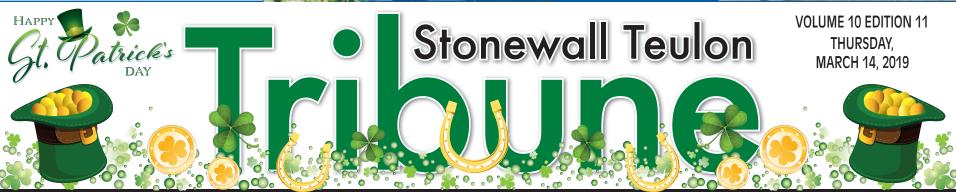


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TRIBUNE PHOTO BY LANA MEIER

The Rockwood Motor Inn will be celebrating St. Patrick's Day with specials beginning on Friday and running all weekend. Stop in to enjoy green draft beer along with breakfast specials. The new lunch hour buffet will begin this Thursday, Pictued, front Row Left to right, Lori Dekezel, Lesley Karpish, Vicky Brown, Taryn Jackson; Back Row, Maddy Miller, Megan Pull, and Charmaine Theriaut.

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Limited edition photo to help 'Save the Kilns'

By Evan Matthews

A local man is bringing two Manitoba passion projects together.

Randy Frykas, 38, is a professional videographer who is now trying his hand at photography. After taking a photo of the Stonewall Quarry Park's kilns, he decided to create a submission for the new book MANITOBA by MANITOBA: Photos of a Province by its Citizens

"I spend a lot of spare time at the lake, out near Matlock. On my way home to Winnipeg, I thought I'd try and time my trip so that I could pass through Stonewall around sunset," says Frykas, who added he hadn't actually been to the kilns in over 10 years, prior to that day.

"I was thinking, if I was shooting west while I sat east of the kilns, I thought it'd make for a beautiful photo. I tried a couple different things. I found a spot in the trees and used the path to try and draw a line toward the kiln, and I just waited for the sun to go down," he says.

Though Frykas just started shooting photos last year, the professional side of him took over as he began to set some goals. He had set a "mini goal"

for himself to have a photo published in a book within a year.

Enter McNally Robinson, as the organization is producing the book titled MANITOBA by MANITOBA: Photos of a Province by its Citizens.

The concept of the book, according to McNally Robinson's website, is full-colour images of rural and remote places in Manitoba.

The photos, which are taken by Manitoba residents, are intended to capture a mood and tell a story, according to the site, but more specifically the photos will showcase the people, the history, and the unique landmarks of Manitoba.

Ten per cent of the sale of every book will go to the Lake Winnipeg Foundation, which is working hard to salvage the lake.

As an independent project, Frykas hopes the book and the photo will not only help to save the lake but also save the kilns.

As part of his project, Frykas is selling 150 numbered copies of his photo for \$150 each. His goal is to sell them all, and give \$15,000 toward the Save the Kilns campaign, he says.

"If it wasn't for the quarry, Stonewall



TRIBUNE PHOTOS SUBMITTED BY RANDY FRYKAS

Randy Frykas is selling 150 numbered prints and will be donating \$15,000 towards saving the historic Kilns in Stonewall.



As a professional videographer, Frykas is spending his time, of late, focusing on photography.

might not even be here. The community was built around it," says Frykas, who resided in Stonewall from 1982 to 2001. He now lives in Winnipeg.

"Stonewall's foundation comes from there. You can see a lot of the buildings on Main Street, their structure is made out of limestone. It's important to take a moment and reflect as to where things came from and honour the past," he says.

Frykas has worked on over 60 films, and has collaborated with organizations such as Animal Planet Canada, APTN, CBC, CTV, Discovery Canada, Documentary Channel, Global TV, National Film Board of Canada, OLN, Smithsonian Channel, Sportsnet and

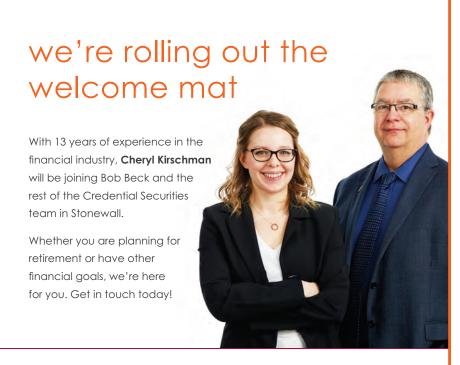
SuperChannel, with his most recent project being with Aboriginal Peoples Television Network, titled First Contact Canada.

Frykas' creativity is no surprise to his father, Ron.

"When he was a kid, we bought him a Fisher Price toy audio recorder. I think he still has it," says Ron.

"He seemed to be really interested in media and technology. He was always using it."

The photo is available this Thursday for purchase at the *Stonewall Teulon Tribune* office, McLeod House, Quarry Park Heritage Arts Museum and is available online at https://46fps.big-cartel.com/kiln-photo-fundraiser.



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Cheryl Kirschman 7.2153 204.467.3188

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SUNOVA CREDIT UNION

Film production company brings Christmas to Stonewall





TRIBUNE PHOTOS BY JO-ANNE PROCTER

Stonewall's Main St. and Centre Ave. has been bustling this past week with a number of scenes from Lifetime's 'Radio Christmas' being filmed. Manitoba film production company Julijette Inc. transformed the area into a Christmas town square bringing in Christmas trees, extra snow and decorations. The movie will be broadcast during the 2019 holiday season. Businesses are all open as usual during filming with production crews facilitating access for customers and pedestrians.

Fundraiser underway for electric stretchers

A fundraising project to acquire two electric stretchers for Stonewall EMS is nearing the final stretch.

Cristy Wallace, a nurse at the Stonewall & District Hospital, started a letter-writing campaign last summer in an effort to buy two Stryker Powered Ambulance Cots at a total cost of approximately \$45,000. The project is underway in consultation with Stonewall EMS manager Chris Ewacha, and the goal is to make the purchase by Sept. 30, 2019.

Two similar cots were gifted to Gimli EMS in 2016-17, thanks to community fundraising efforts. The specialized equipment has had a positive impact on patient comfort and reduced workplace injuries.

"It was done in Gimli and the benefits have just been wonderful. They have had no workplace injuries and morale is up," said Wallace, a Balmoral resident.

"This would really help our EMS do their job better to not have to lift patients. It's just a push of a button and they're lifted. It would really help to prevent back injuries."

In late 2018, the project got a big boost from Southwest District Palliative Care, which agreed to donate one stretcher contingent on enough funds being raised for the second one.

"We're very happy that we will get one donated," Wallace said. "I also applied for a grant through the Interlake Community Foundation, and I'm hopeful for that one as well."

The stretchers cost about \$22,500 each, which includes the warranty and training. In total, Wallace needs



TRIBUNE PHOTO SUBMITTED Fundraising efforts are underway to buy two powered ambulance cots for local EMS.

to raise another \$16,400.

"I recently sent about 70 letters and I'm slowly hearing back from some people that are donating. We're still a ways away from our goal, so I'm just trying to get the word out there."

As a nurse at the local hospital, Wallace works closely with the EMS team.

"They're always so good to us, and they needed a little help on this," she said. "This is a good way to work as a team to get the money."

The Interlake Eastern Health Foundation has agreed to help raise awareness for the project and to write charitable donation receipts for donors.

Donations can be made by mail to the Interlake Eastern Health Foundation (Pamela McCallum, executive director), Selkirk Regional Health Centre, P.O. Box 5000, 120 Easton Dr., Selkirk, Manitoba, R1A 2M2. The donation should be directed in care of "Stonewall EMS Powered Ambulance Cot Project."

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AGM April 11, 2019 **Agenda**

- Service Awards
- Director Report
- Manager's Report Appointment Auditor
- Amalgamation Vote

Of the Members of Marquette Consumers Co-operative Ltd. Notice is hereby given of an Annual Meeting of the members of the Marquette Consumers Co-operative Ltd. at Meadow Lea Hall in the Province of Manitoba, on the 11th day of April 2019, at the hour of 8:00 p.m. Agenda to include a proposal to amalgamate Marquette Consumers Co-operative Ltd. and Elm Creek Co-Operative Oil & Supplies Ltd. and consider proposed changes from the existing Articles and Bylaws of Marquette Co-operative Ltd.

The following is the special resolution which is being proposed to be brought forth at the meeting:

BE IT RESOLVED:

The Articles of Amalgamation for Marquette Consumers Co-op Limited, based on the positive vote for the amalgamation, be and are hereby approved, confirmed and adopted.

The By-laws of Marquette Consumers Co-op Limited, based on the positive vote for the amalgamation, be and hereby approved, confirmed and adopted.

The Amalgamation Agreement, effective the 1st day of December, 2019, between Marquette Consumers Cooperative Limited and Elm Creek Co-operative Oil & Supplies Limited providing for the terms and conditions of their amalgamation and their continuance as one Co-operative under The Co-operatives Act of the Province of Manitoba, be and is hereby approved, confirmed and adopted.

The directors and officers of Marquette Consumers Co-operative Limited, be and are hereby authorized and directed to do such acts and things and execute such documents as may be necessary and desirable to implement the said amalgamation.

Copies of the amalgamation agreement, bylaws and articles adopted by the Board of Directors on January 31st, 2019 are available from the Marquette Consumers Co-operative Ltd. administration office for review. A member has a right to dissent to the amalgamation. This can only be done by sending a written objection to the resolution proposing amalgamation to the Co-operative on or before the meeting referred to above.

INFORMATION EVENING

DATE: April 01, 2019 Monday **TIME:** Registration: 6:30 P.M. **Meeting:** 7:00 P.M. **LOCATION:** Meadow Lea Hall

VOTE ANNUAL GENERAL MEETING

DATE: April 11, 2019 Thursday TIME: Registration: 6:00 P.M. Supper: 6:30 P.M. Meeting: 8:00 P.M. LOCATION: Meadow Lea Hall Corner of 227 & 248

Purpose of the meeting is to review 2018 Financial Report, Election of Directors to the Co-op Board, review activities of the Board of Directors of the Marquette Co-op and other business.

Nomination Forms for the position of Director are available at Marquette Co-op, stores located in Marquette and Starbuck. Nomination forms must be returned to locations or submitted to the nominating committee before 4 P.M. March 20, 2019. Please order Supper tickets from either of our stores by April 02, 2019 \$10.00 each

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Town of Stonewall highway sign to be redone

By Jennifer McFee

At the March 6 meeting, Stonewall council approved its 2019 indemnity bylaw, with Mayor Clive Hinds opposed to it.

The bylaw indicates that Stonewall's mayor will receive an annual compensation of \$20,150, payable in monthly installments of \$1,679.17.

The deputy-mayor will receive \$17,890 per year, payable in monthly installments of \$1,490.83.

All other council members will receive \$14,810 per year, payable in monthly installments of \$1,234.17.

In 2018, the mayor received \$19,600, consisting of \$13,066 for indemnity and \$6,533.34 as a non-accountable allowance in accordance with the Income Tax Act.

Meanwhile, the deputy mayor received \$17,400 (\$11,600 indemnity and \$5,800 non-accountable allowance) and council members received \$14,400 (\$9,600 indemnity and \$4,800 non-accountable allowance).

Effective Jan. 1, 2019, council members now need to pay taxes on their entire remuneration due to changes that CRA made regarding the indemnities of elected officials. Until then, one-third of their salary was exempt.

In Stonewall, a citizens' committee reviewed council salaries and came up with a suggestion that council receive a cost-of-living increase each year.

The indemnities will be reviewed annually and may be adjusted at the first meeting of the new year to reflect cost of living, which will be calculated by the consumer price index for Manitoba.

The mayor and council members will



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Town of Stonewall sign on Highway 236 will be redone with real stone.

also be paid \$165 per day for each day spent on municipal business outside of town limits, as long as council authorizes them. They can charge full-day compensation for any business that exceeds four hours, including for travelling to and from the destination.

For out-of-town municipal business that takes less than four hours, mayor and council can charge \$82.50.

A mileage rate of 50 cents per kilometre will also apply for out-of-town municipal business.

The daily maximum indemnity can't exceed \$165, and there will be no further compensation to be paid as a stipend for attending meetings. On rare occasions, council members can request approval for additional remuneration of \$20.63 per hour for projects or negotiations that are over and above normal duties.

In addition, the town will pay \$20.63 per hour to citizen members appointed to certain boards — Stonewall & District Health Foundation Board, South Interlake Regional Library Board, Communities in Bloom, East Interlake Conservation District, East Interlake Community Futures and the Board of Revision — as long as the citizen is already receiving compensation from the board.

Citizen members may also be eligible for \$165 per day for out-of-town business for the board or committee that they

belong to. Mileage and other expenses may also apply.

During the meeting, council members discussed the possibility of adding extra monthly pay due to the large amount of electronic communication they need to deal with. They agreed to revisit the idea during deliberations for next year's indemnity bylaw.

In other council news:

- The Town of Stonewall accepted a quotation for \$7,496 plus tax from Whispering Oaks Greenhouse to supply and plant flowers throughout the town in spring 2019.
- Council will consider adding stonework to the Town of Stonewall entrance sign on Highway 236.

The previous sign had been destroyed in a windstorm in the fall of 2017. The quote to repair it was approximately \$10,000, and the costs were covered by an insurance claim. The majority of the funds went towards the sign itself, with only a small amount of money allocated for the decorative touches around the sign.

The repairs were completed last August. Not everyone was satisfied with the end result, but there were no funds allocated in the 2018 budget to make changes. Pending approval, funds will be included in the 2019 budget to replace the current material surrounding the sign.

Mayor Clive Hinds said that he had promised during the election campaign to get the sign redone with real stone. If everything goes according to plan, he expects the stonework will be completed in June or July, weather permitting.

"What was erected after the storm was paid for by the insurance," he said.

"Now the town will embark on a different structure."

- An open house is scheduled for Monday, March 18 at 7 p.m. at the Heritage Arts Centre regarding its cemetery maintenance bylaw.
- A public hearing is scheduled in the council chambers on March 28 at 6:30 p.m. about a special service proposal bylaw for waste and recyclable curbside collection, removal and disposal service in Stonewall.

Are you taking care of your brain?

Submitted

With the help of brain research, there is hope that one day there will be a cure for dementia and other brain diseases and disorders.

That's why brain research is celebrated during Brain Awareness Week, which takes place this year from March 11 to 17.

At the Alzheimer Society, we promote brain health to help reduce the risk of developing dementia. There are lots of things you can do, including challenging yourself, being socially and physically active, eating a healthy diet and reducing stress in your life.

"The brain is one of your most vital organs. It plays a role

in every action and every thought, and just like the rest of your body, it needs to be looked after," says Wendy Schettler, CEO, Alzheimer Society of Manitoba.

Scientific evidence shows that 30 minutes of moderate exercise each day, whether it's a brisk walk or taking dance lessons, helps lessen the risk of dementia. Physical activity of any kind pumps blood and oxygen to the brain, which is important for brain functioning. An active lifestyle also builds up your cognitive reserve and improves memory and thinking.

But don't stop there. Combine physical activity with a healthy diet for added protection against dementia. Con-

Continued on page 5







Stonewall, Rockwood welcome rec facilitator

By Jennifer McFee

Laine Wilson is hitting the ground running in the newly created position of recreation facilitator for the RM of Rockwood and the Town of Stonewall.

Councils from both communities recently announced the appointment of Wilson, who has a bachelor's degree in recreation management community development from the University of Manitoba.

"The role I'm playing now is with Rockwood and Stonewall as a partnership," she said.

She will be working with the Rockwood Stonewall Recreation Committee, which includes the CAOs and two councillors from both of the communities. Rockwood Coun. Terry Hartle chairs the committee.

Together, they will strive to find ways to meet the growing recreation and leisure needs of the residents.

As an area, they have developed a plan that focuses on volunteer support, recreation inventory, education, community engagement and promo-

"Right now, I just want to talk to anybody who has a stake in recreation that could have a connection," she

"I want to learn from the communities and from the people where their needs are."

In the future, there could be opportunities for her to apply for grants on behalf of Stonewall and Rockwood.

"From my perspective, the communities will dictate what they need. It's more of a supportive role," she said.

"I have some ideas, but I like to be community-based so those ideas will change based on vision of the people."

Born and raised in Grosse Isle, Wilson now lives in Stonewall with her husband Brad and their three children six-month-old Ridge, two-year-old Paisley and six-year-old Pierce.

"I think recreation is such a fundamental piece of a community," she said. "It's anything that anybody does besides working, sleeping and the regular essential pieces you need for yourself. People care about it, and that's great."

Wilson takes pride in having an open-door policy and she invites residents to contact her.

"This is an open partnership to make sense of how to best do it," she said.

"It's new and exploratory. We're looking at how to work together on a regional approach, using a regional lens to make it the best that it can be for the communities."

Wilson can be reached by email at laine.wilson@rockwood.ca or by phone at 204-461-3163.



Laine Wilson

ICF a driving force



TRIBUNE PHOTO SUBMITTED

The Interlake Community Foundation presented the Teulon and District Handivan with a \$1,000 grant. Pictured with ICF's executive director Tracy Holod, left, is handivan driver Lawrence Weselak.



> BRAIN, FROM PG. 4

suming nutrient-rich foods such as whole grains, dark leafy greens and fresh-water fish supports good cardiovascular health. It's a well-known fact that heart disease, diabetes and high blood pressure are contributing factors for vascular dementia.

Training your brain to learn new things in new ways also preserves brain cells and, in some cases, can even help reverse some of the cognitive decline that occurs with age. En-

gaging in activities with others such as volunteering or participating in a book club is even better for keeping your brain in top form. Staying connected socially boosts mood and attitude, both important ingredients for well-being.

It's never too late or too soon. The key is to make lifestyle changes that work for you. For practical tips and other resources, visit https:// alzheimer.mb.ca/about-dementia/ brain-health/.



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NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

Manitoba small businesses welcome much-needed PST reduction

Submitted by CFIB

The Canadian Federation of Independent Business (CFIB) is pleased that the government of Manitoba's 2019 budget is delivering much-needed, meaningful tax relief for the province's job creators ahead of schedule.

Finance Minister Scott Fielding announced that the provincial sales tax (PST) will drop from eight to seven per cent beginning on July 1, 2019.

"Overall, this budget sends the right signals to Manitoba entrepreneurs," said Jonathan Alward, CFIB's director of provincial affairs for Manitoba. "Manitoba's business owners were looking for three things in today's (Thursday's) Manitoba small businesses welcome much-needed PST reduction ahead of schedule."

Budget: much-needed tax relief, a clear plan to get back to balance through spending reductions, and continuing to reduce red tape."

"Over the last six months, this government has demonstrated it understands the significant cost pressures

facing the province's small business owners," added Alward. "They stopped the 'Made-in-Manitoba' carbon tax, and are now delivering a one point reduction in the PST. This will provide roughly \$325 million in savings annually to help businesses offset other tax increases including the federal tax changes, CPP premium increases and the threat of a federally imposed carbon tax.

"We know the tax relief offered today will allow Manitoba businesses to use the tax savings to grow and expand their business, increase employee wages and pay down debt," noted Alward."This relief should help offset recent declines in optimism among the province's small businesses."

Tax relief: Manitoba entrepreneurs welcome the government's decision to decrease the provincial sales tax effective July 1, 2019, which is ahead of the predicted schedule of 2020. This significant tax rebate should return \$237 million to Manitobans in the 2019 fiscal year. The province is further con-

tinuing to keep personal income tax brackets indexed.

Balanced budget: The province continues to reduce its summary deficit to \$360 million by holding spending growth to under 0.3 per cent from the last budget (1.2% increase from the 2018 Budget Q3 forecast). This represents a \$161 million decrease from the 2018 Budget (\$110 million less than the 2018 Budget Q3 forecast).

"Small business owners work hard every day to balance their books, find efficiencies and live within their means, and they expect their governments to do the same. This budget shows Manitoba building on its recent efforts to get its fiscal house in order," added Alward.

"The summary deficit is shrinking to \$360 million in 2019-2020, in large part by finding efficiencies such as reducing the provincial workforce through attrition, higher personal income tax revenues, and by increases in federal transfer payments."

Provincial sales tax exemption on federal carbon tax announced

Submitted by Manitoba government

The province is taking action to shield Manitobans from an increase in the cost to their home-heating bills. It will not apply the provincial sales tax (PST) to the federal government's carbon tax, Premier Brian Pallister announced this past Tuesday.

The federal government has made clear its intention to charge the Goods and Services Tax (GST) on top of the carbon tax, which would in effect tax Manitobans twice. When combined with the impact of the federal carbon tax on home heating, this decision will

cost the average Manitoba household \$92 more in 2019, topping out at approximately \$230 by the year 2022.

"Ottawa is charging federal sales tax on top of its carbon tax, meaning Manitobans will be hit twice on their natural gas bills," said Pallister. "The added cost of charging GST on top of the federal carbon tax means Manitobans will have less disposable income at the end of the month. Affordability matters and we are ensuring Manitobans will not be triple charged."

The premier confirmed Manitoba will implement an exemption to ensure the PST will not apply on the federal carbon tax. The measure will save Manitoba families and businesses \$3.6 million in 2019.

"We are putting money back on the kitchen table for families, seniors and households across the province," said

He noted Manitoba does not accept the federal government's imposition of a higher, rising carbon tax, and will continue to move forward with implementing the Made-in-Manitoba Climate and Green Plan without a carbon tax.

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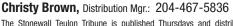
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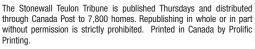
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SCT NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

Teaching tangible, technical takeaways

By Evan Matthews

Between crops, livestock, dairy and equipment production, farming and agriculture are a way of life in Mani-

Moreover, farming and agriculture are a way of life in Canada.

One in every eight jobs in Canada is related to the agriculture and food sector, according to the government, so the math translates to roughly four million jobs.

That's a lot of jobs, and a lot of education prior to young people moving into those roles.

Last week the federal and provincial governments added nearly \$100,000 to a program in Manitoba called Agriculture in the Classroom.

The program consists of hands-on learning, getting students engaged by allowing them to experience small examples of farming practices.

The program's executive director told the newspaper that because our society is now two, (sometimes) three, generations removed from the farm, we run the risk of losing some of society's traditional farming practices.

Teaching kids where our food comes from, how it's grown and harvested, and why farmers use the methods they do, is extremely important for future generations to make informed consumer choices.

We owe kudos to our government for recognizing this and for developing proactive programming to aid Manitoba's students' development.

But, why isn't this same hands-on approach used in other areas relating to educating our students? Our educational system can use more handson learning, like what Agriculture in the Classroom is providing.

So many of our students come out

of school with understanding of basic physics and chemistry, or the knowledge of calculus, some having even taken basic psychology courses.

These courses are important and should be maintained.

But as Agriculture in the Classroom is showing us, students respond and learn in hands-on, engaging environments. By planting seeds, they get to watch their crops grow.

Why are we not applying this principle to other life situations?

Things like filing taxes, basic car repairs (like changing a tire or changing the oil), or how to fix common household issues, these are life skills often overlooked.

Our education system is doing so many things right.

It shows in the highly intelligent people who come from this beautiful province and move on to great suc-

But nothing in life is perfect.

Are we doing all we can to prepare



students for life outside the classroom?

Evan Matthews is a reporter/photographer with the Express Weekly News and the Stonewall Teulon Tribune. If you have a news tip or story idea, you can email evan@expressweeklynews.ca.

letter to the editor | Letters to the Editor: letters@stonewallteulontribune.ca

Letters to the Editor:

Fleury is against corruption not an industrial park

"This letter was delivered to the Tribune Friday morning before the untimely passing of Dave Farlie. I have known Dave a long time. Occasionally we would have two different opinions just like a coin with two sides. We were both entitled to our opinions. Having said that, I have nothing but respect for Dave and his family should be proud of the legacy he leaves behind. Dave was a hard-working family man. I extend my sincere condolences to his family. Dave, may you rest in peace," said Bill Fleury.

This is a response to the March 7, 2019 Letter to the Editor written by Dave Fairlie in the Stonewall Teulon Tribune.

The bulk plant (in Warren) was approved because council was provided information that wasn't true.

In Fairlie's letter, he stated there are no setback distances recommended by federal, provincial or industrial standards. Last week buried in correspondence to the RM of Woodlands accidentally a

letter from Dennis Beecham (P. Eng. Office of the Fire Commissioner), dated April 24, 2018, 4:42 p.m. appeared. It was regarding the tanks in Eriksdale. It stated, "normally municipalities address this issue by having a zoning bylaw which restricts the location of this type of occupancy at some distance (normally ½ mile) from residential occupancy." Warren Tire limits are 1,500 feet; ½ mile is 2,640 feet.

This also applies to the Warren site. The recommendations of the OFC were never brought forward or acted upon. This is a breach of public trust and has possible criminal intent. It was hurry up, get the park going so "we" can build. Not doing your job or homework results in mistakes that are very hard

A reference to bylaw changes made by a committee of the CDC, including myself. Appropriate changes were made but never ratified by the main board because some were not comfortable with the changes. Not me!

The letter references another lot sold over a three-year term, interest free, but that developer paid in the three-year agreement and didn't have it hidden, when not paid, for an additional three or four years. This is special treatment.

The document provided to the *Tri*bune shows the province has regulations. There is also a document stating over 5000L professional assistance for safety should be used and should have warranted a risk assessment.

At one of our last CDC meetings, Fairlie brought up a letter he had in his possession. He was rapidly silenced. The next day I phoned Fairlie inquiring what the letter was about. He denied there was a letter. Upon inquiring at the RM, I found out that the letter was from the Auditor General's office, who was investigating the conduct of CDC's throughout Manitoba.

The actions of a handful of people that are still influencing this mess including approval of a grocery store 200 feet away are disgraceful.

Two weeks after my letter appeared in the Tribune, my son John who was by all reports doing an excellent job as foreman of the RM of Woodlands was demoted back to loader and hoe operator with no reason provided to the union.

I will leave it up to the readers if this is a coincidence or retaliation! So what's next sell the hoe in retaliation of this letter?

My son posted a song on Facebook yesterday by Aaron Tippin that was highly appropriate. "You've got to Stand for Something or you will fall for anything." Even now there are still praises for his work appearing online.

Once again, council fell for any-

-Sincerely, Bill Fleury

Budget 2019 reduces PST, makes life more affordable

Submitted by Manitoba government

Budget 2019 gets the job done for Manitobans by focusing on investments that fix the finances, repair services and rebuild the economy, Finance Minister Scott Fielding announced Thursday as he introduced the budget in the legislature.

"Three years ago, Manitobans chose a new direction for their province and elected us to bring greater stability, security and opportunity to people right across the province," said Fielding. "Budget 2019 reduces the retail sales tax, continues to reduce the summary deficit, invests in addictions services and focuses on the needs of Manitoba families."

Budget 2019 cuts the retail sales tax to seven per cent from eight per cent on July 1, six years from the day the previous government broke its promise, and achieving the government's commitment to reduce the PST during its first term.

"While others are taking more money off kitchen tables all over the province — with higher municipal property taxes, higher Hydro rates and higher federal deficits — our government is lowering the PST, leaving that money where it belongs," said Fielding. "By the end of our second term, this rate reduction will save an average family of four around \$3,000.

"It will increase economic output and generate approximately 900 person-years of employment. Labour income, including wages and salaries, will grow by nearly \$50 million per year, and Manitoba's nominal GDP will increase by approximately \$90 million," said the minister.

Fielding noted Budget 2019 forecasts a summary deficit of \$360 million for the 2019-20 fiscal year, showing ac-

PUBLIC NOTICE

Pesticide Control Program

Public Notice is hereby given that the Province of Manitoba intends to conduct the following Pesticide Control Programs during 2019 within the province roadway right of way.

 To control invasive plants and noxious weeds on road allowances within the Municipalities of: Montcalm, Rhineland, Stanley, Pembina, Louise, Lorne, Thompson, Dufferin, Roland, Morris, Ritchot, Macdonald, Grey, Norfolk Treherne, Victoria, North Norfolk, Portage la Prairie, Cartier, St. Francois Xavier, Rosser, West St Paul, Rosedale, Glenella- Lansdowne, Westlake-Gladstone, Alonsa, Woodlands, St. Laurent, Rockwood, St. Andrews, Gimli, Armstrong, Fisher and Bifrost-Riverton & various locations in unorganized territories North of the Fisher and Bifrost-Riverton Municipalities.

The herbicides include: Dicamba, 2,4-D amine, 2,4-D Choline, 2,4-D Ester, Mecoprop, Dichloroprop, Amitrol, Aminopyralid, Metsulfuron- methyl, Diflufenzopyr, Fluroxypyr, Imazapyr, Triclopyr, Picloram, Aminocyclopyrachlor, Chlorsurlfuron, Saflufenacil, Iron (as FeHEDTA), Glyphosate, Clopyralid, Acetic Acid, LI 700, Non Ionic Surfactant, Flumioxazin, & Indaziflam.

The public may send written submissions or objections within 15 days of the publication of the notice to the department below.

Manitoba Sustainable Development Environmental Approvals Branch 1007 Century Street Winnipeg MB R3H 0W4

Manitoba 🗫

countability to the taxpayer. That is \$161 million less than the deficit projected in Budget 2018 for the 2018-19 fiscal year, he added.

"We've increased funding for health care, for education and for families to record levels in each of our budgets, to the highest levels in Manitoba history," said Fielding. "And yet, we've still been able to reduce our deficit and stay on track to deliver a balanced budget in the next six years. This accomplishment shows our plan is working."

The minister confirmed the budget also includes investments to respond to the challenges of addictions, with \$1 million in new funding to expand the number of withdrawal management beds in Winnipeg and Brandon. In addition, the province will invest an additional \$2.3 million to target drug-related criminal activity including methamphetamine and gang-related crime prevention initiatives.

Other highlights in Budget 2019 include:

- investing historic levels of funding in health care to lower ambulance fees to a maximum of \$250, to open five new or enhanced health facilities with operating funding of \$6.4 million, to hire 35 additional primary care paramedics with \$3.8 million in devoted funding and to increase renal replacement therapy funding by \$2.4 million:
- reserving \$20 million to allow the province to sign the upcoming addictions and mental health bilateral agreement with the federal government;
- increasing primary and secondary school funding by \$6.6 million, and increasing kindergarten to Grade 12 capital funding by more than \$56 million to support structural repairs, roof replacements, new mechanical systems and accessibility projects, facilities for special needs students and major additions at École Noël-Ritchot in the Division scolaire francomanitobaine and Mitchell Elementary in the Hanover School Division, as well as funding for existing new school projects in Brandon, Niverville, Winkler and Winnipeg;
- increasing funding for Community Living and disABILITY Services by \$13.6 million to \$439.5 million;
- increasing operating funding for existing and new community-based day care projects by \$759,000;
- allocating an additional \$325,000 to provide direct services for victims of domestic violence and continuing to support organizations like the Canadian Centre for Child Protection, Brandon Victim Services and Candace House;
- increasing Manitoba's RCMP staffing complement by 29 positions, including funding for 27 additional officers;
- providing a total of \$313.5 million in basket funding for local governments that continues to provide municipalities with the flexibility they need to meet local needs including enhanced support for roads and bridges for municipalities outside of Winnipeg;
- providing over \$350 million in dedicated funding for highway infrastructure and projects such as the Daly Bridge in Brandon, the re-



Premier Brian Pallister

placement of the existing overpass near Portage la Prairie and improvements to PTH 21 near Shoal Lake;

- allocating \$45 million toward capital projects in recognition of Manitoba's 150th anniversary including funding for additional highways and other infrastructure projects;
- spending more than \$1 billion on strategic infrastructure such as roads and bridges, water and wastewater infrastructure projects, flood protection, hospitals, schools, universities and colleges;
- increasing funding for the Manitoba Film and Video Production Tax Credit to \$31.5 million from \$16 million;
- funding major improvements to airports at St. Theresa Point, Norway House and Shamattawa;
- increasing funding for the Young Farmer Rebate Enhancement program by 32 per cent to \$2 million; and
- supporting 15 new projects and over 50 drain rehabilitation projects under the Water Related Capital program, for a total estimated investment of \$46 million.

"We are getting value for taxpayers, and the proof is found in the progress we are making in reducing the deficit each year," said Fielding. "And, it's found in the fact the world is showing their confidence in Manitoba as a place to invest and a place to grow."

The minister noted Manitoba has led the nation in private capital investment over the past year and is on pace to be among the leading provinces again this year.

"We are getting the job done. We are giving Manitobans the government they want, at a price they can afford," said Fielding. "With the opportunities in Budget 2019, we will continue to move our province forward, fueled by the knowledge that Manitoba's best days are ahead of us."

Information on department-specific investments can be found at www.manitoba.ca/budget2019/highlights/index.html.

To review the budget documents, visit www. manitoba.ca/budget2019/.

Set RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL Time to get your shacks off the ice

By Arnie Weidl

Hi folks.

Even though the Red River ice cutters have forged upstream of the "blue bridge" toward Selkirk, there was still an endless sprinkling of hard wall ice shacks on the river from the #204-509 Intersection to Lockport last week.

Downstream of the locks, I urged Old Red along from one shack or tent to another, stopping to visit with some of our fellow anglers. I pulled up beside a large red portable when the head of a chap with a white moustache and big grin popped out from the zipper door.

"How's it going?" I asked from my turned-down window.

Crouching and peering through his door, he volunteered, "Nothing yet."

I got out of my truck and knelt at the door so he could sit back in his folding chair inside the dark tent. "You seem to be a veteran angler," I opened a conversation with him. "Would you have a angling story for your fishing brothers and sisters?"

His ever-present smile grew wider as he began a story that came to him quickly. He described an experience he had here a few weeks ago when he had settled in for an afternoon of ice fishing. Two men, one older and the other quite young, approached him. They began talking and our new friend, Peter Arlukiewicz of Winnipeg, learned that these guys were visiting from Australia. They had never seen anyone ice fishing before.

Being a friendly fellow, Pete invited them to hold his rods and coached them on jigging. Lo and behold, the

young guy got a strike! He was beside himself. He frantically reeled up and soon a pickerel as long as his forearm flew up from the ice hole. All three men shouted in excitement and then cried out in dismay as the fish slipped the hook and plopped tail first back into the hole.

Pete admitted that normally he was not quick on his feet, but that day he was. He sprang forward, dropping down on all fours and plunged his arm into the chilling water. He couldn't see the fish, but in an electrifying second, he felt its head. He jammed it against the ice hole wall and with his other hand locked his fingers into the gills. He brought it up with both hands as the Aussies proclaimed, "Only in Canada are we likely to see this!"

I mentioned a couple of weeks ago how Jim Hildebrand loves to fish but can't eat them. Well, last week I ran into Collin Huston and Alaina Gooding, along with Alaina's kids Hannah and little Danny who hail from the Interlake. As it turns out, Alaina also loves to fish but can't eat them. The exact opposite situation prevails with Hannah. Not long ago, she caught a nice pickerel and when her mom cooked it, Hannah cried out, "That's my fish and I'm eating it!"

I had found them in their warm wood-heated ice shack off the west shore of Lake Winnipeg. As we continued talking, the topic of pranking other fisherman came up. I told of a time when friends of mine kidded an American friend, who was really a good sport, that he had to get his picture taken out on the ice, in the cold,

bare-chested when he caught his first fish here. He did and got a horrible cold! Collin chimed in, laughing, that when he was commercial fishing and had some rookies come along for the ride, they complained their fingers were freezing in the cold. Now, Collin has a sense of humour and he told them the only way to warm their fingers up was to put them in their mouths. They did it, even though they had been handling fish during the lift! Collin just shook his head smiling and didn't say a word!

Last weekend on the southeast side of Lake Winnipeg on the ice, I met a big fun-loving guy by the name of Clint Swein fishing in his portable tent. He stood in the dim light of his shelter jigging one of his lines as he recalled an uncomfortable learning experience with his fishing auger years ago. He and friends came out here with his brand new ice auger to drill some holes and fish. The first two holes went fine, but a foot into the ice on the third try, the auger got stuck. No matter what they tried, they couldn't



TRIBUNE PHOTO BY ARNIE WEIDL Hannah Gooding with her catch that she insisted on eating herself.

get it loose so they left it sticking up out of the ice and went home.

The next day, bright and early, they were back at the auger determined to rescue it. They chiselled around the flighting. They heated and poured water around it. They put wrenches with extensions on the auger shaft and pulled as hard as they could trying to back it out. Finally, the auger jerked free. After that, according to Clint, he made sure he pulled the auger up as he drilled, clearing it of ice chunks every once in a while so it wouldn't get stuck again.

Good fishing, friends, Bye for now.

BUDGET 2019: GETTING THE JOB DONE

Budget 2019 is on track to making life more affordable for Manitobans.

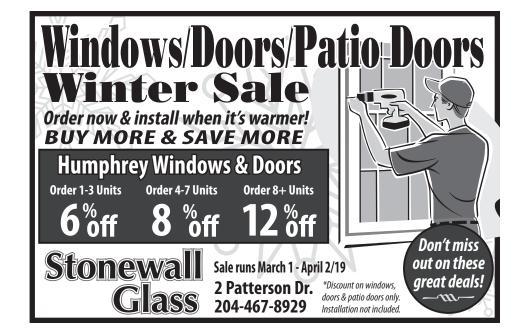
The Manitoba government is keeping promises and giving Manitobans the break they deserve by reducing the provincial sales tax (PST) to seven per cent.

In five years' time, that will save an average family of four, more than \$3,000.

The drop will also stimulate labour income by nearly \$50 million per year, contributing to the growth of wages and salaries.

To learn ALL the details of this year's budget and what it means to you and your family, visit **manitoba.ca**.





Local SCI student chosen as youth ambassador

By Jennifer McFee

A local student is being recognized for her efforts to push for social change.

Annika Brown, a Grade 12 student at Stonewall Collegiate Institute, is one of 31 students aged 13 to 18 from across Canada who has been selected to become an EF Canadian Youth Ambassador.

This year, 1,289 applicants applied for the opportunity through EF Educational Tours. Each applicant needs to submit an idea to create a positive impact by targeting a social challenge in his or her community.

The finalists emerge from three rounds of assessment that focus on impact at a local and national level, articulation, originality, feasibility and relevancy.

Annika identified a lack of accessible feminine hygiene products for low-income and homeless women. She hopes to start a donation program to provide women in her school and in her community with the products they need.

Program co-ordinator Matthew Belanger outlines what made Annika stand out among all the other applicants.

"What stood out about Annika's submission was the issue at hand is extremely relevant, not only at home in her local community but also nationally and globally," he said.

"She used multiple creative approaches to address the issue which made her idea well thought out. ... Annika was well spoken in her delivery (clear and concise), which made her idea even more compelling."

By joining the program, Annika will have the chance to travel this spring to the Dominican Republic on an international service learning trip. She will also get to attend action planning workshops in Toronto and travel to Parliament for mentorship with MPs and senators, who will provide guidance on how to make her idea into reality.

"It's a neat program and I just found out about it this fall," Annika said.

"One of my teachers encouraged me

to apply and then I ended up getting in so I'm really excited about it."

She chose her topic because she noticed a problem that needs to be solved

"Periods and menstruation are not something that's super open in the media. It's kind of stigmatized and not openly talked about. I feel like there's a taboo around that and people who are facing these struggles," she said.

"The fact is that it's a women's health issue. There are a lot of women who do not have the access that they need to feminine hygiene products and they have to use things that are not necessarily hygienic or safe and that's causing a lot of health problems and it can put women in a lot of risk. If you're in that low-income situation and you can't afford everything, you shouldn't have to make a choice between buying something you need or buying these feminine hygiene products."

She hopes to raise awareness and collect donations to provide feminine hygiene products for the people can't



Annika Brown

afford them.

"Right now, I'm in the middle of working on this in Stonewall," she said. "It's a work in progress. I think it will be really helpful to get other people's ideas on how to bring awareness to the issue, and I'm really excited about that."

Province announces enhanced cannabis possession rules

Submitted by Manitoba government

Proposed amendments to The Liquor, Gaming and Cannabis Control Act would enhance cannabis possession rules to protect health and safety, preserve the integrity of the legal retail cannabis system and stop the illicit cannabis market, Justice Minister Cliff Cullen announced Monday.



"Throughout the process of federal cannabis legalization, our government has continued to make health and safety our top priority," said Cullen. "These possession restrictions help crack down on the illicit cannabis market by giving provincial inspectors the clear ability to seize illicit cannabis."

The proposed amendments would make it an offence to possess more than 30 grams of non-medical cannabis in a public place. Similar federal prohibitions already exist under The Excise Act, 2001 and The Cannabis Act but provincial inspectors appointed under The Liquor, Gaming and Cannabis Control Act cannot enforce those laws.

Creating the proposed new provincial offences would enable inspectors, including Manitoba Finance officers who enforce provincial tobacco laws, to take action against those who possess illicit cannabis in Manitoba. It would also give police the option to proceed by way of a ticket for possession over 30 grams rather than going through the more complex process of charging an individual criminally. The fine amounts for all new offences would be determined by regulation.

The proposed amendments would also make it an offence to possess cannabis that is not packaged, stamped and labelled in accordance with federal legislation. This would preserve the integrity of the legal retail cannabis market by prohibiting the possession of illicit cannabis.

Cullen noted that exemptions in the legislation would ensure that individuals can still remove cannabis from its original packaging for storage and consumption. For more information on cannabis in Manitoba, visit www.gov.mb.ca/cannabis.







Provincial roads set to open this spring

By Evan Matthews

After a decade long closure, two provincial roads linking the communities of Woodlands, Inwood, Teulon and St. Laurent are set to open.

Shoal Lakes Flooded Land Owners Association president Orval Procter says it's about time provincial roads 415 and 416 open up.

"It's been a really hard fight to get to this point," says Procter. "It really is a celebratory moment."

The province closed PRs 415 and 416 in 2010, according to the province's Public Affairs and program specialist Tammy Sawatzky because — until recently — they were under water.

The province expects all work to be completed later this spring but is dependent on weather, she says. Currently, the roads remain closed to traffic while construction crews continue to work.

"Drier conditions this past season has now made this work feasible," says Sawatzky. "Manitoba Infrastructure is re-establishing (these roads) to pre-flood conditions and adding large protective rock to vulnerable locations to guard against wave action."

PR 415 runs east and west from St. Laurent to Teulon.

The closed portions of roadway are in the Shoal Lakes area (east of PR 518), according to the province.

The Shoal Lakes (East, West, and North Shoal Lake) are located in the southwest Interlake, approximately 15 kilometres east of Lake Manitoba, in the rural municipalities of St. Laurent, Woodlands and Armstrong.

PR 416 runs on the eastern side of North Shoal Lake.

Those roads not only represent a much shorter commute for area residents but also a much longer commute for any emergency service personnel.

"Fire is a much bigger danger in spring than flooding is. The marshland is perfect kindling for fire and, if that happens, it could spread quickly and at that point RM boarders become pointless," Procter said previously.

"We need to know who will fight these fires if they happen and how firefighters will get to the areas that are in trouble. ... If somebody needs an ambulance, it's also a longer wait for that."

The lakes are usually land-locked with no natural outlet, according to the province, and consequently their water levels rise and fall depending on variations in annual rainfall and snowmelt.

Historically, when lake levels rose very high, natural overflow from the lake has occurred to the east into the Sturgeon Creek and Grassmere drainage systems. However, approximately a decade ago, the water levels on the Shoal Lakes rose so high that the lakes merged into one large water body, and resulted in flooding of up to approximately 90,000 acres of adjacent lands, according to the province.

With the dry weather in the last couple years, water levels have gone down, according to the province.

"For every foot the water level rose, the lake would spread out another



The province expects all work to be completed later this spring, but it's dependent on weather.

half mile," says Procter.

"The whole region is still a mess after the roads washed out, and the provincial buy-back program, but things are improving."









TRIBUNE PHOTOS BY EVAN MATTHEWS

Shoal Lakes Flooded Land Owners Association president Orval Procter says local residents can celebrate, as provincial roads 415 and 416 are set to open sometime this spring/summer.





Province provides funding for growing in the classroom

By Evan Matthews

Through hard work and hands-on learning, the province is planting seeds and hoping students will grow into Manitoba's agricultural leaders of tomorrow.

On March 1, the Canadian and Manitoba governments announced they will provide \$99,400 over two years through the Canadian Agricultural Partnership program to support Agriculture in the Classroom.

"We are proud to be supporting Agriculture in the Classroom – Manitoba and the educational programming they're providing to our students in the province," said Manitoba's Agriculture Minister Ralph Eichler.

"Agriculture is a critical part of Manitoba's overall economy, and raising awareness and giving these students this opportunity at such a young age is an incredible experience," he says.

Agriculture in the Classroom's programming plays an integral role in increasing public awareness of on-farm practices and agri-food processing by sharing accurate, balanced and current information to 30,000 students and teachers annually, according to the province.

Programming is delivered at all grade levels and builds an understanding of the impact of agriculture in Manitoba, which Agriculture in the Classroom's executive director Sue Clayton says is imperative for kids to understand, as one out of every eight jobs in the province is directly related to agriculture.

"The children and teachers are becoming increasingly removed from the farm. We're two to three generations removed from traditional farming practice, typically," says Clayton.

"It's important for students to learn how their food is produced and where it comes from, as well as how to think critically about that information. When they're older and go to the grocery store, they can make informed consumer decisions," she says.

Interlake schools will see funding added to its Agriculture in the Class programming, according to





TRIBUNE PHOTOS BY LAVERNE KIEL

Teulon Elementary School students prepare garden boxes as part of the Agriculture in the Classroom program.

Clayton, including Stonewall's R.W. Bobby Bend and Centennial, Winnipeg Beach School and Teulon Elementary School.

In Teulon, the school has a variety of programming starting in late September. The programming continues throughout the school year, according to vice-principal and Grade 3 teacher Laverne Kiel.

"We have (what we call) the Little Green Thumbs program up and running. We plant seeds, care for out plants and transplant them," she says, noting the kids learn all about composting, growing and eating vegetables.

"We discuss equipment the students have seen in fields on their way to school, crops that might be being harvested at the time, animals that are being brought home from pasture, etc. In the fall, we begin our composting project with our Red Wriggler worms. We spend time discussing the significance of composting, the jobs that the worms do, etc.," said Kiel.

The kids are engaging with the program, according to Kiel, who says the students love to work with the soil, seeds, plants and worms.

However, she says, the worms aren't for everyone.

Balmoral Memorial Garden project takes root

By Jennifer McFee

A garden project is beginning to blossom in memory of a much-loved Balmoral man.

Joan Main is sowing the seeds for a community project inspired by her husband Reg, who passed "gently into the night" at home on Jan. 20.

In lieu of flowers, his obituary indicated that donations could be sent to his favourite coffee shop, the Balmoral Recreation Centre, where he spent a lot of time. The plan is to use the funds towards beautifying the area.

The idea started to take root in the fall, when Joan and several friends began talking about planting flowers on the piece of land where the Slater-Roy Insurance building used to stand.

"We're going to be doing this garden to make it pretty. The rec centre owns the property and we have permission from them to do a garden," she said.

"So I got thinking that I would put Reg's donations towards purchasing some flowers and hopefully a bench."

For Joan, it's important that the garden is a community space for everybody, so she began calling it the Balmoral Memorial Garden. Donations can be made on behalf of anybody, including in memory of loved ones.

Since some flowers might end up being contributed, she's hoping to use the funds towards the purchase of a bench.

"It's right by the post office so people could sit and chat or sort through their mail," said Joan, who also directed donations towards the Rec Centre when her brother-in-law Sid died eight years ago.

"If we could get the flowers and a couple of bushes at no cost, we could put all the money towards the bench."

She also applied for a grant from the local garden club, which could go towards the project.

"The support is just mushrooming and I think it's wonderful. I'm so excited about it," Joan said.

"My husband loved to garden, so I know that he would just love that the donations in his name are going towards the garden. A bench with some flowers and bushes would be just lovely."

Anyone who would like to contribute towards this project in memory of their loved ones can send a cheque earmarked "Memorial Garden Project" to the Balmoral Rec Centre.



Reg Main passed away on Jan. 20.

French immersion students celebrate culture







TRIBUNE PHOTOS BY JO-ANNE PROCTER

Last Friday, approximately 300 Interlake School Division French immersion grades K-10 students gathered at Ecole Stonewall Centennial to celebrate French Culture, Mardi Gras and Festival du Voyageur. Grade 5 to 10 students prepared French culture themed activities for the K-4 students. Pictured right: students sang the "Accent Song" to the tune of Baby Shark, which is a challenge put out by famous singer Étienne; middle: students learn the dance Le Ziguezon Zinzo; left photo: Lelaina, Paige and Olivia show off the Mardi Gras masks they made.

GAAC needs votes for \$20,000 online contest

By Jennifer McFee

The Green Acres Art Centre needs your online votes for a chance to win \$20,000 from Sunova.

GAAC has been named as one of six finalists in the Sunova Classic Golf Contest. Every year, Sunova donates at least \$20,000 in proceeds from its annual golf tournament to a charity or non-profit organization. Throughout February, interested groups had the chance to submit a short video highlighting why it should be them. Then a committee narrowed down the entries and the public votes on one final winner.

Online voting began on Monday, March 11 and the contest closes on Sunday, March 17 at 11:59 p.m. Votes can be cast once every 24 hours per device. Children are allowed to vote from their own devices.

GAAC president Lana Knor said that the funds would go towards enhancing experiences for all ages and abilities. They would invest in art supplies, yoga mats and musical instruments like ukuleles and kazoos. They would also like to purchase drum-making supplies and other craft supplies for summer camp.

Other ideas include Lego, fitness equipment and storage bins.

"We are planning on getting a portable tap dance floor because you can't have tap shoes on the hardwood floors at the art centre. So if we have a portable one, then we can introduce tap dancing to our dance program. Currently we have ballet, lyrical, hip hop, jazz and highland and we also introduced a musical dance theatre this year," Knor said.

"The idea is to enhance the programs and camp and days out for all ages and all abilities."

The kids had so much fun making the video for the contest submission that they might also look at getting a video camera and some other technology so that they can make movies.

"We don't want video games but we do need some technology. The right side of your brain is art, music, creativity and imagination. We feel very strongly that video games are in the way," Knor said.

"We're losing the simple things in life. If we're able to get some of these supplies, we can help with enhancing the right side of the children's brains. It would benefit the centre as a whole since it's for all ages and all abilities."

Bronwyn Fenn, marketing and public relations strategist, outlined the important details of the contest.

"Through the Sunova Golf Classic Funding Contest, we are looking to support a project that is connected to one of our three wellness pillars (financial, physical or mental wellness) and supports the community. To date, Sunova Credit Union has donated over \$220,000 to community projects through the golf classic," she said.

"We ask interested organizations to submit a short video about its project. A committee reviews the entries and selects the finalists that best meet our funding pillars."

The 14th annual Sunova Golf Classic will be on June 14 at the Granite Hills Golf Club. Registration will open at the end of March. At press time, GAAC was in second place out of the six finalists. Your votes can propel them to first place and bring a \$20,000 investment to the community.

If you have trouble voting using Internet Explorer, it might be because the browser is outdated. If you face this problem, you could try updating to Internet Explorer 11 or using Chrome, Firefox or Safari instead.

To cast a vote, and to view the video submission, visit https://www.sunovacu.ca/community/golf-classicfunding-contest/.

Attention Businesses in the areas of Argyle, Balmoral, **Grosse Isle, Lake Francis, Marguette, Rosser, St. Laurent,** Stonewall, Stony Mountain, Warren, and Woodlands.

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DEADLINE for ad booking: Monday, March 18, 2019

To book your space contact

Stephanie Duncan

ads@stonewallteulontribune.ca



Stony Mountain resident helping with weight-loss

By Ty Dilello

Rodney Legault has been preaching to social media over the past few years about weight loss and being healthier to live a long and prosperous life.

The Stony Mountain resident has not only been talking the talk but walking the walk as well since he is showing his followers on a regular basis what his healthy lifestyle looks like and has been doing his best to motivate others

Since Legault first took the plunge into bettering his lifestyle, he and his wife Shawna have both since become health and wellness entrepreneurs and have been helping people on a daily basis, whether it's ways to lose weight or just eating healthier and staying active. It was a long but rewarding road for Legault and his story is one that will likely resonate with many people.

"Just over two years ago, I was in a completely different body both physically and mentally. I was just taking on a new position at work, which was far more stressful and time consuming then my previous position," says Legault. "I would come home tired, stressed out and was eating very unhealthy. I was packing on the pounds and felt miserable. I had tried several workout regimes and diets with little to no success so I knew I needed a change. I was scrolling through Facebook one night and up popped photos

of a friend who had posted her before and after pics showing that she had lost 60 pounds and I was blown away. I contacted her immediately and she told me what she had been doing. I knew I had nothing to lose by trying it out.

"I quickly lost 30 pounds and I have significantly reduced the amount of stress in my life. I have been able to put on muscle I haven't had since high school. I have more time to spend with the family and overall I feel 10 years younger inside."

After losing the weight and feeling a whole lot better, Legault started to share his own transformation story on Facebook and before long, a bunch of people started coming to him for help.

"I was happy to help them out. Seeing others lose weight, gain muscle or overall seeing them feel better is the best feeling," says Legault. "I helped one friend of mine lose 117 pounds and she and her husband thank me every day for giving her her life back."

On a weekly basis it seems like there is another before and after photo posted on Legault's Facebook page showing off someone that had reached out to him and the progress that they have made. It's something that brings a smile on his face every time knowing that he's helped others achieve their goals.

"I am so glad I saw those before and after photos, which totally changed



Stony Mountain native Rodney Legault shows off his own weight-loss transformation.

my life. I am happy to share my own transformation with hopes to inspire others to take the leap of faith into this easier way to live a healthy lifestyle." Find Rodney Legault on Facebook and feel free to reach out to him if you're interested in living a healthier lifestyle.

Big Daddy Tazz to headline at Interlake Ducks dinner

By Evan Matthews

Ducks Unlimited is hoping to get the crowd quacking at its 34th annual banquet.

This year, comedian Big Daddy Tazz will headline the Southwest Interlake Ducks Unlimited Banquet at Stonewall's Heritage Arts Centre.

"We're very excited," says research biologist and co-chair of the dinner, Shane Gabor. "Big Daddy Tazz is a very well-known Manitoba comedian. He goes on at 8 p.m."

The event is scheduled to take place April 13, according to Gabor, with cocktails starting at 5:30 p.m. and dinner at 7 p.m.

The event will have raffles and prizes, a silent auction and open bar, he says.

Tickets cost \$70 individually, or groups of eight can purchase a table for \$560.

Funds raised are used for Ducks Unlimited's wetland habitat conversation efforts in Manitoba, Gabor says.

Guests can go online to buy tickets or phone

Carly Bjornsson at 204-461-0719 or email at c_bjornsson@ducks.ca to purchase, he says.

"We'll need to order a meal for those in attendance, so there won't be any tickets available at the door," says Gabor. "Definitely go online or call ahead."

Ducks Unlimited Canada is a private nonprofit organization dedicated to the conservation of wetlands for the benefit of North America's waterfowl, wildlife and people, according to its website.

Since 1938, we have positively influenced nearly 25 million acres of wetlands across Canada, including Oak Hammock Marsh, located 15 kilometres east of Stonewall and approximately 20 kilometres north of Winnipeg. Oak Hammock Marsh is a world-renowned facility providing sanctuary for wildlife, excellent educational programs for people of all ages, and just a wonderful place to enjoy nature, the website reads.

Rosser council news in brief

By Jennifer McFee

- The RM of Rosser will provide a \$2,500 grant to the South Interlake 55 Plus each year for 2019, 2020 and 2021. The organization requested that financial contributions be established on an ongoing basis.
- The RM of Rosser will provide a \$200 grant to the 64th Annual Rockwood Festival of the Arts.
- The RM of Rosser approved a \$13,680 levy for the Stonewall and District Handivan. The funds will be budgeted for in the 2019 financial plan.
- Council authorized a \$1,600 purchase of flowers for baskets and new liners through Rosser School.
- Council accepted a quote from S3 Interior Design for \$3,900 plus tax for making functional and esthetic changes to the council chambers.
- The RM of Rosser bill purchase a mass communication system called Connect Communication Automation from All-Net Solutions for \$3,995 per year.
- The CAO will research transit options with the City of Winnipeg to potentially extend services to the CentrePort area.

Local fitness instructor has passion for personal wellness

By Ty Dilello

Ashern native and current Stonewall resident Chelsey Lowry has been taking to social media over the past few years in promoting healthy living to her growing number of followers. Lowry is a school teacher with the Lakeshore School Division and a personal trainer and wellness motivator with her Better Health Evolution business that helps people better themselves in a variety of different

Lowry initially started leading fitness classes in Ashern when she moved back to her home community after graduating from university.

"I grew up in the area, and always had a love for sports and physical activity. When I came back to the area to start my career as a teacher in 2007, I found there was a need for options for getting active in the community, and I noticed many people wanted programs to follow," says Lowry. "I wanted to help create opportunities for healthy living, so I became a fitness instructor through CanFitPro and started offering regular classes and boot camps. This was a side job for me, but it grew into much more than that, as I have a deep passion for promoting healthy living and overall wellness. I've since become a personal trainer through CanFitPro, as well as a yoga instructor through YogaFit.

"Over the last couple of years, I've made some changes to how I promote healthy living. It occurred to me that by utilizing social media, and the on-

line world, I would be able to broaden my reach to have a greater impact on the health of more people. So in 2017 I started a hybrid online/offline business called Better Health Evolution. Since moving to Stonewall this past year, I've had to get creative to expand my reach in continuing to promote healthy lifestyle habits to those who I served while in Ashern, and now in my new community."

With everything heading towards the world of social media these days, Lowry has taken to online platforms such as Facebook and Instagram to help spread the word. She is quite active on there and is posting updates and tips pretty much every day.

"Social media has certainly played an integral role in keeping my business going through all of the changes. I've been able to connect with so many amazing people on Facebook, and I know that by sharing my journey and with the programs and products I offer, I've been able to help many people create better health for themselves, that simply would not have been possible without the reach of social media."

Lowry's business itself is quite unique because it penetrates so many different areas of health and wellness. On her website and social media channels you will see plenty of healthy cooking ideas, mindfulness/ positive mindset and motivational sharing. She also promotes collagen products that offer effective solutions for joint health, weight management,

as well as consultation to help people shift their everyday essential products to botanically based products, that are safe and effective.

In addition to all of that, Lowry is also running challenge groups on Facebook to promote physical activity and to help create healthy lifestyle habits for literally anybody that might be looking to make changes to better their health and well-being.

Some recent challenges included a squat challenge that had participants doing daily squats which increased incrementally, a challenge that ran over the holidays to encourage people to maintain a healthy focus during the holiday season, and a two-week steps challenge that resulted in participants tracking steps to walk the equivalent of 100 kilometres in 14 days.

The current challenge is a partner challenge to increase accountability. Participants are focused on making improvements to lifestyle habits of their choice, such as increasing physical activity with regular workouts, or adding more fruits and vegetables or protein to their diet, or even engaging in daily meditation. Each participant chose from a long list of options, to tailor the challenge to fit areas they wished to personally improve upon.

Lowry says, "At the end of the challenges there are prize giveaways, and the challenges are free to join. The current challenge is called the #NoExcusesChallenge by Better Health Evolution and runs until March 10. I've had an excellent response from partici-



Chelsey Lowry

pants, and I've noticed engagement in the challenges really increasing, which is awesome to see. I genuinely love hearing feedback from people who've had success with weight loss, improvements to joint health, or from those who have adopted healthy lifestyle changes that have stuck as a result of using my products, or from joining a challenge. It's the reason I started all of this."

Always looking to help people improve their overall health, Lowry is also currently looking for a space to offer voga classes in Stonewall and would like to start doing so sometime in the near future.

For more information, find Chelsey Lowry on Facebook or visit https:// betterhealthevolution.com/.

Skaters shine at Skate Canada Manitoba Championships









TRIBUNE PHOTOS BY RICK HIEBERT

Local figure skating clubs were well represented at the Skate Canada Manitoba STARSkate Championships in Winkler over the weekend. Pictured left to right, Jordan Glaspey of the Stonewall FSC competed in the Star 5 Women Free Program, Chloe Beresford - Stony Mountain FSC - Pre Juvenile Women's Free Program; Jayla Butcher - Stony Mountain FSC - Star 7 Women's short program and Grace Hume - Teulon FSC - Star 5 Women Free program.

Spotside > OUTSIDE > UPSIDE DOWN

Wildcats win consolation title at JV girls' basketball provincials

By Brian Bowman

The Warren Collegiate Wildcats had a great end to their junior varsity girls' basketball season.

Warren won the consolation championship at the MHSAA "A/AA" provincials after defeating the Hapnot Kopper Queens 53-35 on Saturday.

"(Our girls) played really well," said Wildcats' head coach Michelle Riddell. "Hapnot came out pretty strong for the beginning of the fourth (quarter) but that only lasted five minutes or so and then our girls took a bigger lead."

A key for Warren was switching from a 2-3 zone to a more effective man-to-man defence.

"That seemed to help us get back on track," Riddell said.

Warren opened play with a tough 53-48 loss to Carman.

"I think they were a little upset that we lost our first game," Riddell said of her girls. "We got into a bit of foul trouble and we had one girl get injured after probably 30 seconds on the court. She was kind of out but we did have to put her back in for the last six,

seven minutes."

The opening game was a real close one throughout as both teams traded several leads.

"We got into foul trouble the last seven, eight minutes and Carman pulled ahead," Riddell recalled. "That was a tough loss."

The Wildcats rebounded nicely from that loss on the consolation side with lopsided wins over Immanuel Christian (49-34) and Steinbach Christian (59-31).

The Wildcats were very good on the defensive end in both games.

"They really worked well as a team and nobody got down on each other," Riddell said. "It was a good weekend and a good experience."

Warren had three players — Paige Wright, Bobbie Fairlie and Emily Fehr — selected as provincial all stars.

"Each kind of had their own game," Riddell said. "Paige's shooting from the outside was on all weekend, Emily's our point guard and she did really well and played good defence, and Bobbie is always strong down low."



TRIBUNE PHOTO BY DEBBIE GOODMAN

The Warren Wildcats' junior varsity team, back row, left to right: Abby Procter, Lexie Carriere, Helen Alexander, Paige Wright; front row: Michelle Riddell (coach), Emily Fehr, Bobbie Fairlie, Emma Goodman and Laura Manchulenko (coach).

Premier champions



TRIBUNE PHOTO BY TANYA SWANSON

Vision Chaos won gold at the Manitoba Volleyball Association Premier Series 14U girls' tournament at the Dakota Community Centre March 1-2. Local players include, left to right, Madison McRae, Kyra Swanson, Alyssa Procter and Maya Olson.

Smith continues to set records

TRIBUNE PHOTO SUBMITTED Warren's Dean Smith won a gold medal in the 83-kg class at his first Canadian National Powerlifting Championship in Ottawa last Monday. Smith bench pressed 145 kilograms (319.6 pounds), which is a personal best and increases the Manitoba Masters Bench press record.



SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Hardy's team wins Teulon mixed bonspiel







TRIBUNE PHOTOS BY LINDSEY JACK

The Teulon Curling Club hosted a mixed bonspiel on March 1-2 with 12 teams competing. First-event winners featured Jim Hardy's team, pictured left to right, Brian Jack, Quinton Inglis, Patti Dola and Jim Hardy. The second-event winners included Rebecca Clifton's team of (left to right) Jillian Overby, Cortney Skrabek, Alex Hardy and Rebecca Clifton. The third-event winners were Matt Neal's team, which included (from left to right) Neal, Kendra Derbowka, Cole Kilpatrick and Derek McMahon.

Stonewall Curling Rink busy over the weekend







TRIBUNE PHOTOS BY NANCY DRAD

The Stonewall Ladies' bonspiel was held this past weekend with 18 teams participating. The first event was won by Team Andries, which included Tracy Andries, Taylor Christensen, Diane Christensen and April Klassen after defeating Team Bergner. The second-event winners were Team Beaudry. Their rink, which beat Team Scammell, featured Tory Beaudry, Katie Mckenzie, Lauren Beaudry and Grace Beaudry. The third event was won by Talyia Tober and her team of Tansy Tober, Olivia Bruneau and Stephanie Feeleus, who defeated Team Buckle.

Stonewall winless at MHSAA JV basketball provincials

There are no easy games at the MH-SAA "AAA" junior varsity girls' basketball provincials.

The Stonewall Collegiate Rams found that out the hard way last week in Brandon.

Stonewall lost both of its games at the eight-team provincials.

The eighth-seeded Rams started play with a 64-40 loss to the topranked St. Norbert Celtics.

Grace Fines played great, leading the Rams with 20 points and was picked as Stonewall's player of the game.

The Rams were then defeated 55-49 by R.D. Parker Collegiate in a consolation semifinal matchup.

Fines and Nicole Paguio each led Stonewall in scoring with 12 points.

Ryann Snell was selected as the Rams' player of the game while the Harv Award went to Stonewall's Sydney Byle.

St. Norbert went on to win the provincial title after defeating the Edward Schreyer Barons 49-23 in the championship game.

The St. James Jimmies downed the Neelin Spartans 56-48 in the thirdplace game.

Meanwhile, the Rams also finished with an 0-2 record at the MHSAA "AAA" junior varsity boys' provincials, which were also held in Brandon.

Stonewall, ranked eighth at the eight-team provincials, started play with a 69-51 loss to the No. 1-ranked University of Winnipeg Collegiate.

Graeme Perrie had a team-high 12 points for the Rams.

Gage Lambert was selected as

Stonewall's player of the game.

The Rams were then defeated 90-43 by Brandon's Neelin Spartans. Lambert scored a team-high 13 points for Stonewall.

Perrie was selected as the Rams' player of the game while the Harv Award went to Tyler Hogg.

The Dauphin Clippers won the provincial title after defeating the Louis Riel Voyageurs 68-53 in the championship game on Saturday. The Westgate Wings beat the U of W Collegiate 74-61 in the third-place game.

Stonewall wins silver at Male Bantam Rural 'A' Hockey Provincials

By Brian Bowman

The Stonewall Blues won a silver medal at the Male Bantam Rural "A" Hockey Provincials on home ice last weekend.

Stonewall reached the final of the nine-team event where they lost 7-1 to the Dauphin Kings on Sunday.

"Dauphin has a pretty good team throughout their lineup, from top to bottom," said Blues' head coach Darrell Sobkow. "They're a good, competitive team."

Hudson Skrumeda scored Stonewall's only goal late in the championship game.

The Blues were proud to win a provincial silver medal.

"You're always somewhat disappointed because you didn't win the gold medal," Sobkow said. "But having said that, they were excited, for sure, to win the silver medal. Second place is still a good result."

In the semifinals earlier that day, the Blues beat the Flin Flon Bombers 4-1.

Kaden Love, Max Van Heyst, Brady Becker, and Ethen Rogowski each had a goal and an assist for Stonewall.

Stonewall started play Friday with a 1-0 win over the Winkler Flyers. Max

McIvor scored the game's only goal.

"In both (of those) games (we won), the boys played complete games, from beginning to end," Sobkow said. "Everyone, from the goalie, to the defence, to the forwards, everybody played 100 per cent of the time. We probably didn't give them much space to move the puck. We were really forechecking hard. No time, no space - we played two great games."

The Blues then lost 9-3 to Dauphin later that day.

McIvor led Stonewall with two goals and an assist while Van Heyst scored Stonewall's other goal. Brady Becker had two assists for the Blues.

In a fourth versus fifth game, the Blues blasted the Thompson King Miners 9-0.

McIvor paced Stonewall with a goal and five assists while other big offensive games were had by Jace Woods (two goals, two assists), Van Heyst (two goals, assist), Kaden Love (four assists), Rogowski (two goals), Aiden Prystupa (goal, assist), and Conner Melo (goal).

It has been a great season so far for the Blues, who have lost just five games, as they enter the best-of-three



TRIBUNE PHOTO BY JO-ANNE PROCTER

Cargill representative Kara Sachvie drops the puck for Stonewall captain Jake McIvor, left, and Dauphin captain Austyn Roos at the opening ceremonies of the Male Bantam Rural 'A' provincials.

final against Fairford, which they hope, begins this week.

"The kids played very well all year," Sobkow said. "We had a tournament that we did well in Winnipeg in A1. It was a good overall year. The kids, to be honest, developed throughout the year and that's all you ask."

Sobkow wanted to thank all of the support they received from their minor hockey association, parents, and sponsors.

"As you know, that tournament doesn't happen without the support of all those levels of people," he said.

Magic win U16, U19 provincial ringette titles

Staff

It was a magical weekend for Magic AA ringette teams.

The U19 Magic swept the BVRA Angels in a best-of-three final series.

Game 1 saw the Magic lead 2-1 at the half before scoring four unanswered to win 6-1.

In Game 2, the Magic's Brooke English scored the game-winning goal in

a 3-2 overtime win.

The Angels had tied the score at 2-2 with about five minutes remaining in the second.

Stonewall's Shae Mulvihill was in goal for the Magic in both games, seeing 30 shots in Game 1. The only goal she allowed was on a two-man disadvantage.

In Game 2, Mulvihill was outstanding as she stopped 56 shots allowing just three goals.

At the U16 level, the Magic defeated the Angels 2-1 in their best-of-three series

The Angels won the first game but the Magic were victorious in the next two contests. No scores were available at press time.

Both the U16 and U19 Magic teams will now compete at the Canadian Ringette Championships April 7-13 in Charlottetown and Summerside, P.E.I.

Cvar wins JWHL championship

Staff

Stonewall's Olivia Cvar had two assists to lead the Balmoral Hall School Blazers to a 3-2 overtime win over the North American Hockey Academy in the Junior Women's Hockey League championship last Sunday in Vermont.

Chelsea Dinnin scored twice for Balmoral Hall while Kennesha Miswaggon also tallied.

The Blazers started play with a 4-0 loss to B.C.'s Pacific Steelers last Friday but later edged the Ottawa Lady 67s 2-1.

Cvar and Miswaggon scored for the winners against Ottawa.

On Saturday, Balmoral Hall blasted the Boston Shamrocks 9-0 as Dana Goertzen netted a hat trick.

Cvar, formerly of Gimli, and Karinne Sandiland each scored twice while Alix Yallowega and Miswaggon added singles.

Later Saturday, the Blazers beat St.



Olivia Cvar helped lead the Balmoral Hall School Blazers to a JWHL championship last Sunday.

Catharines, Ont.'s Ridley College 5-4.

Kaitlyn Bassett, Aidan Roberts, Dinnin, Yallowega, and Miswaggon scored for Balmoral Hall.

Cvar had an assist in the game.



TRIBUNE PHOTO BY DEREK FROST-HUNT

The U19 Magic will be heading to the Canadian Ringette Championships April 7-13 in P.E.I. Interlake players, left to right, include Rikki Frost-Hunt, Shae Mulvihill, Emily Lazaruk and Charlotte Wilmott.

Jets, Raiders to clash again in MMJHL playoffs

By Brian Bowman

The Stonewall Jets and Raiders Jr. Hockey Club have become quite familiar with each other over the years during the Manitoba Major Junior Hockey League playoffs.

The two teams will hook up yet again, this time in a best-of-seven quarterfinal series that will begin this Friday (7:30 p.m.) in Winnipeg.

Game 2 will be played Sunday (2:30 p.m.) in Stonewall.

"We've had a bit of trouble with them this year but it's always been real close games," said Jets' captain Bryce Stovin. "We lost twice in overtime and the other ones have been one-goal games."

The Raiders enter the playoffs as the second-best team during the regular season while Stonewall placed seventh in the 10-team league.

But that doesn't mean a thing come playoff time.

"We're on a nice, little five-game win streak going into the playoffs, so that's nice," Stovin said. "Hopefully, we can keep that confidence going into playoffs and give them a run for their money.

"The dressing room is awesome right now. All it took was one win and then it started to click for us."

Defensively, the Raiders allowed a league-low 121 goals during the regular season. The Jets are going to have to find a way to score goals in the se-

"We're going to have to get everything on net and crash the net lots," said Stovin, who had seven goals and 31 points during the regular season. "They play a very defensive style, they crash the net in the D-zone. We're just going to have to throw pucks on net and get guys going."

Stonewall wrapped up its regular season with a 4-3 shootout win over the St. Vital Victorias on home ice on Sunday evening.

Stovin, who is in his fourth season with the Jets and will age-out of junior this year, scored the only goal in the shootout.

Keeven Daniels-Webb had tied the score at 3-3 with a power-play goal at 18:39 of the third period.

Jordan Rogers gave Stonewall a 1-0 first-period lead but the Vics started the second with goals from Devin Bulloch, Bryce Dusik and Jonah Cook.

Jets' forward Aiken Chop then replied with his team-leading 31st goal of the season.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Jets' Bryce Stovin had seven goals and 31 points during the regular season.

Curtis Beck made 38 saves for the 1-1 at 11:57 of the second period.

Last Thursday, the Jets edged the St. Boniface Riels 2-1 in Winnipeg.

AJ Nychuk scored the game-winner at 10:32 of the third period. It was his third goal of the season.

Daniels-Webb had tied the score at

That goal came about three minutes after Brandon Bartley gave St. Boniface a 1-0 lead.

Adam Swan made 35 saves for the

Mercs, Morden to battle for SEMHL supremacy

Staff

The South Eastern Manitoba Hockey League playoffs are now down to just two teams.

The Warren Mercs and Morden Redskins will battle it out for SEMHL supremacy. Warren will be looking for their second league championship while Morden is seeking to add to their 15 prior titles.

The Mercs come into the series redhot after sweeping both the Winkler Royals and Portage Islanders in a pair of previous playoff series.

Morden, meanwhile, outlasted the Altona Maroons 3-2 in their best-offive, first-round series and then upset the Carman Beavers 4-2 in their bestof-seven semifinal series.

Carman was the top team during the regular season with 14 wins.

If Warren is to be successful in the league final, it will have to stop — or, at least — slow down Mike Rey. Rey has been on fire in the playoffs with a league-best 15 goals and 26 points in just 11 games. He also had the most goals (33) and points (59) in 17 games during the regular season. He was named the league's most valuable player.

Another player to watch out for is forward Tyler Grove, a Selkirk product, who played pro hockey in Australia and suited up in the Manitoba Junior Hockey League with the Selkirk Steelers and OCN Blizzard.

Grove finished fourth in league scoring during the regular season with 20 goals and 44 points in just 15 games. In the playoffs, Grove has five goals and 16 points in nine games.

Game 1 of the best-of-seven final series was played this past Tuesday in Warren but no score was available at press time. Game 2 is set for Thursday in Morden while Game 3 returns to Warren on Saturday.

Game 4 is slated for next Tuesday in

All games in the series will begin at 8 p.m.

Lightning compete at Bantam Rural 'AA' Hockey Provincials

Staff

The Interlake Lightning finished with a 1-2-1 record at the Bantam Rural"AA" Hockey Provincials last week-

Interlake started play with a 5-0 loss to the Pembina Central Flyers on Friday in Winkler.

The Flyers scored three goals in the first period and then added two more in the third.

Cohen Thomas (two), Anthony Lehmann, Gavin McCallum and Keston Worley scored for Pembina Cen-

Saturday was a good day for the Interlake as it tied the Southeast Blizzard 3-3 and then defeated the Central Plains Capitals 3-1 in Plum Coulee.

Interlake's Chris Vinck scored twice for the Interlake against Southeast while Reid Byle also tallied.

Cody Gunderson, Chris Tetrault and Dylan Witty replied for the Blizzard.

In the win over Central Plains, Byle led the Lightning with a goal and an assist. Nicholas LeClair and Carter Boughton also tallied for the Interlake.

Joshua Haurbrick scored Central Plains' lone goal.

Dylan LeClair earned the win in goal.

Interlake wrapped up play Sunday with a 5-0 loss to the East Valley Twisters in the consolation final in Plum Coulee.

Dane Martinussen (two), Keagan Dixon and Andrew Thompson scored for the Twisters. East Central's other goal scorer was not listed on the Hockey Manitoba website at press

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REQUEST FOR PROPOSAL

Teulon Rockwood Rec Commission is requesting proposals for servicing 4 portable toilets and two holding tanks through out the Park's season from May 17, 2019 to September 30, 2019. Each proposal should include "per call" and a "flat rate" pricing. Any further information requests and all proposals sent via email at teulonrockwoodrec@gmail.com.

Deadline for proposals is March 31, 2019.



THE RURAL MUNICIPALITY OF ROSSER **BID REQUEST FOR PRICE QUOTATION HAULING AND SPREADING OF** LIMESTONE AGGREGATE

The Rural Municipality of Rosser is accepting bids for the hauling and spreading of Class A Quarried Limestone of approximately 21,000 tonne on municipal roadways.

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

Closing Date: 12:00 pm local time, Friday March 29, 2019

Proposal documentation complete with specifications are available on the RM of Rosser Website or at the Municipal Office, between the hours 8:30 am to 4:30 pm, Monday to Friday. Any questions or concerns can be

Randy Slatcher, Public Works Foreman Address: Box 131, Rosser, MB R0H 1E0

Office: 204-467-5711

Email: pwforeman@rmofrosser.com Website: www.rmofrosser.com

AUCTIONS

Fabrication facility - Battleford, SK. Ritchie Bros. Auctioneers Unreserved Auction, April 8 in Saskatoon. 11.1+/title acres, 43,821+/sq. ft. Fabrication Facility. Ed Truelove: 306-441-0525; Brokerage: Ritchie Bros. Real Estate Services Ltd.; rbauction.com/ realestate.

METEL **RECYCLING**

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

SCRAP METAL

Buving scrap metal. cars, tractors, combines, farm scrap, metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

APARTMENT FOR RENT

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

PROPERTY FOR SALE

Land for sale west of Warren, 313 acres, S ½ 25-13-02 W. Call 204-299-6853.

EMPLOYMENT WANTED

Capable male willing to do all kinds of work from breaking ice to hauling garbage, and cleaning out garages! Part-time or full-time. Call Mike at 204-671-0003 message leave 204-378-2905.

HELP WANTED

PIZZA DEN is hiring a part time or full time evening cook, shifts weekends. include Previous cooking experience an asset. Go to pizzaden.ca to see menu. Self-starter, able to multi-task, team player. Call or text 204-799-2423 or email resume to robert.magnifico@ amail.com

Midtown Barbershop is seeking a licensed barber/men's stylist. Must be professional and self-motivated. Experience classic and modern men's cuts/styles is necessary. Great opportunity to build a solid clientele with walk-in plenty of Email your traffic. resume: midtownbar bershop@shaw.ca Or drop off at 226B Manitoba Ave. during business hours.

Pizza Den Restaurant & Lounge now hiring full time Assistant Applicant Manager. must be hands-on, multi-tasker. team player. Evenings & weekends rea'd. Previous hospitality industry experience req'd. Drop off resume or send to robert.magnifico@ gmail.com

LAUNCH your career! **BLAST-OFF** works requires FT/PT warehouse personnel for summer positions. Competitive wage, great team atmosphere, benefits, potential for permanent employment & advancement. Apply at 609 Greenwood Avenue, Selkirk; or e-mail: hr@blastofffir eworks.ca using subiect "Warehouse".

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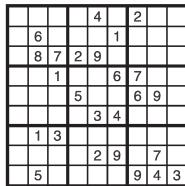
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St. Andrews Airport Inc. invites tenders for the leasing of Agricultural Land at St. Andrews Airport, at St. Andrews, Manitoba. The land available is Three Hundred and Nineteen and Thirty Hundredths Four (319.34) hectares / 789.09 acres, more or less. The lease is for a five year period (5 years) (2019 - 2023) with possible extension for an additional five (5) years (2024 2028). In addition to the Lease of Agricultural Land, the successful Tenderer will be permitted to cut and remove hay in unleased areas on the airport. Tenders clearly marked - Agricultural Land Tender - will be received by the undersigned until 3:00 pm, April 16, 2019. Tender Specifications are available from the Airport Office at 705 South Gate Road. All enquiries should be directed to Craig Skonberg, Executive Director, St. Andrews Airport Inc. at 204-336-3250 staai@mymts.net

take a break > GAMES

SUDOKU



Fun By The

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!



Sudoku Answer



Crossword Answer

CROSSWORD

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CLUES ACROSS 1. Employ

4. Not a starter

7. Matchstick game

8. One who receives a gift

10. One shows highlights

12. Open sore

13. Within

14. Caesar, comedian

16. Investment account

17. A negatively charged ion

19. Immoral act

20. Cheek

21. Lacking in vigor or vitality

25. Partner to flow

26. lnk

27. "Mad Men" actor

29. A taunt

30. Single

31. A very large body of water 32. A configuration of stars as seen from the earth

39. Herringlike fish

41. No (Scottish)

42. White-breasted N. American 4. Fifth note of a major scale

43. American time

44. Adult female

45. Singer Horne

46. Pronouncements

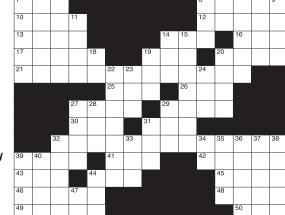
48. From a distance

49. Indian term of respect

50. One from Utah

51. Never sleeps 52. Type of bulb

CLUES DOWN



1. Hard to believe 2. Used as a pigment in

painting 3. Induces vomiting

5. Written in a majuscule script 6. Brews

8. Misfire

9. Amounts of time 11. The act of perceiving something visually

14. Female sibling

15. First

18. Sodium

19. Brother or sister

20. Satisfy

22. The lands of an estate

23. Antiballistic missile 24. Taxi

27. Covers the engine 28. Commentator Coulter

29. Mousse

31. Witness

32. Unlikely to be forgotten 33. Bar bill

34. Morning

35. City south of Moscow 36. Highly incensed

37. Intricately decorated

38. Drew closer to

39. Beers

40. Central China city

44. Touch lightly

47. Habitual twitching

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UPCOMING EVENTS

ROCKIN' RICH-ARD'S RECORD & CD SALE. Victoria Inn, 1808 Wellington Ave. Wpg. Sunday, March 17/19, 10 a.m. 4 p.m., 90 plus tables. Records, CD's, DVD's music collectibles. Admission \$5. Info 204-338-3655.

FARMLAND WANTED

Small farm looking to buy farmland in the RM's of Rosser, Woodlands or Rockwood. Flexible on purchase terms. Ph 204-771-2169.

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Please E-mail your resume and cover letter: Email teulongc@mymts.net Attn Shawn Coe **Director of Golf Operations**

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

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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Charlotte Anne Greig, late of the Postal District of Balmoral, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 22nd day of April, 2019.

DATED at Stonewall, Manitoba this 5th day of March, 2019. GRANTHAM **OFFICES**

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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Arthur Leander Fobes, late of the Postal District of Argyle, in Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba. R0C 2Z0 on or before the 8th day of April, 2019.

DATED at Stonewall, Manitoba, this 28th of February. dav 2019. GRANTHAM LAW

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THE RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY

The Rural Municipality of Woodlands invites applications for an opening for a LUD Public Works Operator.

The LUD PW Operator will be responsible for a variety of duties relating to the maintenance and repair of municipal infrastructure within the RM of Woodlands

Specific duties include but are not limited to: Maintenance of ditches and boulevards, installation of signs, minor repairs and maintenance of equipment.

Salary as per the Collective Agreement with Operating Engineers of Manitoba

The successful candidate must have the following qualifications:

- Valid Class 5 driver's license
- Clean driving abstract
- Good knowledge of equipment operations would be an asset

Please contact the Rural Municipality of Woodlands Administration Office at 204-383-5679 for further information.

Persons applying should submit a letter of application on or before 12:00 p.m. local time Monday, March 25, 2019.

R.M. of Woodlands

Box 10. Woodlands. MB R0C 3H0

Fax: (204) 383-5169 Email: finance@rmwoodlands.ca

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

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THE RURAL MUNICIPALITY OF WOODLANDS Public Works Foreman

The Rural Municipality of Woodlands invites applications for the position of **Public Works Foreman**.

The Public Works Foreman is responsible for the direction, coordination, efficient operation, construction, maintenance and repair of municipal infrastructure. The foreman supervises and coordinates the work of a variety of equipment operators, labourers, tradespeople, and contractors. A more detailed job description is available on the RM's website www.rmwoodlands.info

This full-time union position will report to the Operations Manager/ Chief Administrative Officer. Hours of Operation will vary between 40 hours a week, November 1 to April 30 and 50 hours a week, May 1 to October 31. Salary and benefits are as per the collective agreement with Operating Engineers of Manitoba.

Interested applicants are invited to forward a cover letter, resume and references by 12:00 P.M. Monday, March 25, 2019 to: RM of Woodlands

PO Box 10, 57 Railway Avenue, Woodlands, MB. ROC 3HO cao@rmwoodlands.ca

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

PUBLIC NOTICE

Public notice is hereby given that Rockwood-Rosser Weed District intends to conduct the following pesticide control program during the 2019 season within the Rural Municipalities of Rockwood, Rosser, and the Towns of Stonewall and Teulon.

- 1. To control noxious weeds and brush on public right-of-ways and public or private owned property within the above noted towns and municipalities. The projected dates of application will be from May 1, 2019 to December 31, 2019. The herbicides to be used include:
 - ----2,4-D Amine-----2,4-D Choline-----Dicamba -----Picloram-----Triclopyr-----Glyphosate-----Aminopyralid
 - -----Metsulfuron methyl-----Mecoprop----Aminocyclopyrachlor
 - -----Chlorsulfuron-----Diflufenzopyr-----Acetic Acid
 - -----Iron HEDTA (FeHEDTA)----Flumioxazin-----Paraffinic Oil -----Alkoxylated alcohol non-ionic surfactant
 - -----Methyl and ethyl oleate-----LI 700 --Esplanade----Saflufenacil
- 2. To control the following insect pests including grasshoppers, emerald ash borer, forest-tent caterpillars, cankerworms, and elm bark beetles if necessary. To control mosquitoes if necessary. The proposed dates of application if and when needed will be from Mav 2019 to December 31, 2019. The insecticides to be used include:
 - ----Chlorpyrifos
 - -----Deltamethrin
 - ----Imidacloprid
 - -----Bacillus thuringiensis israelensis -----Bacillus thuringiensis var. kurstaki
- 3. To control rodents at designated landfills when necessary using the following rodenticides:
 - ----Brodifacoum
 - ----Bromadialone
 - -----Difethialone

publication to:

- ----Chlorophacinone ----Rocon
- 4. Any resident of the Rural Municipalities of Rockwood, Rosser, or the Towns of Stonewall, Teulon likely to be affected by these programs and opposed to the issuance of a Provincial Use Permit, must submit annually their written comments within 15 days of this

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ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of Joan Sinclair

September 10, 1937 - March 19, 2016 (Mom, Grandma, and Great-Grammies)

If roses grow in Heaven Lord, Please pick a bunch for us; Place them in our Mother's arms, And tell her they're from us. Tell her we love and miss her, And when she turns to smile; Place a kiss upon her cheek, And hold her for a while. Because remembering her is easy, We do it every day,

But there's an ache within our heart, That will never go away.

-Forever loved and missed by your family

ANNOUNCEMENT

CARDS OF THANKS

Cameron - Thank you for the lovely floral tributes, the many cards and the monetary contributions to charities. Your kind thoughts are much appreciated.

> -Sincerely, Joan and Brad and Daphne Cameron

ANNOUNCEMENT

IN MEMORIAM



March 14, 2003 Wall of Fame

You won't find his name on the wall of the cowboy's hall of fame. There was no silver nor gold buckle for championship acclaim. But there was - rugged work, dogged hours in the saddle, and the angry prairie wind. I could feel sad when I see his tired old chaps hanging lifeless on a rusty nail. His boots now scuffed and scarred, his hat now lonely and faded like time. They've seen better days, and Oh, if they could only tell all his stories!

No, you won't find his name on the wall of the cowboy's hall of fame. But you will find his memories and his moments etched in blood on the prairie sky, Held timeless, sacred, and cherished in the palms of God's holy hands, And in the hearts of those who rode with him, ride by ride, stride by stride, In cool crisp spring, in the sweat of the scorching summer sun, and the biting chill of roundup. George and Floyd, Gerald and Johnny, Fred and Ted...and Clinton.

And you will find his name in my working cowboy's hall of fame, His name emboldened, set apart, ascending into the blazing heavenly sky, Written with silver gleaned from the stars, surrounded in prairie sunset gold. And you will find his name, in stellar radiance atop the list, in my fathers' hall of fame, His name set apart, engraved deeply in this daughter's grateful loving heart, Written with his strength, his courage, his selflessness, his loyalty and...his love.

-By Arlene Skihar



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Don't forget to send your special wishes to your friends and family.



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nouncements

OBITUARY

Charles Hugh Turbett

It is with deep regret that we announce the sudden passing of Hugh Turbett, on March 2, 2019, at age 87.

Hugh was raised on the family farm, in the RM of Rosser. Over time, dairy farming became his passion, working first in partnership with his father, and later with his son. He was an active member of the Manitoba Holstein Association in his earlier years, and he and his wife worked hard to build a quality herd. Hugh's strong work ethic, and love of his cows, saw him participating in milking until just days before his death.

Dairy farming offers little free time. Hugh reserved Sundays for family time, doing only the absolutely necessary farm work. Sundays were often spent at church, followed by a drive or visiting with family and friends.

Hugh is survived by Audrey, his wife of 60 years; brother George (Ellen); son Ken (Brenda); grandsons Graham (Samantha), Garett (Madeleine), and great-grandson Owen.

The family would like to extend a thank you to Dr. Pinniger, and the staff at Stonewall Hospital. A private family service has already taken place. Interment will be at a later date.

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



OBITUARY

Catherine Marcella McKnight

On March 5, 2019, Marcella passed away peacefully at the age of 97, at Rosewood Lodge, with her family by her side.

Marcella is survived by her children Colleen Sigvaldason, Leonard (Shelley) McKnight and Shelley (Brian) Watts; her nine grandchildren, Darryl Sigvaldason, Heather Sigvaldason (Preston McCaffrey), Nadine (Scott) Smith, Ashley, Victoria and Reid McKnight, Brenda Watts, Tim (Ashlee) Watts, Kyle Watts and nine great-grandchildren.

Marcella was predeceased by her husband of 57 years, Raymond; by her parents Leo and Anna Waterer; her brothers, Donald, Leonard and John (Betty) Waterer; brothers-in-law, Fred (Alice) McKnight and Bill (Dot) McKnight; sisters-in-law Florence Cameron, Laura (Dan) Bowman, Margaret (Bill) Milne, Sylvia (Charlie) Harrison; her son-in-law Marino Sigvaldason; and

numerous aunts, uncles, and cousins. Marcella was born at home in Balmoral, on September 10, 1921, the only daughter of Leo and Annie Waterer. She lived in the Balmoral community most of her life.

Marcella completed her education in Balmoral and soon started working for Skinners at Lockport, Manitoba, and later at Eaton's Department Store Bakery. After her children were grown, she worked for Home Care for many years and in addition enjoyed caring for the elderly members of her community.

Marcella was an avid baseball player and honorary life member of the Balmoral Curling Club. She held the position of Secretary Treasurer of the Balmoral Community Hall Board for over 20 years. She took great interest in gardening, bird watching, dancing, cards and playing the piano. She lived in her own home in Balmoral until 2017, when she moved to Rosewood Lodge.

A Memorial Service will be held on Friday, March 15 at 1:00 p.m. at the Balmoral United Church with a reception to follow at the Balmoral Community Hall. A private family interment will be held at a later date.

We would like to express our sincere gratitude to Dr. Kerr Graham for the many years of respectful care provided to Mom. Special thanks to the staff of Rosewood Lodge for the loving, compassionate support they provided Mom and our family.

In lieu of flowers, if friends so desire, donations may be made in Marcella's memory to the Balmoral United Church, care of John Peach, Treasurer, Balmoral United Church, Box 115, Balmoral, Manitoba, R0C 0H0 or the Manitoba Chapter of the Children's Wish Foundation, 350 St. Mary Ave., Winnipeg Manitoba R3C 3J2.



204-886-0404

OBITUARY

Jacob Waldner

It is with great sadness, after a courageous battle with cancer, Jacob Waldner peacefully passed away at his home, with family by his side, on Saturday, March 9, 2019. Minister Jacob Waldner was born September 26, 1935 to Jacob and Sarah (Glanzer) Waldner at Huron Colony, Manitoba.

Mourning his loss is his loving wife Lydia and his children: Jack (Jean): Kimberly, Jacob and Travis; Lydia (Sam): Sheldon, Nathaniel and Joshua; Eileen (Daniel): Tymon, Annette (Ivan), Kurtis and Jayda; Robert; Sara; Mark (Janice): Emily, Markus, Alana, Hadassah and Jonathan. His siblings: Sara (Solomon), Paul, Daniel, David (Jan), Susan (Peter), Dorothy (Mike), and sister-inlaw Elizabeth.

He was predeceased by his parents Jacob and Sarah; brothers, Joseph, Benjamin, Henry, Ernest; and grandson Travis.

Jacob taught life values by being a role model, not so much by words but by quiet example. All who knew him would attest to and value his integrity, steadfastness and friendship.

Rev 14:13: Then I heart a voice from heaven saying to me: Blessed are the dead who die in the Lord from now on. Yes says the spirit that they may rest from their labors, and their works follow them.

Viewing and wake were held at New Haven Colony at 8:00 p.m. March 12, Funeral services and burial March 13 at 2:00 p.m., also at New Haven Colony

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



David William Fairlie March 20, 1948 - March 8, 2019

It is with broken hearts that we mourn the sudden passing of David William Fairlie, on March 8, 2019, at the age of 70.

David will be forever loved and remembered by his wife Barb of 48 years, his children Jeff (Verna), Bob (Stacey) and Heather (Lance) and his greatest pride, his grandchildren, Shianne, Jordan, Stevan, Ethan, Everett, Corbin, Bobbie, Ryan and Elena. Also left to mourn his memory are his sisters, Betty Anne Fairlie, Janet Coggan (Blair) and Maureen Johnson; brothers-in-law Gordon Jones (Marie) and Jerry Jones (Debbie); mother-in-law Beulah Jones (Clayton) and numerous nieces and nephews.

David was predeceased by his son Ryan (2005), mother Margaret (2013), father John (1961), father-in-law Lloyd (1988) and brotherin-law Bryan (2008).

David was born on March 20, 1948, in Winnipeg, MB. He attended school in Warren and started his career with Manitoba Hydro in 1966. David married his high school sweetheart, Barbara Jones, on July 11, 1970. He then left Manitoba Hydro to pursue his passion for farming and in 1980, began a dairy farm north of Warren. David also worked as a carpenter with his brother-in-law, Bryan, and a 'not-so-jump-to-the-pump' gas jockey at Warren Hardware for the past 13 years.

David was an active member of the community. In his younger days, he could be found coaching his kids' hockey and baseball, refereeing or playing Old Timers hockey at the rink. David served as Referee-in-Chief for Warren Minor Hockey and President for Interlake Minor Hockey. School Trustee for the Interlake School Division from 1984-1998, and served a short term as Counsellor for the R.M. of Woodlands. He was also a member of Woodlands Oak Park Lodge, Rockwood Victoria Co-op and a lifelong member of Warren United Church where he actively served on numerous committees throughout the years. He was also chairperson of the Woodlands CDC.

David's greatest joys were his 9 grandchildren. He was never more proud than when he was watching them compete in rodeos, hockey, baseball, basketball or dance. He made every attempt to go to as many events as Barb would allow.

David always had words of wisdom and wasn't scared to voice his opinion. His corny 'dad' jokes and sense of humour will be missed most of all. Heaven is a brighter place today with him

A Celebration of Life will be held Saturday, March 23, 2019 at 2:00 PM at Woodlands Community Hall, Woodlands, MB.

In lieu of flowers, donations to Warren United Church, Box 324, Warren, MB R0C 3E0; Heart and Stroke Foundation of Manitoba, 1379 Kenaston Blvd, Wpg. MB R3P 2T5; or a charity of your choice would be appreciated.



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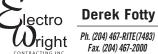
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Wheel Alignments

Flat Deck Tow Truck

New & Used Auto Parts