

RE/MAX Town & Country
 Matt 204-770-2354 Alycia 204-461-3225
 remaxinterlake.ca



PRICE DROP
Spacious & Serene: 4-Bed Raised Bungalow on .75 Acres(254 x 120) - Perfect Blend of Luxury & Practicality, with Potential Lot Sale!, 1500 sqft, 4 bedrooms, Huge kitchen open to dining area, garden doors to front deck and french doors to living room **\$439,900 - Matt**

NEW PRICE ALERT!
Experience Modern Elegance in Balmoral - Chic 4-Bedroom Home with Luxurious Amenities, Built in 2021, 1420 sqft, 3 baths **\$449,900 - Matt**

JUST LISTED
Luxurious Living Awaits in Quarry Ridge Park: Elegant 1450 sq ft Home with Premium Upgrades & Dual Master Suites, 3 bedrooms, 3.5 bathrooms. Just Move in in Live **\$439,900 - Alycia**

NEW PRICE
11 Lillies Lane in Quarry Ridge Estates - Sunlit Luxury Meets Modern Comfort! Fabulous Floor Plan 1388 sqft, 5 bedrooms, 3 baths, full finished basement, professionally landscaped fenced yard with deck **\$609,900 - Call Susan**

JUST LISTED
Your Lakeside Retreat Awaits: Modern Comfort Meets Natural Beauty! 1300 sqft, 3 bedrooms, 2 baths, 49.9 acres on Laurentian Beach North - **\$267,000 Brandt**



MCKILLOP TEAM
 Susan 204-941-0221
 Brandt 204-782-8869
 View our properties
 mckillop.ca
 RE/MAX Town & Country

VOLUME 15
 EDITION 20

Tribune Stonewall Teulon

THURSDAY,
 MAY 16, 2024

www.stonewallteulontribune.ca

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY



Honda F501 Tiller **RENT ME**
 Easy Start, 36"/24"/12".
 Daily, Weekly, Monthly. Call for Details!

\$50/day
 HONDA Power Equipment

Stihl TS420 **RENT ME**
 Cut off Saw
 14" Steel/Concrete

\$50/day
 STIHL

Ariens Trimmer Mower **RENT ME**
 22" width, Easy Start

\$40/day
 Ariens

Kubota BX25 **RENT ME**
 Tractor/Loader/Backhoe

\$250/day
 Kubota

SHACHTAY SALES & SERVICE
 Arborg, MB
 204-376-5233



Almost Paradise

TRIBUNE PHOTO BY LANA MEIER

The cast and crew of the 2024 Quarry Choristers put on another fun-filled dinner theatre over the past two weeks at the Quarry Park Heritage Arts Centre in Stonewall. Following a plane crash, a group of travellers muddled their way through finding a way home.

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

"Selling the Interlake, and Beyond, one Yard at a time!"

L.J. BARON Realty **The Claudette GRIFFIN Group**
 EST. 1953
 A Real Estate Boutique Practice with Concierge Service
 Past Director - Winnipeg Realtors®
 Past Chair - Professional Standards

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





BALMORAL - \$269,000
Buy of the Century - Your time is NOW!
 Character filled home with potential to renovate enveloped in

an Intoxicating Aura of Rural Seclusion on 1.87 Acres, in the Heart of Balmoral, City convenience - Country Serenity, just a 20 minute commute to the City. 1300 sqft 4+ BR Family Home, 32x26' Add blt to enhance a Family Lifestyle. HUGE Family rm, Primary BR, TWO decks (E & W Facing), Screened in GAZEBO! Ideal rural family property or Investment. CALL today for your private viewing. MLS #202405491



BALMORAL - \$224,000
Cultivated 69.95 Acres
 MLS#202406116

Property was seeded last year, average yield was 70 Bushels of Barley, 35 bushels of Soybeans and 52 Bushels of Wheat. DO NOT miss this opportunity to expand, or start your own "Hobby Farm". Located E of Hwy 7 on Rd 86.



GUNTON - \$688,000
COUNTRY LIVING

320 Acres of Pasture/Hay w/newer 3 Bedroom 2 bath 1530 sq ft Home w/Full Basement. FOUR titles = 4 x 80 Ac lots. Incl old 20x40 Barn, 5 Stalls w/water. Beautifully Treed 10 AC Yard site. TRUE COUNTRY LIFESTYLE - Call today for your personal viewing. MLS# 202401612

ESCAPE THE URBAN LIFE - CHECK OUT RURAL LIVING Share your dreams with me and I can help make them come true!

Woodlands fire chief urges residents to be cautious when using fire

By Autumn Fehr

Experts remind Manitobans to be vigilant when using fire this season, as overall conditions remain extremely dry.

Fire departments across Manitoba are seeing a notable increase in human-caused wildfires this season, which requires significant resources to protect homes and communities.

This season, the RM of Woodlands Fire Department has already had five wildland calls. Grant Palmer, fire chief, said none of the incidents caused any significant loss of value other than a small amount of hay bales.

With less snow this winter and a quick melt, the season was shaping up to be quite dry.

However, Chief Palmer said that the same rain showers holding up seeding have put a cap somewhat on wildland fires for now.

"The ground is greening up, and as that new plant material builds, we'll see fire risk go down, but we're not quite out of the woods yet," he said.

The most notable fire happened in the late afternoon on April 12, near Twin Lakes Beach, straddling the Woodlands-St. Laurent line. The area forms the northern section of the Dr.

Frank Baldwin Wildlife Management Area, a wetland stretching from Twin Lakes Beach to St. Ambrose along the shore of Lake Manitoba.

Both Woodlands and St. Laurent fire departments were on the scene.

Chief Palmer said that a large area of cattails at the north end of Lake Francis caught fire and burned until about midnight.

He added that the fire was likely human-caused, but he had no more information to share on the situation.

The fire could have been much worse without the drainage ditch connecting Lake Francis to Twin Beach Road.

He said the device was an adequate fire guard, keeping the fire at a safe distance from cottages near the beach.

"St. Laurent and Woodlands crews were prepared for fire spread to this area but, fortunately, that did not occur," Chief Palmer added.

Light rain throughout the night helped to ensure the fire was kept at bay.

Despite recent rain showers, Chief Palmer urges residents to be cautious when using fire to help reduce the risk of wildfires.

"I understand that people are eager to get yards cleaned up after winter, and fire can be a convenient way to



TRIBUNE PHOTO SUBMITTED

A marsh fire near Twin Lakes Beach on April 12.

remove last year's grass or leaves. We just ask that people be cautious when using fire. When we attend typical grass fires, homeowners are generally surprised when it gets out of control, and unwanted fire spread happens fast and is difficult to control with hand tools like rakes. Rarely do homeowners have more fire-fighting capacity than that, and quickly homes and other valuables can be at risk," he said.

Although rain certainly helps with the risk of wildfires, they can spread quickly in open areas. Windy days can re-ignite fires that some people may believe have gone cold since mated grass and dry, dead vegetation can easily ignite.

"Burning barrels and fire pits can hold heat and embers longer than

people may think, so it's not a bad idea to have a look at those and ensure they are completely out," Chief Palmer said.

The RM of Woodlands hasn't imposed a burning ban this season, but Chief Palmer said it has been discussed.

Any fires started during a burning ban can result in a fine under the by-law, and should the fire department be needed, anyone responsible can incur the costs, which can be expensive. Bans are triggered when conditions support unpredictable fire behaviour, he added.

There are many reasons why leaving the matches in the cupboard is the

Continued on page 3

FARM FORK

It's Barbeque SEASON!

Your full-service meat shop, offering an extensive selection of fresh, premium elk and bison products for unparalleled taste and nutrition

- Bison burgers
- Elk burgers
- Yellowstone burgers (combo)
- Elk & cheese smokies
- Elk garlic sausage

STONEWOOD ELK RANCH LTD.

STEAKS • ROASTS • GROUND • STEWING & STIR FRY MEAT
LIVER • SOUP BONES • GARLIC SAUSAGE

CALL OR TEXT 204-791-9856
(by appointment only)

StonewoodElkRanch.com
stonewoodelkranch@gmail.com

DIRECTIONS FROM BALMORAL: 1 MILE SOUTH ON HWY 236 & 1.75 MILES EAST ON ROAD 84N OR 1 MILE SOUTH ON HWY 7 AND 1.25 MILES WEST ON ROAD 84N (Watch for Stonewood Elk Ranch sign)

Co-operators Life Insurance

Your life is one of a kind, your life insurance should be, too!

Talk to us today!

Tracey Malone
Financial Advisor and Mutual Fund Investment Specialist
344 Main St, Stonewall

204-467-8927

Investments. Insurance. Advice.

co-operators

inview_insurance@cooperators.ca

Inview Insurance Services | Co-operators Financial Investment Services Inc.
Co-operators® is a registered trademark of The Co-operators Group Limited. L0048 (05/22)

Whispering Oaks Greenhouse to host cooking demonstration

By Jennifer McFee

Come one, come all!

Whispering Oaks Greenhouse is hosting a special event at 2 p.m. on Saturday, May 18.

Rod Cantiveros will be doing a cooking demonstration, complete with a tasting of his delectable dishes. The team from Green Apron-Saladmaster will be joining him.

Originally from the Philippines, Cantiveros became a familiar face through a cooking show that aired on CBC.

Lori Schellekens, who owns the greenhouse with her husband Rick, crossed paths with Cantiveros at the

Living Green Show at the Red River Exhibition Grounds.

"He is very funny," she said, "so you'll get a bit of entertainment with it."

Whispering Oaks Greenhouse is located on Road 77 North in Woodlands. For more information, call 204-995-8423 or check out the Facebook page.

The greenhouse is also working with the local garden club to offer \$20 junior garden kits geared for kits. Two versions of the kits are available for purchase at the greenhouse — a flower kit or a vegetable garden kit.

> FIRE, FROM PG. 2

best choice, Chief Palmer says.

When a wildfire is out of control, it threatens the property and dwellings of others. It can also cause visibility issues on highways and threaten the health of those with breathing issues or other underlying health conditions.

There are many ways to reduce the risk of wildfires and remove hazards that put others at risk:

- clearing leaves, pine needles, combustible debris from roofs and gutters, or items stored under decks and porches
- pruning low-hanging tree branches up to a height of two metres
- disposing of smoking materials

using a deep, wide, sturdy metal container with a lid partially filled with sand or water

- exercising caution when operating an ATV, staying on developed trails wherever possible and carrying a fire extinguisher

- never leaving an outdoor fire unattended, and exercising caution around forested areas

Visit <https://gov.mb.ca/wildfire/> for Manitoba Wildfire Service situation updates, restrictions and other important wildfire links. To report a wildfire, call 911 or the TIP line (toll-free) at 1-800-782-0076.



TRIBUNE PHOTO SUBMITTED

Rod Cantiveros will provide a cooking demonstration at Whispering Oaks Greenhouse on Saturday, May 18.

Clarification

Staff

In the May 9 edition of the *Stonewall Teulon Tribune* the article, "Is

the plastic in your blue bin getting recycled?" should have had credit attributed to the Multi-Material Stewardship Manitoba (MMSM).

The *Tribune* apologizes for the error.

Woodlands ball diamonds score



TRIBUNE PHOTO BY BRENNA SIGFUSSON

Wendy Proctor, right, of the Woodlands & District Ladies Group presented Woodlands Rec Club president Jeremy Fisher with a cheque for \$5,990 last Wednesday. The funds will be used towards upgrades and maintenance of the community's ball diamonds. For more information on how to support the rec club, contact Jeremy Fisher at 204-461-2510.

Home Hardware turns 60

Join us for our **Customer Appreciation BBQ!**

Saturday, May 25, 2024
 11:00am - 2:00pm
 Stonewall Home Hardware
 486 Main Street, Stonewall

· 10% off pail sale · anything you can fit in the pail! ·
 · free food & drinks · prizes draws · in-store flyer Saturday only ·

get informed

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

Solar storm causes colourful aurora displays



TRIBUNE PHOTO BY MARY LOU MILHAUSEN

This aurora borealis photo was taken at Matlock between 10 p.m. and midnight on May 10. The strongest geomagnetic storm in 20 years made the colourful northern lights, or aurora borealis, visible Friday and Saturday night across Manitoba and North America. The NOAA's (National Oceanic And Atmospheric Administration) Space Weather Prediction Center said on Saturday that the sun had continued to produce powerful solar flares. That's on top of previously observed coronal mass ejections (CMEs), or explosions of magnetized plasma, that wouldn't reach Earth until Saturday night. The agency had been monitoring a particularly active sunspot cluster since Wednesday and confirmed on Friday that it had observed G5 conditions — the level designated "extreme" — which haven't been seen since October 2003. In a press release on Friday, Clinton Wallace, director of NOAA's Space Weather Prediction Center, said the current storm is "an unusual and potentially historic event." Geomagnetic storms happen when outbursts from the sun interact with Earth's magnetosphere. While it all has kind of a scary ring to it, people on the ground don't really have anything to worry about. As NASA explained on X, "Harmful radiation from a flare cannot pass through Earth's atmosphere" to physically affect us. These storms can mess with our technology, though, and have been known to disrupt communications, GPS, satellite operations and even the power grid.

Manitobans urged to be vigilant during tick season

By Lana Meier

Manitoba Health, Seniors and Long-Term Care urges individuals to remain cautious of ticks, implement measures to avoid bites and understand when treatment may be necessary. Blacklegged ticks, also known as deer ticks, pose a threat to human well-being as they can carry diseases such as Lyme disease, anaplasmosis, babesiosis and Powassan virus disease. These illnesses can have severe

consequences, especially for older adults, young children or individuals with weakened immune systems or existing medical issues.

According to public health officials, it is recommended to see a health-care provider within 72 hours of removing a tick in order to receive preventative treatment for Lyme disease if:

- the bite was from a reliably identified black-legged tick; and

- the tick was attached for 36 hours or more, or the tick was engorged (filled with blood).

Blacklegged ticks can be found year-round, with their most active periods occurring in the spring and fall when there is no snow on the ground. As these ticks carry potential health risks, it is essential to know how to differentiate them from the common wood



PHOTO SUBMITTED

People are to be on the look out for Blacklegged ticks.

Continued on page 8

The Liliane Baron, South Interlake Breast Cancer Support Group

Contact: Claudette 204 886-2393 Eileen 204 861-8107



"Don't let breast cancer take away the motivation to achieve your dreams."

- Diana Cohen

Drop in on our... "Laughs & Chats" group held in Teulon on the 2nd Tuesday of the Month
We've always got your back.....and your front too!!



SMALL CAR / 2 DOOR TRUCK \$119⁹⁹

SUV (2 rows and trunk) / 2 DOOR TRUCK \$149⁹⁹

SUV (3 rows and trunk) / 4 DOOR TRUCK \$179⁹⁹

Approximately 1 - 2 hours

SUPER CLEAN AUTO DETAILING IS A PROFESSIONAL DETAILING SHOP, GIVING YOUR VEHICLE THE TREATMENT IT DESERVES

Call or text 204-513-5611

Open for appointments Monday thru Sunday (closed Tuesday and Wednesday)
PICK UP AVAILABLE

STONEWALL

Funding announced for Livestock Predation Prevention Program

By Becca Myskiw

Manitoba producers will have the opportunity to receive more support from the Livestock Predation Prevention Program this year thanks to additional funding announced by the provincial and federal governments.

The program aimed at preventing predator attacks on farms received a boost on April 25, as both the Manitoba and Canadian governments pledged financial aid. The Sustainable Canadian Agricultural Partnership will contribute \$500,000 to implement proactive measures that promote coexistence between wildlife and livestock in agricultural areas of Manitoba and reduce the risk of livestock predation.

Through this program, producers now have access to funding for a range of helpful tools such as foxlights, electronet, fladry and livestock guardian dogs. Additionally, they can also receive financial support for building predator-deterrent fencing.

According to Carson Callum, the general manager of Manitoba Beef

Producers, this funding announcement marks a promising advancement in addressing the ongoing problem of predation faced by producers in the province.

Annually, Manitoba experiences approximately 1,900 claims for predator damage to livestock. Coyotes make up 75 per cent of these incidents, while wolves account for 20 per cent. The remaining five per cent is attributed to black bears, cougars and foxes. According to the provincial government's data, half of these damages are inflicted upon beef calves weighing under 300 pounds. Callum expressed that this issue affects all livestock producers in the province and coyotes and wolves are the primary culprits.

"Predation loss is not only emotionally hard for the producer, but it hurts their bottom line as well," said Callum. "Anything to mitigate it and help us to live in a symbiotic relationship with wildlife on the land is positive."

He said in recent years, wolves have become an especially large problem

in areas of the province with lots of bush cover. Some producers have had packs of wolves settle down near their herds, and in cases like that, Manitoba's Livestock Predation Prevention Program supports won't be enough. In cases like those, Callum said the producers have to look at safe and efficient removal of the predator, which can be done through Manitoba's Problem Predator Removal Program.

The Problem Predator Removal Program has the Manitoba Trappers Association assist producers with the safe removal of predators that have attacked livestock or pose a threat to human safety. There is also a Wildlife Damage Compensation Program, which offers producers financial compensation for livestock injured or killed by bears, coyotes, wolves, cougars and foxes. For details on that, producers can contact their nearest MASC office.

Callum said the funding for Manitoba's Livestock Predation Prevention Program is important as it supports producers in their efforts to mitigate

losses from wildlife. Producers with a paid livestock predation claim under the Manitoba Wildlife Damage Compensation Program from 2021 or later are eligible to apply for the Livestock Predation Prevention Program now. Eligible applicants can be reimbursed up to 75 per cent of total eligible expenses to a maximum of \$5,000 for pre-approved equipment and guardian dogs and \$10,000 for fence construction.

Manitoba launched the Livestock Predation Prevention Pilot Project in 2020, which had 100 projects completed on 48 farms across the province. The Livestock Predation Prevention Program builds on the success of this pilot program.

Manitoba's Economic Development, Investment, Trade and Natural Resources department will also be increasing funding for the Manitoba Targeted Predator Removal Program by \$90,000, making the total funding given \$150,000.

Seats still available for upcoming ECE program

By Jennifer McFee

There's still time to apply for an early childhood education diploma program coming soon to the area.

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

Georgette Rochon, manager of business development for RRC Polytech, said there are only 30 seats available in this special offering.

"Applicants need to have been working in a licensed childcare facility for at least six months prior to the start of the program. People that register for this program have generally been already working in the sector as a substitute or a childcare assistant. By taking the ECE Workplace pro-

gram, they are able to upgrade their education and gain the training and certification that is required to be eligible as and ECE 2," she said.

"By becoming the ECE 2, they will be equipped with knowledge and skills to create curriculum, learning experiences and environments that nurture and develop children in their care. A benefit of becoming an ECE 2 is that learners will be able to gain the next designation for the sector, which equates to higher pay and opportunities for advancement."

Students who are accepted into the program are eligible for the ECE tuition reimbursement by the provincial government, which covers up to \$5,000 per school year. Learn more at https://www.manitoba.ca/education/childcare/students_workforce/ece_tuition_support.html.

To apply, interested applicants can

visit <https://hubdev.rrc.ca/Forms/Start/ECEWorkProgApp> and complete the online application form.

Information about admission requirements can be found at <https://www.rrc.ca/corporatesolutions/>

early-childhood-education-workplace-stonewall/#AdmissionRequirements.

The application deadline is May 28, and the course begins on June 3. For more information, email csece@rrc.ca.

Saturday, May 18 Special
New York Steak Neptune
ROCKWOOD Motor Inn 390 Main St. Stonewall 467-2354

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 MAY 15 & 16 AT 7:30 PM

UN Sung Hero	<i>Violence</i>
PG	

FRI-SAT-SUN-MON MAY 17-18-19-20 (CLOSED TUES) AND WED-THURS MAY 22-23	FRI-SAT-SUN-MON MAY 24-25-26-27 (CLOSED TUES) AND WED-THURS MAY 29-30
--	--

 <p>AT 7:30 pm EACH NIGHT</p> <p><i>The King Tide</i></p> <p><i>Coarse Language; Violence</i></p> <p>PG</p>	 <p>AT 7:30 pm EACH NIGHT</p> <p><i>If</i></p> <p><i>John Krasinski Ryan Reynolds Emily Blunt</i></p> <p><i>Animated & Live</i></p> <p>G</p>
--	---

Stonewall Teulon
Tribune



PUBLISHER
Lana Meier



SALES/MARKETING
Brett Mitchell



REPORTER/PHOTOGRAPHER
Jennifer McFee



REPORTER/PHOTOGRAPHER
Autumn Fehr



REPORTER/PHOTOGRAPHER
Kieran Reimer



DISTRIBUTION
Christy Brown



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Allana Sawatzky



ADMINISTRATION
Corrie Sargent



ADMINISTRATION
Jo-Anne Procter



PRODUCTION
Nicole Kapusta



PRODUCTION
Debbie Strauss



PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



getheard > Got news?

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



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

Agriculture is part of the solution

By Cam Dahl, general manager, Manitoba Pork

It is not your great-granddaddy's farm anymore. While some may have nostalgia for the old farm with a little red barn that housed a few chickens, a couple of pigs and a dairy cow, it is better for both the environment and the economy that agriculture has modernized. Today's farmers have taken, and are taking, key steps to protect our natural resources while maintaining economic sustainability. Farmers are critical in creating solutions to today's environmental challenges while fostering economic growth and job development.

Being part of the environmental solution includes resolving the algae problem in Lake Winnipeg. People across the country are concerned about the health of the lake. Nutrients are fertilizing algae blooms that consume the oxygen in the water, which in turn harm fish populations and other natural life in the lake. Algae-covered beaches limit everyone's enjoyment of the lake and harm businesses that rely on Manitoba's short tourist season. There have been countless studies and action plans, but solving this complex problem remains elusive.

Some have pointed a finger at Manitoba's farmers as contributing to the problems at Lake Winnipeg. This ignores the significant strides that agriculture has taken to ensure that the right nutrients are put in the right place and at the right time to maximize crop growth and limit nutrient runoff. Gone are the days of the little red barn where manure was spread on the surface without knowing its nutrient content or where fertilizer was applied without knowing what the plants needed.

Modernization of agriculture has revolutionized nutrient management. Take today's hog operations in Manitoba as an example. Before applying manure, farmers are required to file manure management plans with the provincial government. These nutrient management plans are tailored to the specific crop being grown and include soil sampling to help prevent the over-application of nutrients. Over 90 per cent of hog manure in Manitoba is injected below the soil surface or incorporated into the soil immediately after application to prevent runoff and to position this valuable nutrient next to the seed where it is needed. Before application, the manure itself is sampled to give an accurate understanding of its nutrient content.

Advances in technology are making the application of manure more precise. Modern equipment can test the flow as the manure is applied, using near-infrared technology, and vary application rates in real-time. Farmers use global positioning technology, ultrasonic speed sensors and radar to ensure that manure is applied in the right place and at the right rate. The technology that allows farmers to maximize the benefits of this natural fertilizer also helps to minimize nutrient leaching into waterways, including Lake Winnipeg. Similar advances in precision farming are allowing those who use synthetic fertilizers to apply plant nutrition in a way that maximizes its value.

Modern agriculture uses plant nutrition more precisely and efficiently while reducing the potential for negative environmental impacts and producing more food for consumers in Canada and worldwide. This is what



Cam Dahl, general manager
Manitoba Pork

being part of the solution means to Manitoba's farmers.

Being part of the solution can also mean taking action beyond the farm. Farmers are prepared to do this and ready to participate in a broad effort to develop solutions to the challenges facing Lake Winnipeg. As a first step we need to bring together expertise from all parts of the Lake Winnipeg basin — call this the Lake Winnipeg Task Group. The Task Group, which can be called together by the Province of Manitoba, should include representatives from livestock agriculture, representatives from grain and oilseed farmers, representatives from First Nations and representatives from Manitoba municipalities, including the City of Winnipeg. The Task Group should also include third-party scientific expertise to steer the discussions.

The Task Group should be mandated to outline science-based measures designed to reduce nutrient flow into the lake. Some of the potential action

Continued on page 11

ADVERTISING OR PRINT

CONTACT INFORMATION
ads@stonewallteulontribune.ca
Lana Meier 204-292-2128
news@stonewallteulontribune.ca
PHONE 204-467-5836
FAX 204-467-2679

OUR EDITORIAL STAFF

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

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.

> EMAIL US

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

MAILING ADDRESS

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

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

View the Stonewall Teulon Tribune online at
www.stonewallteulontribune.ca



Funded by the Government of Canada



Rockwood council approves two businesses on PR 220

By Jennifer McFee

Rockwood council said “I do” to a proposed new wedding venue in the municipality.

Jan Vena and Haydee Madlang-sakay applied for conditional use to operate a social event and wedding venue at an eight-acre property located on Provincial Road 220 (Road 14 East) in Stony Mountain.

The property is surrounded by a shelterbelt on all four sides with farmland to the north, east and west and rural residences to the east.

They hope to use the property in the summer and fall to host birthday parties, business conferences, weddings and receptions, and they might also consider hosting other events like retirement parties and baby showers.

The applicant lives in a home on the property and is proposing to use the existing detached garage as a preparation area or bar. In addition, a 3,000-square-foot outbuilding would serve as an event space for ceremonies or receptions. They also hope to put up a 2,000-square-foot transparent tent for additional event space. Washroom facilities would also be added, as well as two areas for off-street parking.

The event capacity would be 135 to 150 attendees.

Eric Shaw, general manager of South Interlake Planning District, noted that the proposed business could generate increased traffic and parking demands, which could potentially strain local infrastructure and create dust pollution.

“The proposed operating hours raise some concern about potential noise disturbances that could impact neighbouring residents and surrounding agricultural lands, especially during late-night hours,” Shaw said.

“To address these concerns, the SIPD recommends that council establish specific controls in a development agreement with the developer, which sets clear parameters for the venue’s hours of operation and the size, type and frequency of events permitted on

the premises.”

The applicant stated that any outdoor music for ceremonies and cocktail areas would be limited to quiet music and would be scheduled for earlier hours in the day. All amplified music would end by 11 p.m. or midnight.

“Amplifying music late at night has the potential to cause noise disturbances for nearby residents, particularly in a rural area where sound travels more easily over open spaces. It is essential to consider noise requirements and restrictions, which should be specified in a development agreement, registered on title, to mitigate potential disruptions to the surrounding area,” Shaw said. “The SIPD generally recommends that amplified music be limited to hard-walled buildings that can be properly soundproofed.”

Manitoba Transportation and Infrastructure noted that the existing accesses to the property don’t have a permit and don’t meet the minimum spacing of 100 metres. They suggest eliminating or relocating one of the accesses. The applicant will also need a permit for intensification of use for the access, as well as for removing or relocating an access.

Council conditionally approved the request. Conditions include a requirement to submit a detailed off-street parking plan for review and approval by SIPD and the RM of Rockwood based on a minimum standard of one stall per attendee. The applicants will also need to obtain applicable permits from SIPD and Manitoba Transportation and Infrastructure.

A development agreement will address issues such as limits to size, type and frequency of events; hours of operation; off-street parking capacity and layout; shelterbelt maintenance and exterior lighting. The development agreement could also address noise limits and mitigation requirements; site maintenance requirements; liability insurance; and site monitoring and enforcement.



David Schell applied for conditional use approval to operate a business to sell wood products from his property on Provincial Road 220.

ANOTHER HOME INDUSTRY CONDITIONALLY APPROVED

Council also gave the go-ahead for another home industry on Provincial Road 220, which focuses on the sale of wood products.

David Schell applied for conditional use approval to operate the business on a 4.77-acre property that fronts onto PR 220 to the east and Deprez Road to the south.

In May 2020, a South Interlake Planning District officer noticed an unauthorized business for building material sales on the property. The landowner was told to stop the operation, and a follow-up inspection in June 2020 showed that the business was discontinued.

However, in late 2023, SIPD learned that the unauthorized business had started up again on the property. SIPD once again told the landowner to stop the business. The owner then applied for conditional use approval to sell building materials as a home industry on the property.

He would like to sell wood products, which would fill a gap for farmers looking to source these products for agricultural activities such as building sheds, barns, garden beds and greenhouses. By operating a home industry, the owner said they could price their products competitively due to low overhead costs.

He also asked for permission to establish an outdoor storage area in front of the shop, instead of in the rear yard, in order to operate more efficiently.

The proposed hours are Monday



TRIBUNE PHOTOS BY JENNIFER MCFEE

Jan Vena and Haydee Madlang-sakay applied for conditional use to operate a social event and wedding venue at an eight-acre property located on Provincial Road 220.

worship with us > FAITH

May the fourth be with you

A couple of weeks ago, back on Saturday, May 4th, I heard someone say, “May the fourth be with you.”

Though I am not much of a science fiction fan, I do know that May 4th has been informally designated as “Star Wars Day”. That date was chosen because of its close resemblance in sound to the Star Wars catchphrase “May the Force be with you”, which characters in the movie often say to each other to wish good luck on dangerous missions.

Recently, in our church Bible study, we were reading in the Book of Daniel in the Bible about three young Jewish boys, Shadrach, Mesech and Abednego (I find it helps me remember their names if I think: “Shake your bed, make your bed and into bed you go”...) who were commanded by King Nebuchadnezzar to bow in worship before the image of gold he had erected. However, they refused to do so, because they were committed to not worshipping anyone or anything but God Himself.

As result, in his anger, Nebuchadnezzar had them thrown into a fiery furnace. However, to his shock and surprise, the fire did not kill Shadrach, Mesech and Abednego. As he looked into the furnace, Nebuchadnezzar asked, “Didn’t we tie up three men and throw them into the furnace? I see four men, unbound, walking around in the fire unharmed! And the fourth looks like a god!”

That’s when someone at the study said, “That’s the real use of ‘May the fourth be with you!’” God was the “fourth” person who was with those three young men. They experienced His protecting presence during what was undoubtedly the most challenging experience of their lives.

So also we can be assured that no matter how difficult the challenges are that we face in life, we don’t face them alone, our God is with us. He is the “fourth” Person in our lives.

So here is my wish for you: “May the fourth (God Himself) be with you!”

Henry Ozirney

Continued on page 10

New owners gear up for busy season at Olde Cramb Farm

By Jennifer McFee

Excitement is cropping up at Olde Cramb Farm where the new owners are ready to embark on their first season at the popular destination.

Randy and Erica Van Wyk are hard at work preparing for sales of their garden goodies, along with help from their daughters Taryn, Alyssa and Rachael.

Taryn Biblow said the family plans to continue to sell strawberries on the property, which is located on Road 75 North.

"We have some that are ready to go for this year. We're hoping that they survived the winter and that they'll grow and give us a crop. We have ordered more for this year to plant, and we are eagerly waiting to get into the field and get those planted," she said.

"We're going to offer u-pick and pre-picked strawberries. This year, we're going to do things a little bit differently with the u-pick and offer it by appointment so we're not bombarded by all the eager berry pickers who will be coming out."

In addition, they're discussing the possibility of offering CSA (community supported agriculture) boxes as

well as fresh veggies for sale to the public.

Another new addition will be markets with handmade vendors. These markets are planned for June 15, July 20, Aug. 17 and Sept. 21. They're still looking for handmade vendors, who can reach out through social media pages or by email at oldecrambfarmmb@gmail.com. The application deadline is May 18.

Looking ahead, they're also considering adding hayrides in the future.

"It is something that we would like to offer on the farm," Biblow said. "We have a beautiful trail that goes through the bush in the back. That would be nice to share with people."

The Van Wyks recently moved from Headingley to the Rockwood property. They received conditional use approval from Rockwood council to operate Olde Cramb Farm as an agri-tourism business.

"This will be our very first summer," Biblow said. "We're very excited to get going and meet everyone that comes to Olde Cramb. We're looking forward to getting to know all the new people and see the new faces."



TRIBUNE PHOTO SUBMITTED

New owners of Olde Cramb Farm are looking forward to their first season. Pictured left to right: Rachael and Erica Van Wyk, Taryn and Bennett Biblow, Randy and Alyssa Van Wyk.

> TICKS, FROM PG. 4

tick. While wood ticks are simply a nuisance, they do not transmit diseases in Manitoba. To tell them apart, black-legged ticks have distinct features such as a red-orange body, black legs and a black spot on their back. These ticks are also smaller than wood ticks; adult females are about the size of a sesame seed. When engorged with blood, black-legged ticks will become larger and

change colour to grey and brown. Conversely, wood ticks are bigger in size, have a brownish appearance and white markings on their back. For reference images comparing these two tick species, please visit: www.gov.mb.ca/health/publichealth/cdc/tickborne/about.html

Anyone who finds a tick on animals, humans or in various habitats can submit a picture to have it identified by experts to confirm if the tick belongs to a species capable of transmitting dis-

eases. For more information or to submit a picture of a tick, visit www.etick.ca.

Reduce your risk of tick bites and disease exposure by:

- applying an appropriate tick repellent on exposed skin and clothing, following label directions;
- wearing long pants and long-sleeved shirts;
- tucking in clothing to create a barrier;
- staying to the centre of walking trails;
- inspecting yourself, children and pets after spending time outdoors;
- removing ticks as soon as possible from people and pets, using tweezers; and
- keeping grass and shrubs around homes cut short to create drier environments that are less suitable for tick survival.

Milder winters and shifting weather patterns caused by climate change means ticks are expanding their geographical range to more regions of the province, although southern Manitoba remains the highest risk area.

May is Lyme Disease Awareness Month. To learn more about black-legged ticks, tick-borne diseases like Lyme disease, prevention and treatment, visit:

www.gov.mb.ca/health/publichealth/cdc/tickborne/.

Al-Anon and AA Meetings Information

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

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

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

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

We are here to make a difficult time easier for your family.

MacKenzie FUNERAL HOME

204-467-2525 • info@mackenziefh.com

South West District Palliative Care
Everyone is invited to attend.

Annual General Meeting

Tuesday, May 21st, 2024 at 7 p.m.
Stonewall Lions Manor Multi Purpose Room
Entrance #1 (NW Corner) 622 Centre Ave.
Register at s.w.d.p.c@hotmail.com or 204-513-1728
Amendments to the SWDPC Constitution will be presented for ratification.

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

Clubroom Events for the Week of May 13
Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is over \$1,000
Thursday 4-10
Friday 4-close Meat Draw at 6:30 - BBQ starts at 5:30
Saturday 2-close
Saturday May 25th Dinner Tickets on Sale for \$12.50 available at the bar - Dinner will be a 1/4 chicken
All are welcome - Support your local legion!

Fisher Branch retired nurse raising awareness of opioid crisis, substance use

By Patricia Barrett

A retired nurse from Fisher Branch is raising awareness of the opioid crisis in the Interlake and beyond in order to educate people about addiction issues and show substance users that there's hope for recovery.

Darcy Truthwaite worked as a nurse for 30 years, and in the last 16 months before she retired, she helped set up and run the Substance Use Disorder Clinic at the Percy E. Moore Hospital in Hodgson to help people who are desperate to deal with their addiction.

Since 2016, people dying from opioid toxicity in Canada has increased, said Truthwaite. And people need to know how addictive opioids are and how hard it is to get off them. That's why she's focusing on educating people about the drugs.

"I think a lot of my patients started using street drugs because they had no idea of the long-term effects of opioids," said Truthwaite. "Once they became addicted, they'd have horrific withdrawal symptoms and powerful cravings, and they had no idea this was going to happen to them."

To help raise awareness of how serious opioid addiction is and to educate people about where to get help, Truthwaite has been giving presentations to various communities in the Interlake. As president of the Toastmasters in the Arts Club, she is well versed in speaking before audiences. She recently visited Fisher River Cree Nation and also presented in Jackhead First Nation and at the Jackhead school. She has already given three presentations at Fisher Branch Collegiate to students in grades 9 to 12.

Truthwaite said there are around 200 different kinds of opioids. People are probably familiar with commonly prescribed opioids such as codeine, which is found in Tylenol 1, 2 and 3. Other opioids include oxycodone (e.g., Percocet), which became the poster child of addiction, morphine, heroin, hydromorphone, fentanyl and carfentanyl (carfentanil), which is used in veterinary medicine to tranquilize large animals such as elephants.



RCMP FILE PHOTO

The RCMP released photos of controlled substances recovered during a drone drop at Stony Mountain Penitentiary.

Opioids produce pleasant effects such as pain relief, euphoria and sedation, but they can also cause low blood pressure, loss of consciousness and suppression of breathing.

And with MRI imaging, Truthwaite said it's possible to see physical changes in the brains of people who use opioids. There is decline in white matter, which can affect learning and decision-making, the processing of new information and adapting to new circumstances.

"It also affects the cerebral cortex, which is responsible for regulating emotional impulses and making rational decisions," she said. "Studies have shown that once addiction develops, voluntary control is reduced."

Truthwaite said all opioids can be made in illegal laboratories in Canada. Fentanyl and carfentanyl can be used as "fillers" in other drugs because they're easy to get, cheap and make those other drugs stronger and more addictive.

If someone had a prescription for an opioid from their doctor and were then cut off, they may turn to drug dealers on the street.



TRIBUNE PHOTO COURTESY OF TOASTMASTERS IN THE ARTS CLUB

Retired nurse Darcy Truthwaite from Fisher Branch, seen here delivering a speech during a Toastmasters in the Arts club celebration, is raising awareness of the opioid crisis in the Interlake and beyond through educational presentations in various communities.

Addiction usually starts by taking pills. When someone becomes tolerant to a certain level of the drug, they'll start to crush and snort the pills, said Truthwaite. Then they'll take it up a step by smoking it and eventually diluting and injecting it.

Once hooked, people suffer from physical and mental anguish as they crave the substances.

"It's horrible. I found obituaries of

three people who were addicted, and I refer to these obituaries in my presentations," said Truthwaite. "One mentioned how addiction literally took over the life of one woman's daughter. The mother said, 'It consumed her life like a black hole and it had taken over her life. She frantically and relentlessly sought help. Nothing

Continued on page 10

Spring Fashion Show
 Hosted by Christ the King Catholic Ladies group
Thursday, May 30, 2024
 Doors Open: 6:30 pm
 Fashion Show starts: 7:00 pm
 315-2nd St. E., Stonewall (Catholic Church Basement)
 Fashions by Johnson's (Gimli) \$15/person
 Call Bev 204-467-8932 or Christine 204-467-2994 To purchase your tickets!
 Silent Auction Table

IT'S BACK!
 St. Joseph's Annual
Penny Parade
Sunday, May 26, 2024
 at Stony Mountain Rec. Centre
 Doors Open at 1 pm
 Draws at 3 pm
Over 100 Great Silent Auction Prizes!
 Tickets: 1 sheet of 25 tickets \$10.00
 3 sheets of 25 tickets \$25.00
 For info call Leanne 204-344-5670 or Lynn 204-344-5925

DON'T PAY TO HAUL AWAY.

With **Efficiency Manitoba's Appliance Recycling Program**, we'll pick up, recycle, and give you \$30 for your old working fridge or freezer.

There are lots of benefits to participating:

- You'll save on your monthly energy bill.
- You'll get \$30 for each working fridge or freezer you recycle.
- We'll recycle up to 95% of your appliance and you'll feel good knowing it doesn't end up in the landfill.
- While we're at your home, we can also haul away your old dehumidifier, window air conditioner, bar fridge, or bar freezer for free.

Book your pick-up today.
efficiencyMB.ca/appliancerecycling



> ROCKWOOD COUNCIL, FROM PG. 7

to Friday from 8 a.m. to 6 p.m. and Saturdays from 9 a.m. to 6 p.m., with about three to four customers scheduled each day.

"I firmly believe that my home business will not only fulfill a market need but also contribute positively to the local economy and community," Schell wrote in his letter of intent.

Council received several letters of support from neighbours, and a neighbour also offered support in person at a public hearing on May 8.

South Interlake Planning District recommended that council deny the conditional use application for the proposed home industry because it's inconsistent with provisions set out in the development plan bylaw and zoning bylaw.

"The SIPD development plan discourages many forms of wholesale and retail commercial development in agriculturally designated areas, as it has the potential to create incompatibilities with adjacent agricultural uses, which are primarily reserved for farming and livestock purposes," said

SIPD general manager Eric Shaw.

"The proposed business is a wood product sales establishment, which is contrary to the intent of a home industry. The proposed development is more appropriately classified as a building material sales establishment, pursuant to the zoning bylaw, which is not permitted on the subject property."

The applicant's site plan shows significant land area and building floor area dedicated to wood product storage, including 7,000 square feet of outdoor space, three fabric shelters measuring 260 square feet each and three other shelters measuring 50 square feet. There's also a 1,460-square-foot detached building that serves as a shop and garage. The use of multiple accessory structures is contrary to the definition of home industry in Rockwood's zoning bylaw.

As well, the total land area and business floor area for the business spans more than 9,000 square feet, which Shaw said is inconsistent with the intent of a home business.

He also noted that the sale of wood products for construction aligns with the definition of "building material sales" in the zoning bylaw. However, building material sales is not a permitted use or a conditional use in the agricultural general zone.

Shaw said if council approved building material sales in the agricultural area, it could set a precedent for other similar establishments, contrary to SIPD's development plan.

Manitoba Transportation and Infrastructure had no concerns with the application. However, if traffic volumes exceeded the amount indicated, the landowners would need a permit for an access intensification of use.

Council conditionally approved the proposed home industry with a long list of conditions. As part of these conditions, the outdoor storage areas must be relocated to the rear or side yards and must be fenced or screened from public view. Up to five people can be employed at the business, which can't be transferred to a new owner.

There can't be any commercial signs or displays for the business, and noise

must not infringe on other people in the area.

The applicant also needs to enter into a development agreement with the RM and obtain all applicable permits from SIPD, including permits for existing unauthorized structures.

In other council news:

- A public hearing related to a proposed outdoor shooting range was cancelled. The hearing had been scheduled for May 8, and the applicant withdrew the application. The conditional use request involved a 37-acre property on Provincial Trunk Highway 67 near Oak Hammock Marsh, located within the agricultural general zone. The applicant wanted to develop the north part of the property into an outdoor shooting range and academy. South Interlake Planning District received dozens of letters in opposition to the proposal. In a report to council, SIPD recommended denying the conditional use request.

- Road 1E between roads 97N and 98N is closed due to spring conditions until further notice.

> AWARENESS, FROM PG. 9

succeeded. Relapse always followed. This shows how horrible addiction is. It's been described as the worst flu ever [when people are withdrawing]. They'll have everything from bone and joint aches to muscle spasms and twitches, goosebumps all over their body, nausea, vomiting, diarrhea, and they'll feel restless, anxious and irritable."

She said it takes at least 10 to 20 days of withdrawal before these symptoms abate; that depends on how long someone's been taking opioids and how much they've been taking.

"It feels worse to come off opioids. A lot of my patients were on it for 10 years," said Truthwaite. "And they didn't know how to get help."

Thirty per cent of opioid overdoses are linked to suicide because they "don't know of any other way out," she said. She researched statistics showing the growing crisis in deaths from substance abuse.

Between January 2016 and March 2021, there were 22,828 deaths (Canadians) from opioid toxicity. And Indigenous peoples identify as be-

ing "disproportionately" harmed by opioids; opioid deaths occur three to seven times more frequently than in non-Indigenous people.

"A lot of deaths are being blamed on fentanyl and carfentanyl. And today there are other drugs being thrown in the mix like the Zombie drug xylazine," said Truthwaite.

Xylazine is an animal tranquillizer. It does not respond to naloxone, the drug that reverses opioid overdoses. Xylazine has been reported in B.C., Alberta and Ontario. Users can suffer blackout states and develop rotting flesh.

"One of the main things I want to get through to people is that when you buy drugs off the street, you never know what you're going to get," said Truthwaite. "I heard one report in the media of a fellow who snorted cocaine and suffered an opioid overdose — cocaine is not an opioid. It turns out the cocaine was laced with enough carfentanyl to kill eight elephants."

The Substance Use Disorder Clinic at the Percy E. Moore Hospital, a federal

hospital, can treat people addicted to opioids on a walk-in basis. However, the clinic does prefer people to call ahead so they can ensure there's a doctor available. In addition to medications used to help people get off opioids, the clinic provides counselling, social worker services, referrals and screening for HIV and hepatitis, which can be acquired through substance use by sharing paraphernalia such as straws or needles.

"When I retired, I was lucky to have Amanda Mann take over the clinic. She works as an addiction nurse and she's amazing. And they just hired another nurse, Tracy Sinclair," said Truthwaite. "There are five doctors at Percy Moore that can prescribe a treatment for opioid use disorder."

The clinic, which opened in 2021, is provincially funded, she added, but it is not a RAAM (Rapid Access to Addictions Medicine) clinic like the one in Selkirk. It is also not a detox centre.

"For opioids, we have drugs that can stop the symptoms within 20 minutes. We mostly use suboxone, which stops the withdrawal symptoms and

stops the cravings. But we have to adjust the dose and it takes about three days to adjust it on an out-patient basis. That's what the Percy Moore clinic focuses on," said Truthwaite. "But a lot of times, people are addicted to more than one substance. So we can stabilize them on suboxone then send them to rehab to get off the rest of the substances. Unfortunately, there's no medication for methamphetamine or cocaine. But there are medications for getting off alcohol."


Truthwaite said she became close to her patients when she was working at the clinic and is "very proud" of all of them.

"They did well on suboxone and started changing their lives," she said.

To contact the Substance Use Disorder Clinic at Percy E. Moore Hospital in Hodgson, call 204-372-6906.

The clinic helps people 18 years and older. No referral is needed. The clinic does not treat people who need urgent medical attention for conditions such as psychosis, hallucinations and paranoia or who are at active risk of harm.

South Interlake 55 Plus
Annual General Meeting
May 23rd at 7:00 pm
374 1st Street West, Stonewall, MB



Phone: 204-467-2582
www.si55plus.org

Annual
General Meeting

for the Woodlands
Community Hall
on Thursday, May 23, 2024
at 7:00 p.m.
at the hall.
All are welcome.

You have options.



KEN LOEHMER
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

Stone snake slithers to Stonewall's Quarry Park

By Jennifer McFee

A new snake is slithering its way through Stonewall's Quarry Park.

The Stonewall Stone Snake is a hands-on initiative spearheaded by the local Communities in Bloom Committee in the hopes that people contribute a painted stone to the rocky reptile.

Kim Sheppard and Joan Ransom are the Communities in Bloom stone snake sub-committee chairs. Last week, they set up the snake's head on the Pond Trail at Quarry Park near the Heritage Arts Centre.

"As more rocks get added, the snake will slither around the trail and we are excited to see how long it grows," Ransom said.

"We will add a rock painted with the number of metres the snake is long, which will add a component of numeracy to the project. Families can watch how long the snake gets and keep track of the length it becomes."

All are invited to paint a rock and add it to the snake — including individuals, school classes, daycare groups, families, teams, service groups, office staff and seniors' groups.

"Your rock can be a solid colour or decorated as much or a little as you like. We will leave a pail of unpainted rocks near the snake head if people

need to take a rock home to paint. The Stonewall Library will also have a pail of unpainted rocks for would-be rock painters to use," said Ransom, who is also the branch librarian.

"We hope that people will paint multiple rocks to help feed the snake and help it grow."

This year marks the first time the committee has embarked on the stone snake project. The stone snake will continue to grow from May to September.

"We got inspiration for this project from reading news articles about other communities who have tried it. It is a fun low-cost activity to do and it will bring interest and excitement as we work together as a community to create our stone snake," Ransom said.

"The Pond Trail is accessible to all and it will be a wonderful opportunity for community members to get outside and enjoy Quarry Park."

Ransom and Sheppard also met with Quarry Park manager Kelly Kimball to map out a route for the snake to grow along.

"We have no idea how long it will get," Ransom said, "but we really hope this project takes off and as a community we build a stone snake that is enormoussssssssss!"



TRIBUNE PHOTO SUBMITTED
Communities in Bloom stone snake sub-committee chairs Kim Sheppard and Joan Ransom are encouraging the community to paint a stone and add it to the snake of rock at Quarry Park.

> SOLUTION, FROM PG. 6

items have already been discussed, such as rehabilitating marshes that filter incoming water, ensuring untreated sewage does not flow into the Red River and increasing the understanding of the "right source, right place, right rate and right time" principles for nutrient application in agriculture. The Task Group should be charged with presenting ways of breaking down barriers to the adoption of these known solutions as well as new ideas to keep Lake Winnipeg healthy. And, finally, the Task Group should be forward-looking and action-oriented rather than a body that rehashes the finger-pointing that occurred in the past.

Jumbo's Tree Cutting

Safe and experienced tree cutting services and stump grinding.

Chase Faulkner

Free estimates, guaranteed best price

Phone 204-461-0940

JOIN US FOR RIBFEST AT STONEWALL QUARRY PARK ON CANADA DAY!

TICKETS AVAILABLE ONLINE AT WWW.STONEWALL.CA OR IN PERSON AT THE HERITAGE ARTS CENTRE OR THE TOWN OF STONEWALL BUILDING

FULL RACK OF RIBS \$50.00
HALF RACK OF RIBS \$44.00

FUN AND FESTIVITIES FROM 3:00 - 11:00 PM

VISIT WWW.STONEWALL.CA FOR MORE INFORMATION

DANNY'S BARBEQUE & SMOKEHOUSE

TOWN OF Stonewall
INCORPORATED 1999
A Great Place to Call Home

Legislation recognizes firefighters across the province

By Emma McGill

As of May 4, the Manitoba's Legislative Assembly embarked on a significant milestone: the inaugural celebration of Bill 200 - The Firefighters Recognition Day Act in Manitoba.

Through legislative power, the day becomes a day of gratitude for all the hard work and selfless acts that firefighters perform: getting up for a call in the middle of the night and listening for those calls no matter what they're doing, helping to educate the community on how to burn safely and pay attention to the weather, and helping to keep that community safe in so many more ways.

David Pankratz, a former firefighter and paramedic for a decade and a current member of the Manitoba NDP, introduced the bill. Pankratz is deeply honoured to have championed this cause and seen the Bill come to fruition.

Pankratz said the essence of Bill 200 is to pay homage to the countless sacrifices made by firefighters, recognizing their tireless efforts and commitment to safeguarding our communities.

"This bill is incredibly meaningful to me," shared Pankratz. "It represents an opportunity for all Manitobans to come together and celebrate the courage, dedication and resilience of our firefighters."

Following the bill's introduction, its legislative process was encouraged and easy, thanks to various stakeholders and bipartisan backing.

"I am incredibly grateful to every-



TRIBUNE PHOTO SUBMITTED

The Teulon Rockwood Fire Department serves to protect Teulon from the dangers of fire.

one who contributed to its passage and brought us closer to recognizing the invaluable work of our hardworking firefighters," said Pankratz.

The Firefighters Recognition Day Act in Manitoba is an occasion to honour, appreciate and celebrate the remarkable individuals who embody the true essence of heroism.

In the coming years, this day will carry this honour forward.

Danny Hutchinson, deputy chief of the Teulon Rockwood Fire Department, received an email from the Office of the Fire Commissioner with the bill attached.

"I am honoured that MLA Pankratz and the Manitoba government chose to recognize the contribution made by firefighters across the province," said Hutchinson.

When Hutchinson was 15 or 16 years

old, he wanted to be a firefighter, inspired by Miles Tarrant, another firefighter on the department at the time. Hutchinson joined in 1998 and was on for four years before moving away for a few years. He since rejoined in 2009. Overall, he has been a firefighter for 18 years.

"It has been a rewarding experience, some days more than others," he shared. "I love helping out my community, and I am honoured to serve with an amazing crew."

For Hutchinson, some of the best parts of being a firefighter are helping out when a neighbour is having a terrible day and watching kids get excited when the fire trucks come down the street or at one of the department's annual open houses.



SOUTH INTERLAKE GARDEN CLUB

Plant Auction

Saturday, May 25
10:00 am
Fines Field Picnic Shelter,
Stonewall, MB (Baseball Diamonds)
Watch for Signs

Please join us as we auction off donated perennials, annuals, vegetable plants and assorted garden related items.

Fundraising Barbeque for Scouts

Donations can be dropped off
May 25 between 8:30 - 9:30 am

If you have items you would like to donate but cannot attend, please contact
Tanya Daher @ 204-467-2235 or
Nicole Kapusta 204-771-1859
to make arrangements.

Girl Guides FUNDRAISER

Bottle and Can Drive

Raising money for a trip to Churchill this summer!

ALUMINUM CANS BEVERAGE CANS BOTTLES

For information or pick up, call Danelle at 204-461-4230

COMPLETE PHYSIOTHERAPY
Restoring you to the BEST you

Ryan Aikens
Physiotherapist

Locally raised and here to assist you

Please call to make an appointment

375 Main St., Stonewall
www.completephysiotherapy.ca

204-467-8900

Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA.
RECREATIONAL, PRIVATE AND COMMERCIAL LICENCE.
AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?
RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402

LS AIRWAYS FLIGHT ACADEMY

Annual Brant-Argyle Spring Tea



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Brant-Argyle students and staff were happy to host their annual Spring Tea at the community centre last Friday. The students provided the entertainment, including three skits, singing and two violin solos. Following the performances, Grade 8 students served fancy sandwiches, dainties and beverages to their guests. There was also a bake sale, a cake auction, a silent auction and Brant-Argyle student-crafted items sale.

Development plans underway for Stony Mountain

By Jennifer McFee

Plans are in the works for large-scale development in the Stony Mountain area.

The project is in the conceptual design stage for the development of 413 acres of land by Kenaston Development and Skylark Developments on the outskirts of Stony Mountain.

“It’s a blend of single-family lots, multi-family lots, commercial, highway commercial, industrial and business park,” said Chris Luellman, CAO for the RM of Rockwood, who recently met with Stony Mountain residents to share information and answer questions about the preliminary concept.

According to the preliminary designs, the business park could span about 99 acres, the commercial centre would be about 53 acres and the residential area would be about 261 acres.

The development will also include an age-in-place facility.

“We’ll be putting in lift stations and force mains this summer,” he

said. “We hope to have shovels in the ground for this summer for the age-in-place facility.”

Work is still underway for the development’s conceptual plan, which has not yet been adopted.

More information will be available as the process continues.

QUARRY
PHYSIOTHERAPY
AN *inMotion* CLINIC

STONEWALL
204-467-9101
347 Main St
(The mural building)

Pelvic Floor Therapy

- Pelvic pain
- Urinary & fecal incontinence
- Urine retention
- Pre and post surgical training of the pelvic floor
- Post partum/post menopausal changes
- Coccydynia
- Prolapse of the pelvic organs (uterus, bladder, rectum)
- Sexual dysfunction
- Various prostrate conditions

• ONLINE BOOKING AVAILABLE
• DIRECT BILLING TO MOST INSURERS

• CONVENIENTLY OPEN MON-SAT
• EXPERIENCED, FRIENDLY STAFF

Keeping the Interlake inMotion since 1994

inmotionnetwork.ca

BEST GIFT EVER!

Scenic Flight Tour

It's what every Dad, Husband, Grandfather, significant male wants for

FATHER'S DAY

\$149

3 PASSENGERS AND THE PILOT
ALL FOR ONE LOW COST

Book Today!

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-651-1402



Spring Home & Garden Guide



Decor: how to blend brown brilliantly

Brown is a versatile shade that can add warmth and comfort to any room. However, this chocolaty shade can feel heavy and dull on its own. Therefore, it's best paired with other colours. Here are some combinations that work well with brown:

- Love beach-side relaxation? Pair brown with white, blue and green to plunge headfirst into vacation mode.
- Want an exotic ambience? Opt for yellow and orange to spice up the dominating brown.
- Prefer a feminine softness? Lavender, blush pink and eggshell white are for you.
- Looking to focus? Brown and blue are complementary colours that are an ideal duo for a home office.
- Have a bohemian edge? Mix brown with yellow,

pink or light blue to fully express your edgy side.

- Find Irish pubs cozy? Add touches of orange and green to your brown-based decor.
- Like luxury and contemporary refinement? Black goes great with brown.
- Hungry for that Scandinavian flair? Add brown, beige, taupe and cream to the mix.
- Going for an industrial look? Brown and grey make a great pairing, especially with metallic furniture.

Depending on how much brown you want in your home, you could use it on the walls, floors and furniture, such as sofas, or accessories, like cushions. Visit home decor stores near you for inspiration.



Before After

Installation | Custom Orders
Guaranteed Quality

Your local garage door provider
Serving the Interlake!

Repairs, Maintenance & New
Garage Doors & Openers
Fast, friendly service!
Residential & Commercial



MID-CAN DOOR
MFG. INC.

PHONE 204-222-5643
WWW.MIDCANDOOR.CA



SCREENED
TOPSOIL
FOR
SALE!

PICK UP & DELIVERY
AVAILABLE STARTING AT \$40/YARD
Bulk Pricing Available

Screened Topsoil, Playground Sand, Pea Gravel,
Limestone, Black Granite

204-461-0815
prairieearthworks@gmail.com
www.prairieearthworks.com

\$475 per week for FUB
(firewood hot tub) rental

HOT TUB RENTALS FIREWOOD

- Firewood delivery
- Firewood pick up at our log yard near Stony Mountain
- Guaranteed Dry or It's Free
- Firewood for camping, backyards, grilling, smoking and heating

MENTION THIS AD AND
GET A FREE FIRESTARTER



204.467.8929 • info@stonewallglass.com

- Window & Door Installation
- Foggy Glass Replacement
- Custom Mirrors & Glass Projects
- Auto Glass & Free Chip Repairs

Financing Available

Questions or to place an order please call 204-453-7788 or email clint@firewoodmanitoba.ca



Spring Home & Garden Guide



Are you itching to buy an air fryer? Read this first!

Have some of your friends or family members bought an air fryer and swear by this versatile appliance? If their enthusiasm has convinced you to get one for yourself or you want to get on board with the trend, keep these points in mind.

SPACE

Before you start shopping, ensure you have enough space in your kitchen to accommodate an air fryer. These appliances can be bulky, so ensure you have enough counter or cupboard space. If necessary, declutter by getting rid of items you no longer need.

CAPACITY

Next, consider the capacity of the air fryer. If you cook large quantities of food or have a big family, it's best to opt for a model with a capacity of at least five

litres. A smaller model will require you to cook in batches, which can be time-consuming.

MAINTENANCE

Some air fryers are easier to clean than others because of a non-stick coating. If you hate handwashing and prefer to put items like the basket or grate in the dishwasher, ensure the air fryer you choose has dishwasher-safe parts.

Happy shopping!

MANY ADVANTAGES

Air fryers use less electricity and produce less heat than conventional ovens. This makes them perfect for summer! They can cook all kinds of food quickly, including meat, French fries and desserts. Depending on the model, you also use little to no oil.



What's a steam cleaner good for?

SPOTLIGHT ON THIS ECO-FRIENDLY, HIGH-PERFORMANCE APPLIANCE

Do you want to live in a spotless home but don't want to clean using harsh chemicals? While you can undoubtedly use tried-and-tested alternatives, such as homemade recipes using baking soda, vinegar and lemon juice, why not just purchase a steam cleaner?

This vacuum-like appliance diffuses hot steam to deeply clean various surfaces and destroy bacteria, dust mites, germs and allergens. You can even use it to clean your mattress

and upholstered furniture, remove limescale in the bathroom, smooth out wrinkles in your clothes and wash your windows.

However, it's important to note that you should always follow the manufacturer's instructions and ensure that your furniture, surfaces, and textiles can withstand high-temperature steam before using them.



SPRING CLEANUP RENTALS
STOP IN TO SEE OUR RENTAL LINEUP

Small engine repairs & general equipment service

RENT IT FROM **G&A Rentals** • Parts • Sales • Service
 Lawn • Garden • Construction

7 Patterson Dr., Stonewall, Industrial Park
garentals.ca
204-467-7368

• **Annuals** • **Perennials**
 • **Vegetables** • **Trees**
 • **Hanging Baskets**
 • **Shrubs** • **Gift Cards**

Hours: Monday-Friday 9am-7pm
Saturday 9-5 • Sunday 10-5

Your Local Greenhouse & Garden Centre

204-467-2081 Located 5 km South of Stonewall on PR 236

See For more info

JASPERSON'S
 greenhouse | nursery

West Coast Seed

Outstanding performance

By Lana Meier

It was definitely a vacation to remember.

The Quarry Choristers hosted their annual dinner theatre at the Quarry Park Heritage Arts Centre May 2 -11.

The audience enjoyed the entertaining musical and a delicious meal from Abas Catering and the matinee desserts by the Stonewall United Church Ladies.

The cast, comprising four distinct groups of travellers, were all set for a sunny vacation aboard a Sunora Airlines plane. However, their plans took an unexpected turn when their plane crashed, setting the stage for a series of unexpected adventures.

Then the real shenanigans began. Between the groups of "Birdwatchers," "Girls' Weekenders," "Bluegrass Band and "The Debate Club," someone has to take charge as they believe they are stranded on an island in the middle of nowhere.

Julie Leduchowski, travelling with

the Bluegrass Band, began to call the shots and make the rules.

Eventually, the Girls' Weekenders had enough of her bossiness and did not agree with the way she was running the show. They headed off on their own to find a way off the island.

Lo and behold, to their amazement, they weren't stranded after all and civilization was just around the corner. They returned to the plane crash victims with Tim Hortons in hand to advise them that they were not stranded after all.

The show was filled with music from many genres, including current, the '70s and '80s and Broadway hits.

Vhana Moldowan directed the show, and Kirsten Bennett, George Selley, John Mak and Don Horbas provided music. Garth McCurdy was responsible for sound and lights, and the backstage crew of Jamie Yeo Alaynna McCurdy, Sydney Palmer and Emma Walton helped ensure that everything ran smoothly.





Your FARM



Veteran Horse Camp teaches discipline, humility and self-ownership

By Raegan Hedley

The Sept. 11 attacks, commonly known as 9/11, were four co-ordinated Islamist suicide terrorist attacks carried out by al-Qaeda against the United States on Sept. 11, 2001. That morning, 19 terrorists hijacked four commercial airliners scheduled to travel from the East Coast to California.

Robert Wuskynyk watched the second plane hit the Twin Towers and felt the call to do something bigger to help. In that moment, his life purpose became clear.

“We didn’t know where the world was going to go at that time. ... So I joined the Canadian Armed Forces. And now I’m at a stage in my life where I’m in the twilight of my career and still have that desire to serve.”

Wuskynyk’s commitment to serving others drove him to create Red Rose Ranch Veteran Horse Camp (R3VHC), a not-for-profit organization that offers free horsemanship training (based on the Equestrian Canada program) and ranch life experiences facilitated by, and intended for, military, first responders and veterans. With a focus on connecting to the surrounding First Nations communities, the program uses a land-based approach and includes time around a fire with an Indigenous knowledge keeper.

R3VHC is all about introducing vet-



While it’s not a substitute for therapy, the equestrian lifestyle has many benefits: It can help build confidence, teach problem-solving skills and provide a community to belong to.

erans to the equestrian lifestyle so they can join the community and reconnect with their sense of purpose. R3VHC isn’t equine therapy — it’s equine-assisted learning. Wuskynyk describes it as a “drug-free, medication-free, digital-free way of enhancing mental and physical health.”

“As a kid, you can take things like swimming lessons to learn new skills, but as an adult, you become less likely to put yourself out there,” said Wuskynyk. “We teach them how to



TRIBUNE PHOTOS SUBMITTED

All staff are either military, first responders or veterans and are highly trained to provide new riders with a safe and knowledgeable introduction to Western riding.

take care of the equipment and what you should look for. ... If you do purchase a horse and you want to take it to a facility, how should that facility look? Do they have an emergency action plan? Do they have farms? Do they have safety gear? Do they have first aid kits? And so we created the ranch as a model stable. ... It’s a foundation that they that they can use to measure all their other experiences again.”

Wuskynyk said, “The reason we are successful is that each one of our participants commits to continuing on with horse lessons afterward. One of them even went out and researched where to buy horses. For us, that’s mission accomplished.”

Nestled between Peguis First Nation and Fisher River Cree Nation, R3VHC operates out of Red Rose Ranch, a homestead that is surrounded by wildlife and far from the sounds of traffic. It’s so quiet that one participant said, “All I can hear is the tinnitus in my ears.” The homestead has been in Wuskynyk’s family since they immigrated here from Ukraine in 1919. He bought two surrounding sections of land in 2005 and 2014 with no idea what he wanted to do with them.

“While I was posted in Ottawa, I was really overworked after doing a couple of tours, and I needed an outlet so I ended up getting into horses again,” said Wuskynyk.

He got posted in Manitoba, and met a bunch of other veterans doing team cattle penning. He told them about his idea to provide horsemanship training to veterans after he retired, and they encouraged him to do it sooner rather than later. Wuskynyk decided to do it sooner and made Red Rose Ranch into an equestrian centre



JOIN US FOR THE MAY CONSIGNMENT SALE 2024

ITEMS AVAILABLE TO VIEW MAY 13TH - 17TH FROM 9AM TO 5PM

BIDDING STARTS: MAY 16TH AT 9AM

Pickup Days: May 24 & 25 from 9am to 5pm. Arrangements can be made otherwise. CLOSED SUNDAYS

DAY 1 OFFSITE ITEMS WILL BE CLOSING ON MAY 22ND STARTING AT 10AM

DAY 2 ONSITE ITEMS WILL BE CLOSING MAY 23RD STARTING AT 10AM



SALE WILL CONSIST OF FARM EQUIPMENT, GENERAL MERCHANDISE, OVERSTOCK AND SURPLUS ITEMS, PLUS MUCH MORE!

THIS IS AN ONLINE BIDDING AUCTION ONLY! IF YOU REQUIRE HELP OR DO NOT HAVE INTERNET ACCESS PLEASE CALL THE OFFICE AT (204) 434-6519.

Call today if you would like to consign your items! Office (204) 434-6519 • Brad Kehler (204) 346-2440 Darryl Enns (204) 216-0931 ITEMS ARE SOLD AS YOU SEE THEM. Call Now to Consign in Upcoming Auctions.

Continued on page 19

> VETERAN HORSE CAMP, FROM PG. 18

in 2020.

Since Red Rose Ranch is on a conservancy, the land can't be developed past its current point. As a result, participants live in outdoor facilities for the entire week of the program, where they live communally, care for the horses, use outhouses, cook outside and use pump water.

"I funded the first camp myself and made it for Afghan vets, by Afghan vets," said Wuskynyk. "I had a participant who didn't really say a lot, so I worked with them hands-on. On the last day we were leaving our breakfast site, they said, 'This camp didn't make me a cowboy, but I underestimated how powerful it is to be in the wilderness with like-minded people who walked on the same ground as me.'"

R3VHC covers all expenses, including travel, lodging, food and everything related to the horses for participants. So far, the not-for-profit has

successfully run three camps and is fundraising to run two more in late 2024.

"Myself and all my staff are convinced of the benefits of an equine lifestyle for our mental and physical well-being, and we want to share them with our brothers and sisters. Just showing them there's a better way than taking meds and sitting on your couch ... it's not impossible."

In a testimonial, one participant said, "I've had psychologists, I've had psychiatrists, I've had OSI groups. ... I've had everything the medical team can throw at you. I think time with these animals is the most beneficial and therapeutic experience that I've ever been able to come across."

R3VHC is holding its annual fundraiser at Trans Canada Brewing Co. on Aug. 6. For details about this fundraiser, and all other R3VHC fundraisers, visit <https://www.facebook.com/RedRoseRanchManitoba>



R3VHC offers what they call the "Horse Warrior Teachings," which is based on an Equestrian Canada program. Each phase teaches different hard and soft skills, like lasso training and trust.



Each R3VHC is assigned a horse and their tack and they are taught to put the horse's needs before their own.



R3VHC participants stay in outdoor facilities with pump water and outhouses. One participant said it felt familiar because it was similar to living in a Forward Operating Base (FOB).

Local Girl Guides host a fundraising Mother's Day Tea



TRIBUNE PHOTOS BY JO-ANNE PROCTER

A group of local Girl Guides has been hosting a variety of fundraisers to help offset costs for a trip to Churchill Guiding Camp in July that will cost each traveller \$2,500. Last Saturday, the girls held a Mother's Day Tea that over 60 guests attended to enjoy tea and homemade dainties and a variety auction at the Red Barn south of Stonewall. The group of 13 girls — aged 11 to 16 from Stonewall, Clandeboye and Fisher Branch — are looking forward to the nine-day trip when they will kayak with belugas, go dog carting and visit the Prince of Wales Fort National Historic Site. Pictured left, left to right: Olivia Gullett, Kaylee Podaima, Maya Persoage, Juliana Petersen, Carly Hancher, Adele Prowett and Sarah Daher. Right, Shirley Esaruk, Diane Blue and Mary Chalmers.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

The U13 Interlake Phillies are off and running

By Kieran Reimer

The U13 Interlake Phillies got off to a hot start, defeating the Winnipeg Lightning three times over the weekend.

Each win came in convincing fashion as the Phillies won 5-3 from Friedensfeld Community Centre on Saturday, followed by a blowout 15-2 and 12-2 victories on Sunday's doubleheader at Stonewall's Quarry Park.

"The girls played really great, and we're thrilled with how we competed," said coach Karli Reimer.

The club now sits first in the MPSL U13 division, with a game in hand over the second-place Westman Magic and a +25 runs differential.

This year's U13 Phillies players include Paige Bernier (98), Emma Cassils (6), Brooklyn Chetyrbok (7), Krystal Crampton (18), Lily Hammond (22), Anna Hoff (13), Kahlie Minnie (12), Kenzie Myers (99), Kardyn Reimer (8), Adriana Williams (11) and Brynn Williams (9).

Head coach Karli Reimer and assistants Jon Reimer, Mike Hammond and Chelsea Snively are building a winning team.

The Phillies feature the top U13 players from the Interlake area. Many of them are multisport athletes, softball being their number one sport.

Reimer said many of them were practicing up to four days a week during the winter through various practices, hitting and pitching sessions, and Softball Manitoba Regional Skills Development Academy camps.

"We focus really hard on our hitting and pitching all winter. Our goal is to be one of the best teams we can be in our league and go really strong into provincials."

This season, the U13 Phillies are playing host to provincials at Quarry Park. Last season, the team finished fourth in the event.

This year, they want to take it a step further.

"Our ultimate goal is not to win provincials, it's to make Westerns and to do that we need to finish top two in provincials to get a bid for Westerns."

The 2024 Western Canadian Championships consist of the top softball teams from Manitoba, Saskatchewan, Alberta and British Columbia.

This year Brandon is hosting the U13 event from Aug. 1 to 4.



Jordyn Chetyrbok was on the mound pitching for the U15 Phillies double header against the Wildcats on Sunday.

Based on what Reimer has seen from her players early on, she believes the team is capable of reaching their goal.

"We have a lot of players who are competent," said Reimer. "They are some of the best in the province for their age especially when it comes to our pitchers and hitters. Our pitching depth is next level. They are consistent, and they work hard. We've worked on hitting in the off-season, and it's really starting to pay off. Paige Bernier had six hits this weekend and Brynn Williams had five runs batted in that played a huge part in our success over the weekend."

The team also performed well on the mound, as all five of their pitchers combined for 39 strikeouts and only gave up three walks.

The team will also participate in multiple international events throughout the season. A week ago, they were in Nebraska for a tournament and brought back gold after going undefeated.

They also have tournaments in Minnesota next weekend and in June, and one in South Dakota in July.

Their next MPSL games are on Saturday, June 1 at 12 noon and 4 p.m. at Quarry Park against the U13 Smitty's



TRIBUNE PHOTOS BY LANA MEIER

Brynn Williams slid safely into second on a steal against the Winnipeg Lightning on Sunday.

Terminators and U13 Central Energy.

The U15 Interlake Phillies and U19 Manitoba Phillies were also in action over the weekend.

The U15 Phillies were opening their season with a three-game set against the first-place Eastman Wildcats.

They dropped the opener from Friedensfeld Community Centre on Saturday afternoon 23-16 in a game where nearly every hit drew in a run for either club.

On Sunday, both teams squared off in a doubleheader from Quarry Park. The U15 Phillies drew first blood, winning 12-5, but the Wildcats bounced back only a few hours later, defeating the U15 Phillies 16-6 and moving their record to 1-2.

The U15 Phillies now sit fifth out of seven teams in the MPSL U15 league.

Their roster for this season includes Kaitlyn Braid (11), Jordyn Chetyrbok (4), Avery Deprez (22), Jenna Germain (9), Olivia Hagen (27), Nicole Hutchinson (44), Jersey Macmillan (17), Abi Minnie (12), Keira Pattie (77), Peyton Rinn (16), Brooklyn Sachvie (17), Riley Swanson (6) and Sara Vande (10).

Their coaching staff includes head coach Taylor Hagen, assistants Mad-

dy Fines and Kalin McGuirk and manager Robyn Deprez.

Their next two games are against Central Energy at Quarry Park on Saturday, May 25 at 12 noon and 2 p.m.

The U19 Manitoba Phillies opened their season a week ago with a pair of losses against the U19 Smitty's Terminators from Quarry Park.

However, this Saturday, they took on the Westman Magic in a doubleheader, winning the opener 3-2 before dropping the second game 17-3.

The club now sits third out of four teams in the MPSL U19 league but will have a chance to move up the standings this Saturday when they take on the Smitty's Terminators at 12 p.m. and 2 p.m. from Optimist Park.

Their players this season are Chloe Beresford (16), Mia Cassils (11), Riana Cassils (12), Rebecca Chernetski (17), Sophia Dowsett (26), Anya English (13), Maddy Fidler (14), Kaitlyn Hawryluk (22), Lucy Hoff (2), Cheyenne Lough (5), Aniya Monkman (39), Bailey Shorten (44) and Kaity Swanson (10).

Their staff are head coach Kirt Swanson, manager Leah Hawryluk, assistants Denis Woods, Brenda Woods, Jason Cassils and Rikki Frost-Hunt.

Longtime friends out-lift the competition in their CrossFit debut

By Jeremiah Knight

In an event packed with shocking feats of strength, perhaps the most unforeseen part of The Comp was Hunter Ploszay and Braydon MacDonald standing at the top of the podium.

It's not that the longtime Stonewall friends were incapable of emerging triumphant in the novice division of the Winnipeg-based CrossFit competition earlier this month; instead, their inexperience left little to be expected.

In many ways, they surprised themselves.

"I never realized what a marathon it would be," said Ploszay, 28.

The three-day event, held at Undeclared Health and Performance, featured eight competitions that tested different functional movements performed at a high intensity.

For Ploszay and MacDonald, who dub themselves the Barbell Brawlers, it was their first CrossFit competition.

They had no expectations for their performance; their only pact was to enjoy the experience.

"A few second-place finishes later, we

Continued on page 22



Hunter Ploszay, 28, completes the 14-pound medicine ball wall throw portion of the event.



TRIBUNE PHOTOS BY RAMON LEBRON RIVERA AND PATRICK QUINN-PAQUET
Hunter Ploszay, right, and Braydon MacDonald, dubbed the Barbell Brawlers, won the novice category in The Comp CrossFit competition earlier this month.

Injuries halt Thunder's varsity girls home opener

By Kieran Reimer

The Interlake Thunder Varsity Girls home opener didn't go quite as planned.

The Thunder began their season Thursday against the St. Vital Mustangs. They called off the game after only two quarters due to injuries requiring two ambulances to attend.

Head coach Joel McDonald said one of the injuries was due to contact and the other was a "medical emergency."

At the time of the second injury, the Mustangs led the game 14-0 after converting on touchdowns in the first quarter.

Following the second injury, Thunder players and coaches decided the game needed to end there, ultimately ruling a 14-0 victory for the Mustangs.

McDonald stood by their decision.

"While I was attending the girl on the field some of our coaches checked in on the girls to get their state of mind because they were pretty shaken after what went on," said McDonald. "We had a couple of our coaches approach the Mustangs coaches to see about pulling the pin on the game. The Mustangs head coach was reluctant to call the game because he was concerned it would be called a tie. I talked to our coaches and girls and said that's fine, we'll forfeit and told them we would be walking off."

Both players are now back with the team; the second, however, will not play in Thursday night's game against the Falcons Football Club.



Interlake Thunder's Ella Dalton rushes the ball through St. Vital Mustang's defence.

McDonald is proud of how his players have handled injuries this season.

"We'll go with what we got," said McDonald. "That's becoming our rally cry. They step up. We had girls play both ways who were eager to step up and that's what a football player is. We are proud of that and we're going to get back at it."

The Thunder are also receiving medical help from Kelsey Moeller Brown, the team's new medic, who comes to practices once a week to treat and diagnose the players.

McDonald said the time she's set aside to help is much appreciated.

The Thunder are now back prac-



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Interlake Thunder's Annah Trippier rushes the ball through the St. Vital Mustang defence.

tising in preparation for the Falcons. They will also have a chance at a rematch on home turf with the Mustangs on Thursday, May 23.

He said that game will be the perfect opportunity to see how his team is developing.

"We'll use our game against the Mustangs to measure ourselves and see where we've improved against the same opposition," said McDonald. "We can do that against the Falcons, too, but going into the Mustangs, we have something to compare it to. We'll see our progress and development. Last game was the first

at this level for some of our girls, and they've figured that out."

Though the game was short, Thunder rookies still got a taste of playing in an actual game.

McDonald said they had a tough start but recovered as the first half continued.

"Our defence got their footing under them and started to get some good stops," said McDonald. "Same for offence, they started to get some first downs and extend some series a bit."

Thursday night's contest against the Falcons is set for 7 p.m. from Falcons.

Kian Bell up for CJHL Most Valuable Player award

By Kieran Reimer

A former member of the Stonewall Blues is currently pursuing one of the most prestigious accolades in junior hockey.

Kian Bell, who spent his minor hockey days representing the Blues spent the last two seasons tearing up the Saskatchewan Junior Hockey League for the Battlefords North Stars.

In 41 games this season, the 20-year-old centreman put up an outstanding 37 goals and 57 assists for a league-leading 94 points.

His efforts earned him a Canadian Junior Hockey League (Jr. A) Most Valuable Player nomination for the second straight year.

"It would be really cool," said Bell. "It's a big honour to be nominated with all the great players there are across the country let alone the SJHL, but just being nominated last year gives me some extra fuel in the fire to say I'd like to take it. But just the nomination is a great honour."

Alongside Bell are four other nominees from across the CJHL including Bonnyville's Luka Sukovic (67 points in 57 games), Espanola's Lucas Signoretti (117 points in 50 games), Coubourg's Trevor Hoskin (100 points in 52 games) and Montreal's Alex Blais (92 points in 42 games).

North Stars' head coach and general manager, Brayden Klimosko, believes Bell made the greatest impact of the nominees.

"He turned our season around," said Klimosko. "I don't think there's

a player more valuable to their team than what Kian did all year for us. Kian's been elite in all aspects and it's a no brainer to give him the award this year."

Bell's fellow nominees had a head start on him this season as he only re-joined the North Stars in late October after a stint with the Western Hockey League's Edmonton Oil Kings.

Before Bell re-joined, the defending champion North Stars struggled to keep pace in the SJHL playoff race. As soon as Bell returned, the team instantly returned to its winning ways while Bell posted 18 points in his first five games.

"We went from a .500 hockey club to a team that was threatening," said Klimosko. "He changed our whole aspect of what we were trying to accomplish as the season went on. Adding someone like him made a big difference for us."

The North Stars went on to become one of the top teams in the SJHL, finishing with a 36-15-4-1 record, good enough for fourth in the league.

Bell's quest to win back-to-back championships started with a convincing quarterfinal sweep against the Melville Millionaires, but it eventually fell to the Flin Flon Bombers in the semi-finals.

Bell's junior career may have ended with that series, but he goes out with a highly decorated four seasons in junior.

He won an SJHL championship last season against Flin Flon, led the SJHL

in points the past two seasons, won back-to-back SJHL MVP awards, and played 72 games in major junior with Edmonton in 2023-24 and Cape Breton of the Quebec Major Junior Hockey League from 2020-22.

Out of all his accomplishments, winning the championship against Flin Flon last year is the one he cherishes the most.

"For people who don't know that much about junior hockey, Flin Flon is one of the most historic rinks in the entire world," said Bell. "It's quite the atmosphere and usually Flin Flon doesn't lose there, so being able to sweep them and winning in Flin Flon was a super cool feeling. Probably my favourite moment ever, not just in junior hockey."

Success on the ice runs in Bell's family.

His mom who grew up in Battleford represented Canada in the Olympics, his grandfather played in the SJHL and is inducted into the SJHL Hall of Fame, and his uncle Martin Smith played professionally and is the North Stars all-time points leader.

Bell now joins his uncle on that list as he finishes fourth on the North Stars all-time points list.

"It's really cool to be able to be in the same group as them now," said Bell.

Bell thanks his coaches in Battleford for the opportunities he was provided over the past two seasons. He now shifts his focus to the next step in his career, which he believes is playing university hockey in Canada.



TRIBUNE PHOTO BY ROB BELL

Kian Bell, formerly of Stonewall, has been nominated for the Most Valuable Player in the Canadian Junior Hockey League (Jr. A) for a second straight year.

He is currently weighing his options on which school to commit to but said he will decide in the next couple of weeks.

> CROSSFIT DEBUT, FROM PG. 21

were at the top of the leaderboard for our competition," MacDonald, 29, said.

The unassuming duo finished no worse than third in any competition and held two wins through the first seven events, which included throwing a 14-pound medicine ball up a wall before catching it in a squat, barbell cleans and snatches, a 1.5-kilometre run, box steps while holding a weight above their head and alternating dumbbell snatches.

No one could catch them with one leg remaining.

They won the last event handily. "We were pretty pumped after the seventh event," MacDonald said. "The last event was a pretty quick one, but we were calling it a 'Victory lap.'"

Ploszay and MacDonald convened three times in the week leading up to the event to review the exercises and strategize a game plan that matched each other's strengths.

But their training goes back even further.

Ploszay, a goalie coach with the Charleswood Hawks of the Manitoba Major Junior Hockey League, was whisked by another coach into trying CrossFit for the first time in September.

The timing couldn't have been better. Ploszay had been exercising regularly for three years but was getting bored of his day-to-day training routine and needed a change.

"I didn't really know what to expect from it," he said. "It was just awesome because you got 15 or so people always in a class that you're working out with, competing against, and it's kind of that addiction of the compete level and how hard it is to do these workouts and how good you feel after — it's quite a rush."

"I never really understood CrossFit as a sport," he added. "I thought, 'Well, it's just working out,' but then when you really get down to it, the

competition aspect of it really taught me how you interact with your teammates, how you breakup the workout between the two of you, what each person's strength is, and there's a time cap on a lot of these things.

"It's a goal. It's something to do, and it's just healthy competition."

MacDonald started in 2022 after his girlfriend, Kinley, asked him to join her for a class.

It humbled him quickly.

"I thought I was pretty fit," he said. "I was like, 'Yeah, no problem, that looks easy,' and about eight minutes in I was laying on the floor dry-heaving because it was so hard."

"From there, I really enjoyed the challenge because there's always something new to learn that I couldn't do before."

The pressure of an audience added another element to the duo's debut. Both are longtime athletes but admitted they were pulled from their comfort zone with hundreds of eyeballs watching and critiquing their ability.

"That was a big change for me,"

Ploszay said, "especially with a big crowd, because there's nowhere to hide."

Added Macdonald: "There were a couple of hundred people watching at any given time, the CrossFit community are the best cheerers around so they really get the blood fired up to work as hard as you can for the events."

"I'm looking forward to doing more."

MacDonald and his girlfriend will try their hand at a co-ed competition in July in Altona.

As for Ploszay, CrossFit will hit the back burner as he trains for the Manitoba Marathon in June.

It won't be the last time the community hears from the Barbell Brawlers, though. In many ways, their story has only begun.

"I'm going to keep going to my classes and hopefully next year, if I can get good enough ... hopefully I can get good enough to go into the intermediate division," Ploszay said.

Classifieds

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca

METAL RECYCLING

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

SCRAP METAL

SCRAP METAL Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

REAL ESTATE

Wanted - Looking for a house to purchase in Stonewall. Close to downtown area. Phone 204-981-2831.

SUPPORT LOCAL BUSINESS

FARM EQUIPMENT

4240 JD tractor, 110 HP, Quad-range transmission, 3 pt. hitch, 3 hydraulic outlet, 540 & 1000 PTO, dual wheels 18.4-38 tires, 4568 hours, asking \$45,000 obo; also, 27 ft. IH 645 Viber-chisel with 1210 Valmar, -asking \$3000 obo. Call 204-467-5638, Carl.

SEED

Certified #1 Algonquin alfalfa seed for sale, 99.9% pure, 50 lb. bags, inoculated. Call Carla Shergold at 204-298-4099.

FEED & SEED / AGRICULTURAL

FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

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

WATER TREATMENT

Goodwater softeners. Iron removers. Pressure tanks. Reverse osmosis systems, \$275. Replacement Polyspun \$3.50, carbon \$7.50 filters. All sizes water filters. Softener Res Care cleaner, 1 gallon, \$29. All Seasons 204-661-8581.

WANTED

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

FLIGHT ACADEMY

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

NOTICES

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

HIRING? NEED CLASS 1 DRIVERS or construction workers? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking Winter and Spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

ADVERTISE YOUR ITEMS FOR SALE IN THE TRIBUNE

ANNOUNCEMENTS

Join Keyes Loyal Orange Lodge #1755, Newdale L.O.L #1533, Winnipeg Golden West L.O.L #2311. Info: newdale1533@gmail.com . Since 1795. God Save The King!

HEALTH

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

UPCOMING EVENTS

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

ReVolution Trailers Spring Readiness Special

Inspect tires, brakes, suspension, travel lights, LP, CO2 & Smoke alarms, roof and trim sealant, repack wheel bearings \$269 single, \$319 dual

1480 Springfield Rd Winnipeg, MB www.revolutiontrailers.ca

Call Now: 204-955-7377

Online McSherry Auctions

Poole's Antique Place Over 500 Lots May 21 @ 6:00 PM

Estate & Moving May 22 @ 7:00 PM

Estate & Moving Featuring Guns & Ammo May 29 @ 7:00 PM

12 Patterson Dr. Stonewall, MB

204-467-1858 or

204-886-7027

McSherryLtd@gmail.com

McSherryAuction.com

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck *Construction *ATV *Motorcycle *Golf Carts *Rechargeables *Tools *Computers *Medical *All phones *Chargers *Marine *RV & more Shipping/Delivery avail.

THE BATTERY MAN

1390 St. James St.

Winnipeg

TF 1-877-775-8271

www.batteryman.ca

Everything you need to promote your business



Call Today! 204-467-5836

WARREN COMMUNITY

GARAGE SALE

SATURDAY, MAY 25TH

9 am - 3 pm

40+ Homes Throughout Town

SUMMER STUDENT REQUIRED

By the Teulon and District Museum
Must be returning to school on a full-time basis in the fall.
July 2nd, 2024 to August 30th, 2024
\$15.30 per hour
Please send your resume by
May 29th, 2024 to
Teulon and District Museum
PO Box 44, Teulon MB R0C 3B0

NOTICE TO FARMERS AND RANCHERS

SPRING CATTLE SALES AT THE ASHERN AUCTION MART ARE EVERY WEDNESDAY ON
MAY 15, 2024
MAY 29, 2024
JUNE 12, 2024

THERE IS NO SALE ON MAY 22nd or JUNE 5th

TO BOOK YOUR CATTLE OR FOR MORE INFORMATION
ASHERN AUCTION MART 204-768-2360
KIRK KIESMAN 204-768-0019
LARRY KORNELSEN 204-494-0455
License #1128

THE RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY Youth Employment

The Rural Municipality of Armstrong invites applications for the following positions:

2 Green Team Summer Students

Qualifications

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, push mower, weed eater
- Knowledge of safety procedures and of the use of safety equipment
- Ability to do physical labour
- Available from July 1 to August 30
- Must be 16 to 29 years old (consideration will be given to those 15 years of age who obtain a certificate of completion for the Young Worker Readiness Certificate course)

Further information may be obtained by contacting the Office at 278-3377.

Written applications to be submitted by 4:30 p.m., Friday May 31, 2024 to:

RM of Armstrong Office
1094 PR 17
Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: clerk@rmofarmstrong.com

THE RURAL MUNICIPALITY OF ARMSTRONG REQUEST FOR SEALED TENDER

Meleb Waste Disposal Grounds Maintenance Pushing, Compacting & Earth Capping

The RM of Armstrong is inviting tenders to push, compact and cap garbage at the Meleb Waste Disposal Grounds. Pushing and compacting garbage will be required weekly, and capping required monthly.

Each week the garbage is to be pushed and spread in approximately 12-inch layers and then compacted. This will require heavy machinery to compact properly.

Monthly the waste will have to be pushed, spread, compacted, and then covered with earth capping. Capping/Covering of the waste consist of a layer of soil approximately 6-inch-thick spreading on the compacted waste and compacted again. The working face of the cell is to have an even slope surface to be able to spread and compact future waste. Material for covering the waste is in the spoil pile located next to the site.

Work Starting Date: June 14, 2024

Contract End Date: December 31, 2024

Deadline to submit tenders: May 31, 2024 at 12:00 noon

Location: RM of Armstrong
1094 PR 17
PO Box 69
Inwood, MB ROC 1PO

The lowest or any tender not necessarily accepted.

Detail tender packages complete with specifications are available to interested applicants on the RM of Armstrong website. Any questions or concerns can be directed to:

Nancy Howell
Interim CAO
cao@rmofarmstrong.com
Phone: 204-278-3377

Classifieds

Stonewall Teulon
Tribune

Book Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca



take a break

> GAMES

Response Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

SUDOKU

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

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!

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

Sudoku Answer

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Geological time
- Ooze
- A set of eight
- Obstruction
- Swiss mathematician
- Philosophy
- The night before
- A timid person
- Unifies
- Gangs
- Alternative name
- Acumen
- Cathode-ray tube
- Tantalum
- Soluble ribonucleic acid
- Humiliate
- Earthy pigment
- Air Force
- Adult males
- Stiff untanned leather
- Before
- Atomic #18
- Beer mug
- Nostrils
- Type of chef
- Midway between north and east
- They ___
- Splits
- Walk in a timid manner
- Preserved animal skin with hair
- Popular donut shop item
- You smear it on bagels
- Don't know when yet
- Equal to 10 amperes
- Synthetic acrylic fiber
- One point south of due east
- Of mixed ancestry
- Home of the Pyramids
- A way to change color

CLUES DOWN

- Excessive fluid accumulation in tissues

1	2	3		4	5	6	7	8		9	10	11	12	13	
14					15						16				
17				18						19					
20				21					22						
23							24	25					26	27	
		28				29					30				
31	32					33		34	35	36			37		
38					39	40							41		
42					43						44	45			
46		47	48						49		50				
51					52	53	54				55			56	57
			58							59					
60	61								62	63				64	
65									66					67	
68									69					70	

- Untangle
- One from the U.S.
- Academic terms
- San ___ Obispo, in California
- Not healthy
- Self-assessment questionnaire (abbr.)
- Arugula genus
- VIII
- Makes a monarch
- Tormentor
- Commercial
- Sprinkle
- Make a mistake
- Freshwater fishes
- Vermont town
- Man-made device
- Entrap
- Places to store important things
- Accumulate
- Greek mythological nymph
- Gregory ___, American dancer
- Denotes past
- Becoming popular again
- Indicates position
- Came before
- An extra seed-covering
- Cheerful
- Deli sandwich staple
- Skateboarders love them
- Mandela's party
- Sierra lake
- Nickname for Elizabeth
- Remove from record
- Employee stock ownership plan
- Former NFLer Newton
- Relative biological effectiveness (abbr.)
- Work unit
- Town in Cambridgeshire



EMPLOYMENT OPPORTUNITY

Building Inspector

The Rural Municipality of Woodlands is currently accepting applications for the position of Building Inspector. This a permanent part time position with a 15 hour work week.

The Building Inspector will work closely with and report to the Building and Development Officer. The Building Inspector is responsible for buildings under Part 9 of the Manitoba Building Code. This part time position requires a sound knowledge of the Manitoba Building Code, Manitoba Plumbing Code, and Municipal Zoning By-law. The incumbent will be required to complete building permit applications, perform plan examinations to ensure conformance with the applicable Codes and carry out site inspections to ensure compliance.

The salary range for this position is based on qualifications and experience. Rural Municipality of Woodlands offers a comprehensive benefit package.

A full job description for the position is available by contacting the Building and Development Officer at (431) 292-0003 or on the RM website at www.rmwoodlands.ca.

Persons applying should submit a cover letter including a detailed resume with three (3) references. *This competition will remain open until a suitable candidate is found. Only those candidates selected for an interview will be contacted.*

Please forward resume to:

RM of Woodlands
Building and Development Officer
PO Box 10
57 Railway Avenue
Woodlands, Mb. R0C 3H0
Fax: 204-383-5169
planning@rmwoodlands.ca

WANTED

Coins,
Coin Collection,
Old Jewelry,



Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

Wanted:

USA, Canada, World Coin Sets & Coin Collections.

Will buy entire collections & accumulations!

Todd
306-774-2420

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 END DUMP DRIVERS

EXPERIENCE REQUIRED

Must have a valid license
Competitive wages • Mechanically inclined
info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

ASPHALT/CONCRETE FINISHER

EXPERIENCE REQUIRED

Must have a valid license
Competitive wages • Mechanically inclined
info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

The Tribune Classified booking deadline is
Monday at 4 p.m. prior to Thursday's publication
Please Call 204-467-5836

Announcements



Book Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca

ANNIVERSARY



Happy 50th Wedding Anniversary
Cal and Kathy Turner
 -From your loving family
 Paul, Cecilia, Nicholas, Gaia
 RaeAnn, Chad, Carson, Josh, Eva
 Thanks for all the amazing love and support!



ANNIVERSARY



Happy 60th Anniversary
Trev and Archeena Hogg
 May 16, 1964
 -Love from your family,
 Rick and Loreen,
 Rhonda and Rob,
 Jeff and Lois



ENGAGEMENT



Announcing the engagement of
Aaron Dyrda and Rylie Froese.
 Planning a 2024 summer wedding.
 A Jack and Jill Wedding Shower
 will be on June 22, 2024 at 2:30 p.m.
 at New Life Church Teulon
 (east of Hwy 7 & Hwy 17)
 For more information call 204-886-2430.

CARD OF THANKS

The family of Neil (Sonny) MacMillan wishes to thank our family, friends and community for the phone calls, cards, visits, plants, meals and baking, and for all the support following Dad's recent passing. Thank you to Ken Loehmer for graciously honouring all our requests. Thank you also to Mary Best for her strength and guidance as we planned for Dad's final wishes. Special thanks to those who helped with the lunch. Our appreciation goes out to Dad's pallbearers. We wish to also thank those who have honoured Dad's memory with their gifts to the Meadow Lea United Church.

-With grateful hearts,
 Tammy, Doug and Alana
 Greg, Melissa,
 William, Jackson and Westley

IN MEMORIAM

In memory
Iris Mary Hohl
 July 6, 1940 - May 16, 2023

Those we love remain with us
 For love itself lives on;
 Cherished memories never fade
 Because one loved is gone.
 Those we love can never be
 More than a thought apart;
 For as long as there is a memory
 They live on in our heart.

-Miss you everyday Mom,
 with much love,
 your family

IN MEMORIAM



Harry Tuck
 May 16, 1891 - June 19, 1978



Marjorie Tuck
 July 6, 1914 - May 16, 2009

Forever loved, missed and remembered.
 -Sandra, Joan, Bob,
 grandchildren and great-grandchildren

Everything you need to promote your business

- Flyers
- Brochures
- Business cards
- Stickers
- Window decals
- Social tickets
- Door hangers
- Letterhead
- Envelopes
- Invoices
- Estimate sheets
- Posters
- Memo pads
- Post cards
- Presentation Folders

Call Today! 204-467-5836

CELEBRATE THE SPECIAL MOMENTS!

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

Thank You

To everyone who donated and supported our Yard Sale for Bethel Rays of Hope Ministries in Kisumu Kenya. We are one step closer to building the new school.

Announcements

Book Your Classified Ad Today - Call 467-5836
or Email ads@stonewallteulontribune.ca

OBITUARY



Charlotte Hopko (Korolyk)

Peacefully on May 1, 2024 at Health Sciences Centre, Charlotte passed away at the age of 78.

She was predeceased by her mother Jean, father Walter, and brother Gerald.

She is survived by her husband Richard; son Derek (Isaac and Arwen); daughters Dayna (Mark) and Dawn (Sam); brothers Jack and Ken (Laura).

Charlotte grew up in the Winnipeg Beach area, she was the eldest of four siblings. She graduated from Gimli High School then moved to Winnipeg where she completed a business course with honours at Success Commercial College. She went on to teach there prior to working at a bank. She married her childhood sweetheart and love of her life in 1966.

She was employed at the Seagram Company for 25 years. She was highly respected by all and she carried out her responsibilities in a dignified and professional manner. Charlotte retired in 2002 along with her husband Richard. They went on to enjoy 20 winters in Texas. She left behind a cherished community of people in Canada and the United States.

Charlotte was a wonderful wife and mother to her husband and children. She was a culinary expert; her cooking and baking skills were phenomenal. She was so reliable and caring, always so considerate and blessing people along the way with her kindness and her infectious smile.

A service will be held on Thursday, June 20, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel in Selkirk.

Charlotte, you will always be loved and you will always be in our hearts.

VICHNAYA PAM'YAT
(FOREVER REMEMBERED)

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Walter Halayko

July 17, 1933 - May 1, 2024

It is with great sorrow that we announce the sudden passing of Walter Halayko, at the age of 90, on May 1, 2024 with family at his side.

Walter is survived by his children Michael, Paul (Cindy), Peter (Gaylene), Larry (Krista); brother-in-law David Borsa; grandchildren Brent, Justin, Samantha (Shawn), Angela (Travis), Nichole, Jonathan, Sophie and great-grandchildren Sadie, Lily, Trevor and Emily as well as many more dear friends and family.

Walter is predeceased by his parents Nicholas, Katherine, and Caroline (nee Starczewski, wife Cecelia (nee Borsa), son Steven, sister Mary, brother Lawrence, and partner Joyce.

Special thanks to the remarkable staff at Teulon Hospital.

A Celebration of Life and lunch will be held at Gunton Hall on June 1, 2024 at 11:00 a.m. with the interment to follow at the Holy Family Cemetery in West Saint Paul.



OBITUARY

Allan D. Griffiths

Allan David Griffiths, age 95, formerly of Stonewall, Manitoba, died at Whitemouth Personal Care Home on May 9, 2024.

Born on May 13, 1928 in Liverpool, England, he lived in England; Singapore; and Quebec, Ontario, and Manitoba, Canada. After serving in the British army, Allan taught English in Quebec, was a commercial photographer, and subsequently an offset printer/publisher.

Family members left to mourn his passing include his children, Mark Griffiths of Los Angeles, California, and Lorna Martin of Pinawa, Manitoba; his grandchildren Jeremy Martin of Toronto, Ontario, and Graeme Martin of Stonewall, Manitoba; and his great-grandchildren Calista, Cordelia, Evelyn, and Huxley.

A private family graveside service will be held in Stonewall.

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



Biz Cards
Call 204-467-5836

H&J's
All Red Pumper
Septic Service
Call or Text (204) 793-7853

Renovations by Dave David Farquhar
Stonewall/Selkirk, MB
Cell: 204-485-4936
• General Carpentry
• Interior, Exterior Renovations

LICENSED ELECTRICIAN
Platinum Power Solutions Ltd.
RESIDENTIAL COMMERCIAL
24 HR SERVICE
FREE QUOTES
platinumpowersolutions.ca
office@platinumpowersolutions.ca 1-204-899-1833

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

GOLDEN SPRUCE Professional Tree Care
CERTIFIED ARBORIST
Serving Selkirk & surrounding areas
• Tree & shrub pruning/trimming
• Tree removals, planting and tree health & maintenance
• Soil analysis & land management
Shawn 204-588-7161
e: shawn@goldenspruce.org

Rockwood WRECKING & RECOVERY
204-392-4892
MPI ACCREDITED
TOWING AND STORAGE

Pony Parties
Painting
Parties!
All ages welcome
Fun Games
Fantastic Pony Rides
Fabulous Canvases!
For more info or to book your party!
Please contact
Charlotte @
204-404-7290

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

DAP ELECTRIC
Residential / Commercial / Service
dan@dapelectric.ca
204.232.6703
dapelectric.ca

FABUCON CONSTRUCTION LTD.
General Contractor/Renovations
Restorations/Concrete
Superior Workmanship For Over 25 Years
204-800-3410 info@fabucon.net

ROLI'S SWISS WORKMANSHIP
WHERE QUALITY MATTERS
We assemble & install:
• Cabinets • Vanities
• Interior Doors • Trims
• Furniture • Shelves • and More!
ROLI MATHIS
PH: 204-903-6237
rolisworkman@gmail.com

12/12 ROOFING
We've got you covered!
• New Roofs
• Re-Roofs
• Cedar Shakes
• Any Roofing Repairs
• FREE ESTIMATES
15 YEARS EXPERIENCE
Call: (204) 641-0385
Mike email: md12_12roofing@hotmail.com

Heating & Cooling • Refrigeration
REFRIGERATION • HEATING & COOLING
COMMERCIAL COMFORT INC.
Residential & Commercial
Owner: Scott Miskiewicz
461-HEAT (4328) commercialcomfort16@gmail.com

Excavator & Dozer Services
• Excavation & Demolition
• Road Building & Clay Pads
• Topsoil Screening
PRAIRIE EARTHWORKS .com
204 461-0815

Everything you need to promote your business
Interlake Graphics
For all your printing and publishing needs
Call 204-467-5836



Biz Cards
Call 467-5836

MacMillan Plumbing
204-461-0485
Serving the Interlake area.

Stonewall Parochial Hall
435 - 1st Street N.
For information & hall rentals
Call 204-467-8466
Email cota_secretary@mts.net
*Table sitting 100 people; Theatre Style 150 people
*Kitchen available * Meetings, showers, family gatherings
ALL YOUR HALL RENTAL NEEDS!

Quarry PETS
Supplies & More
Supplying All Your Pet's Needs
317 Main St., Stonewall (204) 467-5924

QUARRY RIDGE PHARMACY
469 1st Street West, Stonewall
(204) 467-7333

Hnatiuk Law
204 - 482 - 5111
Main Street, Selkirk
www.hnatiuklaw.com

EAVESTROUGH and everything else
mwgventures@gmail.com
204-461-0737

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

ski-doo **GIMLI**
SALES • SERVICE • PARTS
#109097 Hwy 9, Gimli
204-642-7017
e: skidoo@mymts.net

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

GRASS-FINISHED BEEF
Scott and Jenny Beaton Balmoral, MB
JACKFISH CREEK FARM
Jackfishcreekfarm.com
204-467-8510 jackfishcreekfarm@gmail.com

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

MAXWELL'S PROFESSIONAL PAINTING
COMMERCIAL/RESIDENTIAL
Cell: (204) 792-0675
Email: maxpro@mts.net
Box 275, Stonewall, MB ROC 220

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

Bittner SteelWorks
Find our page Bittner Steelworks on Facebook
Sarah & Ty Bittner
Owners
(204) 490-0555 / (204) 461-3451
bittner.steelworks@gmail.com

TREE Removal Pruning Storm Clean-up
CERTIFIED ARBORIST
Free Estimates
1-204-918-1988
Veteran Owned & Operated
ELUSIVE TREE SURGEON

WHEATHILL TRANSPORT
Grain & Fertilizer Hauling
Hauling Available for Manitoba & Saskatchewan
Harley @ 204-494-0824
Jerry @ 204-280-6261
wheathilltransport@gmail.com

G&A Rentals
• Parts • Sales • Service
Lawn • Garden • Construction
Small engine repairs & general equipment service
7 Patterson Dr., Stonewall, Industrial Park
garentals.ca 204-467-7368

HOME SOLUTION EXTERIORS
Your ROOFING Professionals
204-952-5587
HSExteriors@gmail.com FREE ESTIMATES Warren, MB

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

COUNTRY COLOURS PAINTING
countrycolourspainting@gmail.com
Serving The Interlake and Winnipeg Area
204-901-2067
Interior • Exterior • Residential • Commercial

PIPE DREAMERS PLUMBING & HVAC/R
CHASE BORGSTROM 204-990-1299 PLUMBER
Renovations Repairs/Service New Installs Drain Cleaning Water Treatment
KYLE SCRIVENS 204-482-3939 HVAC TECH
Heating Air Conditioning Gas Fitting Contracting Refrigeration
PIPEDREAMERS PLUMBING2019@GMAIL.COM PIPEDREAMERSHVAC@GMAIL.COM

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

AirWise Home
Your Heating, Cooling and Geothermal Specialists
204-467-9578
info@airwiseinc.ca www.airwiseinc.ca

Ritchie PLUMBING HEATING LTD.
ritchie_plumbing@outlook.com Red Seal Certified Certified gas fitter Residential/Commercial
Stonewall, MB
Call or Text 204-467-5287

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

GRANTHAM LAW OFFICES
Lawyer & Notary Public
STONEWALL OFFICE:
#1-278 Main St., Stonewall 467-5527

AE ROOFING
• Eavestroughing • Soffit • Fascia • Siding
Advance Exteriors
RESIDENTIAL, COMMERCIAL, AGRICULTURAL
204.461.0019 Grosse Isle, Mb
www.AdvanceExteriors.com

ALICE ROOFING LTD.
Complete Roofing Service
• Residential • Agricultural
Licensed & Insured
www.aliceroofing.ca 204-757-9092

Roof Express Ltd.
Complete Roofing Services
Argyle, MB
Residential • Agricultural
204-774-2030
www.roofexpress.ca

Super Clean Auto Detailing
Need the interior of your vehicle professionally cleaned?
Small car \$120 SUV (2 rows) \$150 SUV (3 rows) \$180
Call or text 204-513-5611
PICK UP AVAILABLE

VIC'S AUTO TIRE & TOWING
VIC CHARTRAND 204.886.2972 - Teulon, MB
• Glass Replacement • Full Mechanical Repairs • Tire Sales & Installation
• Used Auto Sales • Wheel Alignments • Flat Deck Tow Truck
24 HOUR TOWING
Manitoba Public Insurance GAA

BNS EXCAVATING
• Design Services • Soil Analysis • Well & Septic Repairs
• Frozen Lines • Driveways • Culverts • Trenching
• Auger Drilling • Ice Dam Steaming • Septic Fields
Residential, Commercial & Industrial
Member of Manitoba Onsite Wastewater Management Assoc
BNSexcavating@hotmail.com (204)461-2856

Cub Cadet

0% FINANCING

FOR UP TO 24, 36, 48 MONTHS



HUGE SELECTION -- FINANCING AVAILABLE -- FREE DELIVERY AVAILABLE -- ASSEMBLED READY TO GO

Offer valid May 1-31, 2024. Subject to credit approval. Free delivery available within the Interlake (some restrictions).

SHACHTAY
SALES & SERVICE LTD.
www.shachtay.com

204-376-5233
*Servicing the
Interlake for 58 Years!*
Arborg, Manitoba
Family Owned