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All shook up

Adam T. Elvis playing the part of The King serenades Joanne Hubbard at the Elvis and Johnny Cash tribute concert in Argyle last Saturday. The sold-out crowd enjoyed a professional and entertaining evening.

TRIBUNE PHOTO BY LANA MEIER

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Elvis tribute artist performs to sold-out crowd

By Lana Meier

The Argyle Memorial Community Hall presented a night filled with the iconic music of Johnny Cash and special guest Elvis Presley last Saturday.

The hall was buzzing with excitement as 200 guests stepped back in time and experienced the magic of the two legendary music icons under one roof for the fundraiser.

Elvis Presley was brought back to life through a mesmerizing performance by Adam T. Elvis (Adam Tarnowski of Gimli), who transported guests back to the golden era of rock 'n' roll. But that wasn't all — Tarnowski also graced the stage adding his unique country flair to the night with a Johnny Cash tribute.

Candace Braun was the lucky 50-50 winner taking home \$410.

It was a fun evening filled with timeless music, great company and memories.



TRIBUNE PHOTOS BY LANA MEIER



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Local models strut their stuff for Community Living

By Jo-Anne Procter

The Quarry Park Heritage Arts Centre in Stonewall was transformed into a runway extravaganza during Community Living Interlake's Spring Fashion Show on April 11. Guest models stole the spotlight, showcasing clothing samples from five featured vendors.

With just one ticket shy of a sold-out show, the event managed to raise an impressive \$4,500 for a worthy cause. Guests were treated to delectable sweet and savory charcuterie boards — a delicious addition to the evening's festivities. Special thanks went out to Jacquie Derewianchuk for adding this tasty touch to the event.

Guests participated in numerous raffles, a 50/50 and a variety auction that was full of generous donations from local businesses. Among the items were two beautifully crafted Adirondack chairs which were a contribution from Mick Manfield and Community Living Beausejour.

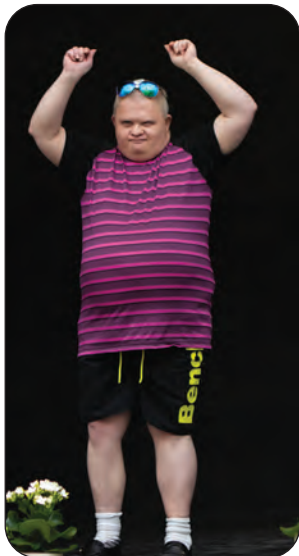
Jimm Simon, executive director of Community Living Interlake, welcomed attendees and shed

Continued on page 8



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Community Living Interlake held their annual Spring Fashion Show at Quarry Park Heritage Arts Centre. Models showed off the clothing from Red Apple Store in Stonewall at the Community Spring Fashion Show on April 11. Models showed off clothing from Stonewall's Red Apple and Something Beautiful as well as Swimwear Express, Redeemed and the Kildonan Mennonite Thrift Shop.



Models Mikey Maartense, left, and Ryan Kunzelman, right, show off fashions from the Red Apple Store.



Mahlani Olson, left, and her mom Melissa Olson in loungewear from Red Apple in Stonewall.



Angela Hueging, left, and Lisa Edén Zdebiak, left, and Marissa Hibbert in clothing from Something Beautiful.



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Create a gnome for your home during Stony Mountain workshop

Paverpol gnome workshop coming this May

By E Antonio

Green Acres Art Centre (GAAC) is hosting a Paverpol gnome workshop on Saturday May 11 at 10 a.m.

Judi Braid of Stony Mountain is a certified paverpoling instructor and will guide participants on how to create their own Paverpol gnome. Braid

is the only certified Paverpol instructor outside of Brandon.

Paverpol is an art medium originating in the Netherlands. Artists first united over sculpting natural materials for parade floats.

Paverpoling uses only naturally sourced materials such as wood, 100 per cent cotton and natural fibres.

Paverpol sculptures are able to withstand the harsh Canadian winters. Sculptures must cure indoors for three weeks, then they can survive all yearlong outdoors.

Braid began paverpoling in 2019 as



TRIBUNE PHOTOS SUBMITTED

Individuals can take a Paverpol class with Judi Braid and learn how to make a blue heron sculpture.



a hobby.

"Paverpoling acted as a saving grace through the pandemic," she said.

Braid lost her husband in 2021 and paverpoling acted as a positive activity for her.

Now, she hosts several lessons and workshops on paverpoling.

Braid instructs paverpoling at her home in Stony Mountain. This is her first workshop outside of her in-class studio.

Braid's favourite part about paverpoling is that it is an art everyone can do.

"The product produced will show people that there is nothing to be afraid of," said Braid, adding that everyone can be an artist.

The workshop is recommended for teenagers and adults. Adult supervision is required.

Braid will provide all the required materials. All supplies will be cut and prepared for participants in advanced.

Braid will guide artists step-by-step on how to create their garden gnome.

The workshop will entail the basics



Braid has crafted Paverpol sculptures using naturally sourced materials.

of paverpoling. What paverpoling is, what the materials feel like and how to apply the materials will be explained.

The workshop is expected to take

Tax & Estate Planning

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Deprez and Associates Private Wealth Management is hosting a Tax and Estate planning Seminar on May 9th, 2024 from 2pm – 3pm, tailored specifically for individuals aged 50 and above. It is located at the Stonewall Curling Club with doors opening at 1:30pm. A light lunch and refreshments will be provided.

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Girl Guides gear up for romp in northern Manitoba

Pancake fundraiser April 20 at Clandeboye Hall

By E Antonio

A group of Girl Guides from the Interlake area is preparing for a thrilling trip to northern Manitoba this summer, where they will spend time at the Churchill Guiding Camp.

The group of 13 girls, ages 11 to 16 from the Pathfinders and Rangers programs, will be travelling up to Churchill in July. They are from Stonewall, Clandeboye and Fisher Branch.

Girl Guide leader Danelle Hanchar said she is excited for the expedition.

"Lots of girls don't get the opportunity to travel," she said, adding that, for some of the girls, this will be the first time they are leaving home.

The camp is located 22 kilometres from the Town of Churchill. The group will meet with other Girl Guide teams as a bridging event.

The groups will learn and experience how the northern Girl Guide program is different from the Interlake.

"This trip will give these girls an experience that they have never had before," said Hanchar, who has always wanted to go to Churchill.

"It is important that we are able to set out and explore what is in our own backyard."

Hanchar explained that being able to adventure



PHOTO SUBMITTED

A group of Girl Guides from the Interlake will be hosting a pancake breakfast on April 20 at the Clandeboye Hall.

outdoors creates many learning opportunities.

Pathfinders and Rangers will get to kayak with belugas, prepare meals, go dog carting, create campfires and visit the Prince of Wales Fort National Historic Site.

The nine-day trip will also see the Interlake Girl Guides visit Thompson and attend Scout Camp at Pisew Falls.

A lot of planning and expenses have been put into the trip, said Hanchar, who has been preparing since 2019.

"There is a lot of paperwork, budget approvals

and explaining why it relates to our program," she said.

She estimated it will cost \$2,500 per girl to go to Churchill.

Fees cover transport, lodging, meals and activities. A portion of the fee also goes toward the hired bear guard.

"We are in no-man's land, so a bear guard is required at all times at the base camp," Hanchar said.

Karl Daher, a parent in the Interlake Girl Guides program, has planned a pancake breakfast fundraiser on April 20 from 9 to 11:30 a.m. at the Clandeboye Hall.

A plate of three pancakes, three sausages and a drink will be \$10. A smaller plate will be available for \$6.

Clandeboye Hall is located at 111 Main St.

"Travelling to Churchill is not cheap," said Daher, who explained that this is the first big fundraiser for the camp.

Girl Guides have been selling cookies since 2019 as a program requirement. A portion of the funds must be raised in cookies.

The Interlake Girl Guides have also raised funds with Epicure and World's Finest Chocolate.

On May 11, the group will host a Mother's Day Tea and auction fundraiser at the Rockwood Red Barn. A bottle drive will also happen throughout the month of May.

Be wary of potential scammers this tax season: CRA

By Lorne Stelmach

The Canada Revenue Agency is aiming to raise greater awareness of scams that defraud an increasing number of Canadians.

Some people especially fall prey to the many scams making the rounds that use the name of Canada Revenue Agency (CRA) because they will believe it must be trustworthy.

"We often notice that with seniors and newcomers ... they're more targeted," said CRA spokesperson Ahmad Almuqarqash. "Especially, for example, newcomers. They're probably new to the country. They don't know about the rules. There's also language barriers."

He stressed people need to be cautious if they receive any communication that claims to be from the CRA

and requests personal information such as a social insurance number (SIN), credit card number, bank account number or passport number.

Scammers may insist that personal information is needed so that you can receive a refund or a benefit payment. Some also involve threatening or coercive language to scare you into paying a false debt to the CRA. Others could direct a person to a fake CRA website where you are asked to verify your identity by entering personal information.

"This is the new trend we are seeing with these scams. People think it is legit and fall victim to these scams. ... It seems legit because it has your social insurance number on it and your name," he said.

"So we warn taxpayers to be extra

careful because these scams are getting more sophisticated as technology evolves. Guard your personal infor-

mation like a treasure. Don't give it

Continued on page 9

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SALES/MARKETING
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REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER/PHOTOGRAPHER
Autumn Fehr



SPORTS EDITOR
Brian Bowman



DISTRIBUTION
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REPORTER/PHOTOGRAPHER
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ADMINISTRATION
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Jennifer McFee
204-461-5352
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RCMP rescue stranded persons on Lake Winnipeg

By Lana Meier

At around 7:30 a.m. on March 31, Selkirk area RCMP was notified that two individuals had become trapped on Lake Winnipeg when their vehicle broke through the ice.

Police responded promptly and contacted the individuals over their cell phone to instruct them to keep an eye out for the emergency lights on the RCMP vehicle.

Officers had to use extreme caution while traveling over the ice due to the thin ice and open water in some places. When the individuals saw the police lights, they carefully walked towards the officers since the ice was too thin where they were located for officers to drive to them. Both people made it safely to police and were transported to Selkirk. They were both physically uninjured.

A 41-year-old male and 40-year-old female from Ste. Anne had been travelling on Lake Winnipeg in their SUV to their regular ice fishing spot. Without warning, their vehicle went through the thin ice.

According to Cpl. Chris Kabernick of the Selkirk area RCMP, it is important to note that the rising temperatures and unstable ice conditions make it unsafe to venture onto the ice at this moment,



TRIBUNE PHOTO SUBMITTED
RCMP rescued two people who were stranded on the ice after their SUV went through the on Lake Winnipeg on March 31.

especially with a vehicle. This not only endangers your own life, but also those of any first responders who may have to rescue you. Therefore, it is strongly advised to avoid going onto the ice. The vehicle was recovered by a tow company.

Manitoba RCMP warn public about banking scam

By Lana Meier

The public is being cautioned by Manitoba RCMP about the increasing frequency of Interac e-transfer scams.

In these instances, the victim receives an email that appears to be from someone trying to send them an Interac e-transfer. At first glance, it appears legitimate, and when the victim clicks on the link and enters in their banking credentials, the scammers are able to steal the banking login information. This gives the scammers access to the account, which allows them to withdraw large sums of money.

Scammers are becoming increasing-

ly sophisticated, so extra caution is needed before you accept an e-transfer.

Here are some tips on what to look out for:

- If you are not expecting any money, don't click on links and try to deposit money.
- Check the email closely. Even though it may be personally addressed it does not mean it is legitimate.
- Use Interac e-transfer autodeposit. If you have autodeposit set up, Interac e-transfer transactions sent to

your email address will automatically be deposited into your bank account. Autodeposit is the secure way to accept Interac e-transfer.

- Create strong passwords.
- Be conscious about what you share online, including personal identifiable information that hackers can use to access your accounts.

If you were defrauded, please contact your local police and report it.

To learn more about safeguarding against frauds and scams, visit the Canadian Anti-Fraud Centre.

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Lana Meier 204-292-2128
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PHONE 204-467-5836
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> EMAIL US

Print: igraphic@mymts.net
Classified: ads@stonewallteulontribune.ca
News: news@stonewallteulontribune.ca

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca
Brian Bowman Sports Reporter
news@stonewallteulontribune.ca
Autumn Fehr 204-998-1993
Reporter/Photographer
asfatcos@academic.rrc.ca

MAILING ADDRESS

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

PAPER DELIVERY OR FLYER CONCERNS

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A Journey in Trusting Jesus

Laura Lawrence, Director of Discovery Time School Ministry

School ministry is winding down for the season and parents are starting to send in their forms now for the fall so that their children can attend a Bible instruction class at their school. It's wonderful to see my table full of 100's of petitions signed already. They are like precious treasures decorating my office with anticipation of an exciting fall. The answer is yes! You can start one in your child's school too! Just contact me and I will help you do it, 204-663-3300.

Students who came this year left notes for their volunteer teachers thanking them and saying, "I pray there will be many more who come next year." Why? Because they say they are coming to a place that feels safe and where they feel valued and cared for. A testimony to the love of Jesus at work in the hearts of the 100 volunteers that teach them. Over 1700 students attended a weekly class this season and many said they did not want it to end. Pray that their faith continues to grow. A faith that is more precious than gold. 1Peter 1:7

Jesus is building His Church, Matthew 16:18, a spiritual house of living stones, 1Peter 2:5, through every person who believes in Him to remove the stumbling block of sin that keeps you from being in a right standing with your maker. "I am the way the truth and the life. No one comes to the Father except through me." John 14:6

Soon we will be training our summer workers to come out and teach the children you invite to your backyard 5 Day Clubs. An 1hr. 1/2 of fun and games and foundational Biblical truth. Now's the time to book your week for this summer.

Therefore, prepare your minds for action keep sober in the spirit. Set your minds completely on the grace to be brought to you at the revelation of Jesus Christ. 1Peter 1:13



TRIBUNE PHOTO BY

A brief rain shower swept over Stonewall on the afternoon of April 11. The temperature hovered around 11 degrees C. and reached as high as 19 degrees on April 13. Temperatures are expected to drop for the remainder of the week with scattered showers in the forecast. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca.

Tax return deadline is April 30

By Lorne Stelmach

If you have yet to take care of your income tax return this year, you've got just a few more weeks to get it done.

If your return is straightforward, it can be easy to do yourself online, Canada Revenue Agency (CRA) representatives noted last week.

April 30 is the deadline for most Canadians to file a return, and if you owe money to the CRA, that is also the payment deadline.

But if you or your spouse or common-law partner are self-employed, June 15 is the deadline to file your tax returns. As this date falls on a Saturday, your return will be considered filed on time if the CRA receives it or it is postmarked on or before June 17. If you owe money to the CRA, you'll still need to pay by April 30 to avoid interest.

To save time, you can file your tax return online using NETFILE-certified software or through an EFILE service provider.

"If you have a CRA account, you can use the autofill function, which will autofill your return for your automatically. It takes just a few minutes to do, and you're done with your taxes. I did mine in just under 10 minutes with this feature," noted CRA spokesperson Ahmad Almuqarqash.

"If you combine online filing with your direct deposit, you can get your refund in as little as eight business days," he added, noting paper returns aren't as fast and can typically take up to eight weeks to process.

He stressed it is important that people file their tax return by the deadline. If you make a mistake on the tax return or forgot to include important information, you can request a change

to your tax return.

Almuqarqash also encouraged people to register for an online account where they can easily update or check their personal information. You'll also be able to view what you owe to the CRA, your tax-free savings account and registered retirement savings plan limits, your benefit and credit information and the status of your income tax and benefit return.

"If you haven't registered for a CRA account, it's not too late. This is going to be your new best friend, basically," he suggested.

"You can easily update your personal information. ... You can see if you owe money to the CRA and much more," he said, noting that "one of the common mistakes during the tax season is not updating personal information with the CRA."

Lakeside MLA weighs in on provincial budget

By Jennifer McFee with files from Lorne Stelmach

The provincial government shared its 2024 budget earlier this month with commitments to rebuild health care, lower costs for families and grow Manitoba's economy.

However, the budget drew mixed reactions from Opposition MLAs and various provincial organizations.

Lakeside MLA Trevor King expressed overall disappointment with the budget.

"It does not reflect the needs of Manitobans and of Lakeside. The fact that small business is removed from the school tax rebate will affect them greatly. These small businesses are the backbone of Manitoba's economy," he said.

"The NDP campaigned on fiscal responsibility and I don't see that in this budget. Taking on new loans of \$6.2 billion just doesn't sit well with me. Ten cents of every tax dollar is going to just paying the interest on those loans. Servicing the debt is now the third largest expenditure of this government ahead of education."

King was critical of what he said is a \$163-million cut to infrastructure and \$100-million cut from new school construction.

"We are unsure of the timeline now of the reconstruction and paving of Highway 227, and many other roads throughout Lakeside are in need of repair," he said.

"(With the) \$100-million cut from new school construction, that means nine schools that were being planned will now be cut along with 660 daycare spots. I'm going to make sure that the 40 daycare spots at Warren School are not going to be a casualty of this budget."

He points out a few ways he believes the budget could have been improved.

"I feel that the funding for municipalities could have at least matched the rate of inflation rather than the two per cent that was committed to them. Many are facing shovel-ready

projects with no funding to carry them out," he said.

"The NDP campaigned on being tough on crime, yet there were cuts to the budget for public safety, which is becoming a huge concern throughout rural Manitoba."

Nonetheless, he does note a bright spot in the budget.

"The PC tax cuts that the NDP decided to keep are the silver lining is this otherwise rather gloomy budget," he said. "A good idea is a good idea, so we do have to give the NDP credit on that one. We were putting money back in your pockets at a time of record inflation."

All in all, he believes the budget could have been better.

"I feel this budget could mean paying higher taxes in the long term for Manitobans, which is not what we need as we are already experiencing an affordability crisis in this

province and country. This budget has no immediate help for Manitobans feeling the pain today, especially the ones that do not benefit from the 14-cent gas tax holiday," King said.

"Many Manitobans suffering from today's affordability crisis do not have or cannot afford a vehicle to put gas into. Our Opposition will continue to pressure this government to support other Canadian provinces in the fight against the federal carbon tax, which could alleviate the affordability pain for all Manitobans and Canadians."

Meanwhile, the Canadian Taxpayers Federation applauded the government for extending its 14-cent-per-litre fuel tax cut, but it also called on the government to rein in spending.

"This gas tax cut extension means more savings for families when they need it most," said Gage Haubrich, CTF prairie director. "It's great to see the government listen to Manitoba taxpayers and help them by continu-

ing to make life more affordable."

By the end of the year, the provincial debt is expected to be \$35.4 billion. Interest payments on the debt will cost taxpayers \$2.3 billion this year, Haubrich noted, working out to \$1,520 per Manitoban.

"Despite taking in record amounts of money from Manitobans, the government is still failing to balance the budget," Haubrich said. "The government is kicking the debt can down the road and wasting close to \$200 million per month on interest payments."

The budget adds 350 new social and affordable housing units and invests \$67 million to repair the existing housing stock, but these targets fall far short of the need identified by the Right to Housing Coalition. It called for more significant investments in preserving and expanding the prov-

ince's social housing supply.

"We cannot expect to make progress against poverty or homelessness without significant and long-term investments in rent-geared-to-income housing. We have yet to see a government in this province that either cares enough or is brave enough to make this a priority," said Kirsten Bernas, chair of the coalition's provincial working group.

"We hoped this new government would finally do what it takes to address housing insecurity and homelessness in our communities, but unfortunately this budget falls short," Bernas added.

The Keystone Agricultural Producers also saw some good and bad in the budget.

"While changes were made to the school tax rebate for residential properties, KAP is pleased to see the 50 per cent rebate maintained for farm properties," said general manager Brenna Mahoney. "We encourage the province to continue working toward the complete removal of the tax on farm properties and that this is taken into account when developing the new provincial education funding model."

Interim Liberal leader Cindy Lamoureux said the government is hiding its cuts to services by offloading back door taxes on to municipalities in a move she called "reckless and fiscally irresponsible."

Education property taxes increased



MLA Lakeside Trevor King

by \$71 million, she noted.

"Weakening our revenue generation sources puts Manitoba in an irresponsible position to fund our schools, health-care facilities and highways," she said. "Increases to our school divisions are simply not at the level that many school divisions have called for."

Lamoureux added it is concerning the government is paying three times more to service our debt than how much is spent on the entire Department of Justice alone.

"Manitobans should be concerned that these are sunken costs that could be going to fund our schools and hospitals," she said.

The budget was a missed opportunity to provide additional meaningful cost relief for Manitoba's small businesses, suggested the Canadian Federation of Independent Business. More needs to be done to ensure small businesses are better equipped to deal with the skyrocketing costs of doing business, they said.

"We appreciate the Manitoba government's efforts in taking an approach to making life more affordable for citizens. We would have liked to see the province address more issues that continue to impact small businesses such as red tape reduction, utility costs and small business supports," said SeoRhin Yoo, CFIB policy analyst.

"The challenges facing small businesses in Manitoba are significant and ongoing, with 19 per cent indicating they are at risk of closure. The skyrocketing cost of doing business is continuing to challenge small firms across the province, who are dealing with insufficient demand, ongoing wage pressures and higher taxes."

"IT DOES NOT REFLECT THE NEEDS OF MANITOBBANS AND OF LAKESIDE."

> LOCAL MODELS, FROM PG. 3

light on the organization's impactful journey since 1965. Their unwavering dedication to supporting local adults with intellectual disabilities continues to shine through daily.

However, operating social enterprises such as Something Beautiful Gift Shop and Café and day programs require funding beyond government support. Programs that enrich lives and empower individuals necessi-

tate additional resources garnered through fundraising efforts like the fashion show.

Mayor Sandra Smith introduced each model as they crossed the stage with a description of the clothing they fashioned from Stonewall's Red Apple and Something Beautiful as well as Swimwear Express, Redeemed and the Kildonan Mennonite Thrift Shop.

Four Armstrong councillors resign; province to appoint administrator

By Patricia Barrett

Almost halfway through their term of service, four Rural Municipality of Armstrong councillors resigned last week.

Councillors Pat Stein, Ted Sumka, Paul Humeny and Brent Dziadek stepped down during council's regular meeting on April 9.

Pat Stein (Ward 4) spoke with the *Express* last week, citing alleged non-adherence to the municipal code of conduct as the reason for her resignation. She read out — and shared — her resignation letter with the paper but was unable to provide further details on the issues raised.

"It saddens me that good council members that love to serve their community are forced to step down in order to put a halt to the toxic work environment. The toxicity started almost immediately in 2022 with eight employees' resignations to follow," said Stein. "There is a council code of conduct but when not adhered to, becomes a long, expensive and drawn-out process. If council would have continued in this manner, I feel it would not have been in the best interest for our RM."

Stein thanked the community for the "opportunities and support" provided to her during her time on council.

One of the employees who resigned in 2022 shortly after the new council was elected was Sig Trautwein, who worked as the RM's bylaw officer.

Trautwein told the *Express* that he

had spent over 40 years in law enforcement, as a police officer and working for the Province of Manitoba before he retired and later started working for the RM.

After four years, he resigned as by-law officer during one of the meetings held early on by the newly elected council because of the "unacceptable" way the reeve allegedly spoke to him and the then CAO, to whom he reported, regarding costs associated with the handling of lost or injured dogs.

"I resigned on the spot. I said, 'I resign because I will not work for bullies.' And that's when I walked out of the meeting," said Trautwein. "And one week after that, the CAO and office staff resigned."

Long-time councillor Ted Sumka (Ward 3) said that the reason for his resignation had to do with "personal family matters."

The *Express* reached out to councillors Brent Dziadek (Ward 5) and Paul Humeny (Ward 2) but did not hear back.

Councillor Allen Pfrimmer (Ward 1) confirmed that he did not resign and that he'll continue to focus on municipal matters and his commitment to ratepayers.

"My focus is to ensure the municipality runs smoothly and that taxpayers get the best bang for their tax dollars, and that the decisions we make going forward are in their best interests," said Pfrimmer.



TRIBUNE PHOTO SUBMITTED

An image showing a sign in a field in the RM of Armstrong was circulated in March, suggesting some discontent with municipal council.

Reeve Kate Basford said she was unable to provide details about the resignations or comment on Trautwein's allegation regarding the discussion about animal control costs.

But she did say the provincial government has been made aware of the resignations and that the municipality will continue to operate on behalf of its ratepayers.

"The RM will continue to provide municipal services," said Basford. "With regard to further steps, the RM is waiting to hear from the provincial government."

When asked whether the four resignation letters could be shared with the

public or the media, the RM's interim chief administrative officer Nancy Howell said: "The letters do not become public until they are presented at the next meeting of council."

A spokesperson for the provincial department of municipal and northern relations said the department is in the process of appointing an administrator to ensure the "day-to-day operations of the municipality continue."

He added that under the provincial Municipal Act "once quorum is lost, the remaining members cannot exercise the function or duty of council" and a byelection will be planned as soon as practically possible.

> SCAMMERS, FROM PG. 5

away easily."

People need to be aware that a legitimate CRA employee will identify themselves when they contact you by phone and provide you with their name and phone number to call them back if needed.

The CRA will never, under any circumstances:

- Demand immediate payment by

Interac e-transfer, cryptocurrency (bitcoin), prepaid credit cards or gift cards.

- Ask you for a fee to speak with a contact centre agent.
- Set up a meeting in a public place to take a payment.
- Use aggressive language or threaten you with arrest, deportation or sending the police.
- Leave voice mails that are threatening or include your personal or fi-

nancial information.

- Send you an email or text message with a link to your refund.
- Email or text you a link asking you to click on it or fill in an online form with personal or financial details.
- Use text messages or instant messaging such as Messenger or WhatsApp to start a conversation with you about your taxes, benefits or account.

As an added security measure, the CRA has introduced multi-factor authentication for all of its sign-in services. If you enrolled with the telephone option and selected the "text

me" option, you will receive a text message with a one-time pass code each time you sign in to your CRA account.

Almuqarqash also sought to raise awareness about tax schemes, which are different from scams in that they are plans or arrangements that go against the Canadian tax laws.

"Tax schemes go against the Canadian tax laws, often promoted by individuals or businesses promising you to reduce your taxes or give you a big tax cut or tax free income," he said. "If it sounds too good to be true, it probably is."

> GNOMES, FROM PG. 9

four hours, but the length of the event is dependent on participants.

Participants are expected to bring their own lunch.

At the end of the workshop, participants will have their own gnome to take home. Braid will also provide artists with knowledge about paverpoling and fun memories.

"My workshops are about getting people together, having fun and forming new friendships," she said.

Braid hopes that participants will want to do more projects and want to

continue to learn about the medium.

A paverpoling sculpture gallery, information about Braid and more details about paverpoling lessons are available at www.paverpolingwithjudi.com.

Participants must register in advanced by April 25. Registration forms are found on GAAC's website at greenacresartcentre.ca/event and must be emailed to info@greenacresartcentre.ca.

The workshop costs \$75 for GAAC members and \$85 for non-members. Individuals may become GAAC members at any time.

100% of the proceeds go to Bethel Rays of Hope Ministry in Kisumu, Kenya

Donations can be dropped off at the church from April 29th - May 2nd between 10am-6pm

Garage Sale

FRIDAY & SATURDAY
MAY 3RD (2PM - 7PM)
MAY 4TH (9AM - 2PM)

NEW LIFE CHURCH
HWY 67, STONEWALL

Small furniture, Tools, Books and Toys, Household Items & Clothing

*Please no large furniture kitchen appliances or mattresses

Service personnel with PTSD don't need to go down that dark road

By Patricia Barrett

A retired Winnipeg police officer who lives in the Interlake is raising awareness of post-traumatic stress disorder (PTSD) and helping a Winnipeg Police Service PTSD support group organize an upcoming fundraising event for Wounded Warriors Canada.

Jerry Maryniuk, who has lived with PTSD for about 40 years and is a founding member of the police service's Retired PTSD Peer Support Group, said PTSD is prevalent among public service personnel such as police officers, military veterans, paramedics, firefighters, corrections officers — as well as their families — and that they may not be aware of the therapies Wounded Warriors provides.

"It has only been in the last while that we've started to talk openly about PTSD in service personnel. Many still don't talk about it and they're not getting help. And we wonder why we have suicides and why there are people struggling with everyday life," said Maryniuk, who has taken part in two Wounded Warriors' therapy programs. "They don't have to go down that dark road. Wounded Warriors is a great place to get help."

PTSD is a trauma- and stress-related disorder that results from exposure to death, threatened death, serious injury or actual or threatened sexual violence. The symptoms include recurring and intrusive upsetting memories, emotional distress, flashbacks or nightmares. The condition leads to changes in perception and mood that can include feeling isolated, avoiding people, places or activities that serve as reminders of the event, feeling fear, guilt, shame, irritability or aggression, being hypervigilant and having difficulties concentrating and sleeping.

Maryniuk said he knows of at least five retired Winnipeg police officers who died by suicide in their late 60s and 70s because they just "couldn't live with it anymore." Others continue to "muddle through" without professional help.

Back in the 1970s and 1980s, police culture was different from what it is today, he said, and police officers typically wouldn't admit they were suffering from psychological stress out of fear of being labelled "weak" or "crazy" or being potentially denied a promotion or a sought-after transfer.

"You're a macho police officer and nothing phases you — that's the mentality of most police officers. You think, 'I can get through this,' so you hide it to survive. It's embarrassing to expose your weak underbelly to people who may not understand it and

when you don't quite understand it yourself," said Maryniuk. "I can see why current police officers are reluctant to talk about this. It could affect their career, their marriage and family."

It's estimated that 20 to 45 per cent of public safety officers (i.e., any front-line personnel protecting the safety and security of Canadians) have PTSD or some other mental health issue such as anxiety, depression or substance abuse because of repeated exposures to crime, violence, accidents or disturbing materials, according to a 2023 Public Safety Canada report titled Evaluation of the Initiatives to Address Post-Traumatic Stress Injuries (PTSI) Among Public Safety Officers, Evaluation Report.

Maryniuk said his PTSD symptoms arose after a shooting that occurred over 40 years ago when he was working as a plain clothes detective in Winnipeg.

"A guy had just shot a cab driver and was trying to escape. The cab driver lived, but it was a robbery with violence. My partner and I happened to be close by so we attended. The guy saw me and fired at me but he missed. We returned fire and killed him," said Maryniuk. "That was one of my many traumas. That haunted me for a long time that I killed somebody, that I myself came that close to dying, and that I could have left behind kids and a wife."

The department's "therapy" at that time was a bottle of whisky and telling them not to be late for work the following day, he said. Officers were depended on to help people in need and it wasn't their place to seek help.

"There were many other incidents that happened which you suppress and put to the back of your mind, but you can have violent dreams at night and end up on the floor," he said. "I lived with this for 40 years and knew lots of people with PTSD. I thought to myself, 'I can't have it' and was basically in denial because I didn't want to admit I had some mental issues. It takes a big step to admit it because it's embarrassing and re-traumatizing."

Maryniuk said police culture has changed over those 40 or so years. The Winnipeg Police Service now has a staff psychologist offering officers support after traumatic incidents. It also has about 50 wellness officers among its ranks that can provide additional support. Some officers may get additional psychological assistance through workers compensation, the health-care system or be referred to Wounded Warriors.

Maryniuk and two other retired Winnipeg Police officers started the



TRIBUNE PHOTO SUBMITTED BY WOUNDED WARRIORS CANADA
Wounded Warriors offers couples a PTSD therapy program that involves horses.

peer support group for retired officers with PTSD to bring more attention to the suffering, to put a "name and face" to it so that other retired officers going down the same road know they're not alone and to provide them with information about therapy options. The support group has brought in speakers such as psychologists and tax experts (to explain the disability credit) and has seen as many as 20 people attend their meetings.

"We thought if we can try and help those out there that are suffering, perhaps we can prevent some of these suicides and get people pointed in the right direction as far as support and therapy programs go," said Maryniuk. "We've all navigated our health care system here in Manitoba, which helps people with PTSD but doesn't really go hand in hand with pressing 3 for this or that service and talking to a recording. Unless you've called the suicide crisis line — which responds immediately — you'll be waiting for a referral. That's almost impossible for a PTSD sufferer."

He said he had spoken with a Winnipeg Police Service staff psychologist over another traumatic event, a murder-suicide, and when two colleagues told him about Wounded Warriors, he decided to reach out to the organization for further support a few years ago.

"Wounded Warriors is much easier to navigate than our public health system or the Workers Compensation Board, and there's no cost. They did a couple of phone interviews to determine if I had PTSD then I was off to B.C. to do two therapy sessions," said Maryniuk. "The therapy they provide gives you the tools to cope with PTSD. There's no cure for PTSD, but you learn how to live with it so that

your life is better. You don't have the same amount of anxiety. Your nightmares aren't as frequent. You don't have the same amount of rage that you used to have. Basically, the symptoms are still there but you know how to control them."

Wounded Warriors Canada is a national mental health service provider that specializes in treating PTSD. The registered charity offers a range of therapies to service personnel, who are repeatedly exposed to events such as death, injury or sexual violence. Programs include trauma resiliency training, peer support, a preventative operational stress program, a trauma program for couples that includes work with horses and a kids' program.

Phil Ralph, director of health services for Wounded Warriors, said people can acquire the condition after a single trauma or events that occur over years.

"For some people, it can be a horrific experience so outside their understood reality and the world they know that it just shocked them. For others it can be accumulative after years and year and years of seeing things that make no sense," said Ralph, who served in the military for 26 years. "You could be overseas and confronted with making a decision about a child who's armed with a weapon. What do you do if you're faced with that given our values about protecting children? Or it could be a whole series of minor events that just keep building. People can also be affected by hearing about traumas."

As a first step, Wounded Warriors provides psycho-education to explain to sufferers what's happening in their

Another contest win benefits Interlake Food Bank

By Jennifer McFee

It's been a lucky month for Interlake Food Bank, which is benefiting from the proceeds of another contest prize.

Recently, the local food bank received \$2,000 in Kraft Heinz products after Stonewall Red River Co-op food store won a contest.

Now the Interlake Food Bank has received a \$5,000 cheque from Sobey's after Stonewall Family Foods customer Jennifer Hebert won another contest.

Through the Community Cash contest, customers in participating stores across the country had a chance to win a \$500 shopping spree for themselves plus \$5,000 for a local food bank. Six winners were randomly selected from across Canada — and Hebert was one of them.

Hebert saw the ad in the Family Foods flyer for the contest, which ran from Jan. 11 to 31. She entered online, selecting Stonewall Family Foods as her home store.

"I enjoy entering contests — and who wouldn't like \$500 to spend on groceries and \$5,000 to donate to a food bank?" said Hebert, who is from St. Laurent.

"I received an email from a representative from Sobey's congratulating me that I was one of six lucky winners across Canada that had won \$500 to go towards groceries and \$5,000 to a local food bank. It felt fantastic to win and I'm very grateful. It made my day."

She decided to direct the donation to the Interlake Food Bank.

"They serve areas that are missed a

lot of the time. There is a need to help the smaller communities that struggle with food scarcity, are off the radar and go unnoticed," Hebert said.

"I knew that \$5,000 would go a long way for them as I'm sure they probably don't receive such large donations. It feels great and I am grateful that I could be part of paying it forward."

With her \$500 shopping spree, Hebert decided to share even more of her winnings.

"I gave two of the \$100 gift cards away to share my gift," she said. "The \$300 remaining went towards filling up my fridge."

For Hebert, her go-to grocery store continues to be Stonewall Family Foods.

"Stonewall Family Foods is my Family Foods of choice. It's a great store, amazing selection, great service and wonderful people," she said.

"Thanks to Sobey's and Family Foods for organizing this contest. I'll be entering again next year."

Stonewall Family Foods owner Kristie Snell shared her thoughts on giving back.

"When we're part of the community, we learn about shared values and beliefs," she said.

"We also learn about our history and culture — to which, as we know, Stonewall has so much to offer. This community has a great reputation for



TRIBUNE PHOTO BY JO-ANNE PROCTER

A cheque for \$5,000 was presented to the Interlake Food Bank on April 4. Pictured from left: Mike Chaboyer (Interlake Food Bank), Jennifer Hebert, Harrison Boone (Sobey's Wholesale) and Kristie Snell (Stonewall Family Foods store manager).

lending a helping hand where and whenever needed."

Karen Chaboyer co-chairs the Interlake Food Bank with her husband Mike. The food bank currently assists about 45 families with monthly hampers, and the need continues to rise.

With the \$5,000 donation, they

plan to stock up on items from Stonewall Family Foods and other local stores that support the food bank.

"I'll put it towards things they don't usually get. I bought hamburger meat and margarine too," Chaboyer said through tears. "It's pretty amazing."

Al-Anon and AA Meetings Information

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

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

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

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

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Interlake Community Foundation Inc.

Notice of Annual General Meeting

Please join us for our AGM and the presentation of the Designated Fund grants.

Wednesday, May 22, 2024 6:30PM

At Something Beautiful Café, 307 Main St., Stonewall, MB

Everyone is welcome. Please RSVP to tracy@interlakefoundation.ca ph. 204-467-5634

www.interlakefoundation.ca

Spirit of Caring Course
Training for people who want to learn more about spiritual health

Over 10 weeks, participants will explore topics such as:

- What is spiritual care in health care? • Dying and death
- Communication • Spiritual development
- Understanding suffering and compassion • Trauma and crisis
- Spiritual diversity • Self-care, prayer, meditation and rituals


Ferdinand Funk
Regional Spiritual Health Services Coordinator


Ferdinand Funk is a CASC/ACSS Certified Spiritual Care Practitioner with over 35 years of experience in congregational leadership and Long Term Care chaplaincy. Ferd is passionate about recruiting, training and supporting persons who have an interest in walking alongside and supporting patients and residents in Acute Care Hospitals and Personal Care Homes as spiritual care volunteers with hope, care, respect and compassion.

Location: STONEWALL HOSPITAL - Multipurpose Room A & B

Times: Every Friday – April 26, 2024 – June 28, 2024 12:30 pm – 3:00 pm

For more information, please call or email: Ferdinand Funk, Regional Spiritual Health Services Coordinator Ph. 204-461-3414 or Email: ffunk@ierha.ca
Registration Deadline: April 24, 2024
Learn more or Register for Free: www.ierha.ca/about-us/community-involvement/volunteer-opportunities/



 **Interlake-Eastern Regional Health Authority**

RRC Polytech offers local early childhood education training

By Jennifer McFee

Do you know someone who is ready to take their career in early childhood education to the next level?

A 16-month accelerated early childhood education diploma program will soon be offered in Stonewall, thanks to a collaborative effort among the RM of Rockwood, Town of Stonewall and Red River College Polytechnic.

Georgette Rochon, manager of business development for RRC Polytech, said a limited number of seats will be available for this special offering by the RM of Rockwood and Town of Stonewall.

"RRC Polytech is committed to building relationships that help re-

move barriers to education on its mission to elevate people, industry and community in Manitoba," she said.

"This program is geared towards individuals already working in the field for a minimum of six months and are currently employed in a licensed early learning and childcare centre, a licensed family childcare home or an approved alternate."

Wally Melnyk, CAO for the Town of Stonewall, shared his thoughts on the program.

"The launch of early childhood educator training in Stonewall culminates three years of work to bring greater opportunity to our area," Melnyk said.

"Education is a cornerstone in the prosperity of a community — a fact not lost on local municipal officials and the driving force for the partnership between the RM of Rockwood and the Town of Stonewall."

Similarly, Rockwood CAO Chris Luellman pointed to the collaborative approach.

"As CAOs, we recognize the power of collaboration in shaping the future. Partnering in the delivery of this ECE program exemplifies our commitment to collective impact," Luellman said.

"Together, we build a foundation where our residents can thrive, united in purpose and driven by the shared

goal of fostering a brighter tomorrow."

The application process opened last week for the Stonewall-based early childhood education program through RRC Polytech, and the course is set to begin on June 3.

Visit <https://catalogue.rrc.ca/Programs/WPG/FullTime/EAW-PF-DP/Overview> to learn more about the program and to apply.

SUPPORT SERVICES FOR EMPLOYMENT TRAINING

By Jennifer McFee

Some provincial government support may be available for individuals who need training to find employment.

To find information, visit the "Training and Employment Services" page under Economic Development, Investment, Trade and Natural Resources at <https://www.gov.mb.ca/wd/ites/index.html> on the provincial government's website. Next, click on "Career Planning and Job Search Supports" followed by "Jobs and Careers."

Training and Employment Services operates 13 Manitoba Jobs and Skills Development Centres across the province, including locations at 62-2nd Ave. in Gimli and 100-260 Superior Ave. in Selkirk. These centres can also be reached toll-free by calling 1-866-332-5077.

These training centres offer a range of services including employment needs assessment, career counselling, job search assistance, computer access and more.

Training and Employment Services also has a program called Skills Development Assistance geared for eligible individuals who need training to find employment.

Eligible individuals might be able to access support services or financial support for training in medium and high demand occupations.

Support for training won't be provided if you started a training course on your own without prior approval in Manitoba or if you've received support from the Manitoba government to participate in skills training within the previous two years.

You might be eligible for support if you have a current or previous employment insurance claim.

To learn more about the Skills Development Assistance program, visit a Manitoba Job Skills and Development Centre, <https://www.gov.mb.ca/wd/ites/contact.html> or call toll-free 1-866-332-5077.

Deadline extended for Spirit of Caring course

Sign up by April 24 for the free 10-week training session

By Jennifer McFee

Get in the spirit of caring through a training session focused on spiritual health.

A free 10-week Spirit of Caring course is running at Stonewall Hospital every Friday from April 26 to June 28 from 12:30 to 3 p.m. Spots are still available, and the registration deadline has been extended to April 24.

Through this course, participants will learn about spiritual care in health care. Other topics include death and

dying, communication, spiritual development and spiritual diversity. The course will also touch on understanding suffering and compassion, as well as self-care, prayer, meditation, rituals, trauma and crisis.

"Illnesses and loss are those crisis points where our way of life and seeing things can be profoundly shaken and tested," said Ferdinand Funk, spiritual health services co-ordinator for Interlake-Eastern Regional Health Authority.

"It is during these moments that we ask questions about meaning, purpose, suffering, forgiveness, hope, resilience, connection with the people we love and the sacred. The Spirit of Caring course is designed to train spiritual health volunteers to journey with and support people during these crisis points."

For more information, contact Ferdinand Funk at ffunk@ierha.ca or 204-461-3414. Visit www.ierha.ca/about-us/community-involvement/volunteer-opportunities to learn more or register for free.



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ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

Clubroom Events for the Week of April 15
 Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is over \$600
 Thursday 4-10 Crib at 7pm start
 Friday 4-close Meat Draw at 6:30
 Saturday 2-close Darts at 7:00
 Saturday April 27 Dinner will be Chicken Parm - Tickets available at the bar for only \$12.50
All are welcome - Support your local legion!



Lockport River's Edge Run
for HD
HUNTINGTON'S DISEASE

Down Beautiful River Rd, south of Lockport, MB
May 11, 2024
8:30am
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 Your **TELUS** authorized dealer

To register go to:
mraweb.ca/event/huntington-heroes-walk-to-cure-hd

Book a bunkie at Quarry Park Campground

By Jennifer McFee

Three brand new bunkies are available for booking at Stonewall's Quarry Park Campground.

This unique accommodation option is like a tiny house complete with a front porch, electricity, lighting and Wi-Fi. Modern washroom and shower facilities are located nearby, along with access to potable water.

The bunkies also come with a small bar fridge, Keurig coffee machine, fire pit, picnic table and bistro table with two chairs. A barbecue with a side burner is provided, as well as barbecue utensils, and food can only be cooked outside. Dishes and cooking utensils are not provided.

Each bunkie sleeps up to four people with a queen mattress in the loft and a futon on the main floor, and pets are not permitted. They are air conditioned, but there is no heat source. A maximum of two vehicles can be parked at each site.

The largest option is called The Retreat, which spans 104.6 square feet on the main floor and 80 square feet in the loft.

Next is The Getaway, which spans 99 square feet on the main floor and 52 square feet in the loft.

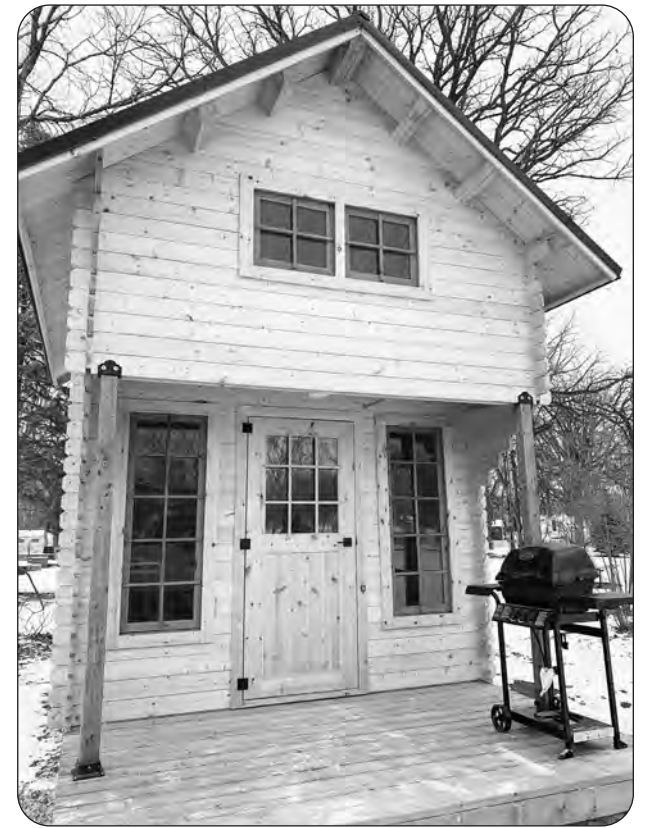
The smallest option is The Hideaway, which spans 84 square feet on the main floor and 45 square feet in the loft.

Quarry Park manager Kelly Kimball said there's been plenty of interest already.

"We've had lots of calls for baseball tournaments and Quarry Days," she said.

"We're hoping that people coming for weddings will find the walk from the Heritage Arts Centre to the bunkies worthwhile."

The Retreat and The Getaway each cost \$125 per night to rent, and The Hideaway costs \$110 per



TRIBUNE PHOTOS BY KELLY KIMBALL

Quarry Park Campground has added three bunkies to their list of accommodations.

night. A \$200 damage deposit is required for each booking.

For those who make a booking, they should plan to bring bedding, pillows, a flashlight, cooking equipment, food and drinks, reusable water bottles and any personal items.

The bunkies will follow the same booking policies

as the campground, so the maximum length of stay is 30 consecutive days. They'll be available from approximately the May long weekend to Thanksgiving, depending on the weather.

Visit www.stonewallquarrypark.ca for more information. To make a reservation, call the Heritage Arts Centre at 204-513-0210.

Former Interlake teacher sentenced to 33 months

By Staff

A former Interlake teacher was sentenced earlier this month to 33 months in jail for child luring.

Kevin Braun had exchanged thousands of text and Instagram messages with a student, who was 14 years old at the time. The judge noted that Braun had been grooming the student to be receptive to touching of a sexual nature.

The student's mom told the *Tribune* that her daughter was emotional during the sentencing and that they had great family support throughout the two-year trial.

"We were happy with the sentencing," she said. "Our judge was very fair."

The former teacher is also prohibited from contacting the victim as well as any other people under age 16 who are not family members.

The student's mom said the former basketball coach and teacher lured her daughter when she was in Grade 9 prior to the pandemic.

"We definitely did notice something was off with her. She was not getting along with her siblings, not eating properly, wasn't engaging in conversations at home like she normally would so we took her cell phone away," the mom said.

"And when she never asked for it back and came back into her actual self after a few days, we assumed she had been maybe arguing with some friends. Upon turning the phone on, I found the text message communications between Kevin and my daughter."

At first, she wasn't sure what exactly she was reading in the text messages.

"I thought maybe I was overreacting or interpreting the messages wrong," she said.

"He was a huge part of all three of our kids' school and sports lives their elementary school years. I wasn't really sure how to proceed."

So she put the phone away and decided to read through the messages later. However, at about 1 a.m., her

daughter's phone dinged with an Instagram message. It was the teacher telling the teen how sorry he was, how he would always be her best friend and how he loved her.

"I instantly got out of bed and I spent the entire night, while my husband and children slept, reading through hundreds of text messages," she said.

"When I got to the message about the part where he invited her for grilled cheese sandwiches and was telling her how she needed to sneak in the back door and then maybe to hold off because his wife, who was pregnant at the time, might be coming home early, I instantly knew that what I was reading was not a matter of me overreacting."

After her kids got on the bus on Monday morning, the concerned mom called the school's guidance

counsellor and asked if they could meet off school property. The guidance counsellor advised her to speak to the vice-principal.

The mom said the school's administrative staff was amazing. The school division's therapist and the school's guidance counsellor offered support to her daughter during the difficult time.

"I will forever be grateful for the two of them," the mom said.

However, not everyone was supportive towards the mom and her children, who experienced some bullying at the time.

When the pandemic hit, the mom felt it was a blessing in disguise since she could keep her kids safely at home.

"I got to shield them from the out-

"WE WERE HAPPY WITH THE SENTENCING. OUR JUDGE WAS VERY FAIR."

Sweet fundraiser for Ecole Stonewall Centennial School

By Jo-Anne Procter

Get ready to put a smile on your face and support a great cause.

Ecole Stonewall Centennial School students and staff are teaming up with Tim Hortons in Stonewall for a sweet fundraiser that will make you grin from April 29 to May 5.

Vice-principal Jeff Levesque shared with the *Tribune* the school's ongoing efforts to enhance various areas around the school.

Two years ago, Waring Landscape Supply generously donated rock and limestone to enhance the front of the school. This donation kick-started the school's vision for a more natural looking outdoor space that both students and staff can enjoy. The plan is to carry on this theme throughout other areas in need of improvement around the school.

Financial assistance is crucial for both enhancing and addressing a significant list of needs. The parent information group at Centennial School has played a key role in backing the fundraising efforts for the Green Space Renovation project. With a determination to make the most of available resources, the team is actively seeking out grants that align with

their objectives.

The goal of the project is to create inviting outdoor spaces where students can engage in various activities. By incorporating elements like trees, shade structures and potentially resurfacing the track and baseball diamonds, the school hopes to transform its outdoor environment into a vibrant hub for recreational and social interactions.

"We want to get the best value for the least amount of money," Levesque said.

Each spring, Tim Hortons locations across Canada partner with local charities to raise funds through Smile Cookie sales. The program started in 1996 and today over 600 local charities and organizations in communities across Canada benefit from Smile Cookie sales. One hundred per cent of every smile cookie sold at the Stonewall's Tim Horton from April 29 to May 5 will be donated to the Centennial School Green Space Renovation fundraiser.

Cookies can be pre-ordered by the dozen for \$18 or a half-dozen for \$9. Stop by the school or Tim Hortons in Stonewall to pick up an order form. Fill it out and drop it off at Tim Hortons with your payment. You can



TRIBUNE PHOTO BY JO-ANNE PROCTER

Students and staff of Ecole Stonewall Centennial School have teamed up with Tim Hortons in Stonewall for their annual Smile Cookie Campaign. One hundred per cent of all Smile Cookies sold from April 29 to May 5 will be donated to the project.

still support the cause by purchasing Smile Cookies directly at Tim Hortons in Stonewall without needing a form.

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Local 4-H communications winners move on to provincials



TRIBUNE PHOTO BY LEANNE SENIUK

Members of the Balmoral 4-H Club that competed in the Area Communication competition on April 7. Pictured left to right: Eva Mushaluk, Reese Moore, Maddox Marohn, Claire Kirschman, Colton Kachur, Alexa Dumond, Allison Mushaluk, Annika Marohn and Brock Marohn.

By Jo-Anne Procter

Members of the Balmoral 4-H Club fared well at the 4-H Area Communications competition held at East Selkirk Middle School on April 7.

There were three clubs from the South Interlake that took part in the competition, with a total of 18 representatives hailing from Minerva, Balmoral and East Selkirk.

Participants presented in front of close to 100 family and friends and a panel of judges.

Among the Balmoral club members who received medals in the speech category was Alexa Dumond, who won for her speech "The Magical Touch of Kindness" in the Cloverbuds group. Reese Moore won with

"The History of Toilets" among the Junior competitors. Allison Mushaluk's speech "Cats: Real vs Fiction" earned her first place in the Intermediate division. Colton Kachur took home a medal for his speech on "The Effects of Video Games" in the Senior category.

The winners in the one-person visual presentation category were Bailey Bernard and Dominic Bernard of the East Selkirk 4-H Club, while the East Selkirk Club's Olena Saramaga and Lyla Kroeker claimed victory in the two-person visual presentation category.

These eight members will compete in the provincial competition on April 27th in Portage La Prairie.

The Liliane Baron, South Interlake Breast Cancer Support Group

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At Vidir, a core value is to Raise Others Up. We are actively involved in our local communities in the Interlake and believe strongly in the talent that comes out of the area. Vidir is now offering a \$1,000 scholarship to one Interlake grade 12 student who is pursuing post secondary education. Included with the scholarship is also an offer of one summer of employment to shadow in their prospective career, with the opportunity to possibly do more summers in the future.

Application deadline is April 30th, 2024 and decision will be released on May 10th, 2024.

To apply, you must meet these criteria:

1. You are an Interlake high school student graduating grade 12 and going into a Vidir-specific post-secondary area of study (examples include welding, engineering, machining, accounting, business, marketing, HR, etc.).
2. Must have maintained an 80% or higher GPA throughout high school.

When applying:

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
 - **1st essay:** 500 words on why you love the Interlake and your chosen career path and how you think you will make a difference in the Interlake in the future.
 - **2nd essay:** 500 words on either an innovation, safety measure, or community service or activity that you feel would benefit the Interlake and how you would propose making that happen.

INTERESTED STUDENTS SHOULD EMAIL CARISSA.REMPEL@VIDIR.COM FOR A COPY OF THE SCHOLARSHIP APPLICATION



brain and normalizing it to make sure they understand that this is “how the body reacts to trauma,” he said. Then the therapy moves to “unpacking” one of the traumas the participant dealt with and teaching them there’s a pattern for unlocking all other traumas.

“What you want to do is move the trauma from this memory that controls you, to you controlling the mem-

ory,” said Ralph. “There’s a perception out there that you’ll cure people, but that’s not what this is about. It’s about how do you deal with trauma and how do you resolve it. You can’t erase the things you’ve seen and experienced, but you can make them less intrusive.”

The organization offers a program to help children and spouses cope with the negative spillover from living with someone with PTSD.

Ralph said the organization ran 75

programs in 2023 and currently has a waiting list. The programs are expensive to run because clinicians who specialize in trauma have to be hired. It will also pay for participants’ costs to attend therapy if they have to travel to another province and don’t have the funds.

“We bring people with PTSD from Manitoba to B.C., Ontario or Alberta because we want them to get help in a timely manner. Manitoba has a smaller population and we don’t want to

wait until we have enough people to offer the program,” he said. “However, we’re starting to see more and more people in Manitoba step forward so we’ll probably in the next year or so offer programs there.”

The organization is also building relationships with police, fire and paramedic services across Canada, offering preventative resiliency training and peer support training.

“Municipalities, provinces and federal entities can send their personnel to proper programming that teaches them the principles of resiliency so they’re prepared for what they see,” said Ralph. “We’re starting to get services across the country to invest in this.”

The organization receives a mix of funding, such as from the Alberta solicitor general’s office, for instance, and relies heavily on the “generosity of Canadians,” said Ralph.

Maryniuk and members of the Winnipeg police peer support group are organizing a fundraiser for Wounded Warriors that will take place next week in Winnipeg. The proceeds raised will benefit countless Canadian police officers as well as military veterans, paramedics, firefighters, corrections officers, call centre dispatchers and other service personnel and their families who reach out to the charity for help.

Members of the public are welcome to attend the event or purchase a ticket to support the organization. People and businesses can also donate an item to the silent auction, which will have prizes such as Jets jerseys and a vacation. Maryniuk is an artist with a small business and will be donating a couple of sculptures and paintings to the auction to help raise money for Wounded Warriors.

Wounded Warriors is a registered charity and any donation of \$20 or more is eligible for a tax receipt.

The fundraising social will be held from 7 p.m. to 1 a.m. on Friday, April 26 at the Canad Inns Destination Centre, 2100 McPhillips St. in Winnipeg. The event will be emceed by Big Daddy Tazz and feature the Canadian Air Force Band. Tickets cost \$20.

Contact Jerry Maryniuk by email at ptsdjerry@gmail.com to purchase a ticket for the event or to donate an item for the auction. Tickets are available at police credit unions in Winnipeg and the Henderson Legion at 215 Maxwell King Dr. in East St. Paul.

Manitobans experiencing suicidal thoughts can contact the Suicide Crisis Helpline by calling or texting 988. The service is available 24-7. People can also call the Reason to Live, Manitoba Suicide Prevention & Support Line toll free 1-877-435-7170, which is also available 24-7.

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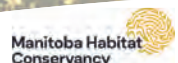
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Have you ever wanted to learn about homesteading?

Local event celebrates self-sufficiency and sustainable living

By Katelyn Boulanger

The Manitoba Homesteading Show is taking place for the first time and residents are invited to attend the event hosted by local homesteaders at the Little Britain United Church Hall in Lockport on April 20.

Homesteading Show organizer Karen Insley says that this show is for homesteaders, gardeners and anyone interested in sustainable living and self-sufficiency.

"We're basically offering people the chance to listen to others who do this and to glean as much information from it as possible," said Insley.

As the founder and owner of Healthy Way Every Day Inc., Insley, with her husband and fellow show organizer Richard Insley, thought that creating an event that was kind of like a farmer's market but with a twist where the vendors share their knowledge was a great way of connecting people interested in homesteading with people who are homesteaders.

"It's basically an interactive hands-on show with like-minded people. Whether you're an urban gardener or somebody who wants to have chickens and llamas, however extensive that you want it to be, (there will be something there for you)," she said.

Insley's journey into homesteading started as a child in England where she lived with her parents on a farm that provided for the family. When she and her husband moved to Canada and were able to purchase land in Springfield, they utilized their new

space to live off the land, which is something they had always been interested in.

"We had a friend a few years ago, who was a client of my husband's, and he wanted to put a couple of beehives on our acreage because he lived in the city and, at the time, (people in the city) weren't allowed to (have bees). We watched him for a year and then we decided to bring some bees onto the acreage ourselves and it just expanded. We have 18 hives now," said Insley.

Naturally, the Insleys created Clover Honey Pot and sold their excess honey, but Insley also found herself in need of a good natural skincare line. The combination of these two passions has expanded their focus and bee-centred products.

When she was at various farmer's markets for her own business, she realized that she was only able to take a small amount of time with each person who came to see her table and wanted a way to share knowledge but also still give people a chance to purchase products that they may get excited about after learning more from the person who makes them.

In the Manitoba Homesteading Show, she hopes to do just that, creating an atmosphere where homesteaders and those interested in learning more both benefit the most.

She also wants to bust the misconception that you have to have acres

Continued on page 19



TRIBUNE FILE PHOTO

Learn more about homesteading at the Manitoba Homesteading Show.



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La francophonie celebrated at Concours d'art oratoire

By Jo-Anne Procter

Ecole R.W. Bobby Bend School set the stage for an event that showcased linguistic talent, creativity and passion on April 11.

The annual French speaking competition "Concours d'art oratoire" provided a platform for students to showcase their storytelling and oratory skills in front of a judges, friends and family.

Twenty-four students from all three French Immersion schools in Stonewall, including two Grade 12 students who were part of the judging committee, participated with eloquence, leaving a lasting impression on both

judges and spectators alike.

The following winners will go on to represent the Interlake School Division at the provincial Concours d'art oratoire at the Université de Saint-Boniface on Saturday, May 4: Grades 3/4 - Lucy Mialkowski, "Pourquoi c'est important de voyager du monde" (Why It's Important to Travel the World); Grades 5/6 - Adi Lothian, "Pourquoi j'adore lire" (Why I Love to Read); and Grades 11/12 - Shannon Bodnarus, "L'énergie géothermique: Une transition verte au Canada" (Geothermal Energy: A Greener Canada).



TRIBUNE PHOTO BY CELINE DOLL

Concours d'art oratoire winners from each category: From left: Peyton, Lucy, Gaia, Bay, Adi, Archer and Shannon.

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Application deadline is April 30th, 2024 and decision will be released on May 10th, 2024.

To apply, you must meet these criteria:

1. Your parent must have worked at Vidir for 5 years or more and must be in good standing with the company.
2. You are graduating grade 12 this year in any high school.
3. Must have maintained an 80% or higher GPA throughout high school.

When applying:

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
 - **1st essay:** 600 words on a Vidir value, why you think you exemplify it, and how you hope to use your studies and that value to make a difference in the future.
 - **2nd essay:** 500 words on a time where you saw a need in your community and an innovative solution you came up with to meet that need.

INTERESTED STUDENTS SHOULD EMAIL CARISSA.REMPEL@VIDIR.COM FOR A COPY OF THE SCHOLARSHIP APPLICATION

> SENTENCED, FROM PG. 13

side world basically," she said. "As the trial proceeded, our family knew that we needed to endure all of the emotions that we were going through in order to help protect the young ladies growing up in our community. We vowed to do that, so that's what we did."

For other parents, she offers some sage advice in an effort to prevent a similar situation.

"I have so much advice to give that I could probably write a book. But if I have to sum it up, I would say

parents need to be very mindful of changes in their children, whether it be emotional or behavioural. Not every person that has a position of power and trust should be trusted, and we should always believe our children first," she said.

"I've also learned that it's very important to stick up for everything that you believe is right, whether it puts your reputation on the line in a small town or not. We owe it to our children to fight as hard as we can for them."

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TRIBUNE PHOTOS BY JO-ANNE PROCTER

Ninety-year-old Nana, Ilene Penniston, was first in line last Friday when her grandson James Penniston opened the doors for the season to his ice cream shop Biggz Scoops at 411 3rd Ave. South in Stonewall. Nana was treated to her all-time favorite, a vanilla ice cream cone. The local ice cream shop serves Prairie West ice cream, Nucci's gelato, milkshakes and cool drinks. Spring hours are Monday to Friday from 4 to 8 p.m. and Saturday and Sunday from 4 to 9 p.m. Follow their Facebook page to keep up to date on new flavours and summer hours.

> HOMESTEADING, FROM PG. 17

and acres of land to be able to do some homesteading.

"It isn't complicated. You can do this in, like, small little chunks, and you can make a difference and that's what we're looking (to share). Like I always say, one good habit is still a really good habit. So, if you can introduce a couple of little things into your life that're more environmentally friendly or look after the ecosystem, you don't have to do everything at once," said Insley.

While she says that starting with a small garden or making items for yourself is beneficial, she also acknowledged that even homesteaders can't do everything and that's another area where people might benefit.

Insley explained that she purposefully chose vendors for this market with specialities that don't overlap so that if you're a homesteader who specializes in soap-making, you can still find people who specialize in other areas to learn from and get products from.

As for the events that will be taking place at the show, the day starts at 10 a.m. and the first 100 people through the door will get a bag with goodies from the homesteaders.

There will be presentations through-

out the day with time in between to let people shop at the vendor booths, have a snack or chat with vendors who are all willing to share what they do. Residents can also expect free coffee, tea and water to keep everyone hydrated. The show wraps up at 3 p.m.



A list of vendors and presentation is available at the Manitoba Homesteading Show website at <https://mbhomesteadingshow.com/>.

The event is also free for residents to attend.

Insley invites residents who are pros or new to homesteading and want to learn more to stop by.

"It's a community event. It's vendors and presenters who are living the life that they're presenting about. They are walking the walk. You're not listening to big corporate commercial organizations; you're gleaning information and learning from people who do this and are living the life of sustainability whether it's 10 per cent of their life or 100 per cent of their life," she said.

"If people just want to learn how to incorporate in an inviting environment and want to listen to a lot of different aspects of homesteading (they should come)."

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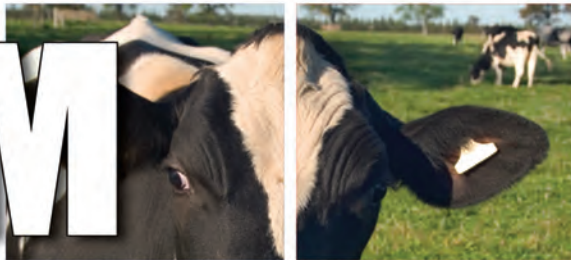
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Your FARM



Look what the wind blew in

By Lori Penner

John Gavloski is a fascinated observer of almost any type of wildlife, with a particular interest in all the creepy, crawly visitors that not only harm your crops but also benefit them.

Based in Carman, with a PhD in entomology, Gavloski has been working with Manitoba Agriculture since 1997, monitoring and providing information on insects that are both beneficial and potential pests to farmers, agronomists and those working with agriculture.

In a recent presentation, Gavloski listed the top insect concerns that producers faced in 2023 and offered a forecast for this season along with scouting and management tips.

The list includes flea beetles in canola, grasshoppers, armyworms, diamondback moths, alfalfa weevil, cutworms, aphids in small grains, field peas and soybeans, and *Lygus* bugs.

"Flea beetles, grasshoppers and armyworms were major insect concerns in every agricultural region of the province," Gavloski said. "The others were of concern but more localized and weren't as widespread. Five of those 10 are things that overwinter well here, and five either blew in or migrated in. So, flea beetles,

grasshoppers wintered well. Armyworms migrate in a purposeful migration. Diamondback moths don't winter well; they blow in. The alfalfa weevil doesn't winter as well as cutworms. Pretty much all aphid species, if they're going to be a problem, it's because they've blown in."

Flea beetles in canola

Gavloski says last year resulted in many issues with flea beetles.

"They were widespread. But it wasn't as bad as the year before. What puts you at a higher risk for flea beetles is sitting and not growing quickly early on."

Producers were treating canola seed with neonicotinoid seed treatment, and many fields received additional insecticide applications. There were also heavy feeding or insecticide applications reported from all agricultural regions.

Gavloski said slow emergence and early season growth makes canola more vulnerable to flea beetles.

"The challenge is to get the canola plants to a stage where they can naturally tolerate flea beetle feeding (3-4 leaf stage) without significant feeding injury."

Last spring's excellent growing

conditions and warm soil resulted in quick germination and emergence in some areas.

Cultural controls for flea beetles in Canada include planting seed as shallow as available moisture will allow. Direct seeding also provides a microclimate which is less ideal.

Producers could also consider stem cutting.

"But there's an art and a science in scouting for females. We're factoring in a variety of things, so you really have to use a bit of intuition and common sense in your decision making."

Grasshoppers

"In our areas, there are many different crops, so some farmers don't have to deal with them in any significant way. Other farmers do. So it can vary within a region."

Pest species can lay a lot of eggs, and Gavloski says if you get them in early frost, sometimes it cuts down the egg laying before they get a chance to lay their maximum amount.

"Last year, the frost came quite late, and they were able to lay their maximum numbers. They were in warm enough conditions, so they were quite active."

In terms of winter mortality, Gavlos-



PHOTO BY LORI PENNER/VOICE
John Gavloski recently shared the top insect concerns for last season and the season ahead with local producers.

ki says don't count on it.

"Soil temperatures of -15 degrees, about two to three inches into the soil are required to cause substantial winter mortality."

This depends on snow cover since eggs are usually laid where snowfall accumulates.

"Even an inch or two of snow is enough to insulate them."

If spring is too dry, it can delay hatch. Grasshoppers need a bit of moisture for hatch but not a lot. Temperature is what drives the cycle.

"Scout your ditches and field edges, and areas where grasshoppers tend to emerge in your region, starting in early June. That's when you can probably expect to see the hatch starting."

Armyworms

Armyworms are in the same family as the cutworm, Gavloski said.

"These are major pests. They migrate north in springtime, like butterflies. We had some very high levels last year, in late June and July, right across the province."

Armyworms like dense grassy vegetation to lay their eggs, so scouting for them isn't difficult.



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EIWD to distribute 16,000 trees; new headquarters in Gimli

By Patricia Barrett

The East Interlake Watershed District (EIWD) will be distributing a lot of trees at no cost this year to help landowners combat the climate crisis and protect the ecosystem.

EIWD director Armand Belanger said 16,000 trees will be made available to landowners who fall within the watershed district's catchment area and who meet certain criteria.

The trees are part of the federal Liberal government's 2 Billion Trees (2BT) funding program, which will provide funding for 10 years to help tackle climate change and biodiversity loss.

"We are getting the saplings through AWES [Agroforestry and Woodlot Extension Society], a partner in Alberta," said Belanger. "Trees, mulch blanket and use of our tree planter and mulch applicator are free to landowners. The main criteria are that landowners maintain the trees."

The federal government's 2BT program states that the trees will capture and store carbon from the atmosphere, improve air and water quality, help restore nature and biodiversity, cool urban centres and support green jobs.

The EIWD, which receives federal and provincial funding support, works with landowners to help minimize the impacts of land use and agriculture on the environment.

The district delivered millions of dollars in government programs in 2023 including initiatives such as shelterbelts, reforestation, tree and grass planting, exclusion fencing (to protect riverbanks and other water courses from animals), well water testing, erosion control, conservation payments for landowners' maintaining or protecting important areas,

cover crops, nitrogen management, rotational grazing, water retention, wetland enhancement, pollinator strips and prairie re-wilding.

The EIWD moved its headquarters in Gimli from 74 First Ave. to 15 Jacobson Dr., off Gimli Park Road. The two-acre site, which was previously owned by commercial fisher Gord Jacobson, has a newly constructed office with a spacious boardroom, said Belanger. It also has a walk-in fridge/freezer, which used to store fish and can now store trees. The expanded site will allow the EIWD to efficiently store equipment and supplies.

"While the previous office was conveniently located on the main street, the new site offers a more serene environment. Staff and visitors now enjoy views of deer, rabbits and even a weasel as they peer out the windows. The picturesque surroundings provide a refreshing change from the bustling city streets of Gimli," he said.

The move to the new office began a year before the actual relocation, he added. EIWD secured approvals from its 16 municipal partners and the provincial government.

The EIWD is experiencing unprecedented activity because of several funding programs for farmers and land stewards, said Belanger.

In addition to the 16,000 trees, the Manitoba Habitat Conservancy's Growing Outcomes in Watershed program is providing funding to enhance, maintain and protect wetlands, grasslands, uplands and riparian zones.

"Landowners can now receive yearly payments for undrained Class 1 and 2 wetlands," said Belanger.

The Prairie Watersheds Climate Program, which was established by the federal government and is adminis-



TRIBUNE FILE PHOTO BY PATRICIA BARRETT

A stand of trees in a field is shown along Highway 7. The EIWD will be distributing 16,000 trees to landowners this year under a federal government program that's providing funding for 2 billion trees to fight climate change and biodiversity loss.

tered by the Manitoba Association of Watersheds, will also be helping reduce nitrogen, integrate cattle and encourage cover cropping.

"These practices have shown to reduce greenhouse gases," said Belanger. "Of particular interest to the watershed district and farmers is that these practices align with the six principles of regenerative agriculture, where input costs are reduced while building healthy soil, transforming soil that was once like concrete into a sponge."

The EIWD is currently renewing its Netley-Grassmere and Willow Creek

Integrated Watershed Management Plans, which are a co-operative effort by all levels of government, community members, Indigenous peoples and watershed organizations to manage resources for the long term.

"This co-operative effort will outline short and long-term watershed goals that will increase the health of the watershed for all watershed residents," said Belanger.

For more information about EIWD services and programs, visit the website at www.eastinterlake.ca or call 204-642-7578.

Manitoba Beef Producers recognizes measures in latest provincial budget

By Lana Meier

The most recent provincial budget includes several initiatives that Manitoba Beef Producers is pleased to see. These measures have the potential to benefit both the cattle sector and rural communities in our province.

According to MBP president Matthew Atkinson, the budget contains significant commitments that are vital for our sector. These include increased funding for the Livestock Predation Prevention Strategy, implementation of the Veterinary Medical Services Strategy to address shortages and a 2024 freeze on rental costs for agricultural Crown lands. As MBP has advocated strongly for these issues,

their inclusion in the budget is greatly appreciated.

Atkinson noted several other commitments that will be helpful for beef producers. They include:

- Extension of the gas tax cut to the end of September;

- Maintaining the school tax rebate for farm properties at 50 per cent;

- The reopening of two Manitoba Agricultural Services Corporation (MASC) service centres;

- Increasing the loan amount eligible for the Young Farmer Rebate to \$300,000 from \$200,000 and the lifetime maximum rebate to \$30,000 from \$20,000;

- Providing a new lending fee cred-

it for farmers under the age of 40 to minimize the upfront cost of financing through MASC;

- Continued investments in the suite of business risk management programs;

- The development and implementation of a comprehensive trade strategy with a renewed focus on trade relationships and expanding export capacity;

- The creation of a value-added strategy for Manitoba farm products;

- More apprenticeship training seats, and other steps to help deal with labour shortages, including measures to address gaps in services for temporary foreign workers in agriculture;

Efforts to relieve the shortages of health care professionals, including in rural communities;

- Work to address rural crime, including more funding for police services.

Atkinson said that MBP will maintain its collaboration with Ministers, government officials, and agency employees in order to promote the growth of Manitoba's beef industry. This open exchange of ideas is crucial as we work towards the shared objective of a thriving provincial agriculture sector and prosperous rural areas.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Alumni get rammed in overtime loss to high school team

By Jo-Anne Procter

The Rams high school hockey team were victorious with a 5-4 win in overtime against the alumni team at a fundraising hockey game in Stonewall last Saturday.

This event was about more than just hockey — it was about community and giving back. Through admission fees and chuck-a-puck donations, \$1,085 was raised to support the hockey team and the school's leadership group.

The generosity didn't stop with just the game. The 50/50 draw proceeds were directed towards Riverview Health Centre, a meaningful choice as one of the team's own had been under their care. Brad and Donna Mann were the lucky winners of the draw, but instead of keeping their winnings, they donated it back to the cause.

Their act of kindness allowed \$520 to be contributed to support those in need at Riverview Health Centre.



Referees, coaching staff, referees Bryce Baldwin and Spencer Schaeffer, Rams alumni and players surround fellow player Logan MacDuff, who has been in care at the Riverview Health Centre following a skiing accident.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Referee Spencer Schaeffer dropped the puck for Ram Alumni player Derek Deprez, left, and high school Ram Russell Watts, right, to start the fundraising game last Saturday.

Lotts of luck at 2024 World Mixed Doubles Curling Championships

By Ty Dilello

Gimli's Colton and Kadriana Lott are off to Ostersund, Sweden, this week to represent Team Canada at the 2024 World Mixed Doubles Curling Championships from April 20 to 27.

The Lotts earned the right to be Team Canada after winning last month's Canadian Mixed Doubles Curling Championship.

At the World Championships, Canada will be one of 20 countries competing in two pools of 10 teams. Some of the Lotts' toughest competition at the Worlds will come in the form of Team Sweden (Wrana/Wrana), Switzerland (Schwaller/

Schwaller), Italy (Constantini/De Zanna) and Norway (Skaslien/Nedregotten).

Canada will play a nine-game round robin beginning on April 20. From there, the top three teams in each pool of 10 will advance to the single elimination championship round. The bronze and gold medal games will take place on April 27.

Live scores for the event can be found on the World Curling website at <https://worldcurling.org/events/worldmixeddoubles/>. Although the event won't be televised, people can visit <https://curlingchannel.tv/> to stream some of Canada's games online.



TRIBUNE PHOTO SUBMITTED

Fresh after winning a national mixed doubles title for the first time, Gimli's Colton and Kadriana Lott are off to Ostersund, Sweden, to represent Team Canada at the 2024 World Mixed Doubles Curling Championships from April 20-27 at the Ostersund Arena.

Rams have boys' rugby this season

By Brian Bowman

The Collège Stonewall Collegiate Rams will have a boys' rugby team this season. Garret Groves will be coaching the Rams' boys' and girls' rugby teams this year.

"I don't know how I am going to do it yet, but I'll figure it out," he joked. "I have four other coaches helping me out and one is an actual Manitoba Hall of Fame coach. ... I coached the Rams' girls for two years and they got really strong and then there was a little bit of interest with the guys.

I got interest from about 15 to 20 players that wanted to play, which is pretty cool. "Obviously, they are very green but that's fine. We're going to play 7s this year and a lot of them are 9s and 10s this year and I want to branch out to 15s," Groves said. "15s is more inclusive, every single body type, everybody can play. It's a faster paced game. I love the idea of 15s. That's what I grew up playing."

The Rams' will be in an exhibition tournament in two weeks to start the season.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

WCI's Colby Darragh is the MHSAA 'AA' female basketball player of the year

By Brian Bowman

Warren Collegiate's Colby Darragh was named the MHSAA "AA" female basketball player of the year.

"It's pretty exciting and it was really only possible because our team got on their radar. It wasn't just me that helped us get there (provincial final)," said Darragh.

For Darragh, in Grade 11, to win a provincial player of the year award is extremely impressive. She's really looking forward to her Grade 12 season.

She was the top scorer on her team, making 76 three pointers, averaging 24.2 points a game, and scored 678 points. She also averaged 3.6 steals, 6.2 assists and 8.2 rebounds a game this season.

She was selected as the tournament MVP at multiple AA tournaments that her team won this year and, at each one, she averaged 30 points a game.

Darragh also was selected as a tournament All-Star at a 4A tournament that they played this year, was named MHSAA Athlete of the Week in January, was a top scorer at provincials, averaging 24 points a game, was se-

lected as a Provincial Game Star and selected as a Provincial All-Star.

Meanwhile, Bryn-Lee Procter and Rianna Cassils participated in the MHSAA Graduating All-Star Game.

"It was really special and an honour to be asked to do that. The Sport for Life Centre is a really nice (venue). It was a lot of fun," Procter said.

Procter really enjoyed playing with different players.

"It was definitely cool getting to talk to other basketball players and making friends. The chemistry is definitely not there but it was still a fun experience." said Procter, wanting to add that she really enjoyed her experience with all the great coaches, fellow students and teammates in Warren.

Cassils also really enjoyed the experience of playing in the Grad All-Star game.

"It was extremely fun playing with some different girls. It was definitely special for sure (representing your school). We had a really special team and a great group of girls. We got along so well and we had amazing coaches."



TRIBUNE PHOTO BY JASON DARRAGH

Warren Collegiate's Colby Darragh, left, was named the MHSAA "AA" female basketball player of the year, while her teammates Bryn-Lee Procter and Rianna Cassils were selected to play in the Basketball Manitoba Graduating All-Star Game this past weekend. Procter was also named to the Grade 12 AA All Manitoba Team.

> WIND BLEW IN, FROM PG. 20

"If you have areas that are denser, especially a cereal crop, check those areas carefully. We do monitor and set traps for these adults, and we can give you at least a bit of advance notice if we see them in our traps."

Any field in areas that have significant bird activity should be scouted.

Also check the backs of armyworms for parasite eggs. Natural enemies of the armyworm are Cotesia wasps, who lay eggs into the army worm.

Diamondback moth

The Diamondback moth is blown in by strong south winds into Manitoba across Eastern, Interlake, Central and Northwest regions in July and August.

Their numbers are hard to predict.

"It can vary from year to year. The numbers were extremely high in the Altona and Horndean areas last summer," Gavloski said.

Few, if any, survive winters in the Canadian prairies.

"When they move in and get es-

tablished, the pod feeding is the most damaging. If you have good soil moisture and they're feeding on flowers and buds and things, usually plants like canola will produce more flowers and buds and compensate for that feeding. But the plant can't produce more pods and seeds once it gets to that stage. The pod feeding is really what we want people to watch out for."

Aphids in cereals

"Aphids were a concern and are also something that blows in on the winds. They were an issue in quite a few regions. Probably more so in the western part of the province and the central region.

"The problem we ran into last year was they came in quite late, well into July. People were scouting and they weren't quite at soft dough yet. They were still in the susceptible stages. But spring was an issue because we're limited to two registered active ingredients: malathion and dimethoate."

Dimethoate has a 35-day preharvest interval.

"So, when you're almost at soft dough, that's not an option. And malathion wasn't all that readily available. It's an okay product on aphids. Dimethoate is probably the better product in the long run, but because of the long pre-harvest, it's not an option."

Lygus bugs

Lygus bugs are sap feeders, with a beak like a mosquito. They suck the juice from the plant, and like to feed on nitrogen rich newer growth, like flowers, buds, and seeds.

"They can become a real problem when they're feeding directly on your seeds and will do this with a lot

of plants. Last year we had issues in canola, dry beans, and high levels in rye and wheat."

The new economic thresholds for Lygus bugs in Canola suggest a threshold of 20-30 per 10 sweeps for good growing conditions. Using the lower end of the threshold (about 20 per 10 sweeps) may be appropriate for stressed canola with less ability to compensate for feeding.

The most vulnerable crop stage for Lygus feeding is when seeds are enlarging on lower pods. When most pods become "leathery" and when seeds inside are firm, Lygus bugs can no longer penetrate the pods or seeds with their mouthparts and are no longer an economic threat.

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

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get inspired

> MEAL IDEAS



Apple Ricotta Crepes

1/8 teaspoon nutmeg
salt, to taste
maple syrup
Ricotta Filling:
1 cup ricotta cheese
1 lemon, zest and juice only
2-3 tablespoons sugar, or to taste
To make crepes: In bowl, combine flour, sugar and salt. Add milk, eggs and vanilla then, using whisk, combine thoroughly. Mixture should be silky smooth. Refrigerate.

To make apple topping: In pan over medium heat, heat butter and brown sugar until bubbly and golden.

Add apples, cinnamon, nutmeg and salt, to taste; cook over medium-low heat until apples are soft. Turn off heat and finish with maple syrup.

To make ricotta filling: Combine ricotta, lemon zest, lemon juice and sugar, mix well and set aside.

In nonstick pan over medium-low heat, melt small amount of butter.

Add one ladle crepe batter, cook until bubbles form, flip and cook until golden. Repeat with remaining batter. Stack crepes to keep warm and soft.

Spread ricotta mixture thinly onto crepes and fold into quarters. Top with apple mixture and serve.

Yield: 12 crepes (2-3 crepes per serving)

Crepes:
1 cup flour
1 tablespoon sugar
1/2 teaspoon salt
1 cup whole milk
2 eggs
1 teaspoon vanilla
butter, for cooking
Apple Topping:
butter
2 tablespoons brown sugar
Envy Apples, sliced or cubed
1/2 teaspoon cinnamon



Apple, Tomato and Goat Cheese Frittata

1 Envy Apple, small diced
1/2 cup sundried tomatoes, chopped
4 ounces goat cheese, crumbled
2 tablespoons thinly sliced chives
Preheat oven to 350 F.

In large mixing bowl, whisk eggs, hot pepper sauce, salt, pepper and milk until well combined.

Stir in apples, tomatoes, goat cheese and chives until well combined.

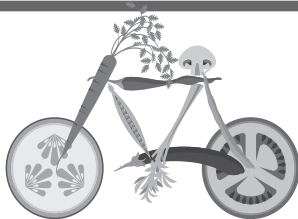
Using 1/3 measuring cup, spoon frittata mixture into oven-safe large skillet or 9-by-9-inch pan.

Bake 25-30 minutes, or until eggs are set.

Let cool slightly then serve.

6 eggs
1 teaspoon hot pepper sauce
2 teaspoons kosher salt
20 turns fresh cracked pepper
1/4 cup whole milk

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Ask the money lady

Dear Money Lady Readers,

There are three major ways that Canadians invest in the market: fixed income investing, guided stock portfolios (which would include ETFs, MFs, bonds and various securities) OR through insurance products like annuities or segregated funds. Then there are other ways to invest – like buying real estate, cryptocurrency, commodities, and leverage lending. Today we're just going to cover the basics to get you started and give you some ideas so that you can discuss them with your advisor.

Let's start with fixed income investing which is often overlooked because it isn't as exciting as buying and selling stocks. It's primarily a rules-based philosophy that takes all emotion out of the equation. You simply follow the rules and get a solid return. Laddering is the most common method and today there's \$11 trillion invested this way in Canada alone. When you look at the markets from a long-term perspective, fixed income portfolios win every time. They're not as glamorous as picking stock, however because of their stability and security, almost all large corporate and government pension funds are done through this method. One thing you must remember with fixed income products is that they consist mostly of different types of bonds and buying them is like buying real estate. That means, you can't turn around and sell them immediately after the purchase like you can with stock. The way it works is, you buy them at a discount, and then they mature at par. Meaning on the maturity date you know exactly what you're going to get. Most people who invest in real estate and want a tangible asset, choose to diversify their investments in institutional bonds because of the similarities. At the retail bank level, you could also consider structured notes as an alternative fixed income strategy.

Guided stock portfolios are the other great method for Canadians to invest. But we seem to have a large expertise gap with some advisors, and most are pushing clients into mutual funds and managed accounts. Now, is that a bad thing? Maybe not. Today there are over 135,000 mutual funds to choose from worldwide with over \$1.7 trillion invested in Canada. So, let's talk about mutual funds since they seem to be the product of choice.



Christine Ibbotson

A mutual fund, (MF) is just that – a fund of different types of products such as stocks, bonds, and money markets. When you invest in a MF you invest money into the fund with everyone else, and by doing so, your contribution is measured in units. You will be given a number of units based on the daily market price called a NAV price per share (net asset value) and you will share in the income, gains, losses, and expenses of the fund you now partially own. MFs are a great way for any investor to take advantage of buying into a fund, managed by a professional with good diversification. That's because a typical fund could have a portfolio of 60 to 100 different securities, across 15 to 20 different industries. The average investor can't be expected to hold a stock portfolio of that size. It's just not possible. No one has the time, knowledge, or expertise to do so. This is why MFs could be a good choice.

If you choose to invest in MFs, take note of the load fees and trailer fees. This will be expressed in the management expense ratio, (MER). Also remember that MFs are not a short-term investment unless you opt for the money market funds. When you purchase MFs, plan to hold them for at least a year and make sure you know when the fund distribution times are so that you can avoid higher pricing or any tax implications when you initially buy in.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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Stony Mountain & Rockwood Area Development

GENERAL INFORMATION MEETING

DATE
25 April 2024

TIME
6:30 PM - 7:30 PM

LOCATION
Stony Mountain Community Centre

www.rockwood.ca

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- Must be 16-to 29 years old

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

All applications must be in writing and may be sent to the attention of the Finance Manager, Rural Municipality of Woodlands, Box 10, Woodlands, MB. R0C 3H0, emailed to finance@rmwoodlands.ca or delivered to 57 Railway Avenue, Woodlands, MB. Applications will be accepted until the positions are filled.

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

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THE RURAL MUNICIPALITY OF **ROSSER** **DUST CONTROL NOTICE**

The RM of Rosser will accept requests for dust control measures on a **Pre-Payment Basis**, on municipal roads in front of residences and/or established sites within the Municipality.

Applicants will be charged **\$335.00** for a 16' x 300' strip. Please note that the width of the strip has increase from 12 feet to 16 feet for 2024. Areas to be serviced will be staked out prior to application.

Please drop off or mail your completed application along with payment to the Rural Municipality of Rosser office 0077E PR 221 during regular business hours. The deadline for applications is **Friday May 24th, 2024.**

The Rural Municipality of Rosser
Box 131 Rosser Manitoba, R0H 1E0

INTERLAKE SCHOOL DIVISION REQUEST FOR PROPOSAL

FOR CUSTODIAL SERVICES

The Interlake School Division requires custodial services at the following Stonewall locations:

- School Division Office
192 - 2nd Ave N. (3800 sq. ft.) Monday - Friday.
- Transportation/Maintenance/Technology Facility
6-145 East Rd 76N (3000 sq. ft.) Monday - Friday.
- Alternative Education/Student Services Administration
308 Main St. (2340 sq. ft.) Monday - Friday (10 months).

Proposals will be accepted for a combined monthly bid for all locations for a three-year period commencing June 1, 2024.

The successful applicant will be required to have some flexibility in their work schedule in order to accommodate evening meetings.

Proposals will close at 12:00 noon, May 3rd, 2024.

Please contact Colleen Cowie at 204-467-3023 or ccowie@isd21.mb.ca to obtain specifications.

Please submit proposals to:
Melanie Mousseau
Secretary-Treasurer
Interlake School Division
192-2nd Ave. N.
Stonewall, MB R0C 2Z0
"Custodial Services"

Lowest or any proposal not necessarily accepted.

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INTERLAKE SCHOOL DIVISION PUBLIC NOTICE

Public Notice is hereby given that the **Interlake School Division** intends to conduct the following Rodenticide and Pesticide Control Programs during 2024: Wilson Mouse Out - Rat and Mouse Killer Pellets, Rodents Away Odor Free, Wilson Predator Wilsarin Rat and Mouse Killer, King Rodentex Mouse Bait, and Tomkat Mouse Killer.

The proposed dates of application for insecticide programs are May 1, 2024 through October 31, 2024.

- To control insect pests including wasps, hornets and yellow jackets, the following insecticide may be used: Wilson One Shot Wasp and Hornet Long Shot.
- To control ant colonies, the following insecticides may be used: Ortho Ant B Gon Max Ant Eliminator Liquid, Ortho Ant-B-Gon, and Raid Max Double Control Ant Baits.

Any person may, within 15 days after the notice is published, send a written submission to the department, regarding the control program or register with the department their written objection to the use of pesticide next to their property:

Manitoba Environment and Climate Change
14 Fultz Boulevard (Box 35)
Winnipeg MB R3Y 0L6

Poison applications may be done at any or all of the following locations:

- Administration Office, 192 - 2nd Ave. N., Stonewall, MB
- Transportation/Maintenance/Technology Facility, Winfield & Summit Rd., Stonewall, MB
- Balmoral Elementary School, Balmoral, MB
- Brant Argyle Elementary School, Argyle, MB
- Grosse Isle Elementary School, Grosse Isle, MB
- Rosser Elementary School, Rosser, MB
- École R. W. (Bobby) Bend School, 377 - 2nd Ave. N., Stonewall, MB
- École Stonewall Centennial School, 573 - 2nd Ave. N., Stonewall, MB
- Stony Mountain Elementary School, 139 School Rd., Stony Mountain, MB
- Teulon Elementary School, 20 Beach Rd., Teulon, MB
- Warren Elementary School, 300 Hanlan St., Warren, MB
- Woodlands Elementary School, 222 Good St., Woodlands, MB
- Collège Stonewall Collegiate, 297 - 5th Street W., Stonewall, MB
- Warren Collegiate, 119 MacDonald Ave., Warren, MB
- Teulon Collegiate, 59 - 1st Street NE, Teulon, MB

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McSherryAuction.com

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

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WANTED: buying estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! TEXT/PHONE: 204-918-1607. "Junkies Estate, Salvage, Antiques & Oddities.

UPCOMING EVENTS

JOIN THE FIGHT AGAINST PROSTATE CANCER. RIDE DAY - SATURDAY, MAY 25, 2024. 10 A.M. start - Earls Polo Park (Winnipeg). Visit: ridefordad.ca/manitoba to register or make a pledge

FLIGHT ACADEMY

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

News Tips? Story Ideas? call the Tribune 204-467-5836

PUBLIC NOTICE

Pesticide Application Program

Bel Acres Golf and Country Club intends to conduct the following pesticide control programs from April to November, 2024. All applications are part of a comprehensive IPM strategy and depending on pest threshold levels, may or may not include:

1. Weed control in turf areas within the property. Projected dates of application are from May 15 to October 15, 2024. Herbicides used may include: acetic acid, citric acid, copper sulphate, glyphosphate, dicamba, 2,4-D, mecoprop.
2. Fungus control in turf and treed areas within the property. Projected dates of application are from April 1 to November 15, 2024. Fungicides used may include: chlorothalonil, propiconazole, iprodione, azoxystrobin, trifloxystrobin, thiophanate methyl, fosetyl Al, metalazyl-M, triticonazole, metconazole, pyraclostrobin, penthiopyrad, fludioxonil, polyoxin D zinc salt, boscalid, mineral oil, fluoxastrobin, fluopyram, tebuconazole, fluazinam, thiophanate-methyl.
3. Insect control in turf and treed areas within the property. Target pests include mosquitoes, elm bark beetles, tent caterpillars, cankerworms and white grubs. Projected dates of application are from May 15 to October 15, 2024. Insecticides used may include Bacillus thuringiensis, chloranthraniliprole, chlothianidin, deltamethrin, lambda-cyhalothrin, permethrin, imidacloprid, chlorpyrifos.
4. Growth regulators may include trinexapac-ethyl.

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

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

Registered Purebred Polled & Quiet Yearling CHAROLAIS BULLS FOR SALE

We still have a good selection of quality bulls. Semen tested. Delivery & EPD's available

For more information call Ken at (204) 376-2418 or (204) 641-3788 KLCC Charolais, Arborg

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NOTICES

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

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NOTICES

NEED STAFF? SELLING SOMETHING? Have your blanket classified ads seen in the 31 member newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please call 204-467-5836, or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

HEALTH

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

See Us for Everything you need to promote your business

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Call 204-467-5836

Do you have a unique service you would like to advertise? Get the word out with an ad in the Tribune!



2024 STREET PAVING 2024-01

The Town of Teulon invites you to tender on the following project:
1. Reclaim Second Street SE from Beach Road to Fifth Ave SE proceeding a distance of approximately 484.95 x 6.1 meters.

This project is to include the following work:

- Reclaim to an approximate 100-mm depth, Shape, Compact, Supply and Install 75mm of compacted asphalt.
- The width of the paved road surface shall be 6.1 meters, plus 0.3 meters, compacted, granular, tapered edge on either side.
- Taper into existing asphalt driveways with asphalt, taper into gravel driveways with gravel, and edging new asphalt with 1/2 inch down.
- The final road surface shall have a 3% slope grade from the center to each shoulder.
- Asphalt overlays to tie-into existing cross streets, (Third Ave SE and Fifth Ave SE) at a distance of 5 meters to match the existing surface of the corners.
- The contractor shall be responsible for contacting all utilities for line locations, if needed, prior to the commencement of any paving work.
- The contractor is responsible for providing and installing all manhole risers, if needed.
- The contractor is responsible for developing and distributing a handout/flyer on their letterhead to local residents, impacted by the paving work. This is to be done 48 hours prior to commencement of said work. This notice must include dates of work, anticipated start time and anticipated date of completion for the paving works.

Projects must be completed by Friday, August 30, 2024.

For further information on this project contact the Teulon Public Works Foreman at 204-886-7080. Tenders shall be submitted enclosed and sealed in an envelope clearly marked "2024 Street Project" at the Teulon Civic Centre until **12:00 p.m. CST on Monday, April 29, 2024.**

Tenders submitted by internet electronic mail (e-mail) will be accepted.

Tenders submitted through MERX will be accepted.

Town of Teulon
 Box 69, Teulon, Manitoba R0C 3B0
 info@teulon.ca



NOTICE OF PUBLIC HEARING REGARDING THE 2024 FINANCIAL PLAN

In accordance with Subsection 162(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a **PUBLIC HEARING** to present the 2024 Financial Plan for the Municipality on

Thursday, April 25, 2024 at 6:00 P.M.
Municipal Office
57 Railway Ave, Woodlands, MB

The Rural Municipality of Woodlands 2024 Financial Plan consists of:

- 1) 2024 Operating Budget
- 2) 2024 Capital Budget
- 3) an estimate of the operating revenue and expenditures for the following fiscal year (2025), and
- 4) a five-year Capital Expenditure Program (2025-2029)

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Woodlands 2024 Financial Plan. If you are planning to attend we are requesting that you pre-register with the RM of Woodlands Office at 204-383-5679 or by email at finance@rmwoodlands.ca, to ensure there is sufficient space available.

Copies of the draft 2024 Financial Plan are available for review by email, mail, fax, or in person at the RM office after April 15, 2024.

Kaitlyn Griffith, CMMA
 Chief Administrative Officer
 Rural Municipality of Woodlands
 Dated April 2, 2024

THE RURAL MUNICIPALITY OF ROCKWOOD



PUBLIC HEARING

2024 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act, the Rural Municipality of Rockwood shall hold a **PUBLIC HEARING** to present the 2024 Financial Plan for the Municipality at:

6:00 p.m.
Wednesday, May 1, 2024
RM of Rockwood Administrative Office
285 Main Street
Stonewall, Manitoba

The Rural Municipality of Rockwood 2024 Financial Plan consists of:

1. The 2024 Operating Budget;
2. The 2024 Capital Budget;
3. An estimate of the operating revenue and expenditures for the following fiscal year; and
4. A five (5) year Capital Expenditure Program.

The purpose of the **PUBLIC HEARING** is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Rockwood 2024 Financial Plan.

Any person who wishes to make a Presentation, Ask a Question, or Send a Letter to Council must provide a copy of the presentation and/or documentation no later than 4:00 p.m. on April 26, 2024.

Copies of the 2024 Financial Plan are available for review at the Municipal Office, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

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

Don't forget to send your special wishes to your friends and family with a message in the



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PRE-HIRING ASPHALT FOREMAN AND OPERATORS/LABOURERS

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204-389-2023

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204-389-2023

info@eddiesgravel.com

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MORTGAGE SALE

The land and building known as 23 Nora Street, Stony Mountain, Manitoba, as described in Certificate of Title No. 2674051/1 will be sold at auction on Wednesday the 15th day of May, 2024 at 10:00 a.m. The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction. In order to participate you must pre-register at least 24 hours prior to the auction by contacting Dan Ransom at either 204- 988-0443 or dransom@tmlawyers.com. On the date of the auction, an email will be sent to all attendees at the email addresses provided. The attendees will need to follow the instructions in the email, which will include a video link or teleconference call-in information. The successful bidder shall have a period of 24 hours to provide the deposit in certified funds payable to Taylor McCaffrey LLP and sign the auction sale conditions.

TO THE BEST OF THE Vendor's knowledge, the house is a remodelled 1344 square foot side split, with 3 bedrooms and 2 bathrooms, kitchen recently updated with newer appliances, island and walk-in pantry. Upgrades include newer plumbing and electrical w/a 200 amp service, new windows, shingles, and a high-efficiency gas furnace. The house has a finished basement, heated and insulated double attached garage, and fully fenced back yard with pool, hot tub, bar, outdoor great room with a pergola, fire pit, play structure and chicken coop.

PRIOR ENCUMBRANCES: NIL

REALTY TAXES (excluding any accruing water charges) are paid to **December 31, 2022.**

TERMS OF SALE: a deposit of **\$60,000.00** by way of cash, certified cheque or bank draft payable to Taylor McCaffrey LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. The property will be sold subject to a Reserve Bid of \$385,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 5th day of April, 2024 to the date of auction and which costs will be announced prior to the commencement of the sale. The maximum amount of cash that may be provided as part of the deposit is \$7,500.00. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca.

FURTHER information may be obtained from:

TAYLOR McCAFFREY LLP
2200 - 201 Portage Avenue,
Winnipeg, Manitoba, R3B 3L3
ATTENTION: Daniel Ransom
Phone No.: 204-988-0443
File No.: 114473-206

THE RURAL MUNICIPALITY OF ROCKWOOD

EMPLOYMENT OPPORTUNITY

SEASONAL PUBLIC WORKS MAINTENANCE / EQUIPMENT OPERATOR EMPLOYEE

The Rural Municipality of Rockwood invites applications for the position of Public Works Maintenance / Equipment Operator Employee (Seasonal).

Under the direction of the Manager of Public Works, the position will be required to assist the Public Works Department and perform general municipal related work. The majority of the work will be cutting grass in ditches and drains with a large tractor and 15' pull behind mower.

QUALIFICATIONS - Transportation Maintenance / Equipment Operator Employee (Seasonal):

1. Valid Province of Manitoba Driver's Class (5) Licence (Class 3 preferred)
2. Experience in a Public Works related field would be an asset
3. Good interpersonal skills to deal with the public
4. Knowledge in the operation and maintenance of different equipment (tractor/mower, tandem, loader)
5. Mechanically inclined
6. Ability to work under minimal supervision
7. Available from June - November (Length of term is weather dependant)
8. Salary Range \$21.04 - \$22.37/ Hr - dependent on qualifications

Applications should be marked "**Application for Public Works Employment**" and must contain a cover letter and full resume with three references.

Forward applications to the undersigned no later than 1:00 p.m. on Thursday, April 25, 2024.

Attention: Ian Tesarski - Director of Operations
Rural Municipality of Rockwood
Box 902, 285 Main Street, Stonewall MB R0C 2Z0
Telephone No. 204-467-2272
E-mail Address: ian.tesarski@rockwood.ca

Thank you to all applicants for your interest, however, only candidates selected for interviews will be contacted.

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

Teulon Shoppers Drug Mart

EMPLOYMENT OPPORTUNITY

Now hiring for the position of **Full Time Pharmacy Assistant starting immediately.** No evenings, Sundays or holidays. Competitive wages and full benefit package offered. Email Resume to molynik@shoppersdrugmart.ca

HUGE ESTATE & YARD SALE

April 19th, 20th, 21st
8 am to 7 pm

10 min North of Stonewall
Hwy 7 and Rd 87 N
(1 Mile W of Hwy 7 on Rd 87 N)
There will be lots of signage!

Household Items & Decor
Books, Games & Collectibles
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Call Today!
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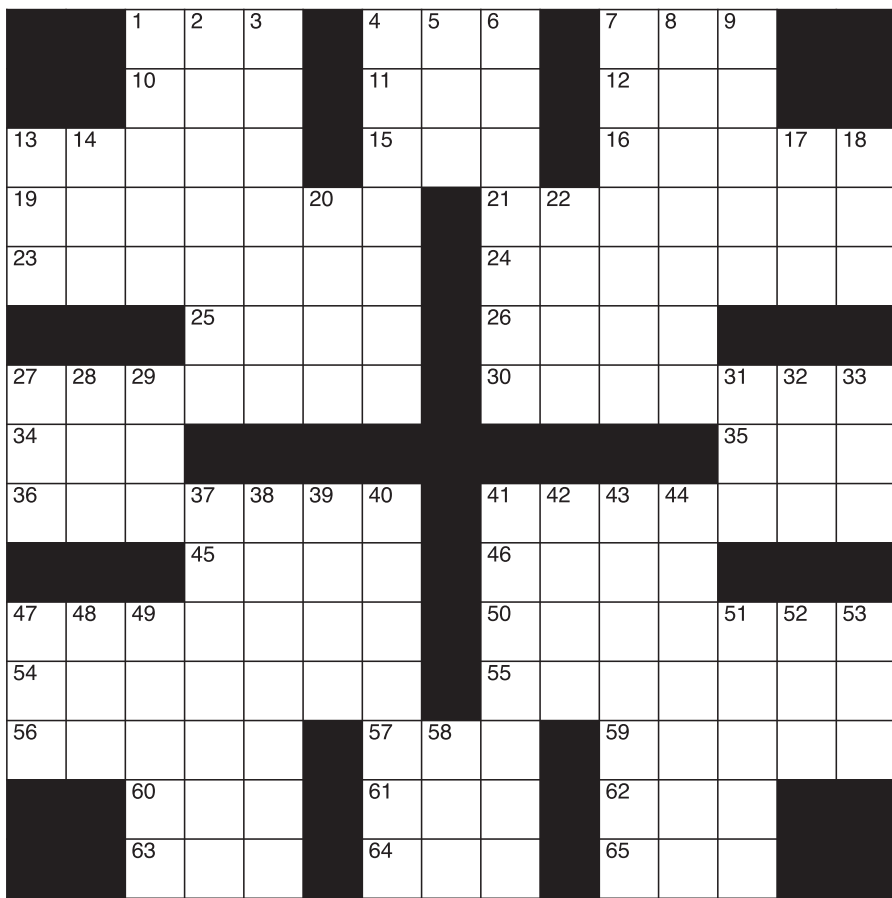
9	2	1	8	6	3	4	7	5
5	4	7	1	9	2	6	8	3
8	6	3	4	7	5	2	1	9
7	5	9	2	1	4	3	6	8
4	1	8	9	3	6	5	2	7
2	3	6	7	5	8	9	4	1
3	8	5	6	2	1	7	9	4
6	9	4	5	8	7	1	3	2
1	7	2	3	4	9	8	5	6

Sudoku Answer

Classifieds Tribune Announcements

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X CROSSWORD



CLUES ACROSS

- 1. Midway between south and southeast
- 4. For each
- 7. Airborne (abbr.)
- 10. Photographs
- 11. They ___
- 12. It's important in respiration (abbr.)
- 13. Monetary unit
- 15. Cool!
- 16. A son of Jacob
- 19. Cut off
- 21. Devour
- 23. Agent of one's downfall
- 24. Best
- 25. Network of nerves
- 26. Partner to "oohs"
- 27. Origins
- 30. Sewing utensil
- 34. Alias
- 35. Swiss river
- 36. Greek mythological figure
- 41. Type of whiskey
- 45. Lay to rest
- 46. "Rule, Britannia" composer
- 47. Select jury
- 50. Feeling
- 54. Action regarded as morally wrong
- 55. Makes angry
- 56. Act incorrectly

57. Defensive nuclear weapon

- 59. Class of escort aircraft carrier
- 60. To what degree
- 61. Buzzing insect
- 62. The human foot
- 63. "The Leftovers" actress Dowd
- 64. A place to stay
- 65. Sun up in New York

CLUES DOWN

- 1. An involuntary muscular contraction
- 2. Earnest
- 3. Cuts out surgically
- 4. Can't move
- 5. Baseball stat
- 6. British soldier
- 7. Traditional medicine plants
- 8. Political party controlled by managers
- 9. Hebrew prophet
- 13. Supporter
- 14. Relative biological effectiveness (abbr.)
- 17. Liberty Mutual mascot
- 18. Georgia rockers
- 20. A place where building is done
- 22. Large, deep-bodied

fish

- 27. Clothing retailer
- 28. Supplement with difficulty
- 29. Annoy constantly
- 31. Founder of Babism
- 32. Indigenous person in parts of Asia
- 33. Sea eagle
- 37. Leave behind
- 38. Time of day
- 39. Colorless crystalline compound
- 40. They lay out course requirements
- 41. A diamond has three
- 42. Algerian coastal city
- 43. Remove cover
- 44. Rechristened
- 47. Distinctive practice
- 48. Defunct phone company
- 49. Turkish officer of high rank
- 51. Eliminate from the body
- 52. Witness
- 53. Soviet Socialist Republic
- 58. Founding Father Franklin

CARD OF THANKS

We would like to thank everyone for the phone calls, cards and plants that we received after the passing of our daughter-in-law, Heather (Don's wife).

-Yvonne and Henry Bernhardt,
Don and family

CARD OF THANKS

Due to the timing of Art's passing and the notice regarding his memorial, in addition to those we have already thanked for acknowledging him and/or attending his service, the family would like to say thank you to others from town and the surrounding areas, who have continued to convey their condolences by phone, cards, on-line, or just by stopping us in Stonewall to extend their sympathy.

Art was a loving husband, father, grandfather, great-grandfather, a great brother and uncle, and a good friend. We will miss his sense of humour, his kindness, and support for us all. He loved us and we loved him.

We knew that he was one of the best, but have been overwhelmed by the number of people who have told us simply – we really liked Art. We have come to realize that Art touched a lot of lives in his lifetime in such a positive way.

A special thanks goes out to all of his own family, near and far, who were there for Art and Jen over the last while, especially his son Shawn and wife Cally and all of their family. Thanks to their daughter Stephanie and Phil, and family for being there as well.

And once again, thanks goes out to Tom and Heather Bell, for going above and beyond in terms of friendship to both Art and Jen. True friends.

We appreciated hearing from not only immediate family, but also friends like Tom, Bobby Howard and Danny Cassils at the service. Art would be smiling at what you had to say.

We would also like to thank Ken Loehmer for his compassion, support and guidance during this extremely sad time, Shirley Williams for her words, and Bob and Cookie's granddaughter, Lexy Mulligan, for her beautiful singing at the service.

Art – we will miss you each and every day. Family is forever.

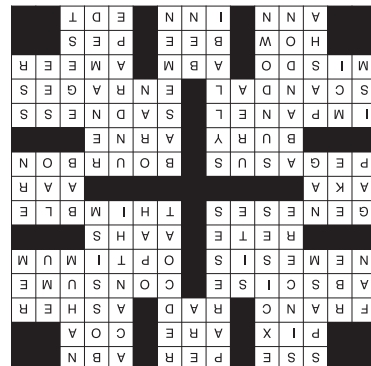
-Sincerely,

The Essery family
Jenny Essery,

Bob and Cookie Essery and family
Alma and Ernie Neufeld and family

Pat and Earl Winn

Lynn and Glen Massey and family



Crossword Answer

BIRTHDAY



If you see this young guy
"Tab"
on April 18th
Wish him a
Happy 80th!

BIRTHDAY



It's Cool to be 50!

CELEBRATE THE SPECIAL MOMENTS!

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

Registered Purebred Polled & Quiet Yearling
CHAROLAIS BULLS FOR SALE

We still have a good selection of quality bulls.
Semen tested. Delivery & EPD's available

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or (204) 641-3788
KLCC Charolais, Arborg

Announcements

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OBITUARY



Yvonne Shirley Boston

It is with heavy hearts that we announce the passing of Yvonne Shirley Boston, who peacefully passed away on April 5th, 2024. Yvonne was born in Tisdale, Saskatchewan on May 11, 1934 and her life was a testament to love, strength, and unwavering resilience.

Yvonne was preceded by her son Rocky and her husband John. Their memory remained cherished in her heart until her final days.

She is survived by her loving daughters, Terri-lynn Huber (Larry) and Tannis Kowalchuk (Keith), who were the pride and joy of her life. Yvonne's legacy also lives on through her cherished grandchildren: Shaelynn (Dylan), Brandon, Jesse, Krista (Darcy), Kaily (Ganesh), and Trevor, each of whom brought immense happiness to her life. Yvonne was also blessed with two great-grandchildren, Arlo and Avi.

Yvonne's life was defined by her unconditional love for her family and her unwavering commitment to their well-being. She was a beacon of strength and wisdom, offering guidance and support to all who were fortunate enough to know her. Her kindness knew no bounds, and her gentle spirit touched the lives of many.

In addition to being a devoted wife, mother, grandmother, and great-grandmother, Yvonne's warmth and compassion endeared her to all who crossed her path.

While we mourn the loss of Yvonne's physical presence, her memory will forever live on in the hearts of those who were privileged to know her. May she rest in eternal peace, reunited with her beloved husband and son, knowing that she was deeply loved and will be profoundly missed.

As per Yvonne's request no formal service will be held.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY

Bruce Albert Moore
August 9, 1938 – April 13, 2024

It is with great sadness we announce the passing of Bruce Moore, age 85 years of Inwood, Manitoba on Saturday, April 13, 2024 at Stonewall Hospital. Arrangements pending.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

IN MEMORIAM



Douglas W. MacDonald
September 26, 1947 – April 11, 2022

We will love you
As long as the sun
Burns in the sky,
As long as the moon
Shines it's light in the dark night.
Until the raging blue oceans
Become calm and run dry,
We will love you until
The end of time.
We miss you so much.

-All our love,
Your loving wife Maggie,
Shawn,
David and Aaron and family,
Trevor and Angie and family,
and your Co-op family

IN MEMORIAM

SMITH, Helen
In loving memory of our dear Mother
who left us April 24, 1967.

-Forever remembered by
son Richard and his wife Sheelagh,
Children Sheena and Shawn and
Daughter Judy, husband Ken Paluk,
Children Wesley and Trevor
Always loved and never forgotten

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

OBITUARY



Ronald Bruce Murray
December 17, 1941 – April 3, 2024

Sadly, Ron passed away at Selkirk Hospital on April 3, 2024. Ron was predeceased by his father, mother and brother.

Ron is survived by his wife Elaine, their children, grandchildren and great-grandchildren.

He had a long five year battle with cancer. Ron had a long amazing career with the City of Winnipeg Fire Department from 1969 – 2001. During that time, he also enjoyed Shriners, Masons, many travel trips, Hawaii, Mexico, Alaska and 42 years in Texas and the last 23 years enjoyed the full six months a year in RGV.

The family wishes to thank Dean and Cathy Ominiuk, Mac and Lisa Pulling for all their love and caring support. We would like to also thank the Clandeboye Fire Department and the ambulance attendants for all their care and respect

shown. Would also like to thank Dr. Hicks for his care.

In lieu of flowers if friends so desire, memorial donations may be made to the City of Winnipeg Firefighters Burn Fund.

A service of remembrance was held on Monday, April 15, 2024 at 1:00 p.m. at the Royal Canadian Legion Stonewall.

kl
KEN LOEHMER
FUNERAL SERVICES
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Don't forget to send your special words of remembrance for loved ones passed.

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