

**We call it "The Selling Season!" Spring is here.** Every year, as the weather starts to warm up, genuine buyer enquiries go through the roof!

**The time to sell is NOW! Call Today!** Receive a FREE professional photo & video package! \$1000 value

**RE/MAX THE MCKILLOP TEAM**  
RE/MAX TOWN & COUNTRY

View at [mckillop.ca](http://mckillop.ca)  
**204-467-8000**

VOLUME 9 EDITION 16

# Stonewall Teulon Tribune

THURSDAY,  
APRIL 19, 2018

SERVING STONEWALL, BALMORAL, TEULON, GUNTON, NARCISSE, INWOOD, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARGYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO



TRIBUNE PHOTO BY HEATHER SANCHE

Ms. Young's Grade 3 Ecole R.W. Bobby Bend School class enjoyed cupcakes provided by Beyond Bread in honour of Red Cross Pink Day on April 11.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know

**SOLD**

**TEULON - \$249,900 BEST KEPT SECRET** in Town 3 bdrm/2 bth; 1100sqft, gorgeous park like setting; private; Well Maintained and spacious. 3 car garage; heated workshop; massive yard; storage shed

**BALMORAL \$398,000**

Stunning 2472 sf 3 bdrm 2 bath on 10 acres Programmed for Pleasure - inclds workshop & metal clad bldg.

**WOODLANDS. WANT TO FOOL AROUND?** Then you'll have fun on this 5 acres featuring 32x60 insul barn & 32x32' shop. The 2092 sf home w/basm't feat 27x36 great rm with skylights and hot tub are just a few of the many features. **A MIGHTY PURTY SPREAD!! \$389,900.**

**VACANT LAND**

Inwood 320 acres **\$94,500**  
Norris Lake 1.2 acres **\$39,900**  
Lake Front **\$39,900**  
Erinview Lot 100 x 100 **\$10,900**

*Selling the Interlake one Yard at a time*

**L.J. BARON Realty** EST. 1953  
A Real Estate Boutique Practice with Concierge Service

**The Claudette GRIFFIN Group**  
Past Director - Winnipeg Realtors®  
Past Chair - Professional Standards

**204-886-2393 Toll Free 888-629-6700 baron@mts.net www.ljbaron.com**

**Testimonial:**  
"Claudette, I never got a chance after the house sale to Thank you for your efforts to help us out with everything, inc all the extra things you did as well...you took a lot of stress off my plate and I really appreciate it" - DK

**TEULON \$215,000**  
MOVIN' UP OR DOWNSIZING... THIS IS IT!!

Located close to hospital & all amenities this 3 bedrm home w/dev basement & large lot has so much to offer. Showings start Feb 17

**NEW PRICE**

**ARBORG \$279,000**

**A PIECE OF HEAVEN** - 3 bdrm w/bsmnt 1 1/2 bath on 17.84 Acs. Perfect hobby farm, keep your own animals & a vegetable garden... become one with Nature.

**NORRIS LAKE**

- here is your chance to live at scenic Norris Lake, sip your morning coffee on the country porch of this 1920 sf 3 br 3 bth two story house...1.36 AC with triple car garage all for **\$303,999.**

# Locals recognized at Manitoba Good Roads Association awards

By Jennifer McFee

Several local residents earned recognition at the Manitoba Good Roads Association's annual awards banquet in Brandon on April 10.

Rural and urban municipalities were automatically entered if they were members, and these municipalities had the chance to nominate homeground entrants.

Five teams of judges evaluated the entries in numerous categories. Once the results are tallied, whoever has the highest mark wins the category.

In the category of Best Urban Home Grounds, Brian and Gayle Lowe of Teulon won in the population category for 1,001 to 2,000. As well, Chad and RaeAnn Learmond of Stonewall won the same award for the population category for 2,001 to 7,500.

In Rosser, Jim and Gloria Penner won the Brian and Janet Nedohin Shield for Best Country Non-Farm Home Grounds.

Teulon Mayor Bert Campbell attended the awards ceremony in support of the Lowes.

After moving to Fort McMurray for a couple years, the Lowes returned to raise their family in Teulon, where they ran the hockey rink for more than 30 years, Campbell explained.

"They bought a little house in the northwest corner of Teulon and they started working on their house and their yard and raising their family. It just became an absolute showcase over they years. They loved doing it and they still love doing it," Campbell said.

"Gayle is so meticulous and their yard is always part of their life. They're always busy in it doing different things. It's amazing to see."

For the Penners, the award came as a complete surprise. Last spring, Rosser Coun. Scott Corbett visited them to ask if the RM could nominate their property. They said yes but didn't think much more about it until they received a letter indicated their five-acre property had been chosen as the winner.

"We moved here in 1975 and started from virtually next to nothing. We planted a lot of trees for a shelterbelt and also for yard planting. We have some fruit trees and quite a large flower garden in the front and of course plantings around the foundation and so on," Jim Penner said.

"It's a large area to mow but I don't mind doing that now because technology has made that a great deal easier now than when we first moved out here."

In Stonewall, the Learmonds have designed their yard to accommodate both themselves and their children. They were unable to attend the awards ceremony in Brandon, so council will present them with their award at an upcoming meeting.



Best Urban Home Grounds, Brian and Gayle Lowe of Teulon won in the population category for 1,001 to 2,000.



Chad and RaeAnn Learmond of Stonewall won Best Urban Home Grounds for the population category for 2,001 to 7,500.



In Rosser, Jim and Gloria Penner won the Brian and Janet Nedohin Shield for Best Country Non-Farm Home Grounds.

## Inwood Ladies Fun Golf League



Thursdays-7pm @ Inwood Golf & Country Club  
**Registration & Meeting**  
**\$50.00 League fee**  
**April 26/2018 @ 7pm**

**No partner? No worries solos are welcome!**

Contact : Shelly Courtney 204-861-2423  
 or msg shelly.c@live.com or Contact Inwood  
 Golf & Country Club 204-278-3536



**Linda Orcheski**  
*Independent Insurance Broker*

Life and Mortgage Insurance  
 Critical Illness and Long Term Care  
 Income Replacement Plans  
 Business Insurance Solutions  
 Health & Dental & Travel

lofinancial@shaw.ca

www.orcheski.com

**What are you saving for?**  
 Discover your path to financial security. Let's talk.

Versatile Portfolios  
**NAVIGATOR**



A Better Place For You®



Inview Insurance Services  
 344 Main St | Stonewall  
 204-467-8927

www.cooperators.ca/Inview-Insurance-Services

Home Life Investments Group Business Farm Travel

# Annual Rockwood arts festival in full swing



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The 63rd annual Rockwood Festival of the Arts kicked off last week in Stonewall with speech arts, choral and vocal. The festival will continue until April 22 with piano, band and instrumental in Stonewall and dance and gymnastics in Teulon on the weekend. The RFOTA Awards Concert will take place April 30 at Stonewall Quarry Park Heritage Arts Centre at 7 p.m. All are welcome to come out and see some of Rockwood's finest performers. Pictured left; Woodlands Grades 2 and 3 choir performed the 'Addams Family Theme' by Vic Mizzy while the Balmoral Grades 1 to 3 choir sang 'Best Friends' by M. Donnelly & G. Strid.

**JUST LISTED**



**CONTEMPORARY DESIGN OFFERS A SHOWPLACE YOU'LL BE PROUD TO OWN!**  
Immaculate hydro gold seal power smart home! 1850 sq.ft, 3+bedrms, 3bths, \$424,900 - Brandt



**RESORT LUXURY IN YOUR OWN BACKYARD WITH A BEAUTIFUL IN-GROUND POOL & BUILT-IN HOT TUB!** The whole family will enjoy this stunning fenced park like backyard for years to come! 1946 sq.ft. 4bdms, 3 baths -Stonewall - \$395,000 - Brandt



**SPRING INTO ACTION & MAKE THIS HOME YOURS!**  
1340sq.ft., 4 bdrm, 2 bths, large pie lot on cul-de-sac.  
\$319,900 Warren - Meagan



**ATTRACTIVE & DESIRABLE COUNTRY SETTING JUST MINUTES TO STONEWALL**  
4.27 Acres, 1800 Sq.Ft Cab Over 4Bdrms, 3Bths, 48 X 30 Shop - \$469,900 - Brandt



**READY TO BUILD YOUR DREAM ACREAGE?**  
Here's your chance! Maturely treed 5 acres only a couple minutes from town! Approach built and hydro running by the property! Less expensive than most town lots and it's your own piece of paradise! \$43,000 - Matt



**MORE FOR YOUR COMFORT , CONVENIENCE AND MONEY!**  
3 years young and in new Condition inside and out! Located just outside Stonewall, this mobile home features a gorgeous master bedrm complete with a 4 piece ensuite and walk-in closet. 2 More generous bedrms, 6 appliances, central air conditioning, \$154,900 - Brandt



**JUST LISTED - THINKING ABOUT MOVING TO WINNIPEG ?** Take a look at this bungalow, loads of upgrades, awesome kitchen , hardwood floors, 2 new updated bathrooms, hi- efficient furnace, full finished basement, 986sq.ft, 50 x 17 lot East kildonan, nice location - \$259,900 - Meagan



**QUARRY RIDGE PARK BUILDING LOTS FOR SALE TO THE PUBLIC.**  
We have an excellent selection of lots ranging from \$80,837 to \$115,100 in a variety of choice locations in Phase 4 & 5. PICK YOUR OWN BUILDER OR CUSTOM BUILD YOURSELF! - Brandt



**Call 204-467-8000**  
**View at mckillop.ca**

**THE MCKILLOP TEAM**  
RE/MAX TOWN & COUNTRY

**Buy thru The McKillop Team and get a home warranty**



**Quarry Ridge Park**  
*Stonewall's Newest Community*



We are excited to announce that we have hired Stonewall's Remax Town & Country "McKillop Team" to handle building lot sales in the growing Quarry Ridge Park subdivision. Welcome to our Team! Please contact them to buy your next lot!

Pick your own lot and choose your own builder.

A COMMUNITY BY  
**VENTURA**  
LAND COMPANY

FOR COMMUNITY INFORMATION CONTACT:  
204.942.7744 | info@venturadevelopments.ca  
[www.ventura.mb.ca/land](http://www.ventura.mb.ca/land)

# Interlake communities come together in support of Humboldt



# Endowment funds with ICF give back to local communities

By Melissa McIvor

Anyone who has volunteered their time at a community event or supported a charitable cause like the Food Bank can tell you that giving back feels good.

However, when it comes to making monetary donations to organizations, we often feel some level of skepticism and unrest. We might ask, "What is my money being used for? Is it helping those who need it most? How can I be sure that my donation isn't just lining the pockets of some bigwig CEO?"

If this story sounds relatable, it may be time to consider an endowment fund with the Interlake Community Foundation (ICF).

"We're a philanthropic organization," explained ICF chair Bob Beck. "We raise money locally and then we put money back into our local communities to help with charitable projects within those communities."

Endowment funds are a big part of how the ICF helps their donors give back to their community.

"An endowment fund is a gift of capital that is to be held in perpetuity," ICF executive director Tracy Holod explained via email. "Only the income from the capital can be spent each year and it is directed in the form of grants to various charitable organizations."

"Some of the gifts come from individuals, and their endowment funds are generally called 'Named Funds,'" she added. "However, there are different types of named funds at ICF. Some donors have created a 'field of interest' fund, which means that the annual income can be granted to any charity working in a particular area such as youth, seniors, recreation, arts and culture or a particular community. Other donors have created a 'designated fund,' which means that the annual income goes to a specific charity or perhaps to a scholarship. And finally some donors have left their named funds 'un-designated,' which means that the annual income can be directed by the ICF to charities in the foundation's area."

An endowment fund builds usable

income through the foundation's investment policy. Every year, the ICF grants out a minimum of 3.5 per cent of the income earned to registered charities in the Stonewall, Teulon, and the RMs of Rockwood, Rosser and Woodlands, as per Revenue Canada Guidelines.

"Endowment funds can be started by anyone and they are an excellent way of creating a legacy that will go on and will support the local community," said Holod.

The perpetuity of endowment funds made them a clear choice for Stonewall resident Lloyd Jensen. In just the last five months, he has started two named endowment funds with the ICF in the memory of loved ones passed.

"People put up headstones so if someone is going by they say, 'Oh yeah, I knew that person' or 'I knew of them.' This is sort of similar in that people are going to see the [fund] name so that once a year you're pretty well guaranteed that someone's going to think of that person, which is a nice idea," he explained.

"You've got the memorial and you're helping out.

"If society goes on for thousands of years, then that will be there for thousands of years."

Jensen, a retired flight service specialist for Nav Canada, created his first endowment fund with the ICF in November 2017 in memory of his parents, Lauritz and Georgina.

Though the fund is undesignated, Jensen is confident the money will be appropriately allocated.

"The people on the board are from the area," he said. "They're familiar with the organizations that need the help."

Jensen's most recent ICF fund, the Donna Jensen Memorial Fund, honours his late sister. He created the fund in February 2018 and designated it to the Association for Commu-

nity Living (ACL) in Stonewall, where Donna worked as a resident support worker.

In September 2017, Jensen also started a designated fund with the Winnipeg Foundation in memory of his daughter, who was going to be a teacher. The Jennifer Jensen Memorial Fund supports West Broadway Youth Outreach.

"It's a life-skills program for the inner city kids in the West Broadway area," he explained. "I've been following them for years — years and years, in fact. It's a great group."

Jensen plans on setting up more endowment funds over the next few years for his step-mother, his wife's parents and even for himself.

"It's almost like a hobby," he said with a laugh. "Really, I could have done just one family trust fund but I like having a bunch of them because then I can have different designations. It's different."

While Jensen made the decision to start new, personalized endowment funds, this is not the only option available to potential donors. Individuals can contribute any amount to an existing ICF fund rather than creating their own. Starting a named fund requires a minimum of \$5,000.

When Jensen approached the ICF to start his endowment funds, he brought an old Greek proverb with him: "A society grows great when old

men plants trees whose shade they know they shall never sit in."

"I've always loved that quote and I use it all the time," he explained.

"It captures the spirit of people doing something now not for their own benefit but for the benefit of others for the future. And that's the whole thing with the endowment funds is doing something in memory of someone who's gone for people in the future. There's nothing greater than that."

Those interested in learning more about the ICF and the projects they support are welcome to attend their Annual Grant Awards Reception on May 14 at the Stonewall United Church. The event begins at 7 p.m.

"It's a fun evening," said Beck. "We make our annual grants we handed out that night and we allow all the different organizations that are receiving them to speak about their projects."

"It's a good evening of sharing what's going on in our community."

The ICF was established in 1994 and will have its 25th anniversary next year.

"We're working on some special projects to try and celebrate that for 2019," said Beck.

For more information on endowment funds and how to start your own, or for a list of existing ICF funds, contact the foundation at 204-467-5634 or info@interlakefoundation.ca. You can also visit their website at www.interlakefoundation.ca.



## THE Flicks

CINEMA

**SHOWTIMES:**  
Please check individual listings  
Due to various picture lengths showtimes vary

**319 First Street E., Stonewall, Man.**  
**467-8401**

**PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE**  
**Cash only**

---

**LAST DAYS: WED & THURS**  
**APRIL 18 & 19**  
**AT 8:00 PM**

**PACIFIC RIM: UPRISING**  
*Not Recommended For Young Children; Violence*

**PG**

---

**FRI-SAT-SUN-MON APRIL 20-21-22-23**  
**(CLOSED TUES) AND WED-THURS APRIL 25-26**

**FRI-SAT-SUN-MON APRIL 27-28-29-30**  
**(CLOSED TUES) AND WED-THURS MAY 1-2**

**AT 8:00 pm**  
EACH NIGHT

*Dwayne Johnson  
Naomie Harris*

**Adult Accompaniment**  
Under 14;  
Violence

**14A**

**AT 8:00 pm**  
EACH NIGHT

*Emily Blunt  
John Krasinski*

**Adult Accompaniment**  
Under 14; Frightening  
Scenes; Gory Scenes;  
Disturbing Content

**14A**

Come & Enjoy

Happy Hour Drink Prices

During all Jets Games

ROCKWOOD Motor Inn 390 Main St. Stonewall 467-2354

Stonewall Teulon  
**Tribune**



**PUBLISHER**  
Lana Meier



**SALES**  
Brett Mitchell



**REPORTER/PHOTOGRAPHER**  
Jennifer McFee



**SALES**  
Stephanie Oland Duncan



**SPORTS EDITOR**  
Brian Bowman



**DISTRIBUTION**  
Christy Brown



**PRODUCTION**  
Nicole Kapusta



**PRINT**  
Dan Anderson



**ADMINISTRATION**  
Carrie Sargent



**ADMINISTRATION**  
Allana Sawatzky



**ADMINISTRATION**  
Tracy Farmer



**PRODUCTION**  
Debbie Strauss



**ADMINISTRATION**  
Jo-Anne Procter

**OUR SISTER PUBLICATIONS**



# get informed

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

## Minimum wage to increase on October 1

**Submitted**

The Manitoba government is improving wages for working Manitobans and increasing the minimum wage on Oct. 1, 2018, Growth, Enterprise and Trade Minister Blaine Pedersen announced last week.

“Our commitment is to provide sustainable and predictable increases to Manitoba’s minimum wage,” said Pedersen. “Last year we passed legislation to index minimum wage with the rate

of inflation through a fully transparent formula. We are improving wages for working Manitobans and providing predictability for businesses that create jobs and generate growth in our economy.”

Pedersen noted the increase of 20 cents per hour will raise the current minimum wage to \$11.35 from \$11.15 and ensure that Manitoba remains competitive with other provinces. This adjustment is based on Manitoba’s 2017

inflation rate of 1.6 per cent and rounding up to the nearest five cents.

Amendments were made to the Employment Standards Code in 2017 that provide a consistent and predictable way of indexing Manitoba’s minimum wage based on the change in the previous calendar year’s Consumer Price Index, Pedersen noted. Information on the minimum wage and other employment standards is available at [www.gov.mb.ca/labour/standards](http://www.gov.mb.ca/labour/standards).

## Province announces further reduction in ambulance fees

**Submitted**

Ambulance fees have been reduced by \$85 as part of the Manitoba government’s continuing efforts to deliver more affordable emergency service to families throughout the province, Premier Brian Pallister announced Monday.

“Manitobans going through a potentially life-threatening situation should not have to worry about whether they can afford an ambulance before calling for one,” said Pallister.

“Our government continues to address that concern for Manitobans. We have reduced ambulance fees by 35 per cent in the past two years as we work toward meeting our promise of cutting those bills in half by 2020.”

Initially announced in last month’s budget, the fee reduction took effect on April 1. The new price, down from \$425, marks a 20 per cent reduction in the bill Manitobans receive for ambulance service, with customers paying either \$340 or the pre-existing base fee established by the service provider, whichever is lower. This represents an average total decrease of \$182 since 2016, when the average ambulance fee was \$522.

Ambulance service costs are the responsibility of the patient in juris-

dictions across the country, as these services are outside the scope of The Canada Health Act. In Manitoba, land ambulance services are delivered by a combination of providers including regional health authorities, municipalities and First Nation communities.

The government will continue to work with its partners in the regional health authorities and with other ambulance providers to ensure consistent, reliable and affordable care for Manitobans, said Health, Seniors and Active Living Minister Kelvin Goertzen.

The minister noted the reduced costs for ambulance service will allow more Manitobans to access care in a timely manner at a more affordable price.

“Paramedic care has evolved to the point where we are now providing definitive treatment in homes and communities across Manitoba,” said Cameron Ritzer, chair of the Paramedic Association of Manitoba. “The government’s ongoing commitment to reduce ambulance fees ensures cost is not a barrier and increases the public’s access to paramedic services when they need it most.”

Ambulance fees vary by the provider offering the service. Client fees are used to offset the cost of operations, with the remainder of costs subsidized

by the province and other organizations.

The province already provides coverage for certain ambulance services including:

- inter-facility transfers between health-care facilities;
- the Northern Patient Transportation Program, which subsidizes medically necessary transportation for residents in the north;
- helicopter transportation to patients requiring critical and emergent care within a 250-kilometre radius of Winnipeg; and
- the Lifeflight Air Ambulance program, which provides specialized inter-facility transport for critically ill or injured Manitoba residents who live further than 200 km from Winnipeg.

“Ambulance costs can be a major burden for many Manitobans including seniors on fixed incomes,” said Tom Farrell, president of the Manitoba Association of Senior Centres. “Seeing this important issue addressed in a meaningful way by this government is welcome news that will help many Manitobans.”

For more information on ambulance fees in Manitoba, visit [www.gov.mb.ca/health/ems/ambulance\\_fees.html](http://www.gov.mb.ca/health/ems/ambulance_fees.html).

**ADVERTISING OR PRINT CONTACT INFORMATION**

**Stephanie Duncan** 204-461-4771  
[ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca)

**PHONE 204-467-5836**  
**FAX 204-467-2679**

**> EMAIL US**

Letters to the Editor: [letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)  
Classified: [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)  
News: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)  
Print: [igraphic@mymts.net](mailto:igraphic@mymts.net)

**OUR EDITORIAL STAFF**

**Jennifer McFee** 204-461-5352  
[jen@stonewallteulontribune.ca](mailto:jen@stonewallteulontribune.ca)

**Brian Bowman** Sports Reporter  
[sports@stonewallteulontribune.ca](mailto:sports@stonewallteulontribune.ca)

**ADDRESS**  
**74 Patterson Drive,**  
**Stonewall Industrial Park**

**PAPER DELIVERY OR FLYER CONCERNS**

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

The Stonewall Teulon Tribune is published Thursdays and distributed through Canada Post to 7,800 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.

*This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. – Keep your dollars working at home and shop local. Our commitment to you, the reader – we connect people through stories to build stronger communities.*



**Advertising Deadline: Monday 4:00 pm**  
**prior to Thursday Publication**

View the Stonewall Teulon Tribune online at  
[www.stonewallteulontribune.ca](http://www.stonewallteulontribune.ca)



# getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG

> ARNIE WEIDL

## For the love of fishing

Welcome, my friends.

I remember a couple of brothers who kind of stood out amongst the contestants at the Grand Marais ice fishing derby about a month ago. They waved at me with big smiles as I was about to drive past them on the ice. Needless to say, I don't need much of an invitation to stop and shoot the breeze with any angler about fishing.

They were jovial guys, just my kind of people. I nosed Old Red their way, and with my driver's door open, I jokingly hollered, "Are you in the prizes yet?"

The two of them were totally covered in snowmobile suits, which only allowed me to see their round pleasing faces and short brown hair. I slipped off the seat and out of my truck, my spiked shoes digging into the ice.

"We haven't even had a bite," the shorter chap exclaimed. "By the way, my name is Chris Fedak from Winnipeg and this is my brother Andy," he continued.

"Might you have a good fishing story for your fellow anglers?" I asked.

Chris, more talkative than Andy, gave a half laugh and quite naturally began a story that happened to him when he was 10 years old.

He and Andy were fishing at the Portage Diversion when he caught a small goldeye. He hadn't caught that many fish in his young life, so the sight of his quivering silver prize excited him

to the point where he was shaking. He reeled the fish in so fast it was skidding toward him on the top of the water, and that was like a magnet to a nearby Pelican. It broke into action, swooshing like an arrow at the fish, nipping only its tail.

That big billed bird wasn't fast enough. Chris raised his rod with lightening speed, screaming in defiance that the monster might rob. The goldeye took flight landing on dry land with the squawking, wing-flapping pelican right after it. Chris dropped his rod and ran at the bird, his arms flailing. The pelican waddled sideways away from the flopping fish as Chris screamed at the top of his lungs. It got a look that seemed to say, fine, I'll go find food elsewhere, and it took off.

About a mile off the southwest shoreline of Lake Winnipeg, I saw a large ice shack when I was going out to fish last month. As I came to its door side, the chap that you see in this week's picture was standing outside. I stopped, got out of my truck and struck up a conversation with Doug Thomas from Peguis First Nation. He was very obliging and invited me into his shack to check out his underwater camera in action. He showed me how, with a battery of LED lights, he could see a few feet around his baited hook on a flat screen monitor. He explained how he caught the fish he's holding in the picture by jig-

ging his baited hook as he watched it approach on the screen.

Get ready for a little chuckle now, my friends.

Generally, I don't like to write folks' stories unless they give me their last names, but this is a good one and I didn't want to embarrass Kim.

Some weeks ago, I met Roy and his son Nick on the Red upstream of Selkirk. They were tailgate fishing in the bright afternoon sun. After we got to know each other a bit, Roy, an upbeat and rambunctious sort, offered us this story for our amusement. Last year at the same spot where we were now standing, he and his girlfriend Kim were fishing in his portable ice shack. In the dim, cozy cover of their shack, relaxing to easy music on the radio after lunch and sitting side by side in their folding chairs, they started kissing.

The third kiss was great. Their eyes were closed as they tenderly touched each others' cheeks when suddenly the darkness around them became blazingly bright. Looking up, they were amazed to see their shack taking flight on a terrific gust of wind. They were further startled to hear a large family tailgate fishing beside them laughing and soon teasing them for having caught them kissing when their shack took to air. Embarrassed, Nick and Kim captured their tent and left for home



**TRIBUNE PHOTO ARNIE WEIDL**  
Doug Thomas with a fish he caught "on camera." amid gentle kidding from their neighbouring anglers.

Kim and Nick had always liked that spot where their little interlude had happened, so the next winter they went right back there — and, don't you know, that same family that caught them kissing the year before was also there. Our kissing couple were not about to be pushed from their spot so they set up their tent. Just as they were going inside, the father of the "peanut gallery" shouted, "No smooching this time, you guys!"

So-long, gang. Be good.

## Eichler welcomes childcare spaces

### Staff

Ralph Eichler, MLA for Lakeside, welcomed the Manitoba Government announcement of new early learning and childcare spaces for the Stony Mountain Child Care Centre Co-op last Friday.

This province-wide investment includes eight infant and six preschool spaces in the Lakeside constituency.

"This exciting announcement demonstrates our commitment to delivering quality child-care to Manitoba families," said MLA Eichler. "I am pleased that we are creating new early learning and child-care spaces for families in the Lakeside constituency."

This addition will allow the centre to provide space for 16 infants, said Stony Mountain Child Care Centre

Co-op director Jennifer Joel.

"We currently have a waiting list for over 90, including infants and preschoolers up to five years old," said Joel.

Currently the children's centre has four infant, 28 preschooler and 30 school-aged spaces.

The Stony Mountain Child Care Center is currently under construction with Phase 1 at their new location expected to be completed at the end of July and Phase 2 by Christmas. When the new building is complete, the children's centre will have 106 spaces, including their current location, which will remain open.

This investment is part of The Canada-Manitoba Early Learning and Child Care Agreement.

## Teulon council news in brief

### By Jennifer McFee

Teulon council gave first reading to a special services bylaw that sets the rates for waste and recycling pickup. The good news is the rates have been readjusted to a lower amount, taking into consideration factors such as recycling revenue and an increase in homes.

Previously, the rate was set at \$70 per residential dwelling, and now it has been reduced to \$30 per residential dwelling. This annual fee is added to the tax bill.

### In other council news:

- The Town of Teulon's fi-

nancial plan hearing is set for May 8 at 7:05 p.m. as part of the regular council meeting.

- Council passed a resolution supporting Motion M167 regarding the government studying crime in rural communities.

- The Town of Teulon will provide a \$450 advertising sponsorship grant for the Teulon Rodeo.

- Council gave second and third reading to their campaign finance bylaw for the upcoming election.

- A health questionnaire will soon be posted on the town's website at [www.teulon.ca](http://www.teulon.ca) under the "Health" tab.

# Project Echo looking for Stonewall's financial support

## Stonewall council news in brief

By Jennifer McFee

Representatives of the Rotary Club of Selkirk paid a visit to Stonewall council on April 11 to discuss Project Echo, which aims to provide echocardiography services at the new Selkirk Regional Hospital.

From prenatal to geriatric care, Echo can be used in a variety of areas, including vascular, obstetrics, gynecology, radiology and pediatrics. This versatile diagnostic ultrasound can be used in hospital or clinic setting to provide a timely and accurate diagnosis.

In the Interlake-Eastern Regional Health Authority, 3,000 residents need an Echo each year, and wait times can be up to one year. Currently in Manitoba, an Echo is only available in Winnipeg and Brandon, but many rural patients would prefer a less urban experience.

The total cost to install Echo is \$334,000, made up of \$275,000 for the basic cost, \$16,000 for a stretcher, \$3,000 for a scanning chair and \$40,000 for a work station.

Ongoing annual expenses include \$98,000 for a full-time sonographer's salary and benefits, plus \$10,000 for consumable supplies and \$10,000 for image storage.

The Rotarians have committed to fundraising \$140,000 for a mid-range unit. Based on the IERHA's population of 126,000 people, that equates to about \$1.11 per person. The provincial government and IERHA are committed to install the equipment once the Rotary Club reaches its fundraising goal.

As of April 9, they had \$169,300 in funds that have been received or committed, exceeding their original fundraising goal.

These contributions include \$32,400 from Rotarians, \$6,650 from Hutterite colonies and \$24,072 from municipalities. They also received \$65,900 in donations from industries and service organizations, including \$1,000 from the Royal Canadian Legion #52 in Stonewall (which helped them to launch a challenge among similar veterans' organizations).

Since the Selkirk Rotarians have surpassed their fundraising goal of \$140,000, they have set a new goal of \$172,500 so that they can add a portable unit and invest in a "Cadillac model" rather than a mid-range



TRIBUNE PHOTO BY JENNIFER MCFEE

The Rotary Club of Selkirk surpassed its original fundraising goal for Project Echo, so they have set a new goal of \$172,500. They asked Stonewall council to communicate the cause and to consider contributing towards it.

model.

The Rotary Club of Selkirk hopes to be able to present the funds this fall, with installation set for the fall or winter.

They asked Stonewall council to help communicate their cause and to contribute towards Project Echo in order to bring echocardiography to the health region.

Anyone who would like to make a donation can contribute through the website at [www.selkirkrotary.ca](http://www.selkirkrotary.ca) and a Facebook campaign is also underway, entitled "Echo Project for the Interlake-Eastern Region." Charitable tax receipts are issued for donations

of \$20 and over, and contributions are recognized in a variety of ways.

### In other council news:

- The May 9 council meeting has been rescheduled to May 2.
- The Town of Stonewall agreed to support and endorse Motion M-167, which was introduced by Lakeland MP Shannon Stubbs calling for a study on the issue of rural crime in Canada.
- The Town of Stonewall awarded the 2018 Street Renewal and Sidewalk Construction Capital Works Program to Borland Construction Inc. at a tendered cost of \$1,038,658.50 plus taxes.
- Council authorized the mayor and CAO to execute the 2018 land lease agreement with Ken Yule, who expressed an interest to continue renting a portion of the town's land for farming purposes.
- The Town of Stonewall accepted the proposal from Napier Emergency Consulting for one year of emergency management consulting services in the amount of \$10,000 plus taxes. The Town of Stonewall and the RM of Rockwood have established a joint Emergency Management Board and joint expenses will be divided equally between the two municipalities.
- Council authorized a quote to buy a trailer-mounted boom lift from Rental Experts Inc. for \$52,910 plus freight and taxes. The funds for the purchase will come from the parks reserve fund.

Take care of details so they don't have to. **Just ask Ken.**

KEN LOEHMER FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit [www.klfuneralservices.ca](http://www.klfuneralservices.ca)

Interlake-Eastern Regional Health Authority

**Ready..Set..GROW!**  
A wellness expo event for children entering Kindergarten in the fall (and their caregivers)

**Monday May 7, 2018**  
Drop in any time between 2:00pm - 7:00pm  
École R.W. Bobby Bend School  
**ALL INTERLAKE STUDENTS. COME ON DOWN!!**

There will be activities and displays focused on topics such as:

- ☉Reading
- ☉Speech & Language
- ☉Animal Safety
- ☉Fine Motor Skills
- ☉Gross Motor Skills
- ☉Dental & Nutrition

**Hope to see you there!** Door Prizes

\*Ready Set GROW is a joint venture between Interlake School Division, South Interlake Regional Library and Interlake-Eastern Regional Health Authority \*

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

**JOIN US FOR CHASE THE QUEEN WEDNESDAY NIGHTS**  
POT IS \$1960.00 AS OF APRIL 11/18

**MEAT DRAW - CLUBROOM at 3:00 p.m.**  
Every last Saturday of the month. See you April 28!  
**ALL ARE WELCOME**

Investors Group

**WALK FOR ALZHEIMER'S MAKE MEMORIES MATTER™**

**Pave the Way. WALK WITH US!**

Join us this May and June!

Register and collect pledges online at [alzheimer.mb.ca/wfa2018](http://alzheimer.mb.ca/wfa2018) or call 204-268-4752

Alzheimer Society MANITOBA  
Dementia Care & Brain Health



# Tribune wins premier awards at community newspaper competition

By Lindsey Enns

The *Stonewall Teulon Tribune* earned six awards during this year's Manitoba Community Newspaper Association's (MCNA) Better Newspapers Competition.

The awards were handed out at the 99th annual awards banquet at the Delta Hotel in Winnipeg last Saturday evening.

The *Tribune* received third place for Best Layout and Design, second for Best Front Page in its class, and third for Best Agricultural Section.

*Tribune* reporter Jennifer McFee received first place in the Arts and Culture Story category for her story "The art of healing" and third in the Best Column or Feature Article on a Business Topic, "Loaf and Honey continues with cheese making tradition" while Jo-Anne Procter won third place for Best Spot News Photo setting a snowy owl free.

In the *Tribune's* sister newspaper *The Express Weekly News* won first place in Best Advertisement for a piece done by Sandra Barnes and third place for Best First Nations Coverage by reporter Patricia Barrett.

The annual competition recognizes the best community journalism has to offer from the MCNA's 49 member weekly community newspapers across the province.

In the 10,000 and over circulation



TRIBUNE PHOTO BY HALEY CVAR

Members of the *Stonewall Teulon Tribune*, *Express Weekly News*, *Selkirk Record* and the *Winkler Morden Voice* hold up their awards following the Manitoba Community Newspaper Association's 99th annual Better Newspapers Competition at the Delta Hotel in Winnipeg last Saturday. This year the locally owned publishing company took home a total of 18 awards.

category, the *Selkirk Record* received first place for Best in Class, Best Layout and Design, and took home first place for Best Front Page. Photographer Robert E. Wilson also won first place for Best Sports Photo.

*The Winkler Morden Voice*, received a second place award for Best in Class and third for Best Front Page in the 10,000+ circulation category. Reporter Lorne Stelmach clinched first in the Best Tourism Story for his piece on the Canadian Fossil Discovery Centre's

new interactive app. Also honoured was Peter Cantelon, who was named Best Columnist for the third year in a row, and photographer Rick Hiebert, who won second place for Best Sports Photo for a shot he snapped at the Miami Fair and Rodeo and came in third overall in the Photographer of the Year category.

Publisher and Interlake Graphics owner Lana Meier said winning these awards is a huge honour for our staff.

"The staff at the *Stonewall Teulon Tri-*

*bune* work extremely hard week in and week out bringing the most up to date and relevant news as possible. I am proud of the work and the papers we publish," Meier said. "The awards recognize the hard work and professionalism of the newspaper industry."

The *Tribune* would like to thank all of our staff members for their hard work and dedication as well as our readers and local advertisers for their ongoing support.

# Public input wanted to help chart future of French language education

Submitted

The Manitoba government is inviting teachers, parents, students and community members to participate in a forum to help guide the future of French language education, Education and Training Minister Ian Wishart announced Monday.

"This forum is a great opportunity for participants to provide feedback that can be used to enhance French immersion, Français programs and French in the English program," said Wishart. "Manitoba has undergone major demographic changes in the past few years and there have been significant advances in technology. We recognize the need to respond to these shifts and adjust the programming and services we provide. This forum is the first step in this consultative and collaborative process."

The Manitoba government and Partners for French Education are co-hosting The Future of French Language Education in Manitoba forum, Saturday, April 21 at Centre scolaire Léo-Rémillard, 1095 St. Anne's Rd.

"This forum is an important moment for French language education in

Manitoba. Together, we will build a solid foundation with inclusion and respect as pillars of lifelong learning from infancy to an advanced age," said Alain Laberge, superintendent of Division scolaire franco-manitobaine (DSFM) and spokesperson for Partners for French Education.

The minister noted Manitoba Education and Training is examining expansion of the mandate of the Bureau de l'éducation française (BEF) to incorporate all learning from cradle to careers and that such a change requires a new way of thinking about French education.

"Community consultation is a key element of The Francophone Community Enhancement and Support Act and I'm delighted to see government and stakeholders come together to explore the future of French language education," said Sustainable Development Minister Rochelle Squires, minister responsible for francophone affairs. "This is a unique opportunity to collaborate on the creation and potential implementation of proposals to improve the

outcomes of all students, and I look forward to seeing the new shared vision that will guide our future actions."

There is no registration fee for the forum, but participants must register by April 19. The event will be facilitated in French with simultaneous translation during the plenary sessions at the beginning and end of the day. Translators will also be circulating during individual group sessions.

Registration forms are available at:

[www.eventbrite.ca/e/lets-chart-the-future-of-french-language-education-in-manitoba-registration-44838988622](http://www.eventbrite.ca/e/lets-chart-the-future-of-french-language-education-in-manitoba-registration-44838988622) (English); or

[www.eventbrite.ca/e/billets-preparons-ensemble-lavenir-de-leducation-en-langue-francaise-44458723238](http://www.eventbrite.ca/e/billets-preparons-ensemble-lavenir-de-leducation-en-langue-francaise-44458723238) (French).

**Your Adventure Awaits!**

Join us for an informative evening as we share with you two of our popular fall trips.

**Nashville, Branson, Pigeon Forge – Oct 20 – Nov 2**  
**Branson & the Ozarks – Nov 4-12**

Learn the advantages of group travel, and why travelling by motorcoach is the preferred way to go!

Presentation: April 26, 6:30 pm at Henderson Library,  
1- 1050 Henderson Hwy. Please R.S.V.P.

**EMBASSY TOURS 757-9383 1-800-723-8051** [www.embassytours.ca](http://www.embassytours.ca) E-mail: [embassytours@mts.net](mailto:embassytours@mts.net) Celebrating 26 Years

**Notice of the Annual General Meeting of the Interlake Community Foundation, Inc.**

**To be held on May 7, 2018 at 6:00 PM at Sunova Credit Union, 410 Centre Ave Stonewall, MB.**

The public is also invited to our Grants Presentation Evening on May 14, 2018 at 7:00PM at the Stonewall United Church 369 1st Ave North Stonewall, MB.

**This event is sponsored by Sunova Credit Union Stonewall.**

[www.interlakefoundation.ca](http://www.interlakefoundation.ca)

# Dementia session teaches detection, protection and inclusion

By Melissa McIvor

Dementia is an ugly disease. Sadly, 43 per cent of Manitobans have a family member or friend living with dementia and those numbers are expected to grow as the baby-boomer population continues to age.

However, on April 10, members of the community gathered at Warren Memorial Hall at 7 p.m. to equip themselves with knowledge about the disease. The free session was part of a series of ongoing Healthy Together Now wellness seminars organized by the health subcommittee of the RM of Woodlands Community Development Committee (CDC).

"We're hoping to help the community get healthier," said Nirdosh Ganske, who works with the subcommittee. "We hope to provoke an interest in people to be curious about their health, to come and get informed on behalf of their families and also to find out who are the support professionals in the community."

Their most recent session was led by Norma Kirkby, program director with the Alzheimer's Society of Manitoba, who believes strongly in the compassionate care of those who develop dementia.

"In reality, the most important thing for a person living with dementia, because the treatments are not perfect, is how we treat them," she said.

"If we aren't familiar with and don't understand the disease we are going to be less likely to be able to respond well and help meet the needs of that person so they have quality of life."

According to the Alzheimer Society of Manitoba, "dementia" is an umbrella term that covers a number of

progressive brain disorders, Alzheimer's disease being the most common of those.

"We typically say that dementia is a disease that most impacts older people and we talk about how the great risk factor is aging. But we know it is possible for younger people to have dementia. If someone develops the disease under the age of 65 we refer that as early-onset," said Kirkby.

Of the people with dementia, she added, two-thirds of them live in the community, rather than a personal care home, and a quarter of those people live alone.

"That says to us that we as individuals need to be caring for our neighbour because it could be our neighbour supporting someone who has dementia, or it could be that person who is living alone and maybe becoming at risk and starting to do things unsafely."

The first part of Kirkby's session focused on the warnings signs of dementia.

"It is about memory but it's not all about memory," she said. "In many instances, there are changes in other functions in our day-to-day life that may become evident before a person's lapses in memory become evident."

Some of these tell-tale behaviours include changes in judgment, mood, personality and depth perception; difficulty with abstract thought, dealing with money, and a hard time processing speech and expressing ideas; losing track of time and place (the person should be registered under the MedicAlert Safely Home program in the event that they go missing) and misplacing household objects; and



Norma Kirkby delivers a wellness session on dementia at Warren Memorial Hall. **TRIBUNE PHOTO BY MELISSA MCIVOR**

the inability to perform familiar daily tasks.

"These things don't occur sequentially," Kirkby said. "They will occur in different amounts at different times."

They might also become more prominent when the person is tired.

Another warning sign is loss of initiative, but here Kirkby said caregivers can offer constructive guidance.

"People with dementia lose the ability to kick-start action because they have trouble planning in order to carry something out. The opposite of that is that if we get them started doing something, they very frequently do a whole lot for a long time."

The example she used was washing

dishes. While a person with dementia may not respond to receiving verbal direction to do the task, being gently led to a filled sink may yield a different outcome.

"All of a sudden that warm water and those soapy suds speak to them about what you do with them and now they can do it. Very often people with dementia are seen as not being participative and are set aside to watch the world go by when the best thing would be for them to get into the world and use the skills they have. Once they're using them, because so much of our lives is habitual pattern, they can still do for a long time. At that point they feel useful, they feel they have purpose and they're a whole lot happier."

When it comes to protecting yourself from the disease (Kirkby makes it clear that total prevention is not an option yet), individuals can maintain a positive attitude about aging, engage in social activities like volunteering, keep healthy habits, be physically active, protect your head and take care of your mental health.

"It's most important to mind your diet and physical exercise because that's going to keep the brain as healthy as possible so that doing things like puzzles and volunteering can then have the most effect. If your brain is not healthy, you're not going to be able to recover it by doing Sudoku or crossword puzzles."

At the end of the day, though, nothing ensures dementia prevention.

"You can do everything right and

**REACT**  
**Earth Day**  
**Celebration**  
*Recycling in the*  
*South Interlake*  
**Sunday, April 22nd**  
**2:00 pm - 4:00 pm**  
**Quarry Park Heritage**  
**Arts Centre (lower level)**  
*Complete details at*  
**REACT** INC.org  
Rockwood Environmental Action Community Taskforce incorporated



**Gauthier**  
Cadillac BUICK GMC  
**2400 McPHILLIPS ST.**  
Call  
**JERRY VANDE**  
**Sales Manager**  
**Ph: 204-633-8833**  
**SHOP ONLINE AT**  
[WWW.JIMGAUTHIERGMC.COM](http://WWW.JIMGAUTHIERGMC.COM)



*We specialize in celebrating life*  
**MacKenzie**  
FUNERAL HOME  
**info@mackenziefh.com**  
**204-467-2525**



# Minister Cox “holding back” on Government Notices bill

By Patricia Barrett

The provincial Conservatives will not be moving forward just yet on the Government Notices Modernization Act (Bill 8), which will eliminate the government’s legislated requirement to issue legal notices and other notices of public concern in newspapers.

Cathy Cox, River East MLA and Minister for Sport, Culture and Heritage, announced the delay last weekend after backlash from media organizations concerned about government transparency and the ability of the public to access information that’s vital to a functioning democracy.

“We are holding back on proclaiming the aspects of Bill 8 that pertain to government notices in newspapers, which means that public notices will continue to be printed,” said Cox during the Manitoba Community Newspapers Association’s 99th Annual Better Newspaper Competition awards banquet April 14 in Winnipeg where she was a guest speaker.

Cox did not say whether the government will axe the bill or amend it, leaving open the possibility that it could be passed at a later date.

Introduced by Cox, Bill 8 received first reading in the Legislature Dec. 4, 2017, and gave rise to concerns that it will shield the government from scrutiny and make information about its doings difficult to find.

Manitoba Community Newspapers Association president Ken Waddell released a statement last month saying the Association “wants to make it perfectly clear that by doing away with requirements to publish government notices in newspapers, the Progressive Conservative government of Premier Brian Pallister will make it even more difficult for Manitobans to monitor its activities and business.”

If passed as is, the bill will affect 24 existing pieces of legislation, such as the Environment Act, the Endangered Species and Ecosystems Act, The Corporations Act, the Municipal Board Act and the Cooperatives Act, all of which make it mandatory for the government to publish notices in newspapers.

The public and the media would have to consult a digital-only version of the Manitoba Gazette, which publishes legal and government notices on a weekly basis. The Gazette is accessible only through a subscription fee, but Cox’s bill would make it free of charge.

The government’s goal is to “modernize communications technology,” said Cox, and it will be looking at alternative ways of delivering information.

“We’re working on an email subscription option where a weekly round-up of notices can go directly into your email box,” she said. “Going forward, we will monitor the roll-out of the free online Gazette. And, importantly, we look forward to hearing feedback from Manitobans on modernization efforts.”

In addition to removing legislated requirements to publish notices in newspapers, Bill 8 has an opt-out clause, making it an “option” to publish a notice in the Gazette.

“Several requirements to publish a notice or document in a newspaper are replaced with the requirement or option of publishing it in The Manitoba Gazette,” states the bill. It’s not clear what types of notices will be exempt.

Also of concern is the Planning Amendment Act (Bill 19), introduced March 19 by Gimli MLA and Municipal Relations Minister Jeff Wharton.



Cathy Cox, Minister for Sport, Culture and Heritage



NDP leader Wab Kinew

Like Cox’s bill, Wharton’s bill will eliminate notice requirements for appeals concerning large-scale livestock operations and aggregate quarry operations that come before the Municipal Board.

“Notice of a hearing is not required to be published in a newspaper or posted in any location if the notice (a) is posted on a publicly accessible website of the applicable planning district or municipality; and (b) remains posted on the website throughout the 27-day period before the hearing,” states the bill.

Although Cox said she and Wharton have had “many conversations” with the both the public and newspapers, she did not indicate whether the government will also “hold back” on Bill 19.

“We’ve heard from Manitobans how important notices are to them,” said Cox. “Manitobans have the right to know about the government’s initiatives that affect their lives.”

NDP leader Wab Kinew, who was also invited to speak at the MCNA awards gala, said his party has its eye on both bills.

Calling media coverage “critical” and “fundamental to democracy,” Kinew stressed the importance of a free press that holds federal, provincial and municipal governments to account.

“And it’s also important for people in your community to have a good grip on the facts, and all the cities and towns and First Nations across Manitoba,” he said. “As the opposition, we’ll be there on bills 8 and 19 and we’ll have questions figuring out what [they] exactly mean and ensuring Manitobans can stay informed.”

He dismissed the notion that the public can get all the information it needs using select communication platforms, stressing the importance of having the government continue to publish notices in print media.

## > DEMENTIA, FROM PG. 10

still get the disease. Why? We don’t know. We can also meet people in our lives that have done everything wrong and they don’t get the disease. This is a disease that arises spontaneously and only about five per cent of all diagnosed cases of dementia are genetic.”

Kirkby ended the evening by encouraging her audience to be inclusive of people with dementia and their caregivers.

“Remember that people with dementia are people,” she advised. “Even if someone’s cognition is changing, they are still valuable and they still deserve your respect and engage-

ment.”

She cautioned against using derogatory remarks and jokes when discussing memory loss and stressed the importance of including those with dementia in community activities.

However, caring for the caregivers is an equally crucial task and can include small gestures like taking them for coffee, helping with a chore or making a meal for them.

“I encourage those of you that are caregivers to accept the gift of help from other people,” implored Kirkby. “That is a gift that they want to give you so you can stay strong. We know that the average time of a person’s

life after diagnosis with dementia is eight to 12 years. It can be a little as three and as many as 20. If you are a care partner of someone living with dementia it’s not a sprint, it’s a marathon. In order to stay well for that duration, you need people to come walk alongside of you and you need to be willing to let them help you.

“If you are a person impacted by dementia in any way, use the services in your community that can help you. It could be through the health region or community agencies like your senior resource council that has meals you can access or organizations like the Alzheimer’s Society that can do family education.”

Woodlands’ next wellness session is

on May 15 from 7 p.m. to 9 p.m. and addresses pelvic floor health.

For a full schedule of upcoming seminars, visit the Rosser Woodlands Recreation Commission website at [www.rosserwoodlandsrec.com](http://www.rosserwoodlandsrec.com). You can also receive updates on other local health sessions by subscribing to the IERHA’s monthly Wellness Connection E-Newsletter at [www.ierha.ca](http://www.ierha.ca).

For more information on the Alzheimer’s Society of Manitoba and their resources, contact Interlake/Eastern Regional Coordinator Lindsay Thorlakson at 204-268-4752 or [alne@alzheimer.mb.ca](mailto:alne@alzheimer.mb.ca).

# Fire departments receive donation of pet oxygen masks

By Jennifer McFee

Pets' lives matter too.

That's the reason why Amber MacDonald undertook an initiative to raise enough money for emergency equipment for pets.

On April 7, she raised funds through the Balmoral Craft and Bake sale, bringing in enough money to purchase four sets of pet oxygen mask kits for the local fire departments.

Each set comes with oxygen masks in three different sizes that can be used on dogs, cats, ferrets, rabbits, guinea pigs, birds and many other species.

MacDonald ordered the kits from an American company called Wag'n O2 Fur Life at a cost of about \$200 apiece after duty and taxes.

"It can be used for any pet. My dogs are my family. We're a big pet family and my parents have a farm," said MacDonald, who lives in Balmoral.

"You hope it never happens, but if your house catches on fire, they're going to need help too. I would love to be able to save them if it was just a matter of oxygen. I'd rather that the fire departments be equipped with what they need to do it."

Thanks to MacDonald's donation,

the fire departments in Teulon-Rockwood, Stonewall-Rockwood, Stony Mountain and Woodlands now have the pet oxygen masks on hand to help.

Chris Dawson, fire chief for the Teulon-Rockwood Fire Department, said he wasn't aware of this type of equipment until they received the donation.

"It's one of those things that flew under the radar. Going forward we'll have it at our disposal," he said.

"Thankfully, we've not had a lot of occasions when one would have been needed."

Last summer, however, there was one instance when the pet oxygen masks would have been useful.

"We had a house fire last summer and unfortunately we had some pets that suffered smoke inhalation and perished because of it," he said.

"While we were there, the pets did come out and the ambulance attendants were trying to do the best they could to administer some oxygen to these poor animals, but it's rather ineffective when you're trying to use a human face-piece.

"It's great that we'll now have them on the truck in three different sizes."



TRIBUNE PHOTOS BY LANA MEIER

Amber MacDonald, left, presented Teulon-Rockwood fire Chief Chris Dawson with a pet oxygen mask kit last week.



The pet oxygen masks come in three sizes and can be used on dogs, cats, ferrets and even birds or guinea pigs.

## Rosser man arrested for trafficking in contraband tobacco

Submitted

Following an investigation into the importation of illegal cigarettes from Ontario into Manitoba, members of the Manitoba Finance Taxation Special Investigations Unit and the Winnipeg Police Service seized 810,000 contraband cigarettes.

On April 13, Manitoba Finance Taxation Special Investigations Unit, with assistance from the Winnipeg Police Service, East District Community Support Unit, arrested Dennis Donald Lange, a 72-year-old male from the RM of Rosser.

The individual is facing charges under the Criminal Code of Canada for trafficking in contraband tobacco, The Manitoba Tobacco Tax Act, and The Tax Administration and Miscellaneous Taxes Act for possessing non-Manitoba marked tobacco.

In addition, there were two warrants of arrest for failure to appear in relation to outstanding previous charges. As a result, Lange was detained by the Winnipeg Police Service.

Manitoba stood to lose \$238,950 in tax revenue if these cigarettes had been sold. If convicted, the individual faces fines between \$10,000 and \$50,000 and/or up to 12 months' imprisonment. In addition, due to a previous conviction the suspect faces a mandatory quadruple tax penalty of \$955,800.

The province urges anyone who has information on contraband tobacco to contact their local police, the Manitoba Finance Special Investigations Unit at 204-945-1137, or Manitoba Crime Stoppers (toll-free) at 1-800-222 TIPS (8477).

## Annual Duck Races coming up in Balmoral

Staff

Things will be just ducky in Balmoral next weekend when crowds converge for the Annual Duck Races.

On Sunday, April 22, the community hall will open at noon for an indoor lunch, and there will also be a barbecue outside.

Then the blue race begins at 1 p.m., followed by the yellow race at 2 p.m.

Dr. Jim Duncan will be in attendance with his owl Rusty. In celebration of Earth Day, attendees can drop off used household batteries, which will be turned in to FortWhyte Alive.

The event will also feature face painting and the always-popular Duck Dump. While you're there, the hall board invites everyone to check out

the basement renovations, which are now almost complete. All the profits from this year's races will also go towards finishing the basement project.

The board will recognize the RM of Rockwood for its \$7,500 grant and Provincial Community Places for their \$32,000 grant. Agriculture Minister Ralph Eichler will be on hand to speak at the event.

Duck tickets cost \$5 each and 215 tickets will be sold for each race. Tickets are available for purchase at the rec centre café and the Balmoral store, as well as from any hall board member.

For more information, call Bev at 204-467-2435 or text 204-467-8821.

# Fundraising to revive local community club

By Jo-Anne Procter

It was a toe-tappin', cow ploppin' fun time at the Rosser Central Community Club's Spring Barn Dance fundraiser held at the Holtmann Farm in Rosser last Saturday.

The sold out dinner and dance was enjoyed by 200 guests who enjoyed a delicious meal. Community member and chef, Carl Klassen prepared pulled pork, baked beans, baked potato, coleslaw, assorted desserts and ice cream. All the food was donated from local businesses, friends and neighbors.

Over \$11,500 was raised for the club through ticket sales, the cow plop game and the all expense paid trip for two to Churchill raffle.

Amy MacDonald of Winnipeg was the lucky winner of the trip, which includes flights, three nights stay at The Tundra Inn, excursions, and \$200 to be used at the restaurant and bar in Churchill.

Mackenzie Boonstra won \$250 for guessing where the cow plopped, Cooper Darragh won the kid's door prize of horseback riding lessons and Colleen Riddell won the adult door prize of 30 blue spruce seedlings.

The evening also featured local fiddler Mark Morisseau and his band with special guest Jim Sorenson who taught and called square dancing to guests of all ages.

The Rosser Central Community Club executive was pleased with the support from the community. The money raised will helping to create a regional facility that will be enjoyed by people of all ages from Rosser and the surrounding communities.

For more information on the club or to make a donation, contact Jessica Beachell at 204-996-6663.



Fiddler Mark Morisseau with his son Rylan on the spoons.



TRIBUNE PHOTOS BY KELLY HOLTSMANN

A spring barn dance was held at the Holtmann Farm in Rosser as a fundraiser to help out the local community club.



The children anxiously watched to see where the jersey cow was going to stop to plop.



Crystal and Gunther Johcum show off their square dancing skills.



Eighty-nine-year old Jim Sorenson called out the square dance steps.



Youngsters enjoyed the barn dance.



TRIBUNE PHOTO BY BRANDON KAPCHINSKY  
Amy MacDonald was the lucky winner of the all expense paid trip for two to Churchill.

# Think and be smart: it's hard to fix a wrinkled heart



TRIBUNE PHOTOS BY HEATHER SANCHE

Students and staff at École R.W. Bobby Bend School celebrated Canadian Red Cross Pink Day April 11 by wearing pink, eating pink and drinking pink. The day started with a short assembly in the gym, and throughout the day there were various activities school-wide and in classes. Prizes were awarded for the students wearing the most pink. Many students pre-ordered official Red Cross Pink Day shirts. Top left photo: RBC Stone- wall Branch employees (left to right) Michael Bayle, Haley Cvar, branch manager Sean Dalgliesh and mortgage specialist Lori Siwak helped serve pink lemonade to support the province-wide Bullying Awareness Day. This is the fourth year that RBC has come and served a drink to all students on Pink Day. Middle photo: Pink Day draw winners. Bottom left photo: Mme. Davis' Grade 1 class.



finances don't  
need to be awkward.

Oh, and you  
could win  
**\$1000!**

ASK US FOR  
DETAILS.

where  
relationships  
matter most.

[sunovacu.ca](http://sunovacu.ca)

**WE'RE HERE TO LISTEN, NOT JUDGE.**

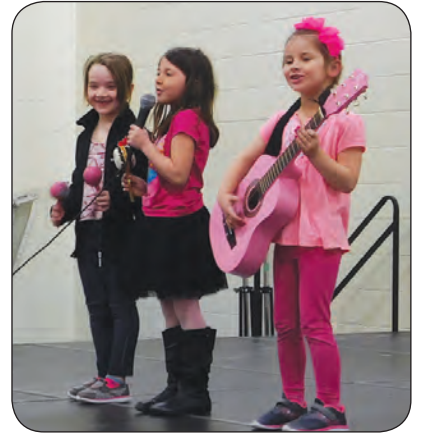
We may look like we have it together now, but that doesn't mean we always have.

Come tell us your story and together we'll work with you to find the right financial solution for you.

**STONEWALL BRANCH** 410 CENTRE AVENUE | STONEWALL, MB | 204.467.5574

**sunova**  
CREDIT UNION

# Day of Pink celebrated at Stony Mountain school



TRIBUNE PHOTOS BY DEB ZAHAYKO

Stony Mountain school students started their Day of Pink off bright and early with Grade 8 My Voice students serving up pancakes and pink lemonade. Students proudly wore their pink shirts and honoured the day by hosting their annual Stony's Got Talent show. Students from kindergarten to Grade 8 performed 29 acts. Left photo, left to right: the Grade 8 My Voice students Dom, Katie, Desyre, Casey, Ethan. Middle photo: the Grade 7 Synchro team won the Grade 4-8 category, Emily, Jayla, Jasmine, Nyah, Karmyn and Brianna. Right photo: kindergarten students Amelia, Gabriella and Eden rocked the stage for their performance.

## Wedding dress show correction

In the story "Farmers Hall near Gimli to showcase vintage wedding dresses" in the April 5 edition of the *Stonewall Teulon Tribune*, we accidentally transposed two digits of Elaine Klym's (and the Farmers Hall) phone number. The correct phone number

is (204) 296-0540. We apologize for the error. The vintage wedding show takes place May 27. Please call Elaine at the above number for tickets or visit Tergesen's General Store or Johnson's clothing store in Gimli.

**Innovative Productivity™**

**FERRIS**

# IS 700Z

**Outstanding Value & Productivity**  
STARTING AS LOW AS

## \$8,499

MODEL: 5901265



- Choose Kawasaki® FS691V, Kawasaki® FS730V, Kawasaki® FS730V EFI, Briggs & Stratton® Commercial Series, or Vanguard™ 810 engine options
- 52" or 61" iCD™ cutting deck options
- Cast-aluminum mower spindles
- Patented suspension system: Rear coil-over-shocks and pivoting front axle with shocks
- Dual commercial Hydro-Gear® ZT-3400® transaxles with 7" cooling fans

# T M

Teulon Tractor & Motor  
AG & AUTO PARTS

#7 Hwy. Teulon 204-886-2084

Save instantly



**\$5 OFF**

ENERGY STAR CERTIFIED SMART LED BULBS



**UP TO 40% OFF**

ENERGY STAR® CERTIFIED LED BULBS



**\$5 OFF**

ENERGY STAR CERTIFIED SMART LED BULBS



**\$5 OFF**

ENERGY STAR CERTIFIED INTEGRATED LED FIXTURES

At participating retailers until April 30.



Available in accessible formats upon request.

\*Manitoba Hydro is a licensee of the Trademark and Official Mark.

Stonewall Teulon

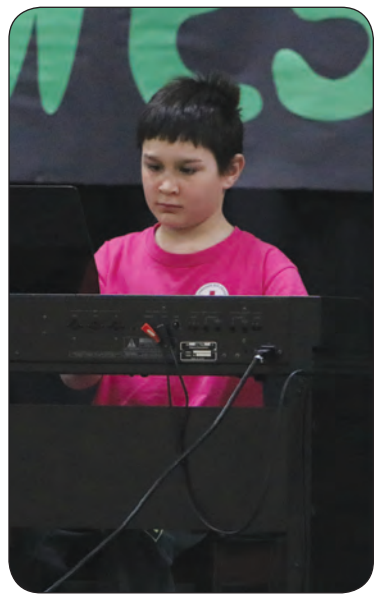
# Tribune

What's *Your* story?

Do you have a suggestion for our news team? Is there someone you would like to see recognized in the newspaper for their accomplishments - athletic, academic or community service.

**Call 467-5836 or email**  
[news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)

# Endless talent at Warren Elementary school



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The talent was non-stop at Warren Elementary School last Friday during the school's annual talent show. Grade 1-5 students performed 24 acts for their audience. There was singing and dancing, keyboard playing, slime making, skipping rope tricks and a shoot-out in honour of the Humboldt Broncos. Photos, left to right: Lexon Hogg and Leighton Chartrand showed off their "floss" moves while Maria Riddell and Danika Shaver danced. Talon Hogg and Logan Rayner belted out "Welcome to the Family" and Jack Carlson played the keyboard.

## ORAL HEALTH

# Protect YOUR FAMILY'S SMILE!

## 5 HABITS that will ruin your teeth



1. Drinking a glass of water after drinking wine, tea or coffee to clean off your teeth and keep them looking nice and white.

2. Using your teeth as a tool. Opening packaging or bottles, for example, with your teeth can cause cracks and breaks.

3. Brushing too hard. Brushing your teeth with too much force will eventually lead to gum recession and tooth sensitivity. Make sure to brush gently with a soft-bristled toothbrush.

4. Smoking. It's no longer a secret that tobacco use significantly increases the risk of developing periodontal disease and oral cancer. It

also causes bad breath and yellows teeth.

5. Eating too much sugar between meals. Do you have something of a sweet tooth? To prevent cavities, get your fix of candy or soda during mealtimes. This is when the production of saliva, which helps neutralize acidity in the mouth, is at its peak.

**Chewing on ice cubes, hard candies or cough drops can, over time, lead to dental fractures.**

Do you brush your teeth every morning and night and floss every day? Excellent! But to enjoy optimal oral health, you also need to avoid getting into a certain number of harmful habits, including the following five.

1. Eating or drinking lots of unhealthy foods. Soft drinks (which are highly acidic) and sticky candy (which stay in the mouth for a long time), among others, should always be consumed in moderation. Try to remember to



**CARRINGTON DENTAL Center**

**Dr. Dennis Carrington**

Hours:  
 Mon - Thurs 8:30am - 5:30pm  
 Fri 8:30am - 4:00pm

**NEW PATIENTS & EMERGENCIES WELCOME**

**467-2746**

310-1<sup>st</sup> St., W., Stonewall  
 info@carringtondentalcenter.ca  
 www.carringtondentalcenter.ca

**Creating Smiles for the Entire Family**

**Book your Appointment now.**  
 Dr. Stacey Benzick  
 Dr. Simi Singh  
 Dr. Carolyn Robertson

**ACCEPTING NEW PATIENTS**

**QUARRY Stonewall Dental Centre**  
 345 Main Street, Stonewall 204-467-2177





# Why is it important to check your fluids come spring?

Lubricant, coolant, cleaner — there are various fluids in your car that play several important roles when it comes to your engine's health. And since the mechanical components of your car are under heavy strain throughout the winter months, it's important to check your oil and other fluid levels when the weather lightens up in order maintain their effectiveness.

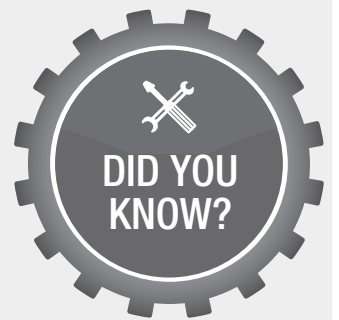
## MOTOR OIL

Motor oil is subject to significant temperature variations during the cold season. These changes are responsible for the formation of moisture, which reduces the effectiveness of the oil's lubricating properties. That's why it's important to drain your fluids every spring, even if you don't drive much during the winter. Alternatively, if you use motor oil designed to withstand extreme cold, come spring, it will need to be replaced with one that's more suitable for summer weather.



**DID YOU KNOW?**  
The mirrors on large trucks create blind spots that can be up to 13 feet long — more than enough to hide a car. When you pass a truck, be sure to make eye contact with the driver through the mirror to avoid an accident.

**DID YOU KNOW?**  
In addition to contributing to the premature wear of your tires, inadequate pressure and poor wheel alignment will significantly raise your fuel consumption.



## OTHER FLUIDS

During the summer, coolant prevents your engine from overheating. So it's important to check on it before the summer heat wave finally hits. To preserve the mechanical parts of your car for as long as possible, your brake and power steering fluids have to be carefully maintained — your mechanic will make sure they stay at the appropriate levels so that your car continues to work at peak performance.

Last but not least, take a second to check your windshield wiper fluid: have you filled it since the last snow-storm? Don't wait until you need it to find out!

**SOUTHSIDE SERVICE**  
For All Your Automotive Repairs & Maintenance  
*In business at this location since 1974*

**Book a service between April 1 & May 31 for a chance to WIN a Car Care Package!**

**SHAWN CORBIN** 462 Main Street, Stonewall  
**204-467-2378** Monday to Friday 8:00 a.m. - 6:00 p.m.

**DID YOU KNOW?**  
That characteristic new car smell is a mix of chemicals whose emissions may cause headaches and fatigue. It's recommended that you roll down the windows during the first few months of driving.

**SPRING – SUMMER MAINTENANCE OFFER\***  
• Oil, lube, and filter • Tire Rotation  
• Comprehensive multi-point visual inspection

**It's true that we can fix everything under the sun.**

**ENTER TO WIN\***  
One of 75 Toro 22 inch lawn mowers – model 20738

**How?**  
Book your maintenance service before August 31, 2018.

\*Enter in store. No purchase necessary. At participating centres only. Item may not be exactly as shown. Contest closes August 31, 2018. Odds of winning depend on the number of eligible entries received. See in store for complete contest rules and regulations.

**NAPA AUTOPRO** It's true  
We are fully authorized to perform warranty-approved maintenance on new vehicles!  
Ask us for details today!

**BRAKE FAMILY Auto Sales & Service 467-9156** 214 2<sup>nd</sup> Ave N, Stonewall, MB  
We are fully authorized to perform warranty-approved maintenance on new vehicles.

**Don't forget your SUMMER TIRES - We sell them here!**

**Spring & Summer SPECIAL**

**29 Point Inspection**  
including oil, filter & lube, top up fluids, inspect belts, hoses & lights, brakes, front-end, shocks & drive line, inspect exhaust, test battery & alternator, test cooling system, rotate tires, test A/C system & more!

Warranty Approved Oil Changes.  
**Call for appointment.**

**ADMIRAAL 467-7512**  
AUTO SERVICE 11 Agassiz Ave Stonewall

# Celebrating our NHL heroes



TRIBUNE PHOTO SUBMITTED

Teulon Day Care children and staff were all decked out in Jets gear last week in support of the Winnipeg Jets playoffs.

# Recycling continues to grow



TRIBUNE PHOTO BY TOM DYKSTRA

REACT recently purchased two 40-foot storage containers with the help of a Shell Environmental grant. One storage container was unloaded last Wednesday at the Winfield Road Transfer Station while the other was delivered to Teulon previously.

The containers will be used for storing plastic shopping bags that are currently being collected in the community, at schools and by retailers. The bags will then be transferred to Winnipeg where they will be re-used to make plastic products.

This Sunday is Earth Day and REACT will be holding their AGM and info sessions from 2 to 5 p.m. at Quarry Park, Lower Hall.

Speakers will be Art Goudy, Winfield Transfer Site manager, and Kevin Danner of Re-Gen Composites. Goudy has a vast amount of knowledge on recycling and will talk about the what, where it goes and why we should encourage recycling.






**Come & Visit our displays & be ready for the summer season.**

*Come see our new products for 2018.*

Call for directions  
Located in Warren  
204-981-2782

[www.keystoneproducts.ca](http://www.keystoneproducts.ca)



**80<sup>th</sup>**  
ANNUAL  
**GENERAL MEETING**  
of Red River Cooperative LTD

**26**  
APRIL 2018

5:30-6:45 p.m. Registration  
7-9 p.m. Meeting  
Canad Inns  
1405 St. Mathews Ave.  
Winnipeg, MB

**ATTEND | ASK | SHARE**  
EVERY MEMBER IS WELCOME

All members registered are entered to win the prize draw. Complimentary refreshments provided.

LOCALLY INVESTED • COMMUNITY MINDED • LIFETIME MEMBERSHIP BENEFITS

# Dreams can come true

By Jennifer McFee

Dreams really can come true through the Dream Factory, which gives sick kids a reason to smile.

The Manitoba-based charitable organization fulfills dreams for kids who are afflicted with life-threatening illnesses.

And now even more children will have the chance to become a Dream Kid since The Dream Factory is the new charitable partner of Manitoba Paddling Association for its Dragon Boat Festivals.

Howard Koks, executive director of The Dream Factory, is pleased with the new partnership.

"It's very exciting and we're doing more and more dreams, so the chance to work with another non-profit to raise more money and make more dreams come true is really something special. It's quite amazing," he said.

"It was just one of those things that felt right and it was just meant to be. It's working great."

The Dream Factory has been growing very quickly over the last few years, Koks added.

"We did 36 dreams last year and our previous record was 31, which was in 2016. Five or six years ago, we were doing 20 to 22 dreams, so we've gone through a lot of growth in the last few years. We're getting more requests for dreams and our policy is to never say no to a qualified kid — and we never have said no and we have no plans to," he said.

"We have more requests but we always have met them. Getting the Dragon Boats on our side will

help us raise money for those dreams and get more people involved. It's coming together very nicely."

Candace Schellenberg knows first hand how important these dreams can be to the kids and their families. Her three-year-old daughter, Brenna, has brain cancer and is currently in remission.

At the end of January, their family was able to take a break from the stress and go to Disney World, with everything arranged and paid for through The Dream Factory.

"You truly get the red carpet treatment. They pull out every stop and cover every base and think of every little thing," Schellenberg said.

"It is just incredible. You're treated like royalty and nothing is overlooked or not covered."

Young Brenna was diagnosed on July 28, 2016, sending the family on an emotional roller-coaster ride for the next year and a half.

"We've experienced every emotion, every feeling. We were told we weren't going to be leaving the hospital because her cancer was growing so quickly and was taking over," Schellenberg said.

"Then there were days she was doing really well and they thought she had pneumonia. You would think you were in the clear and things were going well and then all of a sudden something else would pop up and you were scared and terrified and worried again."

But after Brenna arrived at Disney World, along with her parents Candace and Jason and siblings Keira and Caleb, she had the chance to feel like a carefree kid again.

"There's something about being on that trip that just reunited us as a family and made us feel whole again. Money can't buy that," Schellenberg said, adding that the kids don't even have to wait in line for anything.

"They provided our own little villa for the family so we felt at home and had our own space. Brenna is still on maintenance chemo, so sometimes she's still down and out from



Brenna Schellenberg has brain cancer, and is currently in remission.



TRIBUNE PHOTOS SUBMITTED

Brenna, right, and her siblings Keira, left, and Caleb enjoyed a trip to Disney World through The Dream Factory.



The Dream Factory is the new charitable partner of Manitoba Paddling Association for its Dragon Boat Festivals.

her medications. So Jason could take the big two kids and I could stay home with Brenna or vice versa."

When Brenna's illness began, the family was living in Selkirk. Since then, they've moved to St. Andrews. Brenna's grandma, Crystal Braybrook, lives in Balmoral, so the impact is far-reaching.

"We were on call waiting for something bad to happen so it really, really affects the family," Schel-

Continued on page 22

## Gwen Fox Gallery proudly presents the interlake juried art show

Selkirk Recreational Complex  
180 Easton Drive, Selkirk

APRIL 27-29 2018

April 27 • 6-8 pm •  
Wine & Cheese Artists' Reception  
and Artists' Talk

April 28 • 10-5 pm •  
Open to the Public

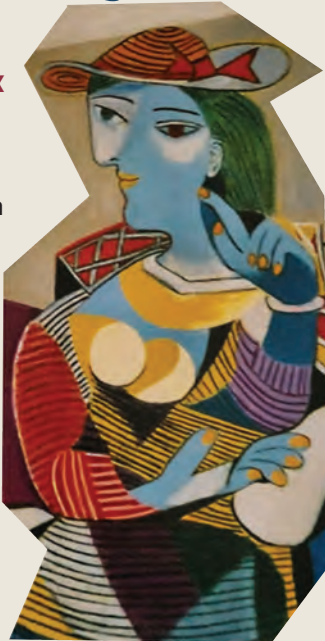
April 29 • 10 am-2 pm  
Open to the Public followed  
by Closing Ceremonies

Interlake Juried Art Show gratefully  
acknowledges the financial assistance  
of the Province of Manitoba and  
the Manitoba Arts Council

for information

• email: gwenfoxg@shaw.ca  
• phone: 204-482-4359  
• webpage: www.gwenfoxgallery.com  
(Info on Juried Art Show and Artist Galleries)

Interlake Juried Artist Show 2018



- Women's Only
- Yoga studio
- 30 minute circuit
- Open 24/7

# GLOWFITNESS



217 Clandeboye Ave.,  
Selkirk (behind Selkirk Record)

204.420.2480

GlowFitnessForWomen.ca

# get inspired

> MEAL IDEAS

  
**FamilyFoods**  
 Phone 467-5553



## Campanelle with Prosciutto and Peas

2 minutes less than directed on package. Drain pasta.

In large skillet over medium-high heat, heat oil and shallots. Cook 3-4 minutes, or until softened. Add wine; cook 3-4 minutes, or until most liquid has evaporated. Stir in peas, prosciutto, Alfredo sauce and cheese. Add pasta; toss gently. Cook and stir 1-2 minutes to coat pasta with sauce.

In saucepan, bring water to boil and add eggs. Cook 6 minutes. Transfer eggs to ice water and cool before peeling.

Top each serving with soft-set egg and black pepper.

Notes: Gouda or Gruyere can be substituted for Fontina. Unpeeled, cooked eggs can be stored in refrigerator up to one week.

- Cook time: 10 minutes  
 Prep time: 10 minutes  
 Servings: 6  
 12 ounces uncooked campanelle pasta  
 1 tablespoon Bertolli Extra-Virgin Olive Oil  
 1 large shallot, finely chopped  
 1/2 cup dry white wine  
 1/2 cup frozen peas  
 3 ounces thinly sliced prosciutto  
 1 jar (15 ounces) Bertolli Organic Creamy Alfredo Sauce  
 4 ounces Fontina cheese, shredded  
 6 eggs  
 1 teaspoon freshly ground black pepper  
 In pot of salted water, cook pasta



## Don't Get Programmed with Those Toxic Thoughts

the self, may join in to support the negative process despite an uncomfortable gut feeling about doing so.

The problem with the latter responses are twofold. First, the one who was being critical may quote the listener, in future conversations with others, as having agreed with her judgments. That creates problems in the external world. Second, passively listening or participating in gossip creates internal stress.

No one needs more stress. You would not knowingly expose yourself to toxic substances, and you do not need to be programmed with toxic thoughts. If you are not quite ready to confront these behaviors and call them what they are, you can simply change the subject.

*Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on Facebook for daily inspiration.*

I had an interesting conversation recently about how difficult it can be to speak up when we are not comfortable with subtle forms of dysfunctional behavior. If a neighbor is gossiping about another, or a supervisor is speaking critically of a fellow employee, we often do not want to hear what they are saying.

It may feel offensive, yet we may feel awkward or embarrassed about stating that. A strong person, who is more concerned with integrity than ego, can, in a forthright manner, set a boundary indicating their refusal to participate in such a conversation. One who is not quite at that stage might listen politely without adding any comments. Those who are insecure, and still more concerned with pleasing others than honoring



## Chocolate-Hazelnut Granola

- 3/4 cup oil
  - 2 cups roasted hazelnuts
  - 1/2 cup raw pumpkin seeds
  - 1/2 cup raw sunflower seeds
  - 1/2 cup dark chocolate chips
- Heat oven to 325 F.

In large bowl, combine protein builder, rolled oats, maple syrup, oil, hazelnuts, pumpkin seeds and sunflower seeds; mix until oats, hazelnuts and seeds are coated. On baking sheet, spread granola in thin layers and bake until golden brown, about 45 minutes, stirring every 10-15 minutes.

Cool completely then sprinkle in chocolate chips and serve with yogurt, on smoothie bowl or as cereal.

- Servings: 30  
 1 bottle (12 ounces) Chocolate Rockin' Protein Builder  
 12 cups rolled oats  
 1/2 cup maple syrup



## Blueberry Cornbread Muffins

- 1 cup Vanilla Rockin' Protein Builder
- 6 tablespoons vegetable oil
- 1 lemon, juiced

Heat oven to 400 F. Line muffin tin with 12 paper or foil muffin liners and set aside.

In medium bowl, combine cornmeal, flour, sugar, baking powder and salt; once mixed, toss in blueberries to coat.

In separate bowl, combine egg, protein builder, oil and lemon juice. Pour liquid ingredients into dry mix and stir until just combined. Divide into lined muffin tins and bake until golden brown, about 20-25 minutes.

- Servings: 12 muffins  
 1 cup cornmeal  
 1 cup flour  
 1/4 cup sugar  
 2 teaspoons baking powder  
 pinch of salt  
 1 cup fresh blueberries  
 1 egg

Live life to its fullest with



**USANA**  
 INDEPENDENT ASSOCIATES

Nutritional Supplements    Energy & Weight Loss    Skin Care Nutrition for Skin

Al Sanche - 461-1223  
 Madge Meakin - 467-9806  
 Bill & Shelley Kelly - 467-5372  
 Bruce & Bambi Rutherford - 467-2102

Learn how to create a safe haven.

We help you radically reduce chemicals in your home



Ask me how  
**Stephanie 204-896-3980**  
 Independent Sales Consultant  
[cleanwithwater15@gmail.com](mailto:cleanwithwater15@gmail.com)



Weightloss • Energy & Performance • Healthy Aging

**Allana Sawatzky**  
[allana333@hotmail.com](mailto:allana333@hotmail.com)

**Janice Gulay**  
[jkaraim@mymts.net](mailto:jkaraim@mymts.net) (c) 1-204-648-3836

**Rose Sawatzky**  
[isa.rose1957@gmail.com](mailto:isa.rose1957@gmail.com) (c) 1-204-479-8227

[www.isaproduct.com](http://www.isaproduct.com)

Do you have a Health or Wellness Business?

Call Stephanie at 467-5836 to advertise

# Balmoral Spring Fling on Saturday in support of natural playground

By Jennifer McFee

Spring has sprung, so there's no time like the present for a fun family event to welcome the season.

On Saturday, April 21, Balmoral Childcare Centre will host its Spring Fling family dance. The fundraising event aims to raise money to build a nature playground for the facility.

Assistant director Ashley Stefishen explains that a nature playground doesn't have a play structure.

"We want to do a bike path for the kids and then we want to do a shelter to help provide some shade and give us some protection from rain. We also want to do more wood-inspired things and stuff you would see out in a park. So we want to plant more greenery, add logs and bring in loose parts and stuff so that they can build their own play and use their imagination," she said.

"This past winter we brought in hay bales for the kids, so we're trying to bring in things that you would see out and about in your yard and in nature. We let them build what they want to



TRIBUNE PHOTO SUBMITTED

The Balmoral Childcare Centre is hosting a family dance this Saturday raising funds for a nature playground.

build with it."

Last year, Balmoral Childcare Centre hosted a family ball that raised about \$3,000, which allowed them to install a fence and buy a sandbox and rock box.

"This year, our goal is hopefully to raise the money for a shelter and to add some greenery and a hill with a slide," she said.

The Balmoral Spring Fling runs from 6 to 9 p.m. at Balmoral Community Hall. Admission at the door is \$10 for each person aged two and up or free for wee ones under age two.

"Once they're in, there will be snacks for them, and glitter tattoos are included," Stefishen said.

"We also have a Zumba instructor coming out and doing a 20-minute

session for the kids and for adults."

The event will also feature a silent auction, as well as photos by Tiny Fox Photography for \$15 each.

For more information, visit the Facebook page entitled "Balmoral Spring Fling" or call the Balmoral Childcare Centre at 204-467-5479.

## Government introduces amendments to Child and Family Services Act

Submitted

The Manitoba government has introduced initial amendments to The Child and Family Services (CFS) Act that would allow Indigenous communities to create care plans for children that recognize and reflect their unique customs, Families Minister Scott Fielding announced Monday.

"Supporting customary care is a key aspect of Manitoba's overall plan to transform child welfare," said Fielding. "These ground-breaking amendments are a first step to allow for more community decision-making and greater support for families and children. This allows a shift to greater extended family and community involvement in the care of and upbringing of the children from that community in a way that preserves cultural identity and respects their heritage."

The customary care concept was first introduced as a bill in late 2015 but failed to pass into law. Over the past year, government met with Indigenous leadership, community members and child and family services authorities and agencies to strengthen Manitoba's model for customary care, which is designed as another option to existing CFS prevention and protection supports and services.

Changes include a new title that in-

corporates Taking Care of our Children (a translation of a traditional Indigenous concept suggested as a title by Elder William Osborne of Pimicikamak), stronger recognition of the needs of Indigenous children to maintain their cultural identity and community ties, the expectation that all court-related decisions take the new principle into consideration and clear identification of the Manitoba Metis Federation (MMF) as the Indigenous community for children whose parents are members or who request their participation in customary care.

"Stakeholder input has been clear that customary care must be community-driven and the bill must reflect the needs of Indigenous children to be cared for in a way that maintains cultural connections and community ties," said Fielding. "Government listened and we made important changes. This new bill strengthens the legislative role of Indigenous communities in leading the development of their own unique models of care that will lead to better outcomes for children."

Once passed and proclaimed, the bill will see these needs entrenched in all care decisions related to First Nations, Metis and Inuit children. Indigenous families would be able to request customary care services and supports

from their CFS agency. Communities would be able to work with agencies to identify customary caregivers, assist with the design of care plans for children and share in the responsibility for keeping children safe. The bill would enable CFS support for children who live with customary caregivers and allow sharing information for the purpose of customary care.

"Today marks a new era for CFS where our children will be supported in the achievement of their hopes and dreams for the future," said Grand Chief Jerry Daniels, Southern Chiefs' Organization. "Customary care is about a community-driven approach and a reflection of best practices. The time has come for the Anishinaabe and Dakota nations to assume full control and jurisdiction over our children and families."

"The Province of Manitoba is embarking on a legislative reform process for The Child and Family Services Act that acknowledges and is premised on the fact that the current system has failed Indigenous families and children and the current reform process must be Indigenous led," said Grand Chief Sheila North, Manitoba Keewatinowik Okimakanak (MKO). "It is important there is enabling legislation that supports First Nation com-

munity customs, codes, languages and best practices. MKO leadership supports in principle the concept of customary care and is ready to move forward in full partnership with both levels of governments in achieving First Nations' jurisdiction over child and family matters affecting MKO First Nation territories."

"We commend the work of Minister Fielding in attempting to address a serious matter that has divided our families and children from their nation," said David Chartrand, president of the Manitoba Metis Federation. "As Métis people, family is everything. From birth to death, we embrace our family, and if the past teaches us anything, it's that the policies and administration of children by government has caused our families great harm. This is a good start and further recognition of our Métis government is ongoing."

An overall review continues of the two acts that guide the CFS system, The Child and Family Services Act and The Child and Family Services Authorities Act. A legislative review committee appointed in December is expected to make recommendations to the minister in the coming months.

# Teulon firefighters' ball a blazing success

## Staff

The Teulon-Rockwood Firefighters' Ball was a blazing success this weekend with approximately 440 attendees enjoying a delicious meal.

Firefighter Lyle Crowe received a pin from the RM of Rockwood Reeve Jim Campbell for 10 years of service.

As well, Teulon Mayor Bert Campbell gave a \$1,000 donation to the firefighters on behalf of the Teulon Tractor Pull.

Rey Girardin presented the annual fire department update, including information about the department's history and about past purchases made possible through the annual fundraising event.

Headline comedian Ivan Decker entertained the crowd with comedic comments, followed by a dance.

The large silent auction, featuring prizes donated by the community and supporters, was very successful.

"The TRFD Firefighters Association is pleased to report that by the end of the event, enough funds were raised and donated to facilitate the purchase of a new thermal imaging camera by the association for the department," said fire chief Chris Dawson in an email.



Mayor Bert Campbell gave a \$1,000 donation to the firefighters on behalf of the Teulon Tractor Pull.



TRIBUNE PHOTOS BY JUDI CARROLL  
Rockwood Reeve Jim Campbell, right, presented Lyle Crowe with a 10 year service pin.



## > DREAMS, FROM PG. 19

lenberg said. "It's really hard as a family going through that, so those special things that create positive memories are absolutely priceless."

The Disney trip brought some relief from the ongoing stress and brightened their children's eyes again.

"We were just in awe of the magic that was happening as they were seeing their favourite characters and going on rides that you could only dream of. To watch them experience that and their eyes light up, it makes your life as a parent to

see them so happy," Schellenberg said. "It was a trip of a lifetime and memories that we will keep with us for the rest of our lives. We are very grateful."

Individuals, groups and companies are encouraged to participate in the River City Dragon Boat Festival on June 1 and 2, which will raise funds for The Dream Factory.

For more information, visit [www.dreamdragonboat.ca](http://www.dreamdragonboat.ca) or to register a team, contact Dave McKnight at [dave@thedreamfactory.ca](mailto:dave@thedreamfactory.ca).

## Stonewall RCMP arrest man for sexual assault on a minor

### Submitted

On April 13, 2018, Stonewall RCMP arrested Henry "Kelly" Isbister, 80, for Sexual Interference and Sexual Assault on a minor.

Incidents related to these charges were reported to RCMP on April 13. Isbister exposed himself to a male minor on a couple of occasions and also touched the youth, who is under 16.

Anyone with information about this incident or other related incidents is asked to contact Stonewall RCMP at 204-467-5015 or call Manitoba Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com) or text "TIPMAN" plus your message to CRIMES (274637).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Charison excels at juvenile broomball nationals

By Brian Bowman

To be able to compete at a national tournament is a rare occurrence.

But to compete twice at nationals – at two different positions – is quite the accomplishment.

Teulon's Hayley Charison can now add that to her resume as she was the starting goaltender for Manitoba at the 2018 Juvenile National Broomball Championships in Owen Sound earlier this month.

The competition was very stiff at nationals.

"There were some (teams) that were well put together and they obviously practice every week together," said Charison. "But there were some teams that we definitely could have beaten if we would have had the goal scoring happening."

Three of Manitoba's losses were by 1-0 scores.

In fact, Manitoba struggled on the offensive end throughout the tournament and was shutout in all seven of their games.

"We had issues scoring goals and a little bit of the positional play," Charison

admitted. "But that will just come with time and practice."

Charison, meanwhile, was very good in goal for Manitoba and was selected as the second all-star goalie. She was also picked as Manitoba's player of the game in five of six games played.

That's pretty good for a 17-year-old player that never played the position before as was a late addition to the team.

"I thought I had a decent tournament," she said. "There was lots of pressure but that's what comes with being a goalie, I guess."

Charison played at the national before as a 14-year-old.

"This was my first year playing goalie, so it was completely different," she said, noting she only had three practices as a goalie before nationals.

"They needed a goalie desperately and I wasn't going to play but my friend asked me to play. I offered to try it out for them."

Charison used her experience as a defenceman in hockey to help her protect the crease in broomball.

"I have a little bit of sense of blocking



TRIBUNE PHOTO SUBMITTED

Teulon's Hayley Charison was the starting goaltender for Manitoba at the 2018 Juvenile National Broomball Championships in Owen Sound earlier this month.

shots and getting in the way of things and moving people out of my crease," she said. "I had to move quickly to keep the ball out of my crease."

## Dunlop, Manitoba curl well at U18 men's nationals

By Brian Bowman

Thomas Dunlop competed at his first-ever curling nationals last week.

And he didn't look out of place one bit.

In fact, Dunlop, who plays third for Brett Walter, represented Manitoba extremely well at the Under 18 Canadian Men's Championship in St. Andrews, N.B.

Manitoba finished first overall in Pool "A" with a 4-1 record and then crushed New Brunswick 7-2 in the first round of the double-knockout championship.

But their luck would run out with extra-end losses to Nova Scotia (7-6) and Northern Ontario (6-5).

The loss to Northern Ontario was a real tough one.

"In the extra end, he had to make a really good shot and

he ended up making it," Dunlop recalled. "We weren't too disappointed with the loss because it was probably our best-played game the whole week."

"We just came up a little bit short."

Manitoba's goal was to be playing in the final game at nationals. And they looked to be in good shape with the 4-1 pool record.

"We put ourselves in a pretty good spot by placing first in our pool, which was a pretty big accomplishment for us," said Dunlop, who lives in Stonewall. "And then we had two chances to get into the semis, but we ended up playing the team that won gold and the team that won bronze in our qualifying games."

"We had a bit of a tough road."

In pool play, Manitoba opened action by crushing the Northwest Territories 14-2 but then lost 8-1 to Ontario.

Walter bounced back nicely from that loss, though, to defeat Saskatchewan (6-2), Alberta (6-3) and Nova Scotia (7-4).

Graeme Weagle's Nova Scotia team defeated Alberta's Ryan Jacques (Edmonton) 10-6 in the final.

The experience of competing at a national event was a real good one, said Dunlop.

"We got to stay in a top-five rated hotel in Canada, so even staying there was a lot of fun," Dunlop said. "And being at my first nationals was a really cool experience."

Dunlop enjoyed representing Manitoba against the top, young curling teams in the country.

"It was a lot of fun," he enthused. "Being a team out of Manitoba, you're always expected to do (well) and I think we did pretty good. Overall, we had the first or second team percentage out of all of the teams, so we played good enough to win, except we came up a bit short when we needed to."

The 18 year old Dunlop will not be able to experience the U-18 championship ever again. He plans to curl with his Stonewall rink (which includes his brother) next season but Dunlop predicted in a year or two down the road, he wouldn't be surprised if he was curling with Walter and company again.

"They're good guys," Dunlop said.



Thomas Dunlop

# Leif Mattson listed by NHL Central Scouting

By Brian Bowman

Three Kelowna Rockets' players – including Stonewall's Leif Mattson - have been listed on NHL Central Scouting's final ranking of North American skaters for the 2018 NHL Draft at American Airlines Center in Dallas on June 22-23.

Kelowna forward Kyle Topping and defenceman Libor Zabransky also made the list, which was released Monday morning.

Mattson is currently ranked 157th among North American skaters on the NHL Central Scouting's final rankings.

Barrie Colts' centre Andrei Svechnikov, who plays in the Ontario Hockey League, is No. 1 on NHL Central Scouting's final ranking of North American skaters.

"It's obviously pretty cool to be recognized among those names for the scouting list," said Mattson Monday evening. "It's a pretty cool accolade, you could say, for myself and my family.

"It's the first step in the right direction and hopefully that continues down the road here."

The 18-year-old Mattson finished his second season with the Rockets, scoring 25 goals and 60 points in 63 regular-season games. That placed him

sixth on Kelowna in points produced.

"I felt I had a good year in all areas of my game," Mattson said. "I improved from last season and in the summer I put in the hours to improve my game. It was nice to be rewarded with more ice time and opportunity with the Rockets this past season."

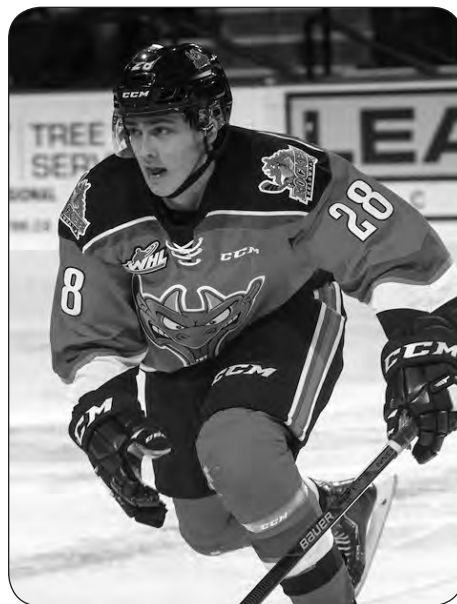
This year's NHL draft will be Mattson's second time being eligible. With the ranking with NHL Central Scouting, he has an improved chance of getting his name called.

"Right now, I'm just focusing on improving my game day by day," Mattson said. "I took a little time off away from the rink and the gym after the season ended, but once things get started back up again with training, I'll be working on my game.

"And when the draft comes up in June, I'll be hoping for the best and it would be pretty cool if my name got called that day."

Kelowna had a real good regular season, finishing with a 43-22-5-2 record. But their season ended abruptly after being swept by Tri-City in the first round of the playoffs.

"Our GM does a heck of a job every year putting a team together on the ice that can win," Mattson said. "We had a pretty good regular season and we won our division, the B.C. division



TRIBUNE PHOTO COURTESY OF KELOWNA ROCKETS

Leif Mattson is currently ranked 157th among North American skaters on the NHL Central Scouting's final rankings.

title, but unfortunately we lost early in the playoffs and that was a bit of a disappointment.

"We didn't play into May and June like we expected but that happens."

Mattson's rights were acquired by Kelowna via trade in October of 2016 from the Brandon Wheat Kings.

He played nine games over two sea-

sons in the Alberta Junior Hockey League before landing in Kelowna.

In two seasons with the Rockets, Mattson has played in 109 regular-season games, scoring 34 goals while adding 40 assists.

The Rockets have been a real good fit for the talented forward.

"When I was originally drafted I was excited to one day play in the Western Hockey League," Mattson explained. "After playing in Alberta, plans changed for me. I was originally planning on playing college hockey but once the trade happened from Brandon to Kelowna, it opened up another door.

"Looking back at it now, it was one of the best decisions I have ever made. It's improved my game immensely and I'm definitely benefitting from it, for sure."

He's also befitting from the scenery – and the mild weather – in beautiful Kelowna.

"It's an awesome city," Mattson enthused. "I think it's the best spot in the western league to play in terms of not only is the team very good every year, but it's a pretty cool location.

"It doesn't get too cold in the winter like it does in Manitoba. It's a beautiful location and all of the guys are grateful to be in Kelowna."

# Stonewall Collegiate hosts badminton tournament

Staff

High school badminton players packed Stonewall Collegiate's gym April 10 to hone their skills before the

zone playoffs later this month.

Warren Collegiate's Emalia Sinclair won the girls' singles event while Gimli's Jayda Campbell placed sec-

ond. Miles Macdonell's Alyssa Seidel and Valerya Ivou finished third and fourth, respectively.

The boys' singles division saw

Stonewall's Chris Wiebe take top spot, ahead of teammate Liam Proven, Gimli's Riley Huston, and the Rams' Scott Yeo.

The Wildcats' Alex Chester and Grace Goodman won the girls' doubles event. They finished ahead of Miles Macdonell's Donna Macam and Angelique Deleon, Warren's Hannah and Payton Janke, and Stonewall's Lauren Proven and Kyra Shewchuk.

Stonewall Collegiate's Justin Levesque and Ethan Lindsay-Corbel captured the boys' doubles competition.

Teulon's Austin Persoage and Ryan Hill placed second, followed by the Wildcats' Matt Fossay and Austin Holod and Gimli's Colton Nedotiafko and Jaxson Groot.

Lundar's Callie Farthing and Ryan Gleich teamed up to win the mixed doubles division while Stonewall's Hunter Lupyrypa and Dante Lourenco placed second.

Warren's Nick Streeter and Jace Turner were third, followed by River-ton's Dalton Johnson and Denali Sigurdson.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Pictured left, Warren Collegiate's Alex Chester and Grace Goodman won the girls' doubles event while in the middle photo the Wildcats' Emalia Sinclair was tops in girls' singles. In the far right photo, the Rams' Chris Wiebe won the boys' singles competition.



# Magic burned by Flames in U19 ringette quarter-final

By Brian Bowman

The Manitoba Magic was edged 5-4 by the Eastman Flames in the quarter-final of the U19 Canadian Ringette Championships last Friday in Winnipeg.

Manitoba finished the nine-team Pool "B" division standings in third place with an impressive 6-2 record. The Magic scored a division-leading 54 goals while giving up just 33.

Manitoba opened play April 9 with wins over Alberta (6-4) and Prince Edward Island (8-1). The Magic was defeated 6-5 the next day by Quebec and then Manitoba outscored the Waterloo Wildfire 9-3.

On April 11, the Magic lost 6-5 to Team Manitoba before rebounding to beat B.C.'s TORL Force 11-4.

Manitoba then wrapped up pool play last Thursday with wins over Alberta's GRIT (5-4) and Saskatchewan

(5-2).

Magic goaltender Shae Mulvihill of Stonewall was 4-0 with a 4.00 goals-against average and .894 save percentage while Grosse Isle's Olivia McCowan scored 12 goals and had 10 assists in eight round-robin games.

McCowan also had an assist in the quarter-final loss.

Stonewall's Rikki Frost-Hunt also had a very good tournament, scoring five times while adding six assists. She added three goals in the playoff loss.

East St. Paul forward Halle Dyck scored twice and added five assists during round-robin play.

On the blueline, the Magic was represented by East St. Paul's Makayla Dyck and Petersfield's Charlotte Wilmott.

Makayla and Wilmott each had four assists during the tournament.



TRIBUNE PHOTOS BY DEREK FROST-HUNT

Grosse Isle's Olivia McCowan scored 12 goals and had 10 assists in eight round-robin games at the U19 Canadian Ringette Championships.



Magic goaltender Shae Mulvihill was 4-0 with a 4.00 goals-against average and .894 save percentage



Rikki Frost-Hunt of Stonewall scored five times while adding six assists.

## Magic, Flames compete at U16 nationals

Staff

The Manitoba Magic finished with a 2-5 record in the 21-team U16 Canadian Ringette Championships in Winnipeg.

Manitoba played a pair of games on April 9, losing 5-3 to Alberta before beating the Central Alberta Sting 7-4.

The Magic then lost 10-3 to New Brunswick, 4-1 to Quebec's BLL, and 10-3 to the Regina Stingers before defeating the Mississauga Mustangs 5-4.

The Magic was then beaten 6-1 by Team Manitoba (Angels) in a championship round seeding game.

Magic forward Shereise Fetterly of Selkirk scored four goals and added four assists in the tournament.

St. Andrews' forward Emily Lazaruk had a goal and three assists in six

round-robin games.

Magic defencemen included Warren's Alexa Cowan, who had a goal and two assists, and St. Clements' Hannah Shortridge.

The Manitoba Flames, meanwhile, finished with an 0-6 record after losses to Quebec (7-0), Alberta's Zone 2 (8-2), Saskatchewan (5-2), Ontario's Central Whitby Sharks (8-4), Prince Edward Island (6-5) and Alberta's Sherwood Park Power (9-3).

The Flames were then edged 2-1 by the Wild in a consolation game.

The Flames' roster includes East Selkirk forward Valorie Smuttell, who finished the tournament with three goals and four assists.

Narol's Macy Neish was a defenceman with the Flames.

## Hitting the gridiron



TRIBUNE PHOTO BY KIM DELAROQUE

Interlake Thunder players who participated in Phase 1 of Football Manitoba's U16 tryouts last weekend included Andrew Perrie, Graeme Perrie, Joshua Charison, Brady deLaroque, Kelby Arndt, Logan Ritchie, Karsen Karish, Gabe Perrie and Jesse Preteau.

The Phase 1 ID Weekend consisted of four practices (two each day) where Team Manitoba's coaching staff identified players to move on to Phase 2 (Blue and Gold week game) for the final selection stages.

# Classifieds

Call 204-467-5836 or

Email [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)



## NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION RURAL MUNICIPALITY OF ROSSER

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that candidate registrations will be received:  
For the office of head of council: Between May 1 and September 18, 2018  
For the office of councillor: Between June 30 and September 18, 2018  
at the Rural Municipality of Rosser office, 0 077E PR 221, Rosser, Manitoba during the regular hours of business.  
To obtain a registration form contact the municipal office at 204-467-5711.  
Dated at Rosser, Manitoba on April 16, 2018.  
Ernie Epp  
Senior Election Official (S.E.O.)

## NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION RURAL MUNICIPALITY OF WOODLANDS



Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that candidate registrations will be received:  
For the office of head of council: Between May 1 and September 18, 2018  
For the office of councillor: Between June 30 and September 18, 2018  
at the Rural Municipality of Woodlands office, 57 Railway Avenue, Woodlands during the regular hours of business.  
To obtain a registration form contact the municipal office at 204-383-5679.  
Dated at Woodlands, Manitoba on April 9, 2018.  
Ernie Epp  
Senior Election Official (S.E.O.)

## The Rural Municipality of Woodlands PUBLIC HEARING REGARDING THE 2018 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 2018 Financial Plan for the Municipality at

**May 1, 2018 at 6:00 P.M.**  
**Rural Municipality of Woodlands Municipal Office**  
**57 Railway Avenue, Woodlands**

The Rural Municipality of Woodlands 2018 Financial Plan consists of:  
1) 2018 Operating Budget  
2) 2018 Capital Budget  
3) an estimate of the operating revenue and expenditures for the following fiscal year (2019), and  
4) a five year Capital Expenditure Program (2019-2023)

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 2018 Financial Plan.

Information and documents concerning the 2018 Financial Plan are available for review after **April 12, 2018**, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m. at the Municipal Office at the corner of Main Street and Railway Avenue in Woodlands, Manitoba.

Adam Turner, CMMA  
Chief Administrative Officer  
Rural Municipality of Woodlands

## HAVE A NEWS TIP? AN INTERESTING STORY? CALL 204-467-5836



## RURAL MUNICIPALITY OF ROSSER PUBLIC HEARING 2018 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act the Council of the Rural Municipality of Rosser will hold a **PUBLIC HEARING** to present the 2018 Financial Plan for the Municipality at:

**7:30 P.M.**  
**Thursday, APRIL 26, 2018**  
**ROSSER MUNICIPAL OFFICE**

The Rural Municipality of Rosser 2018 Financial Plan consists of:

- 1) the 2018 Operating Budget,
- 2) the 2018 Capital Budget,
- 3) an estimate of the operating revenue and expenditure for the 2019 fiscal year, and
- 4) a five year Capital Expenditure Program (2019-2023).

At this time the Council will present the proposed 2018 financial plan for the Municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

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

Larry Wandowich  
Chief Administrative Officer  
Rural Municipality of Rosser



## TOWN OF TEULON PUBLIC HEARING

2018 Financial Plan

In accordance with Section 162(2) of the Municipal Act, the Town of Teulon shall hold a PUBLIC HEARING to present the 2018 Financial Plan on:

**Tuesday, May 8, 2018 at 7:05 p.m.**  
**Teulon Civic Centre Council Chambers**  
**#44-Fourth Avenue S.E.**  
**Teulon, Manitoba**

The Town of Teulon 2018 Financial Plan consists of:

1. The 2018 Operating Budget
2. The 2018 Capital Budget which includes proposed borrowing for the construction of a new fire hall.
3. An Estimate of the Operating Revenue and Expenditures for the following fiscal year, and
4. A five (5) year Capital Expenditure Program

The purpose of this Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Teulon's 2018 Financial Plan.

Copies of the 2018 Financial Plan will be available for review at the Municipal Office, Monday to Friday between 9:00 a.m. and 5:00 p.m.

Dated this 12th day of April, 2018.  
Doreen Steg, CMMA  
Chief Administrative Officer  
Town of Teulon

### METAL RECYCLING

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

### APARTMENT FOR RENT

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

### BUILDING LOT FOR SALE

Well established treed & serviced building lot, 50 x 100, located on 8th Ave. South, Stonewall. Quiet neighbourhood, easy access to exit town by sleds & quads. \$89,900. Ph 204-467-8086.

### HOUSE FOR RENT

Stonewall - 2 storey, 2 bdrm., 1 bath, appliances included. No pets, no smoking. Tenant responsible for utilities. Close to amenities. \$1200/mo. Call 204-793-4292.

### CONDO FOR SALE

#13-15 Keith Cossens Dr., Stonewall. 2 bdrm., well maintained, garage, vaulted ceilings, gas fireplace, low condo fees. Call 204-467-2967 or 204-781-7543.

### FARMLAND FOR SALE

210 acres located off Hwy. #6 past Town of Woodlands. Land #85093. Call Tony at 204-941-1239.

### HANDYMAN SERVICES

Yard and garden work, exterior house cleaning and maintenance. If you need help with just about anything inside or out, give Bob a call at 204-378-2905.

For sale: 70 acres cultivated land. Legal description SW-27-13-3E. Contact owner 204-362-8555.

### HELP WANTED

HOTLINE cook req'd. Seeking part time breakfast, lunch & dinner cook. Must have some kitchen experience. Call CRAVINGS RESTAURANT 204-467-9078 or [cravingsrestaurant@hotmail.com](mailto:cravingsrestaurant@hotmail.com)

## Book Your Classified Ad Today

Call 204-467-5836  
or Email  
[classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)

## Everything you need to promote your business

- FLYERS • BROCHURES
- BUSINESS CARDS
- STICKERS
- POST CARDS
- DOOR HANGERS
- PRESENTATION FOLDERS
- SIGNS • SOCIAL TICKETS
- LETTERHEAD • ENVELOPES
- INVOICES • ESTIMATE SHEETS
- POSTERS • MEMO PADS
- And MORE...



For all your printing  
and publishing needs

204-467-5836

# Classifieds

Stonewall Teulon  
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email igrphic@mts.net

## HELP WANTED

The Stonewall Teulon Tribune is looking for a couple of collators to help with inserting flyers into the newspapers. Must be willing to stand for long periods of time and to carry 20-40 lbs. Manual dexterity is an asset. Shifts are Tuesdays and Wednesdays in Winnipeg, close to Inkster Park. Please call Lana at 204-467-5836.

Overland Truck Out-fitters is looking for an employee to install truck accessories, training is provided and the successful applicant will have full time employment. Drop off a resume at 102 Aviation Blvd. St. Andrews.

PIZZA DEN in Stonewall now hiring a part time evening COOK & part time evening SERVER. Drop off resume or send to robert.magnifico@gmail.com

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: CareerStep.ca/MT or 1-855-768-3362 to start training for your work-at-home career today!

**HAVE A NEWS TIP?**  
CALL  
204-467-5836

## Hip or knee replacement?

Problems walking or getting dressed? The Canadian Government may owe you a:

**\$2,500**  
Yearly Credit  
**\$20,000**  
Lump Sum Refund

The Disability Credit Service. Lowest rate in the industry.

For reliable expert service CALL  
204-453-5372

## BUSINESS OPPORTUNITY

RedWagon Transportation is on the market and ready for purchase. This taxi/shuttle company is perfect for a hungry entrepreneur or a semi/retired person. Call Bryce Spittal 204-430-6787.

## BOOKKEEPING

Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

## INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

## MISCELLANEOUS

Colorado Blue Spruce: \$0.99/each for a box of 180 (\$178.20). Also full range of tree, shrub, and berry seedlings. Free shipping most of Canada. Growth guarantee. 1-866-873-3846 or TreeTime.ca.

## READY FOR DELIVERY

1584 sqft. showhome. Only \$199,000. 9 ft walls, 3 bedroom, 2.5 baths. Maple kitchen with island & walk-in pantry.

Covered veranda. Tripane windows & fir plywood construction and James Hardie siding.

For more information visit [wgiesbrechthomes.ca](http://wgiesbrechthomes.ca) or 204-346-3231



health based cleaning system

A great janitorial business opportunity!

- Low initial investment
- Brand recognition
- Professional business and technical training
- Guaranteed cleaning contracts
- Complete supplies and equipment package
- Financing available regardless of your credit

Be your own boss today!  
Ph: (204)430-6510  
or (204) 615-9841  
E: [Annaw@coverallmb.com](mailto:Annaw@coverallmb.com)  
[www.coverall.com](http://www.coverall.com)

## MISCELLANEOUS

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

## MISCELLANEOUS

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, MB. 1-888-685-3127.

## WANTED

Old tube audio equipment. 40 years or older. Amplifiers, stereo, recording and theatre sound equipment. Hammond organs, any condition. Call toll-free 1-800-947-0393.

REMEMBER YOUR LOVED ONES IN THE TRIBUNE

CLEANING OUT YOUR ATTIC OR BASEMENT? ADVERTISE IN THE TRIBUNE AND GET RESULTS

## THE RURAL MUNICIPALITY OF ROCKWOOD



### PUBLIC NOTICE 2018 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 2018 Financial Plan for the Municipality at:

6:30 p.m.

Tuesday, May 1, 2018

Council Chambers

The Rural Municipality of Rockwood  
Administration Building – 285 Main Street  
Stonewall, Manitoba

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 2018 Financial Plan.

Information and documents concerning the 2018 Financial Plan and the procedures to be followed at the **PUBLIC HEARING** 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

## THE RURAL MUNICIPALITY OF ROCKWOOD



### 2018 DUST CONTROL PROGRAM

When requesting application of dust control, the Applicant acknowledges and accepts the following:

1. The product to be used for dust control purposes is Magnesium Chloride. The Municipality does not guarantee any dust control product.
2. For safety purposes, the maintenance of roads by the Municipality takes priority over anyone's application of dust control.
3. The Municipality shall not be responsible to replace anyone's application of dust control.

The Rural Municipality of Rockwood will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS ONLY**, on municipal roads in front of residences in the Rural Municipality of Rockwood. **This includes residences in the Rural Residential Zones.**

Ratepayers may obtain dust control on the basis of **\$400.00** per application. **Orders and pre-payments** for same to be made to the Rural Municipality of Rockwood Administration Office by **Friday, May 18, 2018**. The application will consist of actual width of road x 100 metre strip. The area to be serviced **must** be staked out prior to application. Dust Control will be applied during the early part of June, 2018, **weather permitting**.

In the event of there not being sufficient requests for a truckload, payments will be refunded.

**COUNCIL**  
The Rural Municipality of Rockwood

## Book Your Classified Ad Today

Call: 204- 467-5836

or Email: [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)



## 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. Application forms are available on the website, at the Municipal Office or by calling 204-467-5711. Applicants will be charged \$250.00 for a 12' x 300' strip. Areas to be serviced must be staked out by the applicant prior to application. In the event of insufficient requests, applications may be denied.

Note: Deadline for applications is May 31, 2018.

Council  
The Rural Municipality of Rosser



## THE RURAL MUNICIPALITY OF ROCKWOOD

### NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

For the office of head of council: Between May 1 and September 18, 2018

For the office of councillor: Between June 30 and September 18, 2018

At the RM of Rockwood Office, 285 Main Street, Stonewall during the regular hours of business.

To obtain a registration form contact the municipal office at 204-467-2272.

Dated at Stonewall, Manitoba on April 3, 2018

Ernie Epp  
Senior Election Official (S.E.O.)



## THE RURAL MUNICIPALITY OF ROCKWOOD

### 2018 PARK MAINTENANCE AND GRASS CUTTER

#### INVITATION FOR PROPOSAL

The Rural Municipality of Rockwood is seeking proposals for park maintenance and grass cutting at the following Parks located in Stony Mountain:

1. Kelpin Park – 63 Walker Street
2. Gerry Ducharme Memorial Park – 78 Gulay Street
3. Bedrock Park – 29 Bedson Drive
4. Cenotaph – 133 Memorial Boulevard (Corner of Memorial & Prince)

- Contractor to supply own equipment and fuel
- Lowest or any proposal not necessarily accepted
- Contract period would be for the 2018 season

**Proposal Close: 4:00 pm local time, on Friday, April 27, 2018**

Detailed proposal packages complete with specifications are available to interested applicants on the RM of Rockwood Website or at the Municipal Office, between the hours of 9:00 am to 4:30 pm, Monday to Friday. Any questions or concerns can be directed to:

Ian Tesarski, C.E.T.  
Director of Operations  
285 Main Street  
Box 902, Stonewall, MB, R0C 2Z0  
[www.rockwood.ca](http://www.rockwood.ca)  
Phone: 1-204-467-2272

# Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

**McSherry Auction Service Ltd**  
**AUCTION SALE ITALO & SILVIA FERRARESE**  
 Sunday April 22nd 10:00 am  
 Beausejour, MB  
 North 18 Miles On Hwy 12 Then 1 Mile West Rd90 Then 1/2 Mile North On Rd 41 #90080  
 Contact: Terry (204) 268-5464  
 Case 2090 Cab 3PH Duals 6350 Hrs. \* JD 1840 Dsl w JD 146 FEL \* IH 706 \* 3PH Equip \* Haying & Grain Equip \* Trailers \* Vehicles \* Sailboat \* Yard \* Graineries \* Buildings \* Tools \* Antiques \* Household \*  
 Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027 [www.mcsherryauction.com](http://www.mcsherryauction.com)

**McSherry Auction Service Ltd**  
**PETRASKO GREENHOUSE & SALVAGE**  
 Sat May 5th @ 10:00 am  
 Oak Bank, MB  
 3 Miles North on Hwy 206 Then West 3 Miles on Garven Rd Then North 1 Mile on Pine Ridge Rd #163  
 Contact # (204) 224-3517  
 Greenhouse 7) Green Houses GGS Engineered 2" Galv Frame, Poly Zip Lock - Various Sizes \* Metal Plant Tables \* Trolley & Rail Systems \* Plant Pots \* Plant Hangers \* Construction Items 68 GM 940 w 14' B & H \* Ditch Witch 182C Trencher \* Skid Steer Blade \* Wood Splitter \* BH 20' Trailer \* Power Trowel \* Genie 30' Person Lift \* Power Pallet Jack \* Generator \* Jack Hammer \* Building Supply \* Yard -Crafts 22 HP R Mower \* Wrought Iron Gates \* Snow Blower \* Tiller \* Tools \* Tire Balancer \* Upright & Portable Air Comp \* Spot Welder \* Drill Press \* Power Tools \* Air Tools \* Hand Tools \* 10' x 10' Pop Up Tents \* Pressure Washer \* Electric Motors \* Auto/Trailer Lighting \* Antiques \* Wood Heater \* Partial List - Go To Web!  
 Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027 [www.mcsherryauction.com](http://www.mcsherryauction.com)

ADVERTISE YOUR AUCTION SALES HERE

**McSherry Auction Service Ltd**  
**NELSON TOMALTY**  
 Contact (204) 651-0112  
 Sat April 21st @ 10:00 AM  
 Gimli, MB  
 79 Datsun 280 \* JD B \* 3) Stationary Engines \* 3) Snowmobiles \* Yard Items \* 11 Guns \* Tools \* Antiques \*  
 Stuart McSherry Stonewall, Manitoba (204) 467-1858 or (204) 886-7027 [www.mcsherryauction.com](http://www.mcsherryauction.com)

**McSherry Auction**  
 12 Patterson Dr. Stonewall, MB  
**Estate & Moving Auction**  
 Sat April 28 @ 10:00 AM  
 Yard \* Recreation \* Tools Misc \* Antiques \* Household  
 Go To Web!  
 Call to Consign - Trucking Available!  
 (204) 467-1858 or (204) 886-7027 [www.mcsherryauction.com](http://www.mcsherryauction.com)

**Meyers Auction**  
 9:30 April, 14, 2018  
 Meyers Auction Site Arden, MB  
 May 5 B. Penner & Consignors  
 Sunny Mountain Furniture  
 Polonia, MB  
 Tools & Household  
 May 12 Small Farm  
 Glenella, MB  
 Deutz Tractors, Tools, Etc  
 May 19 D. Winthrop & Consignor  
 Kelwood, MB  
 Household & Contractor Tools  
 May 26 B&E Andrews  
 Eden, MB  
 Shop & Wood Working Tools  
 Saab Car, Household  
 June 2 Acreage  
 West St. Paul MB (WPG)  
 IHC Tractors Tools  
 Bradley Meyers  
 Auctioneer  
 204-476-6262  
[www.meyersauctions.com](http://www.meyersauctions.com)

Please support our advertisers  
**SHOP LOCAL & KEEP LOCAL DOLLARS AT HOME**

**Community Living INTERLAKE**

Community Living Interlake is now accepting expressions of interest from individuals who can help us by serving a two-year term as a member of the board of directors. Community Living Interlake offers you an opportunity to have a positive impact in your community and to make a difference in the lives of people living with intellectual disabilities. We are a nonprofit organization dedicated to building full inclusion in the community. We create opportunities in housing and employment that allow people to learn, grow and live independent and meaningful lives. As a board member you will be an essential part of the team that provides oversight for this large and growing organization. If you are interested in helping us as a board member please call or email our Executive Director Jimm Simon ([JimmS@aclinterlake.ca](mailto:JimmS@aclinterlake.ca)) or call 204-467-8419. All Expressions of interest must be received prior to April 30, 2018. Community Living Interlake thanks you for your support. An expression of interest is not a guarantee of board membership. Prospective board members will be contacted for an interview prior to the annual general meeting. Board membership is confirmed at the annual general meeting held in June.

**Need to Promote Your Business?**  
**Call 467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)**

**GREEN TEAM**

The Interlake School Division invites applications for **GREEN TEAM** members for the upcoming summer season. Duties include maintaining grounds and playgrounds, cleaning building exteriors, cleaning buses, and assisting tradespeople as required.

Details of the position can be found on the Division's website at [www.isd21.mb.ca](http://www.isd21.mb.ca). Applicants must have a valid driver's license. Deadline for receipt of applications is May 1, 2018.

Please forward applications, complete with the names of three references to:  
 Human Resources, Interlake School Division  
 192-2nd Avenue North, Stonewall, MB R0C 2Z0  
 Tel: 467-5100 Fax: 467-8334  
[hr@isd21.mb.ca](mailto:hr@isd21.mb.ca)

**Lampport & Dowler Auction Svc**

**UPCOMING AUCTIONS**  
**Saturday, May 5, 2018 at 10 AM**  
 Large Retirement Farm Auction for Joe & Nancy Jo Moller Plumas, MB  
**Saturday, May 26, 2018 at 10 AM**  
 Retirement Farm Auction for Perry & Laurie Hunstad Warren, MB  
**Saturday, June 2, 2018 at 10 AM**  
 Large Retirement Farm Auction for Dorothy Moller Plumas, MB  
 Please view [www.lampportanddowler.com](http://www.lampportanddowler.com) for full listing and photos.  
**Come join us for these great sales!!**  
**John Lampport 204-841-4136/204-383-5711**  
**Tim Dowler 204-803-6915**

## take a break > GAMES

**SUDOKU**

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

Level: Intermediate

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

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

**Sudoku Answer**

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

**Crossword Answer**

I	B	B	V	R	W	S	E	R	H	O
N	E	T	T	V	D	S	E	C	I	
N	E	B	V	S	D	N	O	S	E	R
I	N	E	R	V	S	E	I	V	N	O
I	V	N	N	V	S	B	G	E		
S	O	V	O	G			S	N	E	I
S	S	E	N	N	E	D	O			
S	I	V	I	N	V	N	S	L	I	N
V	W	N	J	Y	W	R	S	N	I	V
N	V	T	E	H	O	O	W	R	V	N
V	C	N	S	U	H	H	V	N	B	

**CROSSWORD**

**CLUES ACROSS**

- Genus of beetles
- Time units (abbr.)
- Fiddler crabs
- Remove weapons from
- Express delight
- Energy
- Roman general
- Returned material authorization (abbr.)
- Mortgage group (abbr.)
- Parts
- Leavened bread cooked in a clay oven
- Type of cloth
- Frankness
- Causes disgust or hatred
- A member of the British order of honor
- Folk singer Di Franco
- One's looks
- Provokes
- Partner of flow
- Japanese warrior
- Easy to perceive
- Meet with one's agreement
- Bird's jaw
- Ballplayer accessory
- Sword
- Swiss river
- Comedienne Gasteier
- Beat icon Ginsberg
- Clinches a victory
- Split lentils
- Jewish spiritual leader
- Book of the Bible (abbr.)
- Electronic warfare-support measures
- Fibrous plant material
- Precipitation
- Barbary sheep
- Large stinging paper wasp
- Balkan country
- \_\_\_ Doherty, actress
- Arm bones
- Women's undergarment
- Genus of dabbling ducks
- Time zone
- Newts
- Sound unit
- Dab
- Puzzlement
- Defensive nuclear weapon
- Actress Ling
- Natural solid material
- Burmese ethnic group
- Puts within
- Belonging to us
- They \_\_\_
- One of twelve sons of Jacob
- Grab a seat
- Rich fabric
- Fruits
- Very fast airplane
- Large primates
- Flammable jelly
- Less common
- Supplements with difficulty
- Chinese automotive company
- Every one of two or more things
- Swiss river
- Speak incessantly
- Italian Island
- Fighters against authority
- Egg of a louse

# Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email igrphic@mts.net

### UPCOMING EVENTS

Reaburn Heights Community Centre Annual General Meeting April 30th, 2018, 7:30 p.m. at the Marquette Curling Rink.

Cluck and Quack Poultry Club Annual Spring Sale - Poultry, small animals & equipment. May 5, 2018 commencing at 12 noon at Assiniboia Downs, Winnipeg (see signage). Consignment only, limited entries. Contact 204-770-3854.

### WATER TREATMENT

New Waterite water softeners, 30,000 grain/\$580. All sizes avail. Reverse osmosis systems, \$225. Undersink water systems, \$70. Paterson iron removers/\$530. Greensand iron odour removal systems, \$730. Discounts on all water filters. All Seasons Furnishings 204-661-8581.

### HEALTH

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

Medical condition? Receive up to \$50,000 from the Canadian government? For your free or no obligation information package. Call Manitoba Benefits 1-800-211-3550.

### HAY

Small squares first cut Alfalfa and Courtney Grass, and small square oat straw. Ph. 204-482-5101.

## Please support our advertisers SUPPORT LOCAL - SHOP AT HOME



### TOWN OF STONEWALL NOTICE OF PUBLIC HEARING

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

#### TOWN OF STONEWALL BY-LAW NO. 3/18 Being an AMENDMENT to the TOWN OF STONEWALL ZONING BY-LAW NO. 06/16

**HEARING LOCATION:** Town of Stonewall Council Chambers  
293 Main Street, Stonewall, MB

**DATE & TIME:** Wednesday, May 2, 2018, at 6:45PM

**GENERAL INTENT:** To:  
1. Add a definition for "Cannabis Retail Store"; and  
2. Add regulations for "Cannabis Retail Store"; and  
3. Allow "Cannabis Retail Store" as a Conditional Use in the "CG" Commercial General Zone; and  
4. Re-number Table of Contents accordingly.

**FOR INFORMATION CONTACT:** Eric Shaw, General Manager  
South Interlake Planning District, 285 Main Street,  
Stonewall, Manitoba, ROC 2Z0  
Phone: 204-467-5587

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

**Note: Property owners are responsible for notifying lessee**



### RURAL MUNICIPALITY OF ROCKWOOD UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

#### R.M. OF ROCKWOOD BY-LAW NO. 23/17 Being an AMENDMENT to the R.M. OF ROCKWOOD ZONING BY-LAW NO. 17/09, as amended.

**HEARING LOCATION:** R.M. of Rockwood Council Chambers  
285 Main Street, Stonewall, MB

**DATE & TIME:** Wednesday, May 9, 2018, at 10:30 AM

**GENERAL INTENT:** To:  
1. Add a definition for "Rural Retreat and Events"; and  
2. Add regulations for "Rural Retreat and Events"; and  
3. Allow "Rural Retreat and Events" as a conditional use in the "AG" Agriculture General Zone; and  
4. Re-number references, page numbers and Table of Contents accordingly.

**FOR INFORMATION CONTACT:** Eric Shaw, General Manager  
South Interlake Planning District, 285 Main Street,  
Stonewall, Manitoba, ROC 2Z0  
Phone: 204-467-5587

A copy of the above by-law and supporting material may be inspected at the South Interlake Planning District, 285 Main Street, Stonewall, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

**Note: Property owners are responsible for notifying lessee**

### REMEMBER YOUR LOVED ONES WITH A MESSAGE IN THE TRIBUNE

EMERSON GOLF COURSE CLUBHOUSE

#### Request for Proposal

RFP on the newly built clubhouse. Details on clubhouse concept, capacity, layout, kitchen equipment, F&B Sales, service provided and golf course available on Facebook page *Emerson Golf Course* or [www.emersonfranklin.com](http://www.emersonfranklin.com)  
Inquiries: [emersongolflmb@gmail.com](mailto:emersongolflmb@gmail.com)

### SHOP LOCAL



#### Heavy duty mechanic required

Tools required and experience is an asset. We offer competitive wages, benefits, pension and apprenticeship for heavy duty equipment or trailer technician.

Contact us or submit resume to:

P: 204.571.1531

E: [service@luckystarservice.ca](mailto:service@luckystarservice.ca)

F: 204.726.4910

Online application@  
[www.luckystarservice.ca](http://www.luckystarservice.ca)



### Stonewall & District Lions Manor

#### F/T ENTRY LEVEL MAINTENANCE PERSON REQUIRED

Full time entry level Maintenance person required to maintain & clean the building and grounds of the Lions Manor. Will train and support an enthusiastic candidate that possesses an interest in custodial work, lawn care, carpentry, plumbing & electrical. Communicate with and service tenant concerns in a respectful manner an asset. Please send your resume to 622 Centre Ave, Stonewall MB ROC 2Z0 or E-mail [manager@stonewallmanor.ca](mailto:manager@stonewallmanor.ca)

## REPORTER/PHOTOGRAPHER

The Stonewall Teulon Tribune is looking for an outgoing individual to join our news team as a reporter/photographer covering the news for Stonewall, Teulon, Warren, Woodlands & surrounding communities.

The ideal candidate is someone who is familiar with the goings-on of the region (or willing to get out there and learn), eager to take the initiative in finding compelling stories, has the know-how to take awesome photographs and is able to write clean, engaging copy on deadline.

This is a full-time summer position. Prior journalism experience is a definite asset. Must be fluent in Adobe Indesign, Photoshop and photo colour correcting. Must have reliable transportation and be willing to work flexible hours, including covering evening and weekend news events.

Submit your detailed resume and samples of writing on or before May 4:  
Lana Meier: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)



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



## NOW HIRING!

Northern Goose Processors is a traditional processing plant. We are advocates of good agricultural practices that ensure high standards of food safety and quality from farm to table. We adhere to morally sound policies and best practices that apply to all aspects of how we conduct business; beginning with where its product is sourced, and how all the product is farmed and processed, to the professional and fair treatment of suppliers and customers.

Each employee will perform duties in accordance with industry specific regulations such as: The British Retail Consortium (BRC), Hazard Analysis Critical Control Points (HACCP), Workplace Hazardous Materials Information System (WHMIS), Good Manufacturing Practices (GMPs), Standard Operating Procedures (SOPs), conforming to quality standards, performance expectations and documentation, workplace health and safety policies and procedures.

We are currently looking to hire **Production Workers** for our facility located in **Teulon, Manitoba**. This is a seasonal opportunity, with varying shift requirements.

#### Qualification Requirements:

- Grade 12 education an asset.
- Knowledge of food safety, GMPs, HACCP and other polices an asset.
- Experience working on a production line an asset.
- Strong work ethic.
- Exhibit a positive attitude and a willingness to learn.
- Ability to work alone and in a team.
- Focus to detail and accuracy.
- Good communication skills, able to speak and read English an asset.
- Physical ability to stand for long periods of time.
- Able to adapt to a range of temperatures from -28 to 30 degrees Celsius.

If you feel you would be the right candidate for this position please submit your resume by email to [careers@foodbeveragemb.ca](mailto:careers@foodbeveragemb.ca) by April 30, 2018.

We thank all applicants, however, only those under consideration will be contacted.

# Announcements

Stonewall Teulon  
**Tribune**

Book Your Classified Ad Today - Call 467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

**ANNOUNCEMENT**

**BIRTHDAY**



**Happy 80th Birthday  
Verna Campbell-Wach  
On April 12, 2018**

Please join us for a  
Come and Go Luncheon  
On Saturday, April 21, 2018  
From 1 – 5 p.m.

At Christ the King Church Hall  
315 – 2nd St. E., Stonewall, MB.  
Your presence is your gift  
(no cards or gifts please!)



**ANNOUNCEMENT**

**CARDS OF THANKS**

Thank you to all of my friends, neighbours and relatives who came to celebrate my 90th birthday. A special thank you to my sister Sally and her children Richard, Cindy and Carol who came from Toronto. A big thank you to Donna for organizing the event and Karen, Lauren and Evan and anyone else who helped. I appreciate all of the cards, gifts, emails and well wishes. It was a day I will remember always.

-Florence Chitz

**ANNOUNCEMENT**

**CARDS OF THANKS**

I cannot thank everyone enough for all your kindness while I was recuperating from my broken ankle. A big thank you for all the visits, phone calls, goodies, flowers and meals from my neighbours, friends, line dancing girls and especially my family.

-Fleurette Bruce

**ANNOUNCEMENT**

**CARDS OF THANKS**

Buchanan – We would like to thank friends and family for the support given to us on the passing of our beloved Roy. Thanks for the visits, cards, flowers and donations made in his memory. We are truly grateful. Special thanks to the home care workers, nurses and staff at Stonewall Hospital.

-Sheila and family

**ANNOUNCEMENT**

**CONGRATULATIONS**



**Congratulations**

**Desneiges Angele Pruneau**  
Congratulations to my granddaughter, Desneiges, on her third place finish at the U-18 Curling Nationals in St. Andrews, New Brunswick on April 9 - 14. Your family is very proud of your accomplishments!

-Love,  
Grandma (Angele Deprez)

**ANNOUNCEMENT**

**BIRTH ANNOUNCEMENT**



**Nathan Martin Bell**

Proud first-time parents

Shaun Bell and Martina Oatway welcomed their baby boy Nathan Martin Bell into the world on Friday, March. 30. Nathan was born at the Women's Pavilion in Winnipeg weighing 8 lbs 11 oz and measuring 21 inches.



**ANNOUNCEMENT**

**CARDS OF THANKS**

Thank you so much to everyone for the beautiful cards, baking, phone calls and visits we received since the loss of our loved one, David Minaker. Your kindness is so comforting, and is helping us get through this difficult time.

-Lorraine Minaker  
And family

**ANNOUNCEMENT**

**IN MEMORIAM**

**Gilson, Ray  
1932 – 1991**

I have some books of memories,  
All stacked upon a shelf;  
Every day I take one down,  
And read it to myself.  
Remembering you is easy,  
We do it every day;  
Missing you is a heartache,  
That never goes away.

-Loved forever by  
Violet and family

**ANNOUNCEMENT**

**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

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

**ANNOUNCEMENT**

**IN MEMORIAM**



**Kim Pedersen  
March 28, 1963 – April 22, 2010**

What would we give  
Her hand to clasp,  
Her patient face to see;  
To hear her voice, to see her smile,  
As in the days that used to be.  
Kimmy, our sister, we miss and love you  
So very much.

-Love Tara, Suzanne and Darryl

**OBITUARY**

**Larry Bruce Livingstone**

Peacefully, on April 11, 2018, surrounded by his loving family and his devoted wife, Larry's journey in life ended.

He is survived by his wife Maria, dog Corky, daughters Angela (Eric) Swanson and Michelle Anderson and grandchildren Carter, Jillian, Ellie and Amy. He also leaves to mourn, his siblings Della (Jim) Fluker, Curtis (Jennifer McKelvey) Livingstone, Teresa (Glen) Soper, and Murray (Tricia) Livingstone as well as many nieces, nephews and friends.

Larry was predeceased by his parents, Dennis and Dorothy Livingstone, infant son Paul and sister Corinne.

Larry was born in Cartwright Manitoba on April 11, 1954 where he grew up on "the farm". After high school, he moved to Winnipeg and began working at Standard Aero Limited. This job was his entire career and was an active employee there for 34 years before

leaving due to health reasons.

He will be fondly remembered for his sense of humour and easy going nature. There was always a bright side to a problem and as he would say, "things could always be worse". Larry enjoyed traveling and camping, taking his family on many road trips throughout the years. Cruises to the Caribbean and Alaska along with a trip to Europe were highlights filled with unique experiences and sights.

Larry also enjoyed playing games, watching sports, and laughing with friends and family. A gathering would often include cards or crokinole (or both), good food and drinks. He was a modest crokinole champion and took pleasure in seeing his grandkids try the game.

In keeping with his wishes, Dad will be cremated and will be connected with the earth in the form of a tree. A memorial service was held at Knox Presbyterian Church in Selkirk Manitoba on Saturday April 14 at 2 p.m.

In lieu of flowers, please donate to the Movement Disorder Clinic at Deer Lodge Centre in Winnipeg.

**A Successful Man**

That man is a success –

Who has lived well, laughed often and loved much;  
Who has gained the respect of intelligent men and the love of children;  
Who has filled his niche and accomplished his task;  
Who leaves the world a better place than he found it;  
Who has never lacked appreciation of earth's beauty or failed to express it;  
Who looked for the best in others and gave the best he had.

Author Unknown

*Interlake Cremation  
& Memorial Services*  
204.482.1040

In care of arrangements

**OBITUARY**



**Antonia (Toni) VanderZweep**  
(nee Potter)  
1937 – 2018

At the age of 81 Toni passed away in her sleep at Grace Hospital, with her family by her side.

Toni is survived by her husband Beint (Ben) of 59 years and her children Pierre (Donna), Belinda, Julie (Glenn), Diana (Dennis), Tim (Shelly) and Marlene. Also her grandchildren Jennifer, Alexis (Mark), Stephanie, Mitchel, Sherri, Patsy, Michelle, Jackie, Justin and Meghan. Survived by her brothers John (Jeanne) and Cees (Joan).

Toni was predeceased by her parents Theodore and Bregitta Potter, brothers Nick, Jack and sister Tini.

Born in the Netherlands in 1937. Moved to Canada in 1952. In 1970 Toni and Ben built a farm in Balmoral, MB where they raised sheep. They retired to Stonewall in 1992. Toni enjoyed baking, needle point, stamp collecting and puzzling. She loved the company of her children and grandchildren.

Thanks to all the nurses and doctors at the ICU at Grace Hospital, also all the staff at Stonewall Hospital.

Prayers will be held on Thursday, April 19 at 7:30 p.m. at Christ the King Roman Catholic Church Stonewall (315 - 2nd St. East) open to everyone.

A private service will be held for the family.

In lieu of flowers, please give to Siloam Mission.

*kl*  
**KEN LOEHMER**  
FUNERAL SERVICES  
204-886-0404

# Announcements

Stonewall Teulon  
**Tribune**

**OBITUARY**



**Kim Mae Foulds**  
December 3, 1957 – April 14, 2018

It is with great sadness we announce the passing of Kim Foulds aged 60 years of Argyle, MB. on Saturday, April 14, 2018 at Stonewall Hospital.

Survived by her loving husband Ross, brother Dan, brother-in-law Rae (Barb), sister-in-law Bev (Bob) Agar and two nieces and three nephews.

Kim was predeceased by her parents Archie and Alda Simons in 1992, mother-in-law and father-in-law Betty and Wilfred Foulds in 2000, sister-in-law Ann in 2016.

Kim worked at Canada Packers, Holiday Haven Nursing Home and later provided Homecare for people in the area before her illness. She thoroughly enjoyed gardening and doing petty point.

The family would like to thank the Drs., Nurses and staff at the Stonewall Hospital for their care and compassion.

Cremation has taken place and no formal service will be held. A family interment will take place at a later date.

If friends so desire memorial donations may be made to CancerCare Manitoba or to Stonewall Hospital.

*kl*  
**KEN LOEHMER**  
FUNERAL SERVICES  
204-886-0404

**Biz Cards**  
Call 204-467-5836

**INTERLAKE INSULATORS**  
BALMORAL, MANITOBA  
• Spray Foam  
• Blow In  
• Fibreglass  
**Brent Meyers**  
204-461-4669  
interlake\_insulators@hotmail.com  
**SPRAY FOAM SPECIALISTS**

**LAROQUE CUSTOM YARD WORK**  
**Don't Wait Years!**  
Make your property look like you want it now!  
Move all tree types at an affordable rate.  
**Dave LaRoque**  
(204) 461-1168  
(306) 730-8790\*  
8-14 ft Manitoba Hardy Colorado Blues for Sale

**Kyle Scrivens**  
Sales/Service  
**AirWise Home**  
Your Heating, Cooling and Ventilation Specialists  
Cell (204) 979-9307  
Fax (204) 694-5456  
kyle-airwise@mymts.net  
**204-467-9578**

**SHERLOCK TREE REMOVAL**  
Pruning • Stump Grinding • Chipper  
Licensed Arborists  
Fully Insured – Claim Free  
30 years Experience  
**Vince**  
861-0487  
**Darren**  
861-0028

**Ralph Tanchak..Artist** - murals  
- commission paintings  
- art instruction  
- caricature parties  
phone: 204-461-0160  
Colour-Splash Artist Ralph Tanchak

**stonewall chiropractic centre**  
Also  
Acupuncture • Custom Orthotics • Massage Therapy  
Billing to Autopac, Blue Cross, WCB  
204-467-5523

**Balmoral Hall**  
Catering Available / Capacity 200  
Anniversaries • Family Birthdays  
Special Occasions  
Contact Brenda 467-2730

**CONCRETE Foundations & Floors**  
Appreciating the people of the Stonewall & South Interlake area for 35 years.  
**Keith Assels 204-886-2104**

Everything you need to promote your business

**Interlake Graphics**  
For all your printing and publishing needs **467-5836**

FLYERS  
BROCHURES  
POST CARDS  
STICKERS  
BUSINESS CARDS

PRESENTATION FOLDERS  
SIGNS  
SOCIAL TICKETS  
DOOR HANGERS  
LETTERHEAD  
ENVELOPES

INVOICES  
ESTIMATE SHEETS  
POSTERS  
MEMO PADS  
And MORE...

**LAKESIDE ROOFING**

• Shingles • Cedar Shakes  
• Metal Roofing • Repairs **FREE Estimates**

**IKO ShieldPROplus+ CERTIFIED INSTALLER 485-6980**

**Prairie Earthworks Ltd.**  
**Excavator & Dozer Services**  
Heavy Equipment Contractor  
**204 461-0815**

**INTERLAKE EAVESTROUGHING & SIDING INC.**  
Siding, Eavestroughing, Soffit, Fascia, Capping, Windows  
Free Estimates • 781-0533  
[www.interlakeinc.ca](http://www.interlakeinc.ca)

**CITADEL EXTERIORS**

• PAVING  
• ROOFING  
• STUCCO  
• EAVES  
• SOFFIT  
• FASCIA

**(204) 668-7663**  
[www.citadelexteriors.ca](http://www.citadelexteriors.ca)

**ALICE ROOFING LTD**  
Complete Roofing Services  
• Residential • Agricultural  
Licensed and Insured  
**204-757-9092**  
[www.aliceroofing.ca](http://www.aliceroofing.ca)

**INTERLAKE TOWING**

**24 Hour Service**  
CAA & MPIC Approved  
**204-278-3444**

**Doctor DECAL**

• Signs • Banners • Posters  
• Billboards • Awnings  
• Sign Holders  
• Vehicle Graphics  
• Wraps • Magnetics  
**Laser Engraving**  
• Awards • Medals • Plaques  
• Glassware • Rubber Stamps  
• Name Plates • Lamacoids  
• Promo Items • Personalized Gifts  
• A Wide Variety of Retro Trophies (FREE) Only Pay for Engraving  
**Clothing**  
• Hats • T-Shirts • Uniforms

**204-467-9405**  
drdecal@mymts.net  
ALL WORK DONE LOCALLY ON SITE  
330 Main St. Stonewall, MB  
[www.doctordecal.ca](http://www.doctordecal.ca)



# Biz Cards



Call 467-5836 ads@stonewallteulontribune.ca

**Home pride renovation**  
 We take pride in your renovation  
 Homepridereno@gmail.com  
 (204) 513-0041  
 Residential & Commercial  
 Renovations • Repairs • Maintenance • Landscaping

**MAXWELL'S PROFESSIONAL PAINTING**  
 COMMERCIAL/RESIDENTIAL  
 Cell: (204) 792-0675 or (204) 467-5008  
 Email: maxpro@mts.net  
 Box 275, Stonewall, MB R0C 2Z0

**BOONSTRA FARMS**  
 RV Sales  
 204-941-0228  
 204-467-8480 • www.boonstrafarms.com

**FULLHOUSE MOVERS**  
 ALEX FOTTY  
 HOME: 204-467-2419  
 CELL: 204-461-2352  
 NOTHING BEATS A FULLHOUSE MOVE

**Dylan Morrow's PAINTING**  
 Certified Journeyman  
 204-588-7570  
 Mark Hidlebaugh - Sales 204-344-5342  
 www.dylanmorrowspainting.ca

**Neil Peters Construction & Renovations**  
 • We Build New or Renovate  
 • Siding, Soffit & Facia • Attic Insulation  
 • Re-Roofing • Certified Roofer  
 • Windows & Doors • Fully Insured  
 Woodlands Ph: 383-5094 Cell: 995-4470  
 - Small improvements make a BIG difference -

**Stroke of Colour PAINTING**  
 Every home deserves a stroke of colour  
**JEFF BAKER**  
 Stony Mountain, MB | 204.223.8441  
 strokeofcolour@gmail.com

**Odd Fellows Hall**  
 • Weddings • Socials • Showers • Meetings  
 • Capacity 220 persons • Kitchen available  
 374 1st St. West Del Phillips 204-791-0564  
 Stonewall Hall 204-467-5556  
 stonewalldoddfellows@gmail.com

**Advertising that Works!**  
 To place your BIZ CARD  
 call 467-5836

**WOODLANDS HVAC**  
 Heating Ventilation Air conditioning  
 Commercial/Residential  
**CURTIS OLIVER**  
 1.204.461.1678 • woodlandshvac@gmail.com

**Electro Wright**  
 CONTRACTING INC.  
 24 HR Emergency Services  
**Derek Fotty**  
 Ph. (204) 467-RITE(7483)  
 Fax. (204) 467-2000  
 Email. electrowright@mts.net  
 Electrical Contractors

**Whispering Oaks Greenhouse**  
**OPEN Mother's Day TILL end of July**  
 Rick & Lori Schellekens  
 77N & Meridian Rd Woodlands, MB  
 204-995-8423

**Rockwood Landscaping & Tree Service**  
 \*Complete Landscaping  
 \*Barkman Concrete Products  
 \*Concrete Breaking  
 \*Aerial Tree Pruning & Removal  
 \*Chipping  
 \*Stump Grinding  
 \*Tree Planting  
 \*24HR Storm Service  
 \*Snow Removal  
 \*Skid-Steer  
 \*Compact Track Loader  
 \*Excavator  
 \*Bucket Truck  
 Manitoba Certified Arborist  
 467-7646  
 Free Estimates

**A King's Comfort**  
 Infloor Heating  
 A DIVISION OF MELAINE SERVICES INC.  
 All infloor heating built and maintained for:  
 Residential, Industrial, Workshops  
**Darryl Harrison**  
 CIPH Certified Hydronic Designer  
 Mobile: (204) 461-4216  
 website: www.akingscomfort.com  
**FREE Quotes**

**BJORNSON ROOFING LTD.**  
 Roofing • Soffit Fascia and Eaves • Windows and Doors  
 Phone 204.795.0740  
 Email derek@bjornsonroofing.com  
 www.bjornsonroofing.com

**McLeod Mechanical Services**  
 RESIDENTIAL & COMMERCIAL  
 • Plumbing  
 • Heating  
 • Gas Fitting  
 • Air Conditioning  
 • Backflow Testing & Installations  
 Grosse Isle, MB 204-513-1154  
 mcleodmechanicalservices@highspeedcrow.ca

**GRANTHAM LAW OFFICES**  
 Lawyer & Notary Public  
**STONEWALL OFFICE:**  
 #1-278 Main St., Stonewall 467-5527

**pampered chef**  
 INDEPENDENT CONSULTANT  
 • Cooking Shows • Meal Prep Solutions  
 • Fundraisers • Individual Orders  
 204-485-4272 call or text  
 stoneware444@gmail.com  
 www.pamperedchef.biz/michellebalharry

**SunRise SOLAR INC.**  
 Chris Darryl  
 chris@sunrisesolarmb.com darryl@sunrisesolarmb.com

**NAPA AUTOPRO**  
**Brake Family Auto Sales & Service Ltd.**  
 Auto Service • Maintenance & Repair  
 Used Vehicle Sales  
 napaautopro.com  
 214-2nd Ave North, Highway 67  
 Stonewall 204-467-9156

**LIGHT - HEAVY DUTY TOWING**  
 Proudly Serving Stonewall, Warren & Surrounding Areas  
**COUNTRY TOWING**  
 CAA MPI  
 countrytowing@mymts.net 204-990-4718

**Ritchie & Perron PLUMBING HEATING LTD.**  
 ritchie\_perron@live.ca  
 Stonewall, MB  
 Red Seal Certified Certified gas fitter Residential/Commercial  
 Ryan 230-4674 Trevor 232-6263

**PLUMBING**  
 Commercial & Residential  
 New Installation & Service  
 Plumbing & In-Floor Heating  
 Water Softener Installations  
 Water Filtration/Reverse Osmosis  
**RILEY PATTERSON**  
 Journeyman Plumber  
 Cell 204-461-0035

**Roof Express Ltd.**  
**Complete Roofing Services**  
 Licensed & Insured • Argyle, MB  
**Locally Owned & Operated**  
 Residential • Agricultural  
**Don't wait until it's too late.**  
 Call us today  
**204-774-2030**  
 www.roofexpress.ca

**PERIMETER DRILLING LTD.**  
 \*Water Wells \*Pressure Systems  
 \*Repairs \*Septic Systems  
 Phone: 204.632.6426  
 Email: pdl1@mymts.net  
**FREE CONSULTATIONS**  
 Servicing the Community for Five Generations

**Heating & Cooling • Refrigeration**  
 REFRIGERATION • HEATING & COOLING  
**COMMERCIAL COMFORT INC.**  
 Residential & Commercial  
 Owner: Jeff Meier  
**461-HEAT (4328)**  
 commercialcomfort16@gmail.com

**AE Advance Exteriors**  
**Residential, Commercial, Agricultural**  
 Roofing • Eavestroughing • Soffit • Fascia • Siding  
 204.461.0019 Grosse Isle, Mb  
 www.AdvanceExteriors.com

**Sudden Impact Construction**  
 SINCE 1997  
 • Concrete Pads • Framing • Roofing  
 • Siding • Ag Buildings • Windows/Doors  
 • Skid Steer Services • Post Hole Drilling  
 • Custom Building - Homes, Decks, Garages  
 - FREE ESTIMATES - FULLY INSURED  
 TEULON, MB PH: 204-886-7743  
 suddenimpact@highspeedcrow.ca  
 www.suddenimpactconstruction.com