity, security and trust. The Town of Teulon has a large demographic of seniors who do not bank online and requires a local bank to manage their finances," he said.

"The businesses rely on the local bank because they understand their needs and situation better than any online bank. Families depend on the Toronto Dominion Bank to help them build their dreams."

Campbell said the recent announcement regarding the closure of the TD branch in Teulon raises concerns for many residents who rely on the financial institution for their banking needs.

"The decision to close a bank branch is often driven by broader economic factors and market trends. Council is committed to advocating for the financial needs of our community. The presence of accessible banking services is crucial for our residents, and we recognize the importance of maintaining these resources," he said.

"We are actively communicating our concerns, encouraging TD Bank to re-assess their decision. Additionally, we will advocate to ensure that all residents have access to alternative banking solutions and resources."

He encourages Teulon residents to share their thoughts and concerns at the March 13 information event. He also suggested contacting TD district vice-president Michael Warren at Michael.warren@td.com or the Financial Consumer Agency of Canada at 1-866-461-3222.

Continued on page 9

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Stonewall library helps youngsters get ready for kindergarten

By Jennifer McFee

Stonewall's youngest learners can get a jumpstart on education through a local library program.

The Stonewall library is gearing up to run its Ready for Kindergarten literacy program from March to June.

Branch librarian Joan Ransom said the South Interlake Regional Library's mission statement is "Every day we enhance South Interlake communities through literacy by providing innovative, accessible and dynamic library services and programs" — and the Ready for Kindergarten fits perfectly within that goal.

"We are proud that this program helps us to live up to our mission," she said.

"Our senior library clerk, Tara Glaspey, has developed this program with pre-school literacy and learning in mind."

The program focuses on concepts that include print awareness, phonological awareness, vocabulary and other pre-reading skills.

"The Stonewall branch is thrilled to again offer this four-month self-led program to families in our catchment," Ransom said.

"We know that families can foster a love of literacy through reading and activities with their children — and we are so happy to be a part of that journey."

Families who have participated in this program in past years have provided positive feedback, she added.

"They felt their children really improved their skills and had more confidence going into school," she said.

"We help families work with their

children on specific skills to increase their literacy and school readiness."

The program consists of four take-home kits that include all the activities and equipment needed to work on the particular skill for the month. Also included each month is a stack of books for families to read together at home.

"We include items in each kit such as scissors, tri-sided pencils, playing cards and math cubes that children use to learn and practise each skill," Ransom said.

"Handouts in the kits include worksheets and activities that each family works through at home together. To encourage family home reading, the book stacks include 'decodable text' books as well as traditional picture books. We are so fortunate to have received a grant through Interlake Early Childhood Development Coalition, which helped us purchase some of the supplies for the kits."

To register, contact the Stonewall branch by email at stonewall@sir-library.com or by phone at 204-467-8415.

"There is no fee for this program but families must have a library card. Library memberships are free to anyone who lives in or pays taxes in the RM of Rosser, RM of Rockwood, Town of Stonewall and the Town of Teulon. If anyone lives outside of our catchment area, then a non-resident membership is available for an annual fee," Ransom said.

"Families can stay up to date on the programs run at the library through our website and our socials — Instagram and Facebook."



TRIBUNE PHOTO SUBMITTED

Senior library clerk Tara Glaspey prepares a kit for the Ready for Kindergarten program.

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Manitoba government funds provincial trail system upgrades

By Becca Myskiw

The Manitoba government is investing in the province's walking, cross-country skiing and snowmobile trails.

In a news release on Monday, Dec. 16, the provincial government announced nearly \$658,000 of funding for 12 organizations responsible for maintaining the provincial trail system. Environment and Climate Change Minister Tracy Schmidt said winter activities are "vital to helping Manitobans enjoy the cold winter months," and the funding for the trail upgrades will promote active living, environmental stewardship and nature conservation.

"Maintaining our extensive multi-use trail system allows Manitobans to make the most of the snow and spend time outdoors with loved ones," she said. "This funding supports trail repairs and improvements for off-road vehicle use in Manitoba."

The announced funding comes from the annual fee collected by Manitoba Public Insurance for registered off-road vehicles. Organizations receiving grants are:

- Headingley Grand Trunk Trail Association: \$26,280 for walking trail repair
- Clearwater Lake Outdoor Club: \$44,500 for cross-country ski trail repair in Clearwater Lake Provincial Park
- Local Government District of Pinawa: \$29,000 for Alice Chambers Trail rehabilitation project
- Eastman Snopals Inc.: \$100,000 for snowmobile trail rehabilitation in the Lac du Bonnet area
- Ducks Unlimited Canada: \$50,000 for Oak Hammock Marsh

trail repair

- South Interlake Sno Riders Inc.: \$90,090 for snowmobile trail rehabilitation
- North Mountain Riders Inc.: \$100,000 for snowmobile trail repair north of Swan River
- Log Cabin Riders Inc.: \$35,000 for snowmobile trail repair in the Interlake
- Ashern Snowmobile Club 2008 Inc.: \$78,000 for snowmobile trail repair
- Northern Trailblazers Snowmobile Club Inc.: \$90,000 for snowmobile trail rehabilitation in the Interlake
- Seine Rat Roseau Watershed District: \$11,000 for trail repair and enhancements at the Tourond Creek Discovery Centre
- Victoria Beach Snowdrifters: \$4,000 for snowmobile trail repair

The Northern Trailblazers Snowmobile Club grooms 240 kilometres of trails each year in the Fisher Branch area. Dustin Cymbalsty of the club said the trails are used almost daily, and the club grooms them once a week. Along the way, the club maintains three warm-up shelters.

They used the grant money to fix ruts along the trails, add gravel, provide grading and haul in rock to prevent recurrence. All work was done by mid-November, taking about three weeks to complete.

"The upgrades were necessary because there were ruts on the trail," he said. "Our trail from Fisher Branch to Narcisse is also the Prime Meridian Trail, ATV trail, walking trail, horse trail and snowmobile trail, and it was a safety hazard for all, hard on groomer equipment and snowmobiles."

The South Interlake Sno Riders cover 180 kilometres of trail from southern Stony Mountain to northern Teulon and west of Warren to east of Petersfield. Joe Thievin of the group said the trail is used daily by riders from late December to mid-March every year. The group grooms the trails once a week to ensure riders have an enjoyable, safe experience each time.

"Upgrades are necessary to address ruts and holes in the trail base caused by erosion and off-road vehicles," he said. "We also manage the vegetation growth that creeps into the trail. The repairs are critical in low snow years as there can be inadequate snow to fill the ruts causing the trail to be unsafe."

The South Interlake Sno Riders used the funds to fill ruts along the trail system with extracted clay, then top it with rail ballast to ensure a long-term solution. The work started in late October and wrapped up in early November. Thievin said the last major upgrades to their trail system were done about 11 years ago, not including annual grading and other repairs.

"The funds enabled us to do work that we could never afford to do," he said.

The Log Cabin Riders groom and maintain around 210 km of trail in the Moosehorn area. Jason Nickel of the group said regular ATV traffic in the off-season makes ruts in their trail system, which were fixed with funding from the provincial government.

"The trail we worked on has never been worked on before," he said. "The grant money enabled us to get the job done."

The group rented an excavator, farm tractor and three field discs to finish the work before winter.

Jason Wiebe, president of Snoman Inc., said the funding will help to fix damage that happened to the trail network in the off-season. He said the work done will ensure clubs across Manitoba can continue to provide high-quality, safe snowmobile trails. Snoman has 53 clubs across the province that maintain and groom 13,000 km of trails yearly. The trail network is managed by a trail pass program, meaning there are no regular government funds for the system.

"Our sport brings many economic benefits to rural communities at a time when other tourism activities are slow, and we are looking forward to increasing awareness of our vast provincial trail network," he said.

With the trail upgrade funding, the provincial government also declared Manitoba Winter Trails Day on Feb. 8, 2025. Executive director of the Cross-Country Ski Association of Manitoba, Karin McSherry, hopes the new day will "inspire all Manitobans to explore the variety of ski trails" in the province and "discover or rediscover a love for cross-country skiing this winter."

"Proclaiming Manitoba Winter Trails Day will support the promotion and awareness of Manitoba's incredible winter trails and activities, celebrate partners across the province who build and maintain the trails, and encourage Manitobans to spend quality time outdoors with family and friends," said Schmidt.

Manitoba's provincial parks are free to enter during February, making it easier for Manitobans to enjoy trails across the province on Manitoba Winter Trails Day.

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Roll Up to Win returns with Tim Hortons' beloved Roll Up beverage cups

By E Antonio

Tim Hortons is bringing back the cherished Roll Up to Win campaign with specially branded hot beverage cups available at restaurants across Canada. Customers can get these unique cups with the purchase of a hot beverage while supplies last from Feb. 24 to March 23. When participants roll up the rim, they have a chance to reveal a prize, bringing back the contest's original essence.

"Guests loved celebrating the 60th anniversary of Tim Hortons with us last year and it inspired us to bring back some classic Roll Up cups this year for a limited time," said Tim Hortons Stonewall owner Jamie Pope.

"We've heard a ton of really positive feedback from Canadians across the country who are excited for the return

of Roll Up and the chance to reveal a prize under the rim of Roll Up To Win-branded hot beverage cups."

Customers can also win prizes by purchasing other items, including cold drinks, breakfast sandwiches, wraps or lunch and dinner entrees, by entering through the Tim Hortons app.

For more than 35 years, Canadians have been rolling up and winning great prizes when they visit Tim Hortons. Roll Up To Win offers the chance to win exciting prizes including new all-electric vehicles, getaways, electronics, gift cards and millions of Tims coffee, doughnuts and 10-pack of Timbits prizes.

For a complete list of prizes and contest rules, please visit www.timhortons.ca/rollup.



TRIBUNE PHOTO SUBMITTED

Tim Hortons' Roll Up to Win beverage cups earn you an extra roll along with the digital roll when scanning for rewards with a hot beverage purchase from Feb. 24 to March 23..

Cast your online vote for local curling story



TRIBUNE PHOTO SUBMITTED
"The Pickell Silver Brush" needs your vote.

By Jennifer McFee

A local curling enthusiast is seeking online votes to help her win a contest through Curling Canada.

Merle Tomyk submitted a story entitled "The Pickell Silver Brush" for the Curling Day in Canada contest. Curling Canada selected her story as one of the Top 20, which allowed her to advance to the voting round. She's now in the running for a chance to win a championship weekend getaway at the 2026 Montana's Brier in St. John's.

"If you so wish, I invite you to go to the Curl Canada website to read the stories," said Tomyk, who submitted

the entry under her first name Edythe (Merle is actually her second name).

"If you like my story, your vote may help me to visit Newfoundland, the only province in Canada that I have not had the opportunity to visit."

Voting is limited to one vote per

email address, and voting closes on Saturday, Feb. 22.

The story with the most votes will be the grand prize winner.

To cast a vote for Tomyk's story, visit <https://www.curlingdayincanada.ca/the-pickell-silver-brush/>

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Manitobans can apply for modernized plastic health cards

By Annaliese Meier

Health, Seniors and Long-term Care Minister Uzoma Asagwara and Innovation and New Technology Minister Mike Moroz announced last month that Manitobans can now apply for a modernized plastic health card online.

“Our government has been working hard to move our health-card system into the modern era and we’re thankful to Manitobans’ patience as we take time to get this process right,” said Asagwara. “Over the next few months, we expect the popularity of this initiative to mean it may take some time for every Manitoban to receive an updated card but we’re focused on finally getting this done.”

Manitobans applying for a plastic health card can expect to receive it in coming months, the minister noted. Paper health cards will continue to be valid and accepted at health-care facilities. Additionally, a digital health card option will be available soon.

“I’m sure Manitobans are just as excited as we are to say goodbye to a fading paper card and replace it with a more durable option,” said Moroz. “This is just one step our government is taking to both modernize government services and make sure Manitobans can easily access services they need.”

Manitoba is also enhancing health care access for children and youth

by transitioning to individual health cards for all residents, including children who were previously listed on a family card. Asagwara noted that this change aligns with practices in other Canadian jurisdictions and updates outdated record-keeping, ensuring every child and youth in Manitoba has their own health card.

The new bilingual card will have a field allowing residents to indicate their official language preference, either English or French, making Manitoba the second jurisdiction in Canada to offer this feature.

To apply for or request a new Manitoba health card, visit <https://manitoba.ca/health/mhsip/>.

Interlake Brewing Co. takes curling to new heights

By E Antonio

A new weekend curling rink has opened up on top of Gimli’s Interlake Brewing Co. restaurant.

Interlake Brewing Co. owners Graeme Maclean and Kristin MacCary opened the rooftop curling rink in mid-January for restaurant patrons who wanted to brave the extreme temperatures.

“We opened Interlake Brewing Co. one-and-a-half years ago, and last winter, we wanted to open the rink, but the weather did not co-operate,” Maclean explained.

“My business partner and I took part in a brew bonspiel last year at Buchanan’s Jugs Club, which inspired us to try and bring it here. We recently finished renovat-



TRIBUNE PHOTO SUBMITTED

Interlake Brewing Co. has opened a rooftop curling rink. The outdoor rink is currently open on weekends from 2 to 4 p.m., and it plans to expand its hours once temperatures rise.

Continued on page 9

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Words Matter

Do you ever feel like there is always new things in this world making it hard to keep up or to even understand what people mean? The definitions of words seem to change almost as if the original meaning of the word doesn't matter. How can we have meaningful discussions when we don't know what people are meaning?

We need to understand that if words don't matter than neither do conversations. We need to have meaningful discussions even if we define things differently by understanding how we define the words we are using and how the people we talk to define the words they are using. We need to be careful as Christians to use words well.

Words matter because words convey truth and lies, right and wrong. One of the ways we as Christians represent Christ is through our words and how we use them. Let's be careful to make sure we are representing Christ well through our words. Let's share the gospel through our words and let's redeem the words that have been twisted to mean things that they don't.

This quote from a little over 100 years ago shows that there is still nothing new under the sun today. "What is the good of words if they aren't important enough to quarrel over? Why do we choose one word more than another if there isn't any difference between them? If you called a woman a chimpanzee instead of an angel, wouldn't there be a quarrel about a word? If you're not going to argue about words, what are you going to argue about? Are you going to convey your meaning to me by moving your ears? The Church and the heresies always used to fight about words, because they are the only thing worth fighting over." – G.K. Chesterton

Daniel Bredin



TRIBUNE PHOTO BY ASHLEY PELTZ

In celebration of Lachlan Anderson's 11th birthday, a group of his buddies joined him at the Argyle outdoor rink and braved the cold temperatures for a game of hockey last Saturday. According to AccuWeather the temperature was -28 C in the afternoon after the wind died down. By Feb. 17 there were extreme cold warnings with a registered temperature of -42 C with the windchill. The recent cold snap is expected to break by the end of the week. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca

Local author publishes fourth book inspired by Interlake

By E Antonio

Karen Emilson has published her fourth book. The local author grew up in Ashern but now resides in Grunthal and has always yearned to be a writer.

"I got my start as a newspaper reporter," said Emilson. "While I was a reporter, I was approached by Dennis Pischke and he asked me to write a story about him and his brother's abusive childhood."

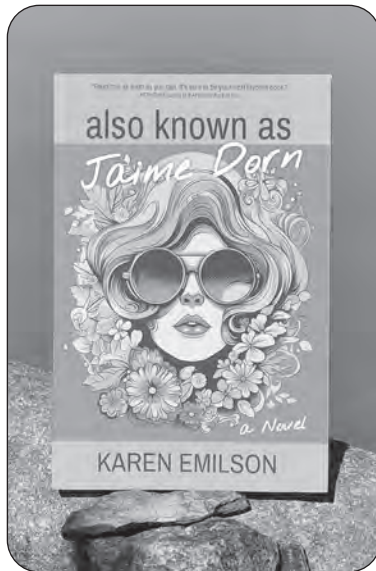
Emilson instantly accepted the request and had her first short story published in the 1995 newspaper. She later published a novel version of her short story *Where Children Run* in 1996.

Nearly two decades later, Emilson has now published her fourth novel, *also known as Jaime Dorn*.

The local author explained that although her writing journey began with true stories, she always had a passion for fiction.

also known as Jaime Dorn is Emilson's second fiction piece and it is a companion novel to her other fiction novel, *Be Still the Water*.

"It is not a sequel to *Be Still the*



You can currently buy *also known as Jaime Dorn* at H.P. Tergesen & Sons in Gimli, The Cozy Fox in Selkirk and on Amazon.

Water but there are overlapping characters. It (*also known as Jaime Dorn*) solves a mystery that is at the end of *Be Still the Water*," Emilson explained.

Despite bringing *Be Still the Water's* mystery to an end, Emilson noted that you can read ei-



TRIBUNE PHOTOS SUBMITTED

Karen Emilson has published her fourth book, *also known as Jaime Dorn*. Emilson's novel is set in a fictitious small town in Manitoba. Lundi is inspired by the sites and features you can find in Lundar and Eriksdale.

ther one of her fiction novels first.

"I wanted to tell so much of the story to tell with-

Continued on page 10

New report calls for urgent action to save local news in Canada

By Andrew Phillips

A report released by the Public Policy Forum (PPF) in partnership with the Rideau Hall Foundation (RHF) and the Michener Awards Foundation (MAF) highlights the critical state of local news in Canada and proposes urgent recommendations to revitalize a key industry that plays an outsized role in Canadian democracy.

The report, titled *The Lost Estate: How to put the local back in local news*, is supported by exclusive new Ipsos polling of Canadians living in smaller communities and cites a concerning decline in local news outlets, with repercussions that include increased alienation, a decline in trust and a negative impact on local businesses.

According to Toronto Metropolitan University's Local News Research Project, Canada has lost 252 net local news outlets across Canada since 2008, including 24 net closures over the last two years alone. The report emphasizes the importance of enabling local ownership to help rebuild this critical industry at the community level.

"Local news is an undervalued player in the media ecosystem," said Inez Jabalpurwala, PPF president and CEO. "It helps create civic spaces that are needed now more than ever, while also underpinning the very foundation of healthy democracies."

An Ipsos poll, conducted in January 2025 and commissioned as part of the report, found that 87 per cent of Canadians believe local news is important to a well-functioning democracy, and they trust local newspapers and radio (85 per cent), over national newspapers (71 per cent) and international online news sites (55 per cent). The poll was unusual in its focus on Canadians living in smaller communities — of 1,001 Canadians polled, about half were in communities with populations of less than 10,000, and half were in communities with populations of between 10,000 and 100,000.*

Respondents agreed on a range of serious implications as local news diminishes. Sixty-one per cent said less local news leads to less knowledge about the workings of local government, schools and hospitals; 58 per cent said it



leads to fewer ties to the community, as well as decreased participation in local events (57 per cent), a loss of a sense of caring for each other (54 per cent) and less demand for local small businesses (36 per cent).

The *Lost Estate* report, which stems from a recent national conference of local news publishers and broadcasters organized by the RHF and the MAF, highlights several factors contributing to the crisis in local news, including the failure of non-local corporate ownership models, a collapse of traditional advertising revenues (between 2018 and 2022, ad revenues for Canadian community newspapers fell by 44 per cent), as well as Meta's decision to block Canadian news on Facebook and Instagram.

But despite the challenges, the report also notes resilient green shoots, citing examples of local news organizations that are finding innovative ways to serve their communities, including employee-owned media, non-profits and

startups.

"Journalism is an essential force in our democracy, and the precarious state of local news speaks to its fragility. I am encouraged, though, by the innovative approaches many small, local news organizations are taking across the country, some of which are highlighted in this report," said Teresa Marques, president and CEO of the Rideau Hall Foundation. "Now more than ever, it is critical that we find new ways to fuel the innovation needed to revitalize local news and small, community newsrooms."

The report emphasizes that public policy must not seek to preserve the media as we have traditionally known it but rather focus instead on innovations that will help sustain a flow of reliable information. It proposes a comprehensive set of recommendations for governments and philanthropists that include:

Creating a "Report for Canada" non-profit organization, similar to a successful model in the United States, to fund reporters in local newsrooms for three-year terms. Local Journalism Initiative funds provided by the federal government would be matched by philanthropic donations and controlled by an independent board;

Driving local advertising with a tax credit for local businesses that spend ad dollars with independent, locally owned media;

Directing a portion of government advertising dollars to local publishers and broadcasters, as the Ontario government did recently by requiring that 25 per cent of government ad budgets, including spending by four large provincial agencies, be directed to Ontario-based publishers;

Mandating a sales notice period to give communities an opportunity to rally support for news outlets that are threatened with closure by corporate owners; and

Stepping up community foundation involvement: There are more than 200 community foundations across Canada, as well as thousands of private foundations. They should be encouraged to support local news organizations as part of their wider missions to encourage social vitality, community health and local democracy.

"From media to government, and from the charitable sector to individual citizens, we all have a role to play in the success of local news. Democracy flows uphill and this report offers a roadmap to safeguard the future of local journalism and, by extension, to help safeguard our democracy," says

Community Engagement

Eriksdale E.M. Crowe Memorial Hospital
Emergency Room Renovation

Drop in and discuss the project with
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Thursday, March 6

1 p.m. to 7 p.m.

Eriksdale Recreation Centre, #2-1st Ave.

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Survey closes Friday, Feb. 21!

Invest 5 to 7 minutes in the survey and inform
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For info or questions 1-844-496-2153

> ROOFTOP CURLING, FROM PG. 6

ing and had lots of leftover materials, so we figured we would give the curling rink a go.”

If the weather permits, everyone is invited to enjoy the curling rink on the rooftop patio at Interlake Brewing Co. on weekends from 2 to 4 p.m. The patio has been winterized to create a fun seasonal experience for guests.

The building team thought of everything to ensure your comfort outdoors. They have built wind blocks, heaters, bathrooms, blankets and benches to help you stay warm. They have also opened their Ice Bar, which features unique mocktails and warm beverages to keep your energy high when you curl with your friends and family.

“We have bar tenders serving beers, wines, spirits, coffee and hot chocolate. We have even started to make ‘ice shots’ by making shot glasses out of ice.”

They are even considering making specialty cocktails uniquely for the ice bar.

Interlake Brewing Co. has everything you need

when it comes to a game of rooftop curling. They have made their own curling rocks out of milk jugs, and no brooms are required for their family-friendly curling game.

“You just need to show up and dress appropriately for the weather,” added Maclean. “We encourage everyone of all ages and abilities to come out; you don’t have to be a curler to have fun.”

Once warmer weather returns, Maclean plans to host bonspiels and other more formal curling events, hoping to extend the rink’s hours as interest grows. With the Gimli Ice Festival approaching, he looks forward to seeing a lot of activity on the rink.

“It is a fun reason to get outside and spend together. Creating community is something we strive for as a business.”

Interlake Brewing Co.’s curling rink is open Saturdays and Sundays from 2 to 4 p.m. at 72 1 Ave. in Gimli. Hours are subject to change and are based on current weather conditions. You can find updates to the rink’s operating hours on their Facebook page, Interlake Brewing Co.



The ice surface is half the size of a regular sheet.

> TD BANK CLOSING, FROM PG. 2

“Your input is invaluable during this time, and I encourage you to share your thoughts and concerns,” Campbell said.

“Together, we can navigate this challenge and continue to support the financial well-being of our community.”

Mick Ramos, TD Bank Group’s manager of corporate and public affairs for Western Canada, shared some perspective on behalf of the financial institution.

“After careful consideration, we’ve decided to close our Teulon branch as of July 25, 2025. Customer accounts will be transitioned to our next closest branch, located in Selkirk, which offers longer hours and a wider array of services,” he said.

“We continually assess customer demand for our branch network and adjust our operations accordingly. We look forward to welcoming customers to our Selkirk branch.”

Ramos said customers in Teulon can also continue to access EasyLine, EasyWeb and the TD mobile app for

their banking needs, as well as other branches for in-person or virtual appointments.

“We’ll continue to provide the same level of service our customers have come to expect from us across this variety of channels,” Ramos said.

However, Dedrick-Williams foresees problems with those options for some Teulon residents.

“Like many towns, Teulon has a high percentage of seniors and this is going to impinge on them greatly. Some of them don’t drive and many of them do not work with a computer. It’s going to cause them a great deal of trouble and anxiety. I am a senior, too, so it affects me,” she said.

“This is a great blow for the town. It will affect every citizen, not just seniors. When you talk about a community, a bank is essential.”

Although Access Credit Union has a branch in Teulon, Dedrick-Williams plans to seek other alternatives.

“I’ll probably be banking in Stonewall rather than Teulon. I’m cashing out all my investments with TD and I

will be investigating other banks that are more stable,” she said. “I suspect there are going to be more TD closures.”

She pointed to recent news that Toronto-Dominion Bank was ordered to pay US\$3 billion in fines to American regulators after pleading guilty to multiple charges, including conspiracy to commit money laundering.

At the same time, she questions why the Teulon branch was recently reno-

vated prior to the pending closure.

And she encourages other Teulon residents to attend the upcoming information meeting on March 13 from 6 to 7 p.m. at Teulon Centennial Hall.

“If you want to know why they’re closing the branch and you want to express your opinion, you only have this meeting to do it,” she said. “If you don’t come out, then you really have no right to complain after the fact.”

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THE TOWN OF STONEWALL GRANT APPLICATION PROGRAM

Notice to Town of Stonewall Community Groups and Organizations

The Town of Stonewall has opened up their annual grant application program. Please see our website at www.stonewall.ca for more information.

Completed applications must be submitted to the Town Office at P.O. Box 250, 293 Main Street, Stonewall, R0C 2Z0 or by email to info@stonewall.ca.

The deadline for submission is March 1, 2025.

Brian Goodman reflects on his run for Conservative nomination in Quebec

By Jennifer McFee

A former Stonewall resident is making his mark in the political realm in other Canadian provinces.

Brian Goodman grew up in Stonewall and graduated from Stonewall Collegiate Institute in 1997. In his 20s, he lived in both Stonewall and Winnipeg before he moved to Saskatchewan in 2007 to pursue work in politics for Brad Wall's Saskatchewan Party government.

The following year, Goodman had the opportunity to move to Gatineau, Que., to work for a member of Parliament. Since Gatineau is near Ottawa, Goodman and his wife Andrea lived in both cities for about a decade.

In 2018, the family moved to Chelsea, Que., in the riding of Pontiac-Kitigan Zibi — and Goodman recently threw his hat in the ring in an effort to become the federal Conservative candidate in the largely French-speaking riding.

When the vote took place on Dec. 14, Goodman wasn't selected as the candidate — yet he remains in good spirits about the outcome.

"There was a lot of interest with six candidates deciding to pursue the nomination, so I was happy with my result — which was third but only six votes behind second and less than 30 votes behind the winner when I dropped off the ballot," he said.

"Another dozen votes or so, and who knows what could have hap-



Brian Goodman sought the nomination to become the federal Conservative candidate in his Quebec riding.

pened on the final ballot."

Regardless of the outcome, Goodman feels he would have made a strong member of Parliament.

"I've worked in politics and around the federal government for the last 15-plus years, so I feel like I know Ottawa about as well as anyone and could be a really strong MP. I've also worked on a lot of campaigns, including in the Interlake, and thought that I could give the Conservatives a good chance in a riding that is generally very difficult for our party," he said.

"I'm also about as fed up with the current federal government as most



TRIBUNE PHOTOS SUBMITTED

Brian Goodman, originally from Stonewall, now lives in Quebec with his wife Andrea, daughter Isla and son Leif.

Canadians are and wanted to be part of the change. I still will be part of the change, but it will look different than what I had in mind a couple months ago."

Looking ahead, Goodman is taking some time to reflect on what will come next for him.

"I'll probably think a bit more about that dozen votes, for starters, and

things I might have done differently," he said.

"Beyond that, though, I'll keep finding ways to learn more about Ottawa, how this town works and how I can get things done as an MP, whenever and wherever that might be. I'm sure I'll also be out knocking doors again soon, just as a volunteer this time instead of as a candidate."

> LOCAL AUTHOR, FROM PG. 7

out spoiling *Be Still the Water*."

Ultimately, Emilson explained that it depends on what genre of books

Al-Anon and AA Meetings Information

Balmoral Al-Anon Family Group
Balmoral Community Hall basement
6003 E MB-236, Balmoral, MB
Contact: (204) 470-8972
Meets every Wednesday 7-8 PM
Everyone welcome

Selkirk Red River Al-Anon Family Group
Christ Church Anglican
227 McLean St., Selkirk, MB
Contact: (204) 482-6287
Meets every Monday 7-8 PM

Teulon AA
Christian Education Building
3rd Ave. SE, Teulon, MB
Contact: (204) 461-0155
Meets every Tuesday 8-9 PM

Stonewall AA
Parochial Hall
291 1st St. W., Stonewall, MB
Contact Denis: (204) 981-7747
Donna (204) 461-0892
Meets every Sunday 7:30-8:30 PM

you like to read to depict which of her novels to read.

also known as Jaime Dorn follows the story of a young woman named Jaime looking to move on from her troubled past. She plans to travel via bus from southern Ontario to British Columbia, but when she is in Winnipeg, Jaime accidentally boards the wrong bus and ends up in Lundi, Man.

Lundi is a fictional city inspired by two small Manitoba towns.

"It has all the amenities of Lundar and Eriksdale except everything is fictional," said Emilson.

The protagonist, Jaime, was named after Emilson's mom, who passed away 12 years ago.

"This is a highly exaggerated version of my mom's past. My mom would have really loved the antics this girl got herself into."

also known as Jaime Dorn combines romance, mystery and adventure into one story.

"It's a real small town read. People who have read it have enjoyed the nostalgia and the small-town antics," Emilson said.

Although Emilson is a full-time writer, she still finds time in her day to spend with her family and friends and collect colourful rocks along

Steep Rock's waters edge. She is also far from finishing her writing career.

"I am hoping in the future to be putting a book out every two years," said Emilson.

She explained that all the characters in *also known as Jaime Dorn* have been written to have continuing storylines for future novels.

The experienced author also sends a token of gratitude to her diverse reading audience.

If you want to get your hands on *also known as Jaime Dorn* today, you can purchase a copy of Emilson's book at H.P. Tergesen & Sons in Gimli, The Cozy Fox in Selkirk and Amazon.

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Clubroom Events for the Week of February 17
Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is \$790
Thursday 4-10 Crib at 7pm sharp!
Friday 4-close Meat Draw at 6:30
Saturday 2-close Meat Draw at 3 Dinner at 5:30 Darts at 7
Open Mike Night at 8
Last Saturday of the month meal February 22 will be Pork Cutlet - Tickets available at the bar for \$12.50
All are welcome - Support your local legion!

Free ice fishing weekend



TRIBUNE PHOTO BY HAILEY HUEGING

The Manitoba government encouraged residents to enjoy winter activities by offering free ice fishing from Feb. 15 to 17 during the Winter Family Fishing Weekend, when anglers could fish without a licence. Natural Resources Minister Ian Bushie said it is a great opportunity to experience ice fishing and gather family and friends on the ice. Anglers must follow possession limits and size restrictions, with additional information available online. A federal angling licence is still needed in national parks. Additionally, Manitoba is offering free entry into provincial parks for February, although Snopasses are required for snowmobiling on groomed trails. Pictured are Robyn MacMillan, left, and MyKenna Holtmann ice fishing in Steep Rock over the weekend.

> SAVE LOCAL NEWS, FROM PG. 8

Paul MacNeill, MAF executive member and Prince Edward Island community newspaper publisher. "For the first time, Canadians can see the vital role local news plays in this country. Too many communities have been hurt by media closures. The time to act on these recommendations is now, before it is well and truly too late."

The report is authored by Andrew Phillips, former editor-in-chief of the *Montreal Gazette* and the *Victoria Times Colonist*; Edward Greenspon, PPF fellow and former editor-in-chief of the *Globe and Mail*;

and Alison Uncles, PPF vice-president and former editor-in-chief of *Maclean's* magazine.

* The survey was conducted online by Ipsos among Canadian residents aged 18+ within communities with less than 10,000 population and communities with a population between 10,000 to less than 100,000 residents. Results are considered accurate to within +/- 3.5 percentage points of what the results would have been had every Canadian resident aged 18+ been polled.

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RCMP investigate armed robbery in Teulon

By Jennifer McFee

Stonewall RCMP are seeking the public's help in identifying suspects in a Teulon robbery.

Stonewall RCMP responded to an armed robbery at a gas station in Teulon at about 2:30 a.m. on Friday, Feb. 7.

Officers were told that four masked individuals — each carrying a weapon, including a handgun and baseball bat — had entered the store and demanded cash and cigarettes from the employee.

"The suspects are believed to be of Middle Eastern descent based on the language overheard as they spoke to each other," states an RCMP press release about the incident.

The suspects made off with an undisclosed amount of money and left in a dark blue C300 Mercedes-Benz,



possibly a 2017 or 2018, with an unknown licence plate.

These same suspects are believed to have also robbed a gas station in Swan Lake First Nation on Sunday, Feb. 9 at 10:30 p.m. In this incident, four similarly described suspects were seen exiting a dark blue Mercedes sedan — two of them armed with handguns and the another with a baseball bat — and made off with money.

Stonewall RCMP are asking for the public's help in identifying these suspects and in locating the suspect vehicle.

If you have any information that may help further these investigations, please contact the Stonewall RCMP detachment at 204-467-5591 or Manitoba First Nations Police Service at 204-836-2630. You can also provide information anonymously through



TRIBUNE PHOTOS SUBMITTED

Stonewall RCMP are asking for the public's help in identifying these suspects who are wanted in the recent robbery of the Super Seven gas station in Teulon.

Crime Stoppers at 1-800-222-8477 or through the secure tip online at www.manitobacrimestoppers.com.



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

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Customer pays it forward at Inwood café

By Jennifer McFee

A diner at an Inwood café shared a taste of generosity by paying for everyone's meals at the local eatery.

Earlier this month, a customer at Rosie's Café quietly paid for the breakfasts of his fellow diners.

"He's a regular customer. He comes here quite often. He just came in and bought a coffee and said he would get all the breakfasts. I think he paid for three tables," said restaurant owner Rose Emms, who wasn't working at the time.

"He's a super nice guy. He's from the north and he was just travelling through."

The other diners in the restaurant were pleasantly surprised by the anonymous gesture.

"We have that happen every now and then, and they're always quite surprised. We find that a lot of people from the north are very respectful of their elders. So if they see elder people sitting in here, they'll quietly come up and say they'll get their breakfast for them," she said.



TRIBUNE PHOTO SUBMITTED

The spirit of kindness often shines brightest in the simplest of gestures. At Rosie's Café, an anonymous diner took it upon himself to brighten the day for others by covering their breakfast bills earlier this month.

"Then they go on their way. We'll not for any recognition. It's always tell the customers quietly after they nice when they do that." leave. They do it as a sign of respect,

See how we're doing good together, Manitoba!

Every day, the people at Manitoba Liquor & Lotteries strive to make positive contributions to Manitoba's economic, environmental, and social well-being. Read how we're doing in our recently published **2023-24 Environmental, Social, and Governance Progress Report** by scanning the QR code below or visiting MBLLGoodTogether.ca.



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Stony Mountain students learn the art of the Red River cart

By Jennifer McFee

Stony Mountain students enjoyed a first-hand experience of how it feels to travel by Red River cart in celebration of Louis Riel Day.

In Manitoba, Louis Riel Day takes place on the third Monday of February, so this year it fell on Feb. 17.

Born in 1844, Riel was the oldest son of a Métis family from St. Boniface. He played an important role in the Red River resistance and drafted the list of rights that formed the basis of the Manitoba Act, which the Parliament of Canada passed in 1870.

Riel was recognized in 1992 by the Canadian government as one of the Fathers of Confederation, and he's also widely known as the Father of Manitoba.

In recognition of Louis Riel Day, the Stony Mountain local of the Manitoba Métis Federation teamed up with Red River cart-makers Armand and Kelly Jerome to bring history to life at Stony Mountain School on Feb. 12 and 13.

Students had the opportunity to watch a video about a journey that Armand participated in about 20 years ago when he travelled with a group by Red River cart from St. Norbert, Man., all the way to Batoche, Sask. It was one of many Red River cart excursions for Armand, who estimates he's travelled more than 4,800 kilometres (3,000 miles) in the traditional carts over the decades.

Then the hands-on excitement began. The duo brought a deconstructed half-size cart to the school so classes could have the chance to construct it together piece by piece. Each wooden component was numbered, so the process followed a logical progression. All the while, the students learned about the history and significance of this historic mode of transportation.

Amid much excitement, the students added the wheels in one of the final steps — and then they took turns riding in the fully functional cart while their classmates took turns acting as



TRIBUNE PHOTOS BY JENNIFER MCFEE

Red River cart-makers Armand and Kelly Jerome brought history to life at Stony Mountain School on Feb. 12 and 13.

horses to pull the apparatus.

Armand shared with the *Tribune* some history of Red River carts, as well as how he became interested in building them.

"At one time, the Red River settlement was land-locked and there were no roads or trains yet at the time, so the only way to get here was portaging. There were around 60 to 80 portages from Thunder Bay to here," he explained.

"When the fur trade started, basically all you needed was canoes. Then as time went on, the fur trade started to fade away. The Métis stayed here and created a culture. They needed a way to transport their families and goods, so the first carts were made in Pembina in 1801. The Red River cart was so important because the Métis invented it."

Certain aspects make the Red River cart unique, he added, such as wheels that are dished outwards for stability.

"Different mechanics work together to make a Red River cart. It has no metal parts, so the wheels run on a wooden axle. They squeak because of the wood on wood, but you can't use



grease or lubrication on them because dust will accumulate and actually wear the axle down quicker," he said.

"The axles are seasoned oak, so they're very hard and almost like metal. They didn't have metal bands for the hubs, so they needed to find a wood that would survive cracking and splitting — and elm was the best for that. The rest of the cart is mainly oak, but you can also substitute ash."

Armand has honed his cart-building craft over more than two decades, and he tested out his creations over

many long-distance journeys.

"Our first carts had all kinds of problems. We followed some fundamental plans, but they didn't work right. They would study them and check on them every night to see what was wearing or why we'd have breakdowns," he said. "It was basically trial and error — and many miles of actually driving them."

Over time, he perfected the art of the cart and he now builds them in

Continued on page 15





> RED RIVER CART, FROM PG. 14

a shop north of Oakbank as a way to embrace his Métis heritage.

"The reason I'm doing it is because I never knew who I was. My parents are still part of that older group who didn't say who they were. I didn't know much about it but when I grew up, I started to learn about my past — and I learned that I'm related to Louis Riel. My grandmother was from the Lagimodiere part of that family," he said.

"Because everything was hidden from me for part of my life, I wanted to express my Métis culture. The Red River carts are a way to showcase that culture."

Along with the journeys they experienced with other cart-building enthusiasts, would also sometimes visit seniors' homes and hospitals to share the carts with older generations.

"The only thing that was missing was the younger kids. So we came across the idea to build a half-size cart identical to the big ones and have the students put it together," he said.

"That way, we could spread the culture to the younger ones. Because the Red River carts are easy to take apart and put together, it was the perfect type of activity to do."

Clearly, the Stony Mountain students enjoyed the experience too. They cheered each other on while

travelling around the school gym in the carts they built themselves, urging their trotting classmates with shouts of "giddyup" and "whoa."

And members of Stony Mountain's Métis community also came out to enjoy the event, which included raising the Métis flag outside the school.

Larry Flett, chair of the Stony Mountain MMF local, explained how the Métis culture is experiencing a revival in the community.

The Stony Mountain MMF local launched in the 1970s but fizzled out about 20 years later. Now it's up and running again with a renewed sense of vigour.

"We got it going again about 18 months ago. It's not like the Métis were ever out of the community, but the local wasn't active," Flett said.

"Now we're active again and we have about 80 members that are part of the Stony Mountain local."

In the past year and a half, the Stony Mountain local has shared Métis culture with the community through jiggging at the rec centre and a special appearance of the Red River cart in a parade. In September, they continued to raise awareness during the National Day for Truth and Reconciliation.

"There was a time when no one wanted to be Métis, but it's coming back again. Now we've got lots of



good people that want to keep the local going," said Flett, a survivor of the Sixties Scoop who moved to Stony Mountain 44 years ago.

"It's great to see the excitement of the kids at the school. They couldn't get into the cart fast enough."

Savannah Smolders, a Grade 3/4 teacher at Stony Mountain School, also shared her enthusiasm about the interactive experience.

"As a Métis educator, I was thrilled to collaborate with Kelly and Armand Jerome from Jerome Cartworks. They were incredibly easy to work with in terms of scheduling and communication, and their engaging approach

made the experience truly enjoyable for the students," she said.

"In our classroom, we incorporate the Manitoba Métis Federation's Michif Word of the Day into our routine and are continually working to integrate Indigenous teachings. Having students engage firsthand with Métis culture and history in an authentic way creates meaningful, lasting learning experiences."

This hands-on approach also directly connects to the Manitoba social studies curriculum, she added, which reinforces the importance of cultural understanding and education.



How Manitoba farmers can navigate profit challenges in 2025

By Lori Penner

As Manitoba farmers gear up for the 2025 growing season, economic pressures remain a significant concern. Darren Bond, a farm management specialist with Manitoba Agriculture, recently shared insights and strategies to help producers manage costs, navigate market challenges and turn a profit despite an ongoing cost-price squeeze.

Bond, who specializes in crop production costs, risk management and farmland rental, emphasizes that every agronomic decision must also account for economic costs and benefits.

"At the end of the day, farming is a business," he says. "Making informed decisions based on accurate cost and revenue projections is crucial for success."

Bond notes that while the cost of production has eased slightly over the past two years, it remains historically high.

"What's really impacting farms in 2025 is the significant drop in grain prices," he explains. "This has created a cost-price squeeze where revenue is not keeping up with expenses."

Manitoba Agriculture's annual Guidelines for Estimating Crop Production Costs show that many of the province's top crops are projected to incur losses when factoring in land and equipment costs.

"We're looking at losses of around \$30 to \$50 per acre for most crops," Bond states. "Farms with higher equity might still see profits, but those carrying significant debt, particularly younger farmers or those who've recently expanded, are feeling the pinch."

In a challenging economic climate, careful planning becomes essential. Bond advises farmers to start by calculating their costs of production.

"The best numbers for producers are their own," he says. "Take your total

costs, divide them by your expected yield and calculate your cost per bushel. This gives you a clear picture of your break-even point and helps inform your marketing and cropping decisions."

He likens the process to navigating a ship.

"The earlier you make course corrections, the more options you have," he explains. "Waiting until the last moment often leaves fewer, less desirable choices."

One of the most significant opportunities for farmers lies in optimizing their cost structures. However, Bond cautions against cutting corners that could reduce yields.

"If you cut \$20 worth of costs but lose \$40 in yield, that's not a trade-off you want," he says. "The goal is to reduce expenses without compromising production."

Fertilizer management is one area where producers can make meaningful savings.

"Fertilizer is incredibly expensive," Bond notes. "If we can use it more efficiently, such as by applying it closer to the crop's needs, we might save \$10 or \$20 per acre. Small adjustments like this can add up."

Bond encourages farmers to review all areas of their operation to identify opportunities for efficiency.

"Every farm is different, which is why understanding your specific cost structure is so important," he says. "Whether it's fertilizer, fuel or equipment costs, knowing where you stand compared to others can reveal areas for improvement."

Cost-price squeezes are not new to agriculture, Bond notes.

"Our parents and grandparents faced similar challenges," he points out. "What's different today are the sheer scale and cost of farming. Equipment and input costs are so much higher, which increases the risks. A

small loss per acre can quickly turn into a significant financial setback."

Despite these challenges, Bond highlights that certain fundamentals of farming remain unchanged.

"Too much moisture, too little moisture — these are things farmers have always dealt with," he says. "Mother Nature hasn't changed. What's important is to plan for these variables and stay adaptable."

Bond recommends that farmers seek professional advice to enhance their decision-making.

"No farmer can be an expert in everything," he says. "Some might excel at machinery maintenance but need help with financial management, while others might have strong financial skills but need agronomic advice."

Working with a consultant can provide valuable insights and support.

"A good advisor doesn't just solve problems; they also help farmers build their own skills," Bond emphasizes. "By learning alongside your advisor, you'll be better equipped to ask the right questions and make informed decisions in the future."

Bond also stresses the importance of choosing the right consultant.

"Ask for a quote and ensure you understand what you're getting," he advises. "The relationship should be collaborative, with a focus on developing the farmer's own management abilities."

ADAPTING FOR THE FUTURE

With challenges comes opportunities. Bond encourages farmers to stay informed about market trends and ex-



TRIBUNE PHOTO BY LORI PENNER

Farm management specialist Darren Bond at the recent Farm Days event in St. Jean Baptiste, where he shared tips on how to make informed decisions that will lead to profits on the farm.

plore alternative cropping strategies.

"Consider shifting acres to crops that offer higher profitability with less risk," he suggests. "What worked last year might not work this year, and being flexible is key."

Winter is an ideal time for planning and evaluation.

"Take this time to review your operations, analyze your costs and make strategic decisions for the coming season," Bond advises. "The earlier you start, the better prepared you'll be to navigate whatever 2025 brings."

Farming in 2025 requires a balance of tradition and innovation. While

Continued on page 19

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Your FARM



Verticillium stripe a growing issue for Manitoba canola growers

By Becca Myskiw

Did verticillium knock you down in 2024? That's the question Justine Cornelsen was asking on Jan. 22 at Manitoba Ag Days.

Cornelsen is the agronomic and regulatory services manager for BretYoung, an agricultural seed company. Her in-field experience there, combined with her time at the Canola Council of Canada, makes her an expert on verticillium stripe.

First identified outside Winnipeg in 2014, the disease's fungal species, verticillium longisporum, has now been found in six provinces across Canada. Damage from verticillium stripe typically isn't seen until late in the season when canola plants start to ripen prematurely. The plant stems eventually dry out, turn beige and begin to shred, resulting in significant yield loss. It's a soil-borne disease that moves easily, most commonly at harvest.

Verticillium stripe is highly affected by the environment, thriving in especially hot and dry conditions, much like the summers Manitoba has experienced for the past few years.

Cornelsen's presentation at Manitoba Ag Days started with an introduction to the disease before she got into canola disease survey results from 2024. Last year, there were perfect conditions for verticillium stripe to thrive, and the numbers prove it — the disease was found in 60 per cent of canola fields surveyed in Manitoba. The annual survey done by Manitoba Agriculture surveyed 138 fields in 2024, each chosen best to represent the number of canola fields in the municipality.

In 2019, verticillium stripe was found in under 20 per cent of surveyed fields in Manitoba, compared to just two per cent in 2017.

"That's obviously an alarming increase there," said Cornelsen. "But we didn't know what we were looking for, and surveyors didn't know what they were looking for."

Because the disease is so new, the industry has only figured out how to identify it in the field, meaning information on how much it's grown is only becoming available now. Cornelsen said the incidence, which reflects the number of plants affected with verticillium stripe in a field, is



TRIBUNE PHOTOS SUBMITTED

Verticillium stripe was found in 60 per cent of canola fields surveyed in Manitoba last summer.

even more alarming than the survey results. 2024 results show that 32 per cent of canola plants per field were infected with verticillium stripe.

"So that's a big number," said Cornelsen. "For reference, blackleg incidence is typically 10 to 15 per cent. What it means is [verticillium stripe is] widespread across the province and it's at high levels within the fields."

She noted that other canola diseases like clubroot or blackleg are often

patchy within a field, while verticillium stripe is across the entire crop. Because the disease has grown so much only in the last five years, research on it hasn't yet been able to figure out its severity. Though work on it has been done in Europe, where they've been dealing with verticillium stripe for longer, Cornelsen said those numbers are inconsistent and come in wide ranges.

Without numbers to base her conclusions on, Cornelsen relies on an-

ecdotes from industry sources. One person she's worked with called Verticillium stripe the "largest field robber in the Red River Valley," while a grower she knows said the disease was so intense in 2024 that growing canola in future years will be extremely challenging. She's had people estimate their yield losses to be 10 to 15 per cent because of the disease.

There are no fungicide options for

Continued on page 19

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Your FARM



The potential impacts of tariffs on canola farmers

By E Antonio

What does the announcement of tariffs on all products imported to the United States from Canada mean for Canadian farmers?

Rick White, present and CEO of the Canadian Canola Growers Association (CCGA), addressed his concerns for Canadian canola farmers.

President Donald Trump initially announced a 25 per cent tariff on all Canadian imports on Feb. 1, 2025 but put it on hold for 30 days.

"This would be the worst-case scenario in terms of tariffs with the United States as it would like to soften prices on this side of the border, ultimately lowering market rates," said White.

He explained that annually, Canada and the U.S. trade approximately \$6.3-billion worth of canola oil and an additional \$2 billion of other supplies.

"With that market amount, that is a whole lot of tariffs for somebody to pay."

On Feb. 13, President Trump announced the possibility of applying reciprocal tariffs to every country that deals with the U.S. trade markets.

"If India places a two per cent tariff on imported products, the U.S. will replicate that amount and place a two

per cent tariff on products from India," explained White.

This is the best-case scenario for Canadian farmers, since Canada currently imposes zero tariffs on U.S. imports.

With all the risk and uncertainty in the trade markets, the financial outlook for business owners, farmers and industry workers is not hopeful.

Whether the tariffs will impact this year's growing season is still unclear.

"It is a matter of if and when these changes will be made. It is possible that it can affect the crops this year."

White is not quite sure how Canada will respond if the tariffs go into effect. Trades between the two countries may be discontinued, farm production may slow or farmers may begin exploring trades with other farming markets.

Fortunately for canola farmers, most of their demand comes from domestic markets, but international markets with U.S., China and Japan still have a significant impact.

As for supplies, most canola seeds are being grown and sourced in Canada.

The potential tariffs imposed on other tools and supplies will become a problem for Canadian growers.



TRIBUNE FILE PHOTO BY LANA MEIER

Canada and the U.S. trade approximately \$6.3-billion worth of canola annually.

"Canada is committed to reciprocal tariffs from all imports from the U.S." explained White.

"Phosphorus, nitrogen, farming imports, chemicals for prop protection, machinery and more could all be a part of the tariff package put forward."

He said that the canola farmers' prices ultimately depend on how the Government of Canada responds to the imposed tariffs.

White wants Canadian farmers to

know that they are doing all they can to give their support and guidance.

"We are very active at trying to make this work. We want to make sure that farmers' best interests are in mind for both the industry and economy."

CCGA is working hard to ensure that farmers' needs and concerns are addressed during this time of uncertainty.

"Their voices are being heard," said White.

Crop meetings giving growers knowledge amid uncertainty

By Becca Myskiw

Central Region Crop Meetings are underway, and with them, a whole slew of crucial information for Manitoba producers.

After starting the meetings in Carman last year, Callum Morrison, crop production extension specialist with Manitoba Agriculture, is bringing them back to the region. He started the crop meetings to make Manitoba Agriculture's talent and expertise more accessible to growers in the province.

On Tuesday, growers filled the Carman Legion Auxiliary Hall from 8:30 a.m. until noon, getting information on four main topics:

- Verticillium stripe in canola
- Insect updates and management tips
- Weeds to watch and control strategies for them
- Finding profit in 2025

"It's just really important so they'll gain valuable insights just to help them set the stage to do the best they

Continued on page 19

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Local Manitoba curling rinks take centre stage at Scotties

By Ty Dilello

The 2025 edition of the Scotties Tournament of Hearts, Canada's national women's curling championship is currently being held from Feb. 14 to 23 at the Fort William Gardens in Thunder Bay, Ont.

This year's Scotties features a field of 18 teams. The 14 Canadian curling member associations sent a representative. Team Canada is represented by Rachel Homan, who won the 2024 Scotties Tournament of Hearts. There are also three wildcard teams.

The wildcard spots initially went to three Manitoba-based teams: Chelsea Carey, Kerri Einarson and Kaitlyn Lawes. However, on Jan. 2, Karlee Burgess left Team Carey to join Team Einarson, meaning that Carey no longer retained three of its four players from the previous year. Carey's wildcard spot was then given to the next highest-ranked team in the CTRS rankings, Selena Sturmey of Alberta.

Similar to the previous few years, the field will be split into two pools of nine, where an eight-game round-robin will take place.

The top three teams from each pool at the conclusion of the round-robin will advance to a six-team playoff, with the first-place team from Pool A taking on the second-place team from Pool B and vice



TRIBUNE PHOTO SUBMITTED

Gimli's Kerri Einarson is one of the favourites at this week's 2025 Scotties Tournament of Hearts in Thunder Bay, Ontario. From left to right: Kerri Einarson, Val Sweeting, Karlee Burgess, Krysten Karwacki and Lauren Lenentine.

versa. The winners will advance to the 1 vs. 2-page playoff, while the losers meet the third-place finishers in the pools. Those games will serve as qualifi-

ers for the 3 vs. 4-page playoff game. From there, a regular page playoff will take place, with the winner crowned on the evening of Feb. 23.

Manitoba will have three entries in the field: Gimli's Kerri Einarson (Val Sweeting, Karlee Burgess, Krysten Karwacki), Heather's Kaitlyn Lawes (Selena Njegovan, Jocelyn Peterman, Kristin Gordon) and Heather's Kate Cameron (Taylor McDonald, Brianna Cullen, Mackenzie Elias).

The three Manitoba rinks are all grouped together in the same pool, which means that they all play each other at some point during the round-robin, as they all hope to qualify for the playoffs. Every single draw from this week can be watched by the home viewer on TSN.

Gimli's Einarson is ranked No. 2 in the field this week and likely has the best chance of anyone in the field in upsetting the powerhouse Rachel Homan in the final. Lawes is ranked third in the field, while Cameron is the seventh seed.

The winning team from this week's Scotties will go on to represent Canada at the 2025 World Women's Curling Championship at the Uijeongbu Indoor Ice Rink in Uijeongbu, South Korea.

> VERTICILLIUM STRIPE, FROM PG. 17

verticillium stripe, which leaves very few management methods for growers to use right now:

- Crop rotation
- Controlling brassica weeds
- Growing resistant hybrids

That last bullet has only become an option recently as seed companies begin to look at verticillium-resistant traits.

"We definitely see differences at a field level but we're trying to figure out why we're seeing them," said Cornelsen, meaning that though they see resistance traits in testing, they don't know what that resistance is exactly — it could be slowing the rate of in-

fection, blocking the pathogen from entering the plant, strengthening the stem or something else entirely. "Is it true resistance or tolerance? Will it hold up? We don't know how they're resistant yet."

Once companies have these traits down, the process for commercializing them is long. For example, clubroot was first found in 2003, and the first resistant hybrid didn't come out until 2009. Just a few years later, the disease was already overtaking the trait in the field.

Cornelsen ended her presentation by posing a research question for attendees: does straight cutting allow

verticillium stripe to thrive?

There's no work to validate this question yet, but because of the disease's life cycle moving the inoculum into the stem, by letting the plant stand longer, you could potentially be allowing verticillium stripe to build up in the stem. As Manitoba is a

predominantly straight-cut province when it comes to harvest techniques and the disease is most prevalent here, it begs the question: have we helped increase the pressure of verticillium stripe because of this harvest management strategy?

> PROFITABILITY, FROM PG. 16

economic pressures are undeniable, careful planning, cost management and professional support can help Manitoba farmers weather the storm.

"Farming is always about managing risks and rewards," Bond concludes.

"With the right strategies in place, producers can not only survive but thrive in challenging times. By staying informed, proactive, and adaptable, Manitoba's farmers can position themselves for long-term success."

> CROP, FROM PG. 18

can during the 2025 growing season," said Morrison. "It's just a great way for producers and industry professionals to come and connect with fellow farmers. Those peer-to-peer connections are important."

Oilseeds specialist Sonia Wilson spoke on verticillium stripe. Verticillium stripe was first identified just outside Winnipeg in 2014 and has been found in six Canadian provinces since. Damage from the disease typically isn't seen until late in the season, when canola plants start to ripen prematurely. The plant stems eventually dry out, turn beige in colour and begin to shred, resulting in significant yield losses for the grower.

Last year's hot, dry weather created perfect conditions for verticillium stripe to thrive — the disease was

found in 60 per cent of canola fields surveyed in Manitoba. In 2019, that number was 20 per cent, and in 2017, it was just two per cent.

With the disease becoming more prevalent, it's also becoming more disastrous. There are currently no fungicide options for dealing with verticillium stripe, which leaves growers with very few options.

Next, entomologist John Gavloski discussed insects seen commonly in fields last year and predictions for the 2025 season. Using preserved insects people could look at up close, Gavloski showed growers how to identify common insect pests and how to manage them.

Morrison deemed the third presentation crucial. Weeds specialist Kim Brown discussed a few weeds that have been moving into the region from the U.S., most commonly water

hemp.

Waterhemp hasn't yet been identified in Saskatchewan or Alberta, but it has been found in Manitoba, and the weed is proving to be a significant concern. In 2023, the weed was limited to Dufferin's rural municipality, but it's since spread out and is now found in much of southeastern Manitoba.

Waterhemp typically grows four to five feet tall but can grow as tall as 10 feet high. Its thin branches produce around 250,000 seeds per plant, sometimes as many as one million, which causes significant problems. As the seeds emerge during the growing season, herbicide control becomes increasingly difficult and the weed overtakes fields entirely, causing yield losses of up to 100 per cent in some crops.

The final topic of the day was profit-

ability and how to find it in 2025.

"It's really, really key because everything is up in the air this year," said Morrison. "There are a lot more questions people have this year."

Answering growers' questions and fears, farm management specialists Crystal Berthelette and Roy Arnott talked money amid U.S. tariffs and economic uncertainty.

On Wednesday, there was another of the same meetings in Altona. On Friday, there's one in Holland at the community hall from 8:30 a.m. to 12 p.m. Morrison encourages all growers in the area to attend the meetings, not only to gain knowledge and make connections but also to support Manitoba agriculture.

"We can gain practical feedback from farmers," he said. "We learn from them, and they learn from us."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Tight-knit varsity Rams team heating up late in the season

By Kieran Reimer

You won't find many closer groups than this year's Stonewall Rams Varsity Boys Basketball team.

Whether it's spring, summer, fall or winter, the team members can be found playing together on a court somewhere in Manitoba and often leading on the scoreboard.

When it's a bit warmer out, they're likely with their Winnipeg Minor Basketball Association team, the Stonewall Swarm, who won the WMBA Championship this past summer.

When it's freezing cold in winter, they also wear the Rams black and purple, and they have shown that they are now one of the best at the high school level as well.

Now that we are well into another Winnipeg Tier 2 season, the Stonewall boys are only getting better the more they play together.

"We've been running the same group of guys for the last two years, year-round, where in the past it's just been the high school season but we also have our club program in the spring so just having the same 12 guys playing all year, it's built up the chemistry that we were lacking," said



Rams' Foxx Domansky nailed two clutch free throws to give the Rams a one-point lead in the fourth quarter against the Elmwood Giants in the Mike Babb Invitational Tournament final on Feb. 8.

coach Logan Wilson, who also coaches the Swarm.

The Rams have won their last four league games and seven total games, counting their 3-0 record at the Mike Babb Invitational Tournament, which



TRIBUNE PHOTO SUBMITTED

Stonewall Rams won the Mike Babb Invitational Basketball Tournament Feb. 8. Pictured left to right, back row: Tyler Ammeter (coach), Foxx Domansky, Easton Killbery, Jackson Vandersteen, Wyatt Mitchell, Edward Futz, Kaiden Morrison, Bohdan Hradowy, Logan Wilson (coach) and Colton Unger (coach). Front row: Jake Bourcier, Denn Bonifacio, Logan Meier, Reis Meier and Ashley Conrad.

they won in early February.

The Mike Babb final was a testament to the team's talent and ability to perform in high-pressure situations.

The Rams trailed the Elmwood Giants by 14 with five minutes before

pulling off an incredible comeback in Elmwood's gym.

After pulling it to within one, Rams' Foxx Domansky nailed two free throws, which gave the Rams the

Continued on page 23

WCI wins home varsity girls basketball tournament



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Warren Collegiate varsity girls won their home basketball tournament Feb. 15. The Wildcats defeated Immanuel Christian Falcons 60-43 in the finals. Earlier in the tournament they defeated the Rosenort Red Hawks 73-47 and the Grant Park Pirates 98-11. Wildcats' Colby Darragh was named Tournament MVP while teammates Jadyn Baldwin and Lauren Voth were named Tournament All-stars. Pictured left: Colby Darragh takes a shot. Middle: Jadyn Baldwin drives the ball up the court. Right: Lauren Voth throws a three-point shot.

Lightning Report: U18 playoff race comes down to final week

By Kieran Reimer

The U18 AAA Male Interlake Lightning are in a dogfight for a playoff spot, and two big wins last week provided a much-needed boost to their chances.

On Saturday, the Lightning defeated the Yellowhead Chiefs in a 7-6 thriller at Teulon-Rockwood Arena.

The Lightning led by as much as 6-3 after a hat trick from Blake Farthing and other goals from Talon Hogg, Mason Bernier, and Lucas Spencer.

The Chiefs then scored back-to-back goals to make it 6-5 before Drew Russell restored a Lightning two-goal lead in the third.

The Chiefs added one more with just under five minutes remaining, but the Lightning shut it down from there.

With the win, Interlake picked up two points and moved on to another big home game against the Kenora Thistles the following day.

Against Kenora, the Lightning offense once again broke free for seven goals, this time led by Lucas Spencer's two goals and two assists.

The Lightning went on for a 7-1 win with other goals scored by Tytan Johnson, Drew Russell, Talon Hogg, Jake Keryluk, and Will Van Norman, while Dylan McFayden stopped 37 shots in the net.

The win moved the Lightning back into a tie with the Eastman Selects for the eighth and final playoff spot. However, the Lightning still hold two games in hand on the Selects.

"We knew that we had to gain some ground with games in hand so we wanted to make sure the weekend started off strong," said head coach Aaron Kaatz. "It was a little closer than what we needed but they were able to still put pucks in the back of the net at a seven goals per game average between the two games so that was a positive."

Kaatz also spoke about the impres-

sive weekend of his team's offence, which scored 14 goals over the two games.

Blake Farthing and Lucas Spencer's massive performances also raised their combined points to 46, which puts them tied for the team lead after 44 games.

"It's important. We know in this league you have to have multiple threats in your lineup," said Kaatz. "If you only have a single threat on a line it's easy for other teams to take that away and then you're asking for quite a bit from the rest of your depth so having them getting free and getting some monkeys off their back and being able to score at an almost goal per game pace, they are finding that confidence, those open opportunities, and it's happening at the right time which is nice to see as well."

The Lightning are tied for the fewest games played in the league, which means they will have a slight advantage as they look to clinch the playoffs with four games remaining.

They are currently among four teams that have either 48 or 47 points and are vying for the final three playoff spots, which will make for a playoff-esque finish to the regular season.

The Lightning's remainder will include a road game on Tuesday against Central Plains, their final regular-season home game on Wednesday against the Winnipeg Thrashers, and then a road pair against Yellowhead on Saturday and Sunday to conclude the regular season.

Overall, it is set up for four games in six nights. Kaatz said each game will feel like Game seven.

"It's kind of setting up nicely to them. Kind of what you look at as a pro hockey schedule where there's not a lot of practices; you're playing two games, then get maybe a practice in and a day off, and then you've got to go play another two games in prob-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Interlake Lightning's Blake Farthing recorded a hat trick in his team's 7-6 victory over the Yellowhead Chiefs in Teulon on Feb. 15.

ably less than 48 hours so it's a little bit like a sprint to the finish," said Kaatz."

UPCOMING GAMES:

Tuesday, Feb. 18 at Central Plains Capitals, 7:30 p.m. at Stride Place

Wednesday, Feb. 19 vs Winnipeg Thrashers, 7 p.m. at Teulon-Rockwood Arena

Saturday, Feb. 22 at Yellowhead Chiefs, 7:30 p.m. at Shoal Lake Communiplex

Sunday, Feb. 23, at Yellowhead Chiefs, 2 p.m. at Shoal Lake Communiplex

The U18 AAA Female Interlake Lightning beat the Central Plains Capitals 4-1 on Wednesday and 3-0 on Friday to take the best-of-three play-in series 2-1. With the win, they

advanced to the quarterfinals and will play the Eastman Selects.

Upcoming Games: Wednesday, Feb. 19 at Eastman Selects (game one), 8 p.m. at Niverville Centennial Arena, Saturday, Feb. 22 vs Eastman Selects (game two), 2:30 p.m. at Access Credit Union Arena

The U13 AA Male Interlake Lightning lost 7-1 to the Winnipeg Bruins Black on Friday and lost 4-1 to the Pembina Valley Hawks West on Sunday. They currently sit 13th with a 12-13-0-1 record.

Upcoming Games: Tuesday, Feb. 18 vs Winnipeg Wild Red, 7:30 p.m. at Veterans Memorial Sports Complex, Saturday, Feb. 22 at Pembina Valley Hawks East, 4:30 p.m. at Rosenort Arena

The U13 AA Female Interlake Lightning lost 9-0 to the Saints on Saturday and 4-2 to the Rangers on Sunday. They currently sit seventh with an 8-16-0-1 record.

Saturday, Feb. 22 at Brandon Wheat Kings, 4:15 p.m. at Enns Brothers Arena, Sunday, Feb. 23 vs Predators, 2:15 p.m. at Access Credit Union Arena

The U15 AA Male Interlake Lightning lost 2-1 to the Winnipeg Thrashers Red on Saturday afternoon. They currently sit ninth with a 9-11-5-2 record.

Upcoming Games: Sunday, Feb. 23 at Winnipeg Thrashers White, 12 p.m. at Seven Oaks SportsPlex



TRIBUNE PHOTO BY TANYA SWANSON

Interlake Lightning U18 graduating players, left to right: Cole Swanson, Blake Farthing, Lucas Spencer, James Franklin, Tytan Johnson, Talon Hogg, Drew Russell, Jake Keryluk and Noah Schneiderat.

Jets to make long-awaited return to MMJHL playoffs

By Kieran Reimer

For the first time since the 2018-19 season, the Stonewall Jets are heading back to the Manitoba Major Junior Hockey League (MMJHL) playoffs.

Both the Jets and the Raiders Jr. Hockey Club secured their playoff spots last week after the River East Royal Knights were eliminated from contention.

The Jets will experience MMJHL playoff hockey for the first time since the 2018-19 season, since their 2019-20 playoffs were cancelled due to COVID-19.

This season, the Jets have shown improvement, having missed the playoffs by a single point last year. They currently hold the seventh position in the MMJHL standings with a record of 15 wins, 20 losses and 4 overtime losses (15-20-4) through 39 games.

With six games remaining in the regular season, their first-round playoff matchup has yet to be determined, adding excitement to the conclusion of the regular season.

Last week, the Jets faced two losses against some of the top teams in the MMJHL: the Transcona Railer Express

and the St. Boniface Riels. The defeat against Transcona was significant, ending in an 8-0 score, with the Railer Express outshooting the Jets 47-25. In contrast, Friday's game against the Riels was much closer. The Jets trailed 4-3 in the third period before the Riels sealed the game with two late goals, finishing 6-3. The Jets' goals were scored by Adam Newcombe, Kai Smith and Brody Stovin, while Dylan Leclair made an impressive 48 saves out of 54 shots. Looking ahead, the Jets are preparing for a road game against St. James on Wednesday

night, before returning home for two games against the Pembina Valley Twisters and Charleswood Hawks over the weekend.

UPCOMING GAMES:

Wednesday, Feb. 19 at St. James Jr. Canucks, 8:15 p.m. at Hockey For All Centre

Friday, Feb. 21 vs Pembina Valley Twisters, 8 p.m. at Veterans Memorial Sports Complex

Sunday, Feb. 23 vs Charleswood Hawks, 8 p.m. at Veterans Memorial Sports

> LIGHTNING, FROM PG. 21

The U15 AAA Male Interlake Lightning lost 5-0 to the Central Plains Capitals on Friday and tied 2-2 with the Yellowhead Chiefs on Saturday. They currently sit fifth in the Central Division with a 5-25-1 record.

Upcoming Games: Friday, Feb. 21

vs Brandon Wheat Kings, 7:45 p.m. at Access Credit Union Arena

The U15 AAA Female Interlake Lightning lost 6-1 to Central Plains on Saturday. They currently sit seventh with a 3-21 record.

Upcoming Games: Friday, Feb. 21 at Pembina Valley Hawks, 7:30 p.m.

at Manitou Community Arena, Saturday, Feb. 22 at Norman Wild, 7:30 p.m. at Roy H. Johnston Arena, Sunday, Feb. 23 at Norman Wild, 1:30 p.m. at Roy H. Johnston Arena

The U17 AAA Male Interlake Lightning lost 5-4 to the Pembina Valley Hawks on Saturday and lost 7-1 to the Brandon Wheat Kings on Sun-

day. They currently sit seventh with a 7-21-5-0 record.

Upcoming Games: Saturday, Feb. 22 vs Winnipeg Thrashers, 7:30 p.m. at Veterans Memorial Sports Complex, Sunday, Feb. 23 vs Winnipeg Bruins, 12 p.m. at Southdale Community Centre

Wildcats win final league game



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren Wildcats' Owen Shymko dominated the scoring with four goals in his team's 5-2 victory over Churchill in Warren on Feb. 14. The Wildcats finished second in the Price Division of the Winnipeg High School Hockey League. The playoff schedule was unavailable at press time.

> RAMS, FROM PG. 20

lead.

From there Stonewall locked it down on defence and pulled out an 89-88 victory.

"We went on a big run there. Elmwood is a good team, they like to shoot a lot of threes so when you get down to them it's hard to come back but defensively we played really well in the end," said Wilson.

"Everyone was very excited and you could tell with the tournament in Elmwood and we're playing on the road, by the time the fourth quarter came it felt like we were playing in our own gym just based on the crowd and our bench being loud the whole game."

The Rams then followed it up with a 95-69 win against the Portage Collegiate Trojans in league play on Wednesday in Stonewall.

The victory improved their regular season record to 5-2 and moved them into fourth place in Winnipeg Tier 2.

They will now round out the regular season with three more games over the next two weeks against the Shaft-

esbury Titans, Elmwood Giants and Tec Voc Hornets.

"We just got to keep the foot on the gas. We've already had the toughest stretch of our schedule. Unfortunately we had it at the start of the season. Not that we're cruising through the rest of the regular season here but these are games that we should be favoured for so the boys know that and we're going to come out ready to go. We want to not only make provincials but we also, the varsity program has never won a Tier 2 league title so we want to be near the top come playoff time and we'll have a good shot."

The Manitoba High Schools Athletic Association also released their Feb. 10 Power Rankings and the Rams came in at seventh on the Varsity AAA Boys list for the second straight week.

UPCOMING GAMES:

Tuesday, Feb. 18 at Shaftesbury Titans, 8:15 p.m. at Shaftesbury High School

Wednesday, Feb. 19 vs Elmwood Giants, 4:30 p.m. at Stonewall Collegiate

Monday, Feb. 24 at Tec Voc Hornets, 6:15 p.m. at Tec Voc High School

Stonewall Jets Player Profile



#55 Noah Slobozian
Defence

Come out to support the Jets



UPCOMING GAMES

Pembina Valley Twisters at Stonewall Jets
Friday, Feb. 21 at 8 p.m.
Veterans Memorial Sports Complex

Charleswood Hawks at Stonewall Jets
Sunday, Feb. 23 at 8 p.m.
Veterans Memorial Sports Complex

Mercs take commanding series lead in SEMHL quarter-finals

By Kieran Reimer

The Warren Mercs have put the Red River Wild on the brink of elimination in the South Eastern Manitoba Hockey League (SEMHL) quarter-finals.

In Game 2 on Friday in Warren, the Mercs delivered a dominant performance, winning 8-0 and taking a commanding 2-0 lead in the best-of-five series. The Mercs entered this matchup as the underdogs, finishing the regular season as the sixth seed against the third-ranked Wild.

Now the Mercs need just one more victory to pull off the upset and advance to the SEMHL semi-finals. They will have a chance to close out the series on Monday at St. Jean Arena at 3:30 p.m.

In Game 2, the Mercs took a 1-0 lead into the second period, thanks to a goal from Foster Bytheway. After a tightly contested Game 1 that ended 3-2 in favour of the Mercs, Game 2 appeared it could follow a similar low-scoring trend. However, the second period changed everything for the Mercs, as they broke free with four unanswered goals, prompting the Wild to make a goaltender change.

The Mercs continued their offensive surge in the third period, add-

ing three more goals, while the Wild struggled to find the back of the net against goaltender Mitch Adamyk. The tension escalated for the Wild, who accumulated 23 penalty minutes in the final frame.

The game concluded with a final goal from Matt Stanley, leaving the Wild in a do-or-die situation; they now must win three straight games to take the series.

Foster Bytheway and Dexter Kuczek each scored two goals, leading the Mercs offensively, while Johnny Lazo, Eric Swanson, Jesse Korytko and Matt Stanley also contributed to the scoreline. In addition, Adamyk made 25 saves for his first shutout of the SEMHL playoffs. He had an impressive performance in Game 1, making 38 saves while Braydon Macdonald, Eric Swanson and Jesse Korytko found the net.

The Mercs are now looking to close out the series in Game 3 on Monday. Due to our press schedule, the score from that game was unavailable at the time of reporting. If necessary, Games 4 and 5 will take place on Wednesday at 8 p.m. at Access Credit Union Arena and Friday at 8 p.m. at St. Jean Arena, respectively.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren Mercs' Jesse Korytko scored a backhand goal off a break-away in his team's 8-0 victory over the Red River Wild in playoff action in Warren on Feb. 14.



Warren Mercs' goaltender Mitch Adamyk made 25 saves in his team's 8-0 victory over the Red River Wild in playoff action in Warren on Feb. 14.

Argyle's glow and throw bonspiel: A family-friendly event



TRIBUNE PHOTOS SUBMITTED

The Argyle Curling Club hosted its Open Glow Bonspiel Feb.14-15. It was a great weekend of fun, competitive spirit and costumes for the 18 teams taking part. Pictured clockwise from left: the best dressed team was awarded to the 4 Amiglos including Andrew, Kristy, Brittan and Ayla Miller; Bonspiel winners were, left to right, Ryley Holod, Justine Holod, Dianne Minaker and Chad Thoresby; Riley Buchanan, Jace Guilford, Sophie Eshuis and Jamie Treble; Trevor Buchanan, Christine Buchanan, Jacqui Holod and Ryan Holod.

get inspired

> MEAL IDEAS

FamilyFoods
Phone 467-5553



Quick Breakfast Skillet

Heat medium frying pan over medium heat and add bacon. Cook about 4 minutes, or to desired doneness.

Scramble egg and add to frying pan. Cook 1 minute, or to desired doneness.

In bowl, mix rice, egg and bacon mixture and cheese. Top with cracked black pepper.

Tips: Breakfast sausage or breakfast potatoes can be substituted for bacon. Add favorite hot sauce for a little heat.

Prep time: 2 minutes
Cook time: 6 minutes
Servings: 1
1 Minute Butter & Sea Salt Jasmine Rice Cup
1 slice bacon, chopped
1 egg
1/4 cup cheddar cheese, shredded
cracked black pepper
Heat rice according to package directions.



One-Pot Rice Shakshuka

In high-sided, ovenproof skillet over medium heat, heat oil. Add onion, bell pepper, cumin and smoked paprika; saute 8-10 minutes until vegetables are tender.

Add tomatoes and water to skillet. Bring to boil. Stir in rice and reduce heat to low. Cover and cook 3-5 minutes, or until most water is absorbed.

Using spoon, create six small wells in rice mixture. Crack one egg into each well. Transfer skillet to oven; cook 12-15 minutes, or until rice is tender, egg whites are set and yolks are runny, or until cooked as desired.

Garnish shakshuka with parsley before serving.

Tip: For spicy eggs, stir 1 tablespoon harissa paste into rice mixture before adding eggs. Or serve shakshuka with hot sauce.

Prep time: 10 minutes
Cook time: 25 minutes
Servings: 6
2 tablespoons olive oil
1 onion, diced
1 red bell pepper, seeded and diced
1 teaspoon ground cumin
1/2 teaspoon smoked paprika
1 can (28 ounces) diced tomatoes with garlic and herbs
2 cups water
1 1/2 cups Minute Instant White Rice
6 eggs
1 tablespoon finely chopped fresh parsley
Heat oven to 400 F.

Cheesy Sweetpotato Casserole



Recipe courtesy of the North Carolina Sweetpotato Commission

Servings: 6
1 medium North Carolina sweetpotato

16 ounces shell pasta (or any kind of noodle)

Ground Turkey:
1 tablespoon olive oil
1 pound lean ground turkey
1/2 medium yellow onion, minced
1 teaspoon garlic powder
1/8 teaspoon salt
1/8 teaspoon ground pepper
1/4 teaspoon powdered mustard
Cheese Sauce:
3 tablespoons tomato puree

How to Combat Sugar Cravings

By Fitness Expert Julie Germaine Coram

When you have a sweet tooth, it's not easy to control cravings.

These can be brought on by the tactfully placed, high-sugar cookies, drinks, candy, and other items that line the checkout aisle (if you've managed to get through the store without already having succumbed to temptation!).

Sugar is hidden in many so-called 'healthy' or 'low-calorie' foods, such as frozen berries or condiments. While it's not the enemy, when you are trying to restrict calories for weight loss or health reasons, it can be frustrating and challenging to avoid.

Addressing the cause of your cravings is a good place to start changing a 'bad' habit. Are you getting enough sleep? Do you eat enough at mealtimes? Do you take a multivitamin to ensure your micronutrients are sufficient? The latter is best accomplished with food, but often even the healthiest can benefit from a top-up in this area.

Reaching for these snacks can also be a great option when you are fighting off the urge to order in a treat:

1. Berries – When you eat fresh fruit, you avoid all the extra added sugar associated with many dried or frozen brands. You also get a lot more fibre with fresh fruit, and this aids in digestion and the sensation of feeling full, which can help you when it comes to between-meal cravings.
2. Nuts—Rich in healthy fats, nuts like almonds are known for providing that 'full' feeling after consumption. Due to their long shelf life, they are also easy to have on hand.
3. More protein – such as eggs.



Fitness Expert Julie Germaine Coram

Hardboiled eggs or other proteins can be a fantastic way to boost your body's strength and stabilize blood sugar levels to combat cravings.

Winter is a time for comfort foods, however, so while it's important not to give in to your cravings all the time, enjoying them now and then is nothing to beat yourself up about.

Are you interested in articles on this topic? Email me at info@juliegermaine.com with your comments and questions. If you want to discuss your nutrition questions, fitness goals and struggles with me, visit my website at www.juliegermaine.com or schedule a consultation at www.calendly.com/juliegermaine.Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.

1/2 cup chicken broth (or any kind of broth)

1 cup shredded colby jack cheese, plus additional for topping (optional)

salt, to taste
nonstick cooking spray
fresh parsley, for garnish

Peel sweetpotato and chop into 1-inch cubes. Place in pot and cover with water. Bring to boil over high heat. Cook 13-15 minutes until sweetpotatoes are tender. Drain and let cool 2-3 minutes then puree in food processor or blender.

Bring large pot of water to boil. Add shell pasta. Cook until slightly harder than al dente as it will continue to cook in oven.

Strain pasta, rinse with cold water and set aside.

To make ground turkey: Heat large skillet over medium heat. Add olive oil.

When olive oil is fragrant, add ground turkey. Break turkey into small pieces. Mix in onion, garlic powder, salt, ground pepper and powdered mustard; cook 4-5 minutes. Remove from heat.

To make cheese sauce: Heat oven to 375 F and place sweetpotato puree in blender or food processor with tomato puree, chicken broth, 1 cup shredded cheese and salt, to taste. Blend until combined and sauce is smooth.

Spray 9-by-13-inch casserole dish with nonstick cooking spray. Place noodles, ground turkey and sweetpotato sauce in casserole dish and mix until coated in sweetpotato cheese sauce. Sprinkle with additional shredded cheese, if desired, and bake 15 minutes.

Remove, let cool 10 minutes and sprinkle with fresh parsley.

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take a break

> GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

Here's How It Works:

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

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

Sudoku Answer

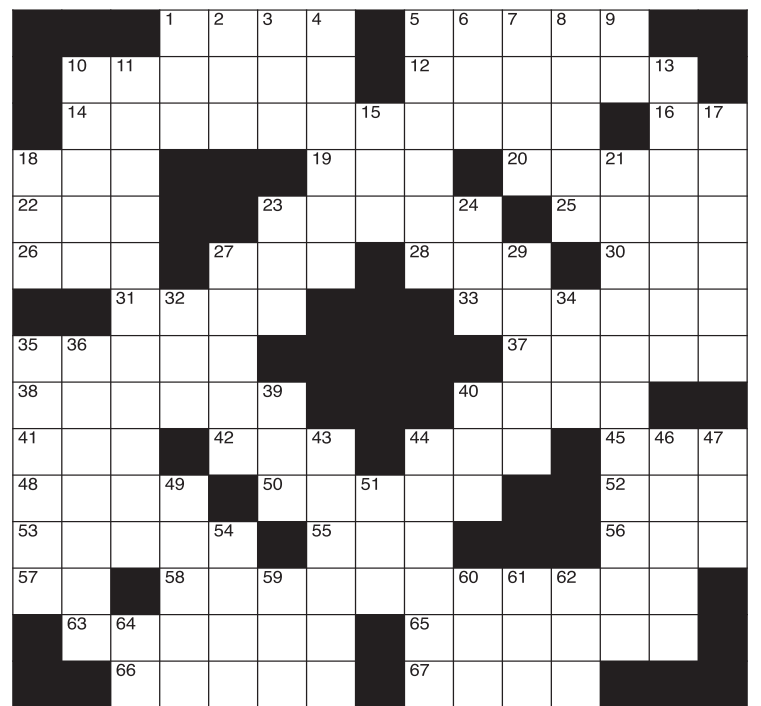
U	T	V	T	V	S	T	E	E	B			
E	T	V	E	V	D	D	D	N	V	S		
T	N	E	C	S	I	N	I	M	H	R	D	T
T	E	V	R	V	P	R	V	E	G	V	E	
V	B	M	N	V	S	V	S	V	N	S	E	R
R	V	R	V	N	V	L	V	V	V	R	F	
R	V	V	M	V	E	R	T	T	E	F	E	
E	D	U	L	E	H	C	O	R	O			
V	R	V	P	I	S	N	I	V	E	R	V	
N	E	E	S	S	C	O	O	C	W	E	H	
E	P	E	T	C	A	S	F	U	B	V	F	
V	S	R	O	T	V	P	I	C	O	T	N	V
T	H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

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. Tropical Asian plant
 5. Yankees' slugger Judge
 10. Helps to preserve food
 12. Plant disease
 14. One who predicts
 16. Equally
 18. Burundian franc
 19. Pouch
 20. Arizona city
 22. Surround
 23. Hard, heavy timber
 25. Witnessed
 26. They ___
 27. French river
 28. A way to drink
 30. Small constellation
 31. Peruse a written work
 33. Type of hound
 35. Plant of the goosefoot family
 37. Evade or escape
 38. A way to confine
 40. Volcanic crater
 41. Weekday
 42. Women's service organization (abbr.)
 44. Local area network
 45. Sensory receptor
 48. Posted
 50. Tibetan pastry
 52. Licensed for Wall Street
 53. Very willing
 55. Golf score
 56. Consume
 57. Touchdown
 58. Tends to remind
 63. In a way, smoothed
 65. Poke holes in the ground
 66. Herbaceous plants
 67. Taiwanese river
- ### CLUES DOWN
1. Body art
 2. Boxing's GOAT
 3. Film for posterity (abbr.)
 4. Prayer
 5. Calculating machine
 6. Keyboard key
 7. Outburst
 8. Man-eating giants
 9. New Hampshire
 10. Type of sword
 11. Counting
 13. Pants style
 15. Political action committee
 17. U.S. government legislative branch
 18. Civil Rights Act component
 21. Contractors take one
 23. Spanish soldier
 24. A person's brother or sister
 27. Expressed pleasure
 29. Song of praise
 32. Shock treatment
 34. Patti Hearst's captors
 35. Counteract
 36. Goes over again
 39. Popular Dodge truck
 40. Male adult
 43. A part of a river where the current is very fast
 44. Rope used to lasso
 46. Become less intense
 47. Subway rodent
 49. Lead alloy
 51. Japanese honorific title
 54. Advise someone
 59. Famous NYC museum
 60. Ocean
 61. Cathode-ray tube
 62. Cologne
 64. It starts with these two



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The Tribune Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
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INTERLAKE SCHOOL DIVISION

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VIRTUAL PUBLIC BUDGET MEETING

The Board of Trustees of the Interlake School Division invites members of the ISD community to join a Virtual Public Budget Meeting to review the PROPOSED 2025-2026 budget.

Stakeholder input will be gathered during and after the presentation.

We hope you can join us on

Monday, February 24th at 7:00 p.m.

Please visit the ISD website at www.interlakesd.ca for the zoom link for the meeting.

If you are unable to join us, please watch the website for a recording of the meeting.



TOWN OF STONEWALL EMPLOYMENT OPPORTUNITY

FULL TIME ACCOUNTS PAYABLE CLERK - ONE YEAR TERM

The Town of Stonewall invites qualified individuals to apply for the full time, one year term position of Accounts Payable Clerk.

Under the direction and supervision of the Chief Administrative Officer, the Accounts Payable Clerk, as part of the Administration Department, shall provide support to management in the running of the day-to-day business operations of the Town in accordance with statutory requirements and the policies and objectives of Council.

Wage will be commensurate with qualifications and experience based on Town of Stonewall Non-Union Employee Policy 3.1-B. This position includes an excellent employee benefits package.

The preferred applicant will have strong accounting skills, exceptional customer service skills, and the ability to positively interact with vendors, management, and staff. Applicants must be familiar with Microsoft Word and Excel, and accounting software applications. Graduation from an Accounting Diploma or Certificate Program and/or municipal experience would be considered an asset.

Procedure for Applying

Qualified Applicants are invited to submit a cover letter summarizing relevant experience, a resume, plus three (3) references to:

Town of Stonewall
Attention: Wally Melnyk
Email: ashleym@stonewall.ca
SUBJECT: ACCOUNTS PAYABLE CLERK
293 Main Street, Box 250
Stonewall, MB R0C 2Z0

Deadline for applications: 12:00 PM on Friday, February 28, 2025

Start date: as soon as possible

A complete job description can be obtained by email at ashleym@stonewall.ca

The Town of Stonewall thanks all applicants, however only candidates interviewed will be contacted.

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Robert Lloyd Nordin
August 2, 1939 – August 29, 2014
Darren Jason Nordin
December 19, 1970 – March 14, 1990

Dear Sis,
It has been 10 years since you left us. Many memories, happy and sad, keep you close to me.
Remembering you always.

-Your loving twin,
Lynne (Moore)

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THE RURAL MUNICIPALITY OF ARMSTRONG

REQUEST FOR QUOTE

2025/26 HOURLY EQUIPMENT RATES

The Rural Municipality of Armstrong is seeking quotations from qualified bidders for hourly rates for Private Owned Equipment for the 2025 / 2026 season.

Request for Quotation packages, including specifications and submission documents are available at the Municipal Office, 1094 PTH #17 Inwood or from the Municipality of Armstrong website www.rmofarmstrong.com

Sealed submissions clearly marked "2025 Private Owned Equipment Hourly Rates" will be received at the Municipal of Armstrong office, located at 1094 PTH #17, Inwood, MB up until 12:00pm, and opening the tenders will be at 1:30pm, local time on February 28, 2025.

All inquires related to Request for Quote should be directed to Angie Dzuba at 204-278-3377.

The lowest or any hourly rate bid not necessarily accepted.

Quotations may be submitted to:

Angie Dzuba, Clerk
RM of Armstrong
1094 Highway 17
Box 69, Inwood, MB R0C 1P0
Phone: 204-278-3377 Fax: 204-278-3437



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Announcements



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OBITUARY



Albert Ernest Oliver (Ernie)
June 11, 1935 - February 9, 2025
With heavy hearts we announce the passing of our father, Albert Ernest Oliver (Ernie), on February 9, 2025.
Please see Wojcik's Funeral Chapel for the full obituary.
A celebration of life will be held on Saturday, March 1, 2025, at 1:00 PM, in Meadow Lea Community Centre, Marquette, MB (Hwy 227/248).

*There is a link death cannot sever,
Love and remembrance last forever.*

OBITUARY



Irene Bergthorson
August 22, 1925 – December 30, 2024
Irene Bergthorson, a cherished member of the Lundar, Manitoba community, passed away on December 30, 2024 at the age of 99. Born on August 22, 1925, Mom's life was a rich tapestry of service, creativity, and heartfelt community involvement.

Mom proudly lived most of her life in Lundar and in her later years resided in Stonewall. Over the decades, she embraced many roles that touched countless lives: she worked as a guitar teacher, EMT, day care assistant, barber/hairstylist, and golf clubhouse manager. Her vibrant spirit shone through her many passions. An avid golfer and gardener, a talented artist, and a gifted musician, Mom also dedicated over 50 years to coordinating the local choir—bringing music and joy to everyone around her. Her love for music was especially evident when she played guitar or harmonica, often jamming with family and friends. She also played an instrumental role in the development of the Lundar Golf Course, leaving a lasting mark on the community she loved.

Momsie, aka "The Grams" is lovingly survived by her daughter, Trina; sons and daughters-in-law Max and Pat, Mike and Terry; son-in-law Rob; 17 grandchildren; 29 great-grandchildren; 1 great-great-grandchild; her sister Judith; brother Robert (Ilene); and numerous nieces and nephews.

She was preceded by her parents, Donald and Polly; her husband, Mickey; daughter Judy and son-in-law Muzz; and siblings Howard, Don, Vick, Isabel, Eva, Rose, Trudy, Val, and Cora.

Throughout her long and fulfilling life, Mom's creativity and warmth enriched her home and community. Her paintings, proudly displayed on the walls of her loved ones, are a testament to her artistic flair. Whether tending to her garden, enjoying a lively game of cards at New Horizons, or traveling with her sisters, Mom embraced life with open arms and a joyful heart. She will be remembered for her unwavering love, her musical talents, and the light she brought into every room.

A huge thank you to the staff at Rosewood Lodge who showed Irene (Mom) such compassion and respect! Your caring and kindness allowed her to live out her final years with dignity! We appreciate you!

A Celebration of a "Life Well Lived" will be held on Saturday, May 17 at 11:00 a.m. at the Lundar Legion, with interment to follow at the Lundar Cemetery. A luncheon will follow at the Legion.

We were so lucky to have Mom with us for so long. Her loving presence, infectious spirit, and boundless passion for life will be deeply missed every day. Rest in peace, Old Gal.

OBITUARY

Louis Lachapelle
February 7, 1937 - February 12, 2025

It is with great sadness that we announce the passing of Louis Lachapelle, a loving husband, father, brother, and friend. After a long and courageous battle with illness, he peacefully passed away.

Louis was a quiet and independent man who lived life on his own terms. Despite his struggles with illness, he remained strong and resilient, inspiring those around him with his determination. He enjoyed sailing on the open waters with his family aboard the Kittiwake. He also had a passion for playing bridge with friends and sharing quality time with his loved ones.

Louis is survived by his wife, Diane; his children, Sylvain, (Jenn) Nicole (Dan) and Arianne (Dave) and the grandchildren; his sisters, Carol and Celine and his sister-in-law, Monique, wife of his predeceased brother Michel. He will be deeply missed by his family.

The family would like to extend their sincerest gratitude to the exceptional team at Stonewall Hospital who provided outstanding care and compassion to Louis during his time there. We are forever grateful for their tireless efforts and unwavering support. Special thanks to Dr. Zahiri whose expertise, empathy, and kindness brought comfort to Louie, Diane and his family during a difficult time.

Rest in peace Dad! You may be gone, but will never be forgotten.



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