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Beach days



TRIBUNE PHOTO BY JO-ANNE PROCTER

This crew from St. Andrews and Winnipeg always enjoy their visits to Stonewall's Kinsmen Lake. Pictured left to right:
Logan Neziol, Alec Thiessen-Jagodnik, Lochlyn McKinnon, Kolton Karlowksy, Charlotte Thiessen-Jagodnik, Sophia
Thiessen-Jagodnik and Ben Thiessen-Jagodnik.

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Unpredictable year a sticky situation for honey producers

By Sydney Lockhart

Manitoba beekeepers are seeing an unpredictable year for their hives, with many producing little honey.

Paul Gregory, president of Interlake Honey Producers Ltd., said this month the bees have many natural factors working against them and their ability to produce quantities of honey.

"There was a lot of potential, but just in the last two weeks, we've just seen it diminished," said the 63-year-old, "Almost every day, every day of high heat, honeybees after about 30 C. They don't really want to fly because it's too hot."

Not only does the heat affect the bees' willingness to fly and work like normal, but it also affects surrounding crops and gardens that produce the nectar the bees need to make their honey.

"Nectar shuts off because canola flowers, or almost any kind of flower, when in the heat of the day, they stopped producing nectar," he said.

Even when plants and crops appear to be in full bloom, they can produce a very low amount of nectar. The drought conditions this year are also affecting beekeepers because the bees are always looking for water.

"The bees are thirsty, and they really need water for cooling off," said Gregory. "If you want to help the beekeepers and help the local environment, put out floats and then the bees don't drown."

He said that bees are dying trying to find water because they will enter something such as a pail that they then can't fly out of, resulting in them drowning. Adding a float to outdoor water sources gives the bees a place to land and drink from where they can then take flight again.

"One of our biggest challenges is black bears because the bears right now are literally starving because we had a late frost, and there is no or very little fruit out there," said Gregory.



A water drip tank provides water for the bees in a safe way that prevents them from drowning.

Despite trying to bear-proof his colonies with fencing and screw boards, Gregory has lost multiple hives this year after bears have reached them and emptied them of their honey. He said he hopes when bears are trapped and moved that they won't be dropped around the Fisher River area where he has over 90 locations of bee colonies, running about 1,800 colonies in total, but instead brought farther north.

"I think we are looking at half to two-thirds of our normal crop. Our average is 160 or 170 pounds or so. This year, between 100 and 125 pounds is what I kind of estimate the crop will be at. That's in pounds of honey per colony or per hive," he said.

Other natural factors working against the honey industry this year are the wildfires that are happening across Manitoba. Smoke makes the bees become more docile, which, in turn, produces less honey. Grasshopper infestations are also hard on bees because they ruin large portions of



TRIBUNE PHOTOS BY SYDNEY LOCKHART
Elie Maendal and his son Dwight Maendal with their beehives.

crops, leaving less nectar for the bees to collect.

Gregory said he is a strong believer in climate change, and he attributes many of the factors in this unprecedented year for the agriculture industry to it.

He said Manitobans can help the local honey farmers by checking labels in the grocery store of things that contain honey and buying items that use locally sourced and not imported honey.

"That goes a long way when you buy Bee Maid Honey, which is the Manitoba co-operative, or small local producer. That goes a long way to support them," he said.

Although many beekeepers are having a difficult year, some that reside farther south are seeing great years in terms of the amount of honey they have been able to produce so far.

At Prairie Blossom Colony beekeeper Elie Maendel has had a great year with his bees, reaching record levels of honey.



This year Prairie Blossom Colony has had luck with the amount of honey they have produced compared to hives further North.

Now, Maendel is 77 years old and has been a honey producer for over 40 years. He has 33 hives on the land, each with over 60,000 bees.

"It is pretty dry. I would like to have a bit of moisture there but I'm not very surprised," he said.

Maendel has set up a water tank with a constant drip into a container that has wood floats for his bees to drink from.

The Prairie Blossom Colony sells honey by the 10-pound bucket for \$30. To contact them, call 204-467-7161.

"My grandfather started it up when I was 10 years. I would walk by and help my dad," he said.



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Feast or famine

Interlake ag producers host rally asking for government intervention

By Tyler Searle

Politicians from the three major parties met with Interlake ag producers last Wednesday to discuss government aid for farmers whose livelihoods are at stake.

Longstanding drought conditions have brought many farms in the Interlake to the brink of disaster. Water and feed are commodities as high heat and low precipitation wither crops and leave watering holes empty.

Dugouts where cattle once sought water and relief from bullseyes (black flies) have become empty pits, forcing farmers to either drill new wells to replenish them or haul water to the animals, said Lake Francis farmer Barry Oliver.

To make matters worse, swarms of grasshoppers are sweeping large swaths of farmland, eating everything in their path, and the price of supplementary feed, steel and fuel is reaching unprecedented heights, Oliver said.

Producers who've been making do with progressively less feed, cattle and profit every year are past the point of sustainability. Many are working non-stop, but the effort seems futile, and this is not a problem that will end with summer. Without adequate and affordable access to winter feed, cattle will starve, he added.

"There will be a lot of good cattle on hooks this summer."

Already farmers are selling their herds.

Ashern Auction Mart hosted an emergency drought sale on the same day as the rally. The timing was coincidental, and the mart does not typically host a summer sale until the end of August, said manager Kirk Kiesman.

The auction saw 1,498 cattle, includ-

ing cows, bulls, feeders and cow-calf pairs.

The price of slaughter cows was down around five cents, but bulls and feeders remained steady when compared to the last sale, he said.

To see that many cattle go in a July sale is foreboding of the state of Manitoba's cattle industry.

Two cattle herds left the Interlake, and when farmers sell their herds, they are unlikely to return, Kiesman said.

Without government intervention, more producers in the region will liquidate their animals, and rural communities will suffer, he said.

The Erinview rally allowed the politicians to speak directly to their constituents and explain how each party is advocating for help.

Woodlands councillor Orval Proctor arranged the event on a day's notice, and former president of Manitoba Beef Producers Dianne Riding put the word out on social media.

It took place at the Erinview Fire Hall at 11 a.m., with nearly 100 people in attendance.

Conservative MP James Bezan, Liberal MLA Jon Gerrard and NDP MLA Diljeet Brar represented their respective political factions.

MLAs Ralph Eichler and Derek Johnson could not change their schedules on short notice and were unable to attend, Bezan said.

Bezan spoke first.

"There's no question that we need answers, and we need direction right now," he began.

"We're going to be losing a great big chunk of our beef factory this year if we don't save the cow herds and get some money rolling into farmers' hands."



TRIBUNE PHOTOS BY TYLER SEARLE

Liberal MLA Jon Gerrard (far left), NDP MLA Diljeet Brar (middle), and Conservative MP James Bezan spoke to the crowd.

Farmers in Alberta, Saskatchewan and Manitoba are reeling from the heatwave engulfing western Canada. The shared plight is an advantage for the Manitoban government who can unite with other provinces to garner federal attention, Bezan said.

The MP suggested ad-hoc payments and a three- to five-year tax deferral allowing farmers who cull their herds time to recover.

He also asked the province to allow farmers to harvest hay from wildlife management areas in the region.

"This is a disaster. It has to be recognized as a crisis, and there has to be provincial and federal help," Gerrard said when he addressed the crowd.

Sourcing feed for cattle is paramount, he said, and he too called on the province to open up conservation land for harvest and considered ad-hoc payments.

Gerrard recognized that the problem has been building over the last three seasons and said crop assistance programs are not a solution for multiple-year events.

"What I'm hearing from most of the people I've talked to so far is that a payment based on per animal would be a better way to go and would be fairer. It would allow producers to make their own decisions in terms of how they manage their stock," he said.

Gerrard promised to negotiate with both the province and the feds.

Brar spoke last.

The problem is multifaceted and needs to be addressed by both levels of government, he began.

"Insect problem, moisture problem, debt problem, Crown land lease increase problem. So many issues.

"We have to stand together to face this problem, and if we're positive, we will get through it," he said.

The NDP is advocating to the federal government, he said, and asked those in attendance to email him their suggested solutions.

When all the representatives finished speaking, the floor opened for comments from the crowd.

Riding called for the politicians to take action before a federal election.

"If they do call a federal election, there will be a blackout, and then there will be no AgriRecovery for us if they don't have it in the works," she said.

Interlake cattleman John Dyck expressed his concern opening conservation land for harvest would not sustain the industry. To illustrate his point, he brought a truck and trailer full of round bales.

"See that hay over there," Dyck said, pointing at his trailer. "It's not worth two cents.

"That's the kind of stuff you're talking about on wildlife land."

Bison farmer Ken Overby asked all to consider the needs of alternative farms raising bison, sheep and goats.

Bison farms don't have access to auctions until fall and cannot liquidate their herds if they need, he said.

Shepherds typically source their feed from the excess of dairy and beef cattle, so their herds are particularly vulnerable, Bezan said.

Another man in the crowd raised concerns over Crown-land leases.

The politicians all remained after the rally to speak with the public.

Minister of Agriculture Marie-Claude Bibeau also toured the Interlake this week and speak with farmers on behalf of the federal government.



James Bezan speaks with members of the crowd after the rally.



Jon Gerrard speaks with Ken and Iris Overby after the rally.

Proof of COVID vaccination in IERHA hospitals required for visiting, not for medical care

By Patricia Barrett

A man who attended Gimli's Johnson Memorial Hospital for a medical appointment last week said he's disappointed the hospital is not requiring proof of COVID-19 vaccination status, and allowing unvaccinated people to mingle with the vaccinated.

At the hospital's check-in desk, where all visitors must report before they can proceed to other areas, the Gimli resident said he saw a home-made sign saying vaccination QR codes are "not accepted."

A QR or Quick Response code is a machine-readable barcode that stores information and can be read by phones and other devices.

Everyone entering the hospital should be required to show either a COVID vaccination card or a QR code downloaded on their phone, he said.

"Gimli hospital is failing to separate the anti-vaxxers from those who were compliant and got their COVID shots," said the resident, who does not want to be named as he's concerned about possible health-care service repercussions and being targeted by social media users. "Why can't the hospital have this extra level of security to keep us and their health workers safe? I don't feel safe going into the hospital and sitting there with others who aren't vaccinated."

In the past few months, it has become apparent that the virus and/or

its variants are capable of infecting fully vaccinated people. The vaccines are said to mitigate against serious health complications, but none can mount a failsafe defence to keep the virus from entering the body in the first place. A few recent studies have also shown vaccine-induced antibodies waning over time although there is as yet no scientific data to indicate a corresponding susceptibility to infection or at what point in time that begins to happen.

A number of residents at the Arborg Assisted Living facility were fully vaccinated by the end of March but were infected with COVID earlier this month (see July 22 *Express*). Some countries, such as the U.K., and vaccine-maker Pfizer-BioNTech have suggested a third booster shot may be necessary this autumn.

The Gimli resident said he's still waiting for surgery he was scheduled for long ago. Manitoba Health has postponed certain procedures so that health-care resources and personnel could be allocated to care for people with COVID.

The majority of Manitobans being hospitalized with COVID as of late are those who haven't been vaccinated, according to the province's chief public health officer Dr. Brent Rousin during an update a few weeks ago.

"Why are they letting in unvaccinated people to the hospital when we've

already got a backlog of procedures in the health-care system?" said the man. "Unvaccinated people with COVID will use up the medical resources and we'll have an even longer delay getting our surgeries. My elective surgery is on hold."

He has a QR code on his phone and could walk into other establishments that have the technology to read it and prove he is fully vaccinated, he said. Gimli hospital should have that same technology set up and be using it. He is still waiting for a paper card he ordered from the province.

"How can Manitoba Health issue a vaccine card and a QR code and then not accept them in their own hospitals?" said the man.

A spokesperson for the Interlake-Eastern Regional Health Authority said proof of COVID vaccination status is only being checked in certain situations, such as when visiting a hospitalized patient. To do that, people need to be fully vaccinated. The name on their vaccine card/code is also being checked against personal identification.

"Currently, anyone who has confirmation they are 14 days past their second dose of COVID-19 vaccination may visit someone in hospital who has two vaccinations and is 14 days past their second dose as well," said the spokesperson by email last Wednesday.

Other restrictions are also in place. Visitors should call the hospital to "ensure all conditions can be met" before they come for a visit.

"For instance, if a patient is sharing a room, we need to confirm all patients in the room have been vaccinated twice and are past the 14 days or try to make other accommodations for the visit to occur," said the spokesperson. "In certain situations, we may accommodate visitors regardless of vaccination status (such as end of life). As more people get vaccinations, we expect some restrictions will be eased."

COVID screening protocols are still in place at all IERHA hospitals. Everyone who enters a hospital is screened and provided with a medical mask they must wear at all times.


But people seeking medical care from an IERHA clinic, some of which are attached to or embedded within hospital buildings, are not required to show proof of their COVID vaccination status.

"For people attending primary care appointments with their local physician or nurse practitioner in an Interlake-Eastern RHA clinic, we currently do not check vaccination status upon entry," said the spokesperson. "People attending appointments will be screened and expected to wear a mask while in the facility."

Highway construction project to close intersections permanently on north Perimeter

Submitted by Manitoba government

Manitoba Infrastructure officials advise construction will begin on the north perimeter starting Monday, July 26.



Ralph R. Eichler,
MLA for Lakeside
Constituency Office
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Stonewall, Manitoba R0C 2Z0
HOURS: Tues & Thurs 10 am - 2 pm
Tel: (204) 467-9482
Website: www.ralpheichler.com

This project will involve intersection improvements including:

- construction of turning lanes, concrete pavement repairs and graveling of existing service roads; and
- removing intersections and median openings.

Work will begin on the west perimeter working toward the east and the project is scheduled to be completed by October 2021. Traffic control will be in place, and will include temporary lane closures and reduced speed zones.

The project will permanently close the following intersections on the perimeter highway:

- Road 64 North,
- Inkster Boulevard,
- Prairie Dog Trail,
- Summit Road,
- Klimpke Road, and

- King Edward Street.

The annual road repair season is underway and motorists are reminded to slow down and drive safely when they see construction signs and flaggers at the roadside. Drivers are required to reduce speeds to specific limits in construction zones under the Highway Traffic Act.

For more information on the project, visit <https://engagemb.ca/north-perimeter-safety-review/>.

The latest information on Manitoba's road conditions are available any time at 511 (toll-free), at www.manitoba511.ca or by following the Twitter account at [www.twitter.com/MBGovRoads](https://twitter.com/MBGovRoads).



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Stonewall's Kinsmen Lake open with restrictions in place

By Sydney Lockhart

Kinsmen Lake opened this month for people to swim and enjoy the beach in the heat and with restrictions in place.

The capacity has been limited to 50 per cent at 350 people to allow for spacing and social distancing between parties.

"We ask everyone to leave sufficient space between your group on the beach and the next group so that people can pass by, you know, without crossing into your six-foot separation zone," said Catherine Precourt, manager of Quarry Park.

Kinsmen Lake offers a deal on family passes this year to encourage people to get outside and have something safe to do this summer.

"It's been very busy at the beach this year and we've sold a lot. A large number of people have taken advantage of seasonal passes," she said.

The passes are \$105 for the season, which includes passes for five people. Otherwise, it is \$7 a day for adults and \$6 a day for children and seniors.

"If we're at capacity, there may be a bit of a lineup to get in and so, of course, we're asking that people physically distance while they're waiting in line," said Precourt.

Precourt added that the lake hits capacity very quickly on weekends, so it is best to come when they open to ensure you don't need to wait long to get in.

On a typical day, they reach capacity by noon, and then by 3 p.m. there is usually space opening up again.

"The weather is supposed to stay hot for, you know, the foreseeable future and on a hot, hot day like today, the beach is a great place to be," she said.

The concession is remaining open but with a limited menu this year to ensure that people are not waiting around for their food having to be near one another. They continue to sell burgers, hotdogs, soft drinks, candy, chips and some ice cream.

Precourt said that Kinsmen Lake is seeing many people from Winnipeg driving out to enjoy the beach and use the campgrounds this year with many



TRIBUNE PHOTO BY JO-ANNE PROCTER

Hundreds of people gathered at Kinsmen Lake last Saturday where they enjoyed the water on a hot day.

people wanting to stay close to home.

This year is also the first year that the Kinsmen splash pad is open for children to enjoy. It is free of charge and has a separate entrance apart from Kinsmen Lake.

"This splash pad is something new to us. And we're still kind of feeling our way with that one right now," she said.

The capacity for the splash pad

area is 25 kids plus their caregivers. Because the splash pad is an entirely separate entity from the lake, the washrooms are not available to the people in the free splash pad area. The baseball diamond washrooms are the closest available ones for use.

The Kinsmen splash pad is planning to have a grand opening event next month when regulations will allow it.

Judge a book by its cover at the reopened Stonewall Library

By Sydney Lockhart

The Stonewall Public Library has reopened after months of being closed due to public health restrictions.

The staff here have been through many openings and closings, and their hard work, creativity and dedication to continue serving our patrons are beyond amazing.

"Now we're starting baby steps towards opening again, so it's a little scary because we don't know what's going to happen. But for now, we're just hoping it's going to keep getting better," said Raquel Dumas, library director.

The library staff decided not to open to the full 50 per cent capacity that they are allowed to have under provincial health restrictions, but instead slowly open and see how it goes with a maximum of 10 people indoors.

"During COVID since we've had virtual programming, we've spent a lot of time on that, so we know we don't have as many staff in the front. So, we're just kind of doing it small," said Dumas.

The kids' programming is remaining online for the foreseeable future.

Hand sanitizing, masks, physical distancing

and plexiglass barriers are all still in place to keep staff and visitors safe. Computers are only available by appointment to keep them clean.

Curbside pickup is still available at the library so that patrons who do not feel comfortable going inside at this point can still have the opportunity to pick up books.

"It's nice to be able to pick your own books. As much as contactless pickup was a great option, it's not the same as being able to go into the library. I judge books by their cover so, to me, I love to see the covers," said Dumas.

Dumas started working as library director in March, so she has not had much time with the doors open and the community inside the library while she has been there.

"It's nice having that community feeling back. I'm excited to experience it more," she said.

Although the pandemic has slowed many businesses, the library has continued to supply new books for their patrons to enjoy.

"At least every two or three weeks, we get a decent amount of new books on the shelves," she said.

The library's new summer hours can be found at <https://sirlibrary.com>.



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- Plexiglass barriers are in place at the front counter;
- The use of masks is required;
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Lakeside MLA hits the ground running as ag minister

By Jennifer McFee

Longtime Lakeside MLA Ralph Eichler recently returned to his role as Manitoba's agriculture minister and has already begun to sow some seeds of assistance for local farmers.

On Wednesday, July 15, Eichler was once again sworn in as ag minister, a role he previously held from 2016 to 2019 before being named as the minister of economic development and jobs. Representing the Conservative Party, Eichler has served as the local MLA for nearly two decades, since he was first elected to the role in 2003.

He replaces Midland MLA Blaine Pedersen as ag minister, and Waverley MLA Jon Reyes will take over the economic development portfolio.

"My whole life has revolved around agriculture, so I'm glad to be back," said Eichler, a former cattle producer who grew up on a mixed farm.

"It's a tough time in ag. It's also been a tough time in economic development, trying to keep everybody afloat during COVID."

The day after he resumed his role, Eichler contacted his colleague Marie-Claude Bibeau, federal minister of agriculture and Agri-Food Canada, and asked her to visit Manitoba's parched farmland.

He also called an emergency meeting with agriculture sector representatives to get their feedback in an effort to develop an ag recovery program.

On Thursday, July 22, Bibeau honoured Eichler's request and flew to Manitoba for a firsthand look at the drought's devastating impacts.

"It's not about politics; it's about looking after our producers. To me, it's all about building relationships," he said.

"We have to work together, no matter who's in power — us, the NDP, the

Liberals, the Green Party. All of them have a role to play, and we have to work together for the betterment of our communities."

Later that day, farmers learned about several joint initiatives aimed to offer some relief from the unrelenting drought.

To start, Manitoba Agricultural Services Corporation's hay disaster benefit will offer insured forage producers an extra \$44 per tonne for every tonne below coverage to offset additional costs for replacement feed and transportation. During a drought in 2019, this benefit brought in nearly 1,200 claims and more than \$5 million in payouts.

Usually, benefit payments wouldn't be determined until January after production data is processed, but the timeline has been sped up to provide immediate assistance to producers.

"We instituted a system to advance some money to them right away so they can buy some hay. We increased the per-tonne average to current-day pricing. That's substantial. They normally had to wait until January after the year ends. We're going to put an upfront cash advance onto that," Eichler explained.

"We're also trying to work with the Manitoba Agricultural Services Corporation (MASC), and we're trying to work with farmers and mixed producers so they can cash their crop in and not be penalized for acreages and their yields being down. They can take that crop off and actually feed it to their cattle or their sheep or whatever it is."

According to the provincial government, MASC will also apply a quality adjustment factor to appraisals on crops that are being put to alternate use under the AgriInsurance program. This program will bring a 60 per



PHOTO SUBMITTED
Agriculture minister Ralph Eichler

cent adjustment factor to in-field appraisals for small grain cereal crops, including all varieties of wheat, oats, fall rye, barley and triticale.

This reduction in claims appraisal reflects the expected reduction in quality due to the drought, and it will be applied retroactively for producers who have already used their cereal crop for an alternative use this year. The full yield appraisal will be used to calculate future coverage.

Bibeau flew back home to Quebec on Friday, July 23, and Eichler planned to resume talks with her this week to discuss more ideas to assist local farmers.

"She's very open to having those conversations. We'll revamp and see what programs we come up with federally and provincially," Eichler said.

"We've got some programs in place, but there's a lot more work to do. We need to have something to try to maintain as much of the herd as we possibly can. We have to make sure

Continued on page 7

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Now more than ever it is important to keep your bird baths filled with water, not only for the birds, but the bees and other wildlife as natural water sources are drying up due to the current drought conditions. Help the Tribune record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

Province opens applications for the Healthy Hire Manitoba program

Submitted by Manitoba government

The province is now accepting applications for the Healthy Hire Manitoba Program, a wage support program designed to help private-sector employers reopen and encourage employees to get fully vaccinated, Economic Development and Jobs Minister Ralph Eichler announced last week.

"Our government remains focused on getting all eligible Manitobans vaccinated as quickly and safely as possible, and the Healthy Hire Manitoba Program helps support that goal and complements our '4-3-2-One Great Summer' Reopening Path that rewards Manitobans with fewer restrictions as more and more Manitobans get fully vaccinated," said Eichler. "The goals of this program benefit employers, employees and Manitobans alike as it encourages vaccination and helps to safely restart our economy as it increases staffing levels and brings more employees back to work to provide Manitobans with the

goods and services they depend on."

Under the Healthy Hire Manitoba Program, local employers can apply for up to \$50,000 in provincial support to help cover the wages of new employees who can attest they have been vaccinated, intend to be vaccinated or are unable to be vaccinated. Eligible employers will receive a grant equivalent to 50 per cent of wages for a maximum of 10 employees, with a maximum of \$5,000 per employee. The wage support covers full pay periods for employees hired on or after June 10 with the last pay period ending Oct. 15.

Eichler noted the Healthy Hire Manitoba Program will be amalgamated with the previously announced Manitoba Youth Jobs Program for a total of \$45 million available to support employers as they bring employees of all ages safely into the workplace. New applications will no longer be accepted under the previous Manitoba Youth Jobs Program and employers

that have already applied will be notified regarding next steps.

Employers are encouraged to view the guidelines and resources online to support them in the application process. A larger list of eligibility requirements is also now available online. Along with confirming employee attestation that they have been vaccinated, will be vaccinated or are unable to be vaccinated, eligible employers must declare they have supported public health protocols in the workplace including providing new hires with public health vaccine information.

Key dates, full eligibility criteria, and more information on the new Healthy Hire Manitoba Program can be found online at www.gov.mb.ca/covid19/programs/healthy-hire-mb.html.

Questions about the Healthy Hire Manitoba Program can be directed to a new email address at HealthyHire@gov.mb.ca.

> AG MINISTER, FROM PG. 6

we look after everybody, not just certain parts of the province."

Time is of the essence for Eichler — and for drought-stricken farmers, many of whom are considering selling off a portion of their herds to survive this dry season.

"There's rumours that there's going to be a federal election, and this speculation brings fear among producers so I've got to react very quickly. In this heat, crops are turning every day. With the grasshoppers, they just move so fast across a hayfield or a ce-

real crop. They can wipe out a crop so fast we don't even know it's there," he said.

"The rain that came recently was a gift from God and it helps fill the dugouts. But we've got to roll up our sleeves and hit the dirt as we try to find some more water and more money to make this sustainable."

worship

with us > FAITH



Submitted by the Reverend James Bardsley
Anglican Church of the Ascension, Stonewall
Member of Stonewall and Area Ministerial

The Bread of Life

John 6.35: "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

Earlier in the sixth chapter of John is recorded Jesus' miraculous feeding of over 5,000 people with a few loaves and fishes.

The context for this miracle is prior to Passover as many Israelites were on their way to Jerusalem. They heard that Jesus of Nazareth was currently by the Sea of Galilee healing the sick, so they took a detour to come and see. They stayed long enough that their food supply ran out.

A boy there had a few barley loaves and a couple of fish, but hardly enough to feed such a crowd as had gathered. The disciples concluded as we might, that there was nothing we can do because of scarcity of resources.

Jesus uses our attitude of scarcity for a teaching opportunity. He offered a prayer of thanksgiving and had the limited resources utilized in meeting the needs of the multitude. When all were satisfied there were basketfuls left over.

When we think in terms of scarcity, Jesus shows us God's abundant grace and blessing. When we pray a prayer of thanksgiving, ask for God's blessings, and willingly employ what we have in ministering to the needs around us we can expect that there will be such an abundance that not only the needs of those we know about can be met but also our own needs, with enough left over to take with us to help even others.

God does not call us to serve out of scarcity, but out of faith serve through the abundance of God's grace.

May God bless you and those in need through your offering, that hunger may be satisfied with the bread of life and thirst quenched through streams of living water.

Johnson & Johnson recalls aerosol sunscreens; Health Canada issues alert



TRIBUNE PHOTO COURTESY OF HEALTH CANADA

Neutrogena Ultra Sheer aerosol sunscreen is among five sunscreens consumers shouldn't use because of benzene, a carcinogen.

By Patricia Barrett

Johnson & Johnson Inc. voluntarily recalled two brands of its sunscreen with various SPFs after detecting benzene, which can cause cancer with repeated exposure.

The American pharmaceutical and consumer health company pulled all its Neutrogena and Aveeno aerosol sunscreen lines and has asked consumers to stop using them as benzene is classified as a human carcinogen.

"While benzene is not an ingredient

in any of our sunscreen products, it was detected in some samples of the impacted aerosol sunscreen finished products," states J & J in a news release issued July 14. "We are investigating the cause of this issue, which is limited to certain aerosol sunscreen products."

The affected products are Neutrogena Beach Defense aerosol sunscreen, Neutrogena Cool Dry Sport aerosol sunscreen, Neutrogena Invisible Daily defense aerosol sunscreen, Neutrogena Ultra Sheer aerosol sunscreen, and Aveeno Protect + Refresh aerosol sunscreen.

J & J said the public could call its consumer care line or contact their health-care provider if they have concerns related to the affected products.

The company makes other well-known brand-name products such as Tylenol, Motrin, Lubriderm, Listerine, Nicorette, Reactine and Polysporin. It also makes a one-shot COVID-19 vaccine.

Benzene is an industrial chemical found in petroleum and is produced naturally by forest fires. It's used to make detergents, dyes, pesticides, plastics, synthetic fibres and drugs. According to the Wisconsin Department of Health Services, it can be found in gasoline, glue, cleaning products and paint stripper, and be absorbed through the skin.

Benzene is on the Government of Canada's toxic substances list, and Health Canada issued an alert asking Canadians not to use J & J's affected aerosol sunscreens.

"While there is no safe level of benzene," states the health agency's July 17 alert, "long-term (over a year or more) and repeated exposure to elevated levels of benzene may lead to serious health effects, including various forms of cancer such as leukemia, anemia (low red blood cells), and bone marrow failure."

COVID testing now available at Winnipeg international airport

Submitted By Manitoba Government

Testing for COVID-19 is now available at the Winnipeg James Armstrong Richardson International Airport, which provides a convenient option for people travelling to Manitoba who need a COVID-19 test, Central Services Minister Reg Helwer and Economic Development and Jobs Minister Jon Reyes announced Monday.

"As international travel reopens in the weeks ahead, we are making sure

individuals arriving in Manitoba are able to get a COVID-19 test quickly and conveniently," said Helwer. "By offering this service in advance of an increased number of visitors entering the province, we are ensuring we keep Manitobans safe and healthy."

With the recent announcement of international flights returning to Winnipeg James Armstrong Richardson International Airport, the Manitoba government will be implementing all safety measures necessary to wel-

College programs enable Interlake students remote learning

By Nicole Brownlee

Red River College releases new programs in the Interlake region to accommodate changing needs in the community.

The RRC Interlake Peguis-Fisher Branch campus released 11 programs they're now accepting applications for, including new programs.

"We do deliveries based on the employment needs of our communities," explained Darlene Bouvier, Interlake campus manager. "We do a lot to encompass and understand the needs of the region prior to making plans."

After consulting with industry leaders, like the Interlake-Eastern Regional Health Authority, business professionals and educational organizations, RRC found the need for intermediate business classes, trades programs and health care programs at the Interlake campus.

"Of course, right now, with COVID-19, health-care aides are in just high demand. They are hired even before they complete their practicum," said Bouvier.

A new addition to the campus is a four-month certificate program, Introduction to Business Information Technology, which is a first step to the two-year Business Information Technology program. The preparatory program accepts mature students who are 19 years or older who have completed up to Grade 10. The BIT program previously only admitted students who completed Grade 12.

"[The introductory program] would get them prepared as a mature learner, and they can have the opportunity for an amazing career," said Bouvier.

The Social Innovation and Com-

munity Development program is another addition to the campus available during the fall semester. The two-year diploma program focuses on socio-economic development and environmental issues.

"Students can opt to exit with a one-year certificate if they wish, or they could move into the second year and choose one of two majors — either community development or Indigenous social entrepreneurship," said Bouvier.

Several of the programs offer theory virtually with opportunities to learn on-site depending on the class.

"If we have enough students, we can actually deliver some hands-on, critical skills right in the communities," said Bouvier.

The college's main campus sits in Selkirk, but RRC also offers community-based programs across the Interlake through connections with educational institutions in the areas for in-person classes and opportunities to work in the community.

"There's just a huge benefit to be able to deliver programs directly in the community," said Darlene Bouvier, Interlake campus manager. "Our numbers show that I have a higher success rate when I can deliver programs directly in the communities for the students."

Virtual learning has enabled the campus to broaden its reach to students in exterior communities, said Bouvier.

"Students from throughout the region, no matter where they are, can learn online," said Bouvier. "A larger volume of students [has] enabled us to provide more opportunities for more training and courses."

To learn more about the offered programs, visit rrc.ca/interlake.

come international passengers.

"As we continue to hit our vaccination milestones, more people are able to travel and support the economic recovery of the province," said Reyes. "Offering this conveniently located testing option for in-bound travellers is just one more way to help keep Manitoba moving forward."

The new testing site is located on the arrivals level of the main terminal. Testing is available for inbound travellers Monday to Friday from 8 a.m. to 4

p.m., starting July 19. Results from this testing site will be available securely online at <https://sharedhealthmb.ca/covid19/test-results/>.

If someone does not have a Manitoba health card or is not a resident of Manitoba, they can call Health Links-Info Santé at 204-788-8200 or toll-free at 1-888-315-9257 to access their test results.

For more information on COVID-19 in Manitoba, visit <https://manitoba.ca/covid19/index.html>.

Coincidences mark local woman's search for birth parents

By Jennifer McFee

Have you ever experienced a "God-wink" moment in your life?

Probably you have, even if you might not have known it at the time.

The term refers to an event or experience that seems like a coincidence at first but might not be a coincidence after all. These divine events can be so astonishing that they almost seem like a wink from God — and sometimes even a sign of hope.

For Joan (Hudson) Zaretsky, her meandering path to learn about her birth mother and family is marked by many God-wink moments.

Although she now lives in Winnipeg, Zaretsky grew up in the RM of Rosser, attending school in Rosser and Grosse Isle before graduating from Warren Collegiate. She remains a familiar face since she was a teacher in Stonewall, Rosser and Stony Mountain for many years.

As is the case with most adoptees, Zaretsky grew up filled with curiosity about her birth parents.

"I had amazing adoptive parents. They gave me incredible opportunities and experiences," she said.

"But when you're adopted, you often walk around and notice people who look like you. You wonder if that could be your mother, which is a strange sensation but adopted children would understand."

In 2011, she retired from her work as a staff officer with the Manitoba Teachers' Society. Two years later, she decided to try to find her birth mother.

"I waited until both my mother and father passed away. I went to Child and Family Services and filled out the papers in May. In August, I got a phone call to say that I have a full sister living in Saskatoon. She knew all



Joan Zaretsky (left) with her sister Ellie Bartel.

about our birth parents and family," she said.

"We connected, and my sister Ellie told me that our mom was at the Charleswood Care Centre. My full sister and I get along so well. We visit each other twice a year and talk on the phone constantly."

During her search, Zaretsky also discovered she has a half-sister who had always believed she was an only child.

"She refuses to accept the fact that her mother had two children out of wedlock," she said. "There's good and bad in every story, successes and challenges."

Zaretsky knew she wanted to at least see what her mom looked like, but she didn't know how to approach the situation. She called up a colleague and explained her dilemma.

"Then my friend Judy started to laugh and told me she played piano at Charleswood Care Centre every Tuesday morning. She invited me to go with her," Zaretsky recalled.

"I was so nervous that first morning. There were about 80 people sitting in the audience. I kept looking around and wondering who could be mother. After singing, the social worker was



TRIBUNE PHOTOS SUBMITTED

Joan Zaretsky (middle) with her cousin Sheri-Lyn Hardman (left) and sister Ellie Bartel (right) celebrated mom Alice Jeppesen's (front) birthday at Golden West Centennial Lodge.

really good. She said she'd take me to where my mother was and introduce me as a friend. So I found my mom and had my first experience."

Zaretsky continued to go with her friend to the care centre each week for the musical performance. But one morning, Zaretsky found out her mom was no longer there.

"I didn't know what happened to her and I was afraid," she said.

A staff member said her mom was now at Golden West Centennial Lodge, which is where her friend sang and played piano on Tuesday afternoons.

After that, the duo continued singing at Charleswood Care Centre on Tuesday mornings, followed by after-

noon performances at Golden West Centennial Lodge until the onset of the pandemic.

For Zaretsky, these coincidences actually seem more like God-wink moments.

"There are 38 personal care homes in Winnipeg," Zaretsky said. "The fact that she sang at the first one Tuesday morning and the next one Tuesday afternoon is just unreal."

Her next God-wink moment took place in Tucson, Ariz., during a visit with some friends. At a get-together, Zaretsky met a woman from Ochre River where her mom grew up.

"It turns out her house was right

Continued on page 10

Community members clean up graffiti in Stony Mountain

By Jennifer McFee

Stony Mountain community members came together recently to clean up after the outdoor rink was targeted by vandals.

Robyn Deprez, board member with the Stony Mountain Community Centre, said graffiti was sprayed onto the outdoor rink, both on the inside and outside boards.

"We reported it to the police, but there really wasn't much that could be done," she said. "We didn't have surveillance footage of it."

However, some community-minded folks stepped forward to lend a hand with the cleanup.

"One of our community members, Melissa Gulay, came out and donated

her time. She painted the outside for us and got rid of the graffiti," Deprez said.

"On the inside, we had two families that came out and cleaned it up with their kids."

Despite an unwanted situation, the community managed to pull together to create a positive resolution.

"In the end, we have a fabulous community. There are a lot of great volunteers and people who are proud of it," Deprez said.

"When stuff like that happens, we really come together to help out and support each other. That's why I love living in Stony Mountain because it really has a small-town feel. It's growing, but we're still a small town."



TRIBUNE PHOTO SUBMITTED

Community members worked together to clean up the graffiti on the Stony Mountain outdoor rink.

Manitobans break their own recycling rate records

Submitted by Recycle Everywhere

Recycle Everywhere recently completed its annual recovery rate audit and is pleased to announce that in 2020, 71 per cent of all empty beverage containers and 79 per cent of all PET plastic beverage containers sold in the province were recovered.

"Congratulations go out to Manitobans and Recycle Everywhere as we reach this new recycling milestone," said Sarah Guillemard, Minister of Conservation and Climate. "We are now only four percentage points away from achieving the government-mandated goal of recovering 75 per cent of all empty beverage containers sold in Manitoba. Every container counts. I encourage all Manitobans to 'help close the loop' by recycling even more."

In 2019, the recovery rate for all empty beverage containers and PET plastic beverage containers was 68 per cent and 77 per cent respectively. Year over year, Manitoba's PET recovery rate is consistently among the highest in Canada.

"Manitobans should be proud of achieving one of the highest PET recovery rates in Canada," says Ken Friesen, executive director of Canadian Beverage Container Recycling Association (CBCRA) and the organization that runs Recycle Everywhere. "By putting your empty beverage containers into blue bins, you are not only diverting waste but also extending their lifecycle by enabling the materials to



TRIBUNE PHOTO SUBMITTED
Cynthia Beck received \$25,000, the semi-annual grand prize, for recycling her empty beverage container at a Recycle Everywhere bin.

come back as new containers or other products."

Recycle Everywhere has introduced new initiatives to help move the needle as recycling efforts inch closer to the government mandate. An incentive program and mobile app were recently launched in an effort to give back to Manitobans. The program encourages good recycling habits and

offers cash and prizes of up to \$25,000. To that end, recently Cynthia Beck received \$25,000, the semi-annual grand prize, for recycling her empty beverage container at a Recycle Everywhere bin in Winnipeg.

The organization also launched a campaign that asks Manitobans to Help Close the Loop — a concept inspired by looking at how recycling plastic fits into the circular economy.

"When it comes to PET plastic bottles, we are focused on seeing the bottles recycled many times, over and over again," Friesen adds. "That's the circular economy, which is central to our philosophy and what we need to do in Manitoba to get to 75 per cent."

The Canadian Beverage Container Recycling Association (CBCRA) is a not-for-profit, industry-funded organization whose membership includes beverage brand owners and distributors. CBCRA implemented and operates the Recycle Everywhere program. Recycle Everywhere strives to educate Manitobans on beverage container recycling and ensure that it is convenient to recycle empty beverage containers no matter where citizens live, work or play. CBCRA is committed to reaching the government-mandated target of recovering 75 per cent of beverage containers sold in Manitoba. Learn more at recycleeverywhere.ca and cbcra-acrcb.org.

Community rallies support and saves Gunton Post office

By Nicole Brownlee

Gunton community members' fight to keep their post office in the community has paid off.

The future of the post office was unknown in early May when new residents purchased the home the previous post office was located. Community members rallied together to raise money to purchase a new shelter for the post office within the area.

"Gunton is a very thriving community, and we all felt that losing that post office would kind of set us back," said Lena Robertson, a member of the Gunton Community Projects Committee. "We felt that this is something that we really wanted to secure."

The Gunton Community Projects Committee, comprised of Robertson, Amy Rasmussen Waluk, Kirsten Ellison and Shannon McGill, fundraised over \$13,500 with the committee within a month through barbecues, street vendors and online silent auctions.

The RM of Rockwood then contributed \$13,000 to surpass the committee's original goal of \$20,000.



TRIBUNE PHOTO BY LENA ROBERTSON
After spirited community fundraising, the Gunton Post Office will remain in the community, housed in this portable barn.

"We [found] huge support in the community," said

Robertson.

The community purchased a lofted barn cabin, around 12 feet by 32 feet, for Canada Post to set up shop. The cabin's interior is unfinished and needs to be renovated with insulation, electricity and heating, but Robertson said the community has offered to help finish the project.

"We have a lot of people in our community that are contractors," said Robertson. "They're all stepping forward and are all helping out."

The new Gunton Post Office will sit on the north side of the Gunton community hall, keeping the neighbourhood's mail and packages at a comfortable distance.

They hope to open the doors to the post office this fall.

"The community has come forward. They've supported us, and it's been great," said Robertson.

The RM of Rockwood declined to comment on the project as they work out details with Canada Post.

> BIRTH PARENTS, FROM PG. 9

beside a house that my mom's family had lived in. Sometimes she would stay with them if her mom had to go to Winnipeg," she said.

"My mom had five sisters and two brothers, and it was unreal to hear all the stories. There have been some really wonderful relatives in Ochre River that I've enjoyed getting to know."

Another time, she and her husband met a woman while they were in Nevada. By coincidence, or perhaps God-wink, they discovered a common connection to her birth father.

"I found out my dad, who had passed away in 1995, had spent his life as a miner in Lynn Lake," Zaretsky said.

"This woman knew him. Her husband had worked with him for 30 years. We had dinner together, and they told me all sorts of stories about my father. He loved to sing and had a beautiful voice. At work, he was very well respected as well as in the community."

Over the years, Zaretsky has experienced multiple other God-wink moments related to her birth parents — and now she's writing a book to share this remarkable experience with others.

"I've been working on it for about four years now,"

said Zaretsky, who does most of her writing at a bed and breakfast in a scenic setting in Neuberghthal.

"So far, I've written about 120 pages. Hopefully I will get enough done this summer to send something to a publisher and see what they think."

The topic of God-winks might be more common than you'd expect, since Zaretsky has watched several Hallmark God-wink Christmas movies — and she can relate due to her own encounters.

"To me, there have been so many really weird coincidences," she said.

"One thing leads to another in my journey of finding my birth mother. It's been a really interesting adventure."

Activities for Seniors in Your Area



AUGUST Calendar of Events!

Activity Centre • 374 – 1st Street West
For newsletters, visit www.si55plus.org

Happy Summer Everyone! While our doors remain closed, we will continue to offer virtual programming via Zoom. We love seeing your faces on our screens. As you may know, Cheryl Cathers retired from her position of Executive Director at the end of June, and we want to thank her again for her 19 years of service at the South Interlake 55 Plus. You will be missed here! With that change, we have a familiar face starting in a new role. Maddy Turbett is our new Executive Director, and you may know her if you have participated in our Zoom programming over the last year! While we are unable to have a "meet and greet" in person at this time, we encourage you to phone or email to say hi, or join our Virtual Chats to meet her.

Clip & Save

August 2021:

August 2: Centre Closed
August 4: Book Club 1:00pm (Zoom)
August 12: Virtual Chat 3:00pm (Zoom)
August 13: Quilter's Corner 11:00am (Zoom)
August 19: Cabin Fever Reliever 3:00pm (Zoom)
August 26: Virtual Chat 3:00pm (Zoom)

August 27: Quilter's Corner 11:00am (Zoom)
Active Wellness Session July 6-August 13:
Tuesdays 9:30am: Body Blast with Cheryl Kooning
Wednesdays 9:30am: Yoga with Gail Spencer-Lamm
Thursdays 9:30am: F.I.T. with Cheryl Kooning
Fridays 9:30am: Yoga with Gail Spencer-Lamm

CABIN FEVER RELIEVER: THE GAME SHOW IS BACK!

Brush up on your trivia in a game show you can play from your home!
Play our versions of Jeopardy and Family Feud, and get ready to laugh!

Next game: August 19, 2021 at 3:00pm on Zoom

To join the email list, give us a call at (204) 467-2582 or email si55plus@mymts.net



FALLS PREVENTION

Are you or someone you know at risk for falls?
Starting September 7th, join us on Tuesdays and Thursdays at 9:00am for an hour long class promoting balance, strength, and preventing falls with help from the IERHA. This program is FREE and includes incentives to complete all 12 weeks!
Call (204) 467-2582 for more information



VIRTUAL COFFEE AND A CHAT

Join us on Zoom to connect with members of the community as we check in on each other for an hour-long chat. Offered every 2nd and 4th Thursday at 3:00 pm
Next Chats:
August 12, 2021
August 26, 2021



HOP, DROP AND SHOP

Operated by Stonewall and Area Mobility Service
August 9, 2021 – Manic Monday at Family Foods (Stonewall)
• **Stonewall pickups from:** Lions Manor, Crocus Manor and Stonewood Place. Buses will operate on 2 schedules: **10:00 AM and 1:00 PM**
Price is \$5.00 round trip. (Interac Tap is available)
• **Balmoral pickup location:** Sprucewood Place @ 10:30 AM
Price is \$10.00 round trip. (Interac Tap is available)
Stops include Family Foods, Red River Coop, Center & Main (for banking) and Westside Plaza.
Call (204) 467-9446 to reserve your seat!

ACTIVE WELLNESS CLUB

Watch out for more information about our 12 week Fall Session starting September 13th!
We hope to welcome you back to the centre safely this fall! Our hope is to hold in person classes (public health restrictions permitting) as well as continue to offer Zoom as an option! For the most up to date information, visit www.si55plus.org
Our summer session is coming to a close, but there is still time to drop in for a class Tuesday-Friday at 9:30am!
For more information, or to sign up, call (204) 467-2582 or email si55plus@mymts.net



Become a Member of South Interlake 55 Plus today! Membership is Only \$20.00 Annually!

Memberships Can Now Be Completed On-line! Check out our Website at www.si55plus.org to fill out a Membership form for a New Membership or to Renew.

• You do not have to be 55+ to become a member! Associate members enjoy all of the benefits of membership, with the exception of holding a position on the Board of Directors, and voting at the AGM.



• The South Interlake 55 Plus is now able to offer E-Transfer as an alternate payment method! Payment for memberships, programs and donations can now be cashless.
For more information, call (204)-467-2582

For more information call 204-467-2582

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

Find us at 54 Main St,
Teulon 204-886-2570

PROVIDING FREE SERVICES TO SENIORS:

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- COMMUNITY VOLUNTEER
- INCOME TAX PROGRAM
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South Interlake Seniors Resource-Stonewall 144-622 Centre Avenue-Lions Manor, Entrance 4.

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- Friendly Visiting and Telecheck (phone buddy)
- Home Hair Care Service
- Resource information/Form Assistance

Our office is located in the Stonewall Lions Manor
at 622 Centre Avenue, Entrance 4.

204-467-2719

www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to the town of Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

SISRC IS ACTIVELY LOOKING FOR BOARD MEMBERS

We meet September to June once monthly.

For more information, please call our office at 204-467-2719.

For a copy of our AGM package please visit our office.

For more information call 204-467-2719

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55+ and people with disabilities

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Seniors Resource Coordinator, Darlene McKay

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 - (E.R.I.K.) Emergency Response Information Kit
 - Victoria Lifeline
 - Volunteers for Different Services Such as Telecheck
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"Celebrating Seniors in Action"

Rosser council news in brief

By Jennifer McFee

- At the July 13 council meeting, Rosser council approved two no-stopping zones on Davis Way. One will be located on the north side of Davis Way between Brookside Boulevard and the driveway that enters to Tim Hortons and Shell. The other one will be located on the south side of Davis Way between Brookside Boulevard and the first driveway to the west.

- Rosser council passed a resolution to enter into an agreement with the provincial government regarding the Building Sustainable Communities Program.

- All council members are appointed as an ad hoc committee for the Grosse Isle Pathways Project. The RM will enter into an agreement with Iris Construction Management.

- Rosser council will endorse the 988 crisis line initiative, which is a national three-digit suicide and crisis hotline. The federal government has passed a motion to adopt this hotline, which is similar to an initiative that the United States will have put place in 2022. Rosser council recognizes it's a significant and important initiative to ensure critical barriers are removed to help those in crisis and seeking help.

- Starting this fall, the City of Winnipeg's waste and water department intends to operate a biosolids field storage and land application program in the RM of Rosser on land owned by Tomatin Farms. Council authorized the City of Winnipeg to proceed with the application, as long as they meet conditions. These condi-

tions include that the City of Winnipeg is responsible for all costs related to road, ditch and drainage upgrades, as well as maintenance, dust control and restoration of municipal property used to access the site. The city must use the haul route of Highway 6 to Road 75N, east for 3.5 miles to Mile 6W, south for three miles, and then east for half a mile on 72N. The city must also inform all residents within a kilometre radius of the program site.

- Council approved culvert applications on Goldenrod Drive and Clover Drive, with the applicants to cover costs supplies and installation.

- Council passed second and third reading of a bylaw to regulate and control the use and development of lands and buildings within Rosser's municipal limits, excluding Centre-Port.

- Council confirmed that they have no objection to the construction of the at-grade crossings and installation of wastewater sewer and water beneath the tracks of the Canadian National Railway at Mile 8.20 and 8.40. The RM of Rosser will enter into agreements with the Canadian National Railway Company regarding a watermain pipe crossing at mile 8.40, as well as wastewater sewer pipeline crossings at miles 8.20 and 8.40.

- Council approved a proposal from Oakridge Contractors Limited for up to \$21,000 plus tax for trail

creation work at the municipal lands near the transfer station. These unbudgeted funds will come from the rural capital lot levy account.

- Rosser council provided approval for South Interlake Planning District to issue development and building permits to complete construction of a four-unit dwelling at Meadow Lane Colony for a communal farm operation. SIPD issued permits for partial construction of the dwelling in 2020. Any future intensification of the existing communal farm operation will require conditional use approval.

- Whiteland Services previously received approval to strip and remove topsoil from lands of BrookPort Phase 3 business park. Council approved that this topsoil could be temporarily stored in small stockpiles until Oct. 31 on BrookPort Phase 3 lands. As part of the stripping permit, B&B Landscape and Cartage received conditional approval to operate a screening ancillary temporary use of the soil from the approved stockpile. The stockpiles and screening will not be allowed on BrookPort Phase 4 land, and screening auxiliary use will end on Oct. 31. Hauling and screening of topsoil must be done between 7 a.m. and 7 p.m., and Whiteland Services is responsible for dust control for the screening operation.



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FRED PENNER * WILLIAM PRINCE
CHANTAL KREVIASZUK WITH
WINNIPEG SYMPHONY ORCHESTRA

EVENING SHOW 6:30 PM
THE MANITOBA YOUTH CHORUS
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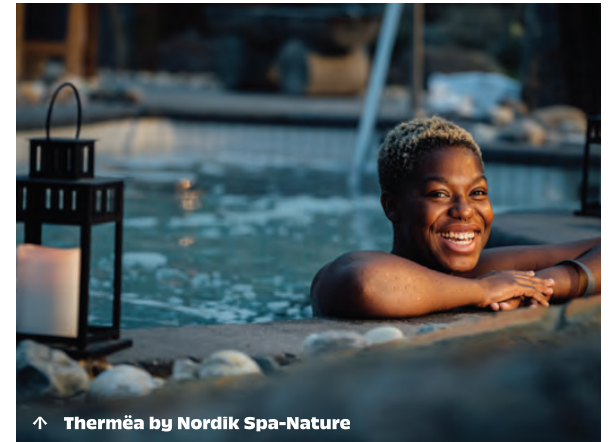
Keep yourself and others safe as you explore Manitoba. Remember to:

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↑ St. Boniface Cathedral



↑ Thermëa by Nordik Spa-Nature



↑ Nature Playground



↑ Winnipeg Art Gallery

1 PASSION & HISTOIRE

When you visit Winnipeg's **St. Boniface** neighbourhood, you'll find its Francophone history, architecture and culture lining the streets. Cross the striking **Esplanade Riel** pedestrian bridge that links The Forks and downtown Winnipeg to St. Boniface.

Start at the information centre inside the former **St. Boniface City Hall** building on Provencher Boulevard. Here you can book a walking tour, get information or watch a documentary about the history and passion of Manitoba's Francophone community.

Next, check out le **Musée de Saint Boniface Museum**, the oldest building in Manitoba. Built more than 170 years ago, the building was originally a convent. Today, it is full of Francophone history and art, including a permanent exhibit on Louis Riel, the founder of Manitoba. A block away is the **Saint Boniface Cathedral**.

The current church was built in 1971 after a fire burned the majority of the previous church. The old facade from 1894 still stands tall in front of the modern building, making for stunning photographs. Louis Riel's tombstone sits in the cemetery in front of the cathedral, where a plaque informs visitors about his life and legacy.

Another St. Boniface treasure is **Fort Gibraltar**. This replica of a 19th century North West Company fur trading fort features costumed interpreters who bring the fur trade period alive. You can also visit **la Maison Gabrielle Roy**, the original home of the renowned Franco-Manitoban author. Her hometown and the house itself are featured throughout much of her work. Round out your visit to St. Boniface with a croissant from a local bakery, a beverage from a neighbourhood coffee shop or a meal at a bistro.



↓ Assiniboine Park Zoo

2 A WALK IN THE PARK

A day spent at the **Assiniboine Park Zoo** is an absolute must. The Journey to Churchill exhibit features an underwater viewing tunnel to watch swimming polar bears and playful seals. See Arctic fox, caribou and wolves, along with tigers, gibbons and other exotic animals. Check

out Aunt Sally's Farm, where colourful bridges give safe passage to goats and kids can play next to the animals. Another playground option in **Assiniboine Park** is the wide open space in the **Nature Playground** or spend some time in the tranquil **Leo Mol Sculpture Garden**.

3 THE ART OF RELAXATION

The **Winnipeg Art Gallery's** iconic downtown building features a modernist design and more than 27,000 works of art. Browse the galleries where local Manitoba and Canadian artists are at the forefront, along with international works representing various cultures, centuries and mediums.

Now open is **Qaumajuq**, the WAG's Inuit art centre. The architecture was inspired by Canada's northern landscape and it is home to more than 14,000 pieces of Inuit art, many of which are on display in the visible vault. The first of its kind in the world, Qaumajuq offers a space where Inuit voices are held front and centre. This accessible space combines art and technology to create direct connections to the land, people and culture of the North.

After all that exploring, you're probably ready to relax.

Check out the outdoor oasis set in a quiet nook of the city, **Thermëa by Nordik Spa-Nature**. The signature thermal experience is the ultimate way to relax. It follows a hot-cold-rest cycle. Steam rises over the dreamy temperate and hot pools, while the cold plunge beckons the brave. Enjoy a variety of saunas and steam rooms. During the rest period, lay down on a slab of hot rock or lean back on a heated seat and be soothed into a slumber with the aid of relaxing music overhead.

Winnipeg boasts a variety of hotel options to suit any need, from trendy boutique hotels in the heart of downtown, to family-friendly hotels with pools and waterslides close to your favourite attractions. Many hotels offer special packages, so now is a great time to stay overnight in Winnipeg.

Find a hotel and plan your Winnipeg getaway at travelmanitoba.com/road-trips.

Guided tours get green light at Teulon museum

By Nicole Brownlee

After more than one year with closed doors, The Teulon and District Museum welcomes visitors on July 30.

Celebrating its 45-anniversary, the museum will once again be guiding tours through nine historical buildings filled with artifacts dating back up to 100 years.

"We're really looking forward to seeing people," said Kathryn Jack, president of the museum.

After time away, Jack said she's especially looking forward to having people back at the museum sharing stories again.

"[Visitors] often have a lot more to offer to us," said Jack. "Everybody has a story."

While the historical site has maintained its facade, the tours will look different this summer to respect provincial health guidelines.

All guests must make an appointment to visit, have received two COVID-19 vaccines and have waited the allotted two-week period after their second vaccination. Museum staff will scan visitors' Manitoba digital immunization card or physical card, record contact information and keep group sizes small to make the experience as safe as possible for staff and guests.

"We're still at reduced capacity, and some of our buildings are quite small," said Jack. "We figured it'd be



The Hunter House is the restored home of Dr. Hunter and his family, originally built in 1905. Visitors can tour the home guided by a museum volunteer while following COVID-19 regulations by maintaining social distancing and wearing masks.

easier to manage numbers if we book an appointment."

Visitors are expected to wear masks when touring inside of the buildings and to remain six feet apart where they can. Some of the lodgings are cramped, so tour guides will explain the historical significance and highlight facts outdoors before inviting tourists inside.

"Then they can go in and take a look around and ask any questions," said Jack.

The museum will be open between 9:30 a.m. to 4:30 p.m. on weekdays,



PHOTOS SUBMITTED BY THE TEULON AND DISTRICT MUSEUM
The historical buildings featured here are a part of The Teulon and District Museum, which will be welcoming visitors back by appointment on July 30.

but they are considering updating the hours to reflect visitors' needs, said Jack.

"Also, with this heat, we thought, well, we could be open to doing evenings rather than our regular hours," said Jack. "We're flexible."

While the museum chose to remain closed last summer, volunteers and staff continued to maintain the property and accepted donated artifacts to add to the collection.

"Most of our volunteers are seniors," said Jack. "We figured it was safer just

to keep it closed for ourselves, and visitors and staff."

The museum is currently looking for more volunteers and board members to join the team to help update the museum's online presence.

"There's always work to do," said Jack.

To book an appointment to visit the museum, contact Kathryn Jack at 204-861-0508 or message directly through the Teulon & District Museum Facebook page.

Warren Dog Park opening put on hold with drought conditions

By Sydney Lockhart

The proposed Warren Dog Park has put a hold on its reopening plans due to the lack of grass growing in the area.

"It's coming a little slower than what we had anticipated. Chainlink fence was put up towards the end of June,

and it's been seeded for grass. But, because of the extreme dry conditions, the grass hasn't taken yet," said Diana Friesen, chair of the Local Urban District (LUD).

She said they don't want to open the park too early and have the grass not take and become a muddy area. They

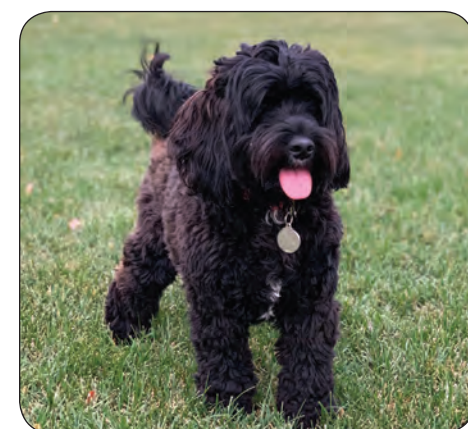
are also hoping to add signage and dog refuge stations to the park before it is open.

The dog park, located on the corner of Railway Avenue and Ed Peltz Drive, was presented to council in April with the hope to open soon but no longer has an anticipated date to open.

"Next year we definitely want to purchase, we're going to be budgeting for mature trees and, you know, different things that we need for it. The crossing still isn't completed as well so we have a little bit of work to do on the crossing and graveling in the parking lot," she said.

Friesen said despite the wait and work to be put into the dog park before it becomes what they envisioned, she thinks the area will be a great addition to the community and give people a place to exercise their dogs and meet members of the community.

"When people take their dogs there, they talk with each other, you know, owners and so on, so it can be a nice way to communicate with your fellow neighbours," she said.



TRIBUNE PHOTO SUBMITTED
Friesen's dog named Lil Ben is excited to be able to use the dog park when it is complete.

Friesen said the area doesn't look very welcoming with the chainlink fence around bare land but she hopes it will become a staple in the community soon.

"The benefit is, you know, dogs interacting with others, the social aspect of it," she said.

Questions can be directed to the RM of Woodlands at 204-383-5679.

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STONEWALL

Executive director has gone full circle since high school

By Sydney Lockhart

A new executive director of the South Interlake 55 Plus was announced last week after the retirement of the previous executive director, Cheryl Cathers.

Maddy (Bouvier) Turbett has taken on the role after working a term position last year. She said she loves the atmosphere and is excited to get to know more people in the community.

"I stayed on and fell in love with the center and all the people in it. It just feels like I've found my people now. And so, I was interested in stepping up and taking over," said Turbett.

Turbett grew up in Stonewall and recently moved back with her husband after six years of living elsewhere.

"My husband and I wanted to buy my childhood home, and it just so happened that it happened during the pandemic. So it kind of threw our lives into a little bit of chaos. This was one of the first jobs that I applied for upon returning, and it's turned into something I could have never imagined," she said.

Growing up in Stonewall, Turbett was always involved in school and community choirs, often finding herself performing at the 55 Plus when it was located in Lions Manor.

"Being on the other side of things where I can be a bigger part of this community is really, really cool. That is so lovely," she said.

Turbett has worked at daycares and adult day programs that centred around those with physical and mental disabilities. She said she feels like she's been working through the age groups with her career, finally making it to seniors.

"I'm hoping to bring my positive attitude. We're still trying to work out what we can and can't do in this climate," she said, "Just bringing everything I've got to each day and do my best to serve the community."

Turbett said she is excited to get to know more people in the community and encourages them to call or send her an email if they want to talk.

"I hope that people are comfortable coming to me and letting me know about what programming they want to see," she said.

Turbett said that she doesn't have anything that she is looking to change at the South Interlake 55 Plus and that she is excited to work with the board of directors in the future.

She can be reached at si55plus@mymts.net and at 204-467-2582.

"I'm living in a home that I love and in a town that I love."



TRIBUNE PHOTO BY SYDNEY LOCKHART

Maddy Turbett was recently hired as the new executive director of South Interlake 55 Plus.

Unite 150 announces artist lineup for free live-streamed event

By Jennifer McFee

Unite 150 plans to bring together an impressive lineup of Manitoba talent for a free live-streamed event next month.

On Saturday, Aug. 28, the Manitoba 150 event will be live-streamed through CTV Winnipeg.

The event was originally planned as a free all-day live concert on the Manitoba legislature grounds, but the pandemic pushed those plans back to the drawing board.

Instead, the long-anticipated concert will be moved to Shaw Park in Winnipeg, where limited admission will be available to fully vaccinated audience members. This venue will allow for contract tracing and adherence to current health and safety regulations.

In an effort to increase the live audience capacity, Unite 150 will feature two separate shows, with one scheduled for the afternoon and the other for the evening. The venue will be cleaned during intermission.

A limited number of tickets will be available for those interested in attending the live taping at a cost of \$4.99 each. Funds will be donated to the Manitoba Association of Friendship Centres.

The capacity is still being deter-

mined, but organizers expect that it will be capped at about 6,000 attendees per show.

The afternoon show will start at noon, hosted by Tom Jackson and Jocelyne Baribeau. Chantal Kreviazuk with the Winnipeg Symphony Orchestra will headline the concert. Other performers include William Prince, Fred Penner, Tal Bachman, Andrina Turenne, Rainbow Stage's MA-BUHAY!, Red Moon Road, Jocelyn Gould and Indian City.

The evening show will start at 6:30 p.m., hosted by Ace Burpee and Laura Lussier. Bachman Cummings will headline the concert, which will also feature Tom Cochrane, Begonia, Doc Walker featuring Sierra Noble, Tom Jackson, The Lytics, Sebastian Gaskin, Kelly Bado and The Manitoba Youth Chorus.

A series of short videos on Manitoba and its history will be interspersed throughout the performances.

Tickets will become available at Ticketmaster.ca on Aug. 10 at 10 a.m. The live stream of the Unite 150 concert, which is presented by Bell MTS with support from the provincial and federal governments, will be available to view through CTV Winnipeg at manitoba150.com.



TRIBUNE PHOTO SUBMITTED

Bachman Turner and Burton Cummings will be together again live in concert celebrating the music of the Guess Who on Aug. 28.

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Interlake livestock farmers using winter feed; province, federal assistance a Band-Aid solution

By Patricia Barrett

It's only mid-July but some Interlake livestock producers are using up feed they would normally reserve for the winter in a bid to keep their animals alive and hang on to their farms.

Pastures have shrivelled from lack of moisture, crops are failing to thrive and grasshoppers are eating everything they can as the region continues to suffer from extreme drought and intense heat.

The unfolding agricultural disaster has already seen some producers sell all or part of their herds at emergency auctions while others have already started to use or shortly anticipate using winter feed.

Allen Pfrimmer and his wife have a cow-calf operation of almost 200 head near North Shoal Lake, where most of his pastures have been decimated.

"Our pastures have been grazed right off. What the cattle haven't eaten, the grasshoppers have cleaned right up," said Pfrimmer last week. "You can almost see the soil. That's how bad it is."

Pfrimmer hasn't been able to cut much off his hayfields because there's "nothing to cut," he said. And he currently has his herd in a pasture that's probably going to "run out of grass in a couple of weeks."

"I'll have to put the cows in my hayfields and let them graze those off until their gone. Then I'll have to start feeding them," he said.

He's looking at all options to feed his animals before he starts buying hay. He's trying to find better parcels to hay before pastures "dry right out." And he has gone back to work as a carpenter "so I can buy some hay and feed and what we need as a way to generate a few dollars to support my cattle."

By mid-August, he said he'll probably have to start feeding his herd.

"What we are going to feed our cattle in the middle of August is usually what we need to get them through the winter," said Pfrimmer. "But once that hay is gone, I don't know what I'm going to do for the winter."

He's not ready to sell right now because his cattle would be valued at half of what they're worth. He has spent about 25 years building up his herd and his family would have "nothing in the end" if they had to sell.

Other producers in the Shoal lakes area are resorting to cutting cattails (for feed) off parcels they used to hay before the massive flood of 2011, said Pfrimmer. The area east of Lake Manitoba was waterlogged for years. Now, North Shoal Lake is drying up, he said, estimating it has receded a couple hundred feet from the shoreline.

The provincial government needs to

step in with relief. "They need to understand producers have been in a drought cycle for I would say almost four years and under constant stress," said Pfrimmer.

Peter Doerksen of Vestfold Ranches has a 1,200-head bison operation in the municipality of Coldwell along the borders of St. Laurent and Armstrong municipalities. He said he has no pasture left and no hay he can make.

"We've gone to feeding our bison full feed just like we would be in the wintertime," said Doerksen last week. "Our pastures are done and we won't be harvesting any hay. We hope to get a bit of our corn, but it's starting to tassel [early tasseling indicates stress]. Unless we get a good amount of rain from here on in, we won't get a lot of corn."

He has begun cutting bullrushes for feed, he said, even though they're not a "good feed source" in terms of nutrition, and has lined up a supply of straw.

Doerksen said his best guess is that cattle numbers in the Interlake will shrink by 75 per cent, and that will give rise to "ghost towns." He has spoken with producers near Gypsumville, Brandon and other areas and they're having to sell all or part of their herds.

"They're being forced out. Guys in their 60s won't get back in," said Doerksen, who has had 32 years in the industry. "I'm hoping people don't make the decision to starve their animals. That could be a shame in all of this."

People with hay to sell may try to get as much as they can for it because they need the income like everyone else, he said. But there may be limited supply as the drought is bigger than just Manitoba; it stretches across Canada and dips down into the U.S.

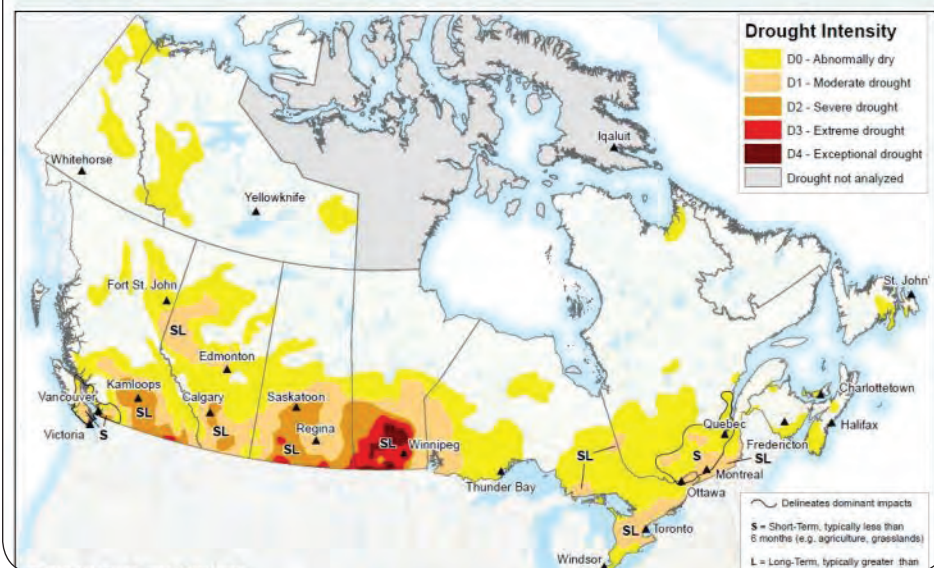
"Who knows if there will be enough feed in the country to feed all the animals that farmers are trying to hang on to," he said. "There could also be a shortfall of feed produced by feed mills."

Although some livestock producers are insured under AgriStability and others under crop insurance programs, Doerksen said the programs "aren't as producer friendly as they should be." And he has had recent discussions with provincial and federal politicians about making them worthwhile.

"Politicians can't make it rain, but they can make adjustments to these programs to help our industry," he said. "And adjustments can't happen at turtle speed. The severity of this [drought] has increased tenfold. When I have to make a decision about my operation, I don't spend a year making that decision."

Canadian Drought Monitor

Conditions as of June 30, 2021



CANADIAN DROUGHT MONITOR

Manitoba is Canada's drought epicentre. The Interlake area has received approximately 50 per cent of normal precipitation since April, according to the Canadian Drought Monitor's June 30 update. Livestock producers report very little surface soil moisture, and dugouts and pastures have run dry.



TRIBUNE FILE PHOTO BY BRETT MITCHELL

Peter Doerksen of Vestfold Ranches has no pasture left for his bison.

Last Thursday the federal and provincial governments announced a financial top-up under the jointly funded AgriInsurance program for those with drought-damaged crops. Insured forage producers can turn their crops into livestock feed by cutting them while the plants are still green and get \$44 a tonne extra.

A forthcoming plan was also announced to implement a livestock tax deferral for beef producers forced to sell a significant number of animals, as was possible assistance for the cost of purchasing livestock feed, transportation and water infrastructure.

Federal agriculture minister Marie-Claude Bibeau and provincial agriculture minister Ralph Eichler were among a group of politicians and ag association representatives touring

parts of the Interlake last Thursday to see the devastation.

"Our government is working closely with our provincial partners to respond on a rapid basis to the evolving drought situation in Western Canada," said Bibeau in a July 22 federal news release. "I am here to listen and help those farm families hard hit by this extreme weather."

In addition to addressing the immediate feed crisis, Bibeau reiterated a previous federal offer to raise the AgriStability compensation rate from 70 to 80 per cent. She "urged Prairie governments to match it." Manitoba had taken part in talks last year about improving the program but didn't sign on.

Eichler said in a provincial news

Continued on page 18

Town of Stonewall to host Save Pond Hockey event

By Jennifer McFee

Stonewall has scored an opportunity to host a new initiative that melds together two top-of-mind topics — sports and climate action.

The Climate and Sport Initiative uses sport as a platform to educate, engage and empower Canadians to protect our planet for future generations. The multi-year initiative will include a series of live and virtual public events and experiences, as well as interactive challenges and prizes.

Our local community has been selected as the first Canadian host for the inaugural event. In February 2022, Kinsmen Lake will transform into an outdoor hockey rink for the first time ever for a Save Pond Hockey game featuring Hayley Wickenheiser and other top athletes. The event will also include a shinny tournament, skills sessions and competitions, family skating, a beer garden, live music, a marketplace for hockey gear and sustainable items — and much more.

The initiative is led by Globe Series, The Delphi Group and Leading Change Canada — and championed by Wickenheiser. It's partly funded by the federal government in partnership with Save Pond Hockey and the Clean Foundation.

Ottawa-based Mike Gerbis, CEO of Delphi Group and Globe Series, explained the origins of the initiative.

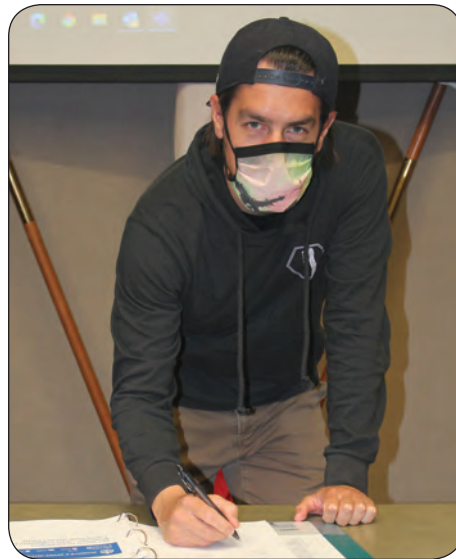
"Like many Canadians, some of my best childhood memories involve skating in the open air and I still make a point of getting outside for a skate every winter. I want my kids and grandkids to have that privilege as well," said Gerbis, who is also the chair of Leading Change.

"Climate change threatens the future of some of Canada's favourite pastimes, from pond hockey to summer soccer and everything in between."

As an example, he pointed to Milton, Ont., where Wayne Gretzky used to practise. In 2019, two outdoor rinks could no longer open for the season due to warmer temperatures — and this trend is happening across the country.

"The number of projected skating days is expected to continue to decline by 34 per cent in Toronto and 19 per cent in Calgary by 2090," Gerbis added.

"Of the 19 venues that hosted the Winter Olympics in the past, just 10 will have the conditions necessary to hold them by 2050. In recent years, cricket leagues, the US Open and the Australian Open have all had to implement extreme heat policies to protect players."



Randy Frykas signs a memorandum of understanding.

But the game isn't over, he noted.

"If we act now, we can prevent the worst impacts of climate change and protect outdoor sports for future generations," Gerbis said.

"A few years ago, I met the guys who started Save Pond Hockey Finland and discussed the importance of bringing the concept to Canada. I was sold. What an amazing way to educate and engage people — by linking the impacts of climate change to the sports we are most passionate about."

Locally, a group came together in anticipation of hosting the Save Pond Hockey event, leveraging expertise from the Town of Stonewall, the RM of Rockwood, the Outdoor Hockey Club, Stonewall Minor Hockey, Stonewall Jets Hockey Club and R.E.A.C.T., as well as the Canadian Adult Recreational Hockey Association (CARHA) Hockey.

"For a small community, Stonewall packs a big punch. We were immediately excited about a game of shinny on the stunning Kinsmen Lake. We were thrilled to see Stonewall's interest in climate action and, on top of that, the municipalities of Stonewall and Rockwood were working with local partners like the hockey clubs and R.E.A.C.T. as well as a national partner — CARHA Hockey," Gerbis said.

"It's clear that many people recognize the importance of outdoor sports to this community and they're ready to step up to protect it for future generations. We received applications from across Canada and are looking forward to sharing information about more community events shortly."

Lori Lopez, executive director of CARHA Hockey, expressed excitement about the collaboration.

"As a national non-profit hockey association, CARHA Hockey is delighted to partner with the Town of Stone-



TRIBUNE PHOTOS BY JENNIFER MCFEE

Left to right: Heather McDermid, R.E.A.C.T. board member; Peter Bullivant, Town of Stonewall's deputy mayor and chair of Rockwood-Stonewall Recreation Committee; Randy Frykas, chair of Stonewall Climate and Sport Initiative and Save Pond Hockey Event Committee and founder of Outdoor Hockey Club; Matt Figur, vice-president of Stonewall Jets; and Jeff McCallum, director of Stonewall Minor Hockey. On the screen for a virtual appearance in the photo, on behalf of the Canadian Adult Recreational Hockey Association, are Lucy Peeling, manager of special events and programs (left), and Becky Kolberg, manager of communications and digital media.

wall and support their Save the Pond initiative. We are excited to share our hockey event organizational experience with the Stonewall committee and look forward to creating a successful event," Lopez said.

"In addition, with a membership base that spreads across Canada, we also look forward to educating our marketplace on the progressive steps we can take as a hockey community with respect to climate change."

Randy Frykas, chair of Save Pond Hockey Event Committee, hopes the tradition of outdoor hockey will continue for future generations.

"There's no other experience like playing hockey outdoors, and a lot of my favourite hockey memories took place on outdoor rinks around the Interlake," said Frykas, who also chairs Stonewall Climate and Sport Initiative and founded the Outdoor Hockey Club.

"We are excited to host the Save Pond Hockey event, turn Kinsmen Lake into a brand new outdoor hockey experience and help create great memories for years to come."

For Peter Bullivant, chair of the Rockwood-Stonewall Recreation Committee, the opportunity is energizing.

"We are proud of our hockey history, volunteer spirit and connection to the environment," Bullivant said on behalf of the Town of Stonewall and RM of Rockwood.

"Our location, Kinsmen Lake, is breathtaking and we look forward to sharing this with the rest of Canada."

Jeff McCallum, director of Stonewall Minor Hockey, stressed the importance of environmental awareness.

"The significant impacts of climate change are occurring worldwide and in our own province and country at this very moment," McCallum said.

"Bringing outdoor sports and the game of hockey to the forefront is such a great way of raising money and awareness to such a critical cause. Let's save pond hockey!"

Likewise, Gerbis looks forward to the event and the environmental awareness it will generate.

"We're hoping that Manitobans will come to our Save Pond Hockey event to have a blast, create memories and make a difference. Skating in the open air reminds us what we're fighting for when we act on climate change," Gerbis said.

"Attendees will join pro athletes and the community of Stonewall in the fight to save our favourite outdoor sports and have fun while doing it."

In the meantime, Gerbis offers some simple ideas to help counter climate change.

"Whether it's Meatless Mondays, turning off the lights or biking to your next appointment, there is something everyone can do to make our world a bit greener and cleaner," he said.

"Keep your eye on Climate and Sport Initiative channels in the next month to sign up for the national EcoChallenge. With prizes, team competitions and a leaderboard, the challenge will make fighting climate change lots of fun."

More details about the much-anticipated event, including the exact date, will be available in upcoming months.

U-Pick your herbs at Cityfolk Farm

By Jules Stevenson

Cityfolk Farm's U-Pick lets people harvest their herbs, which have been organically, locally and sustainably cultivated.

Kris Antonius owns Cityfolk Farm in St. Clements. She says her dream of having her own herb farm really began when she was a child and gardened with her grandmother.

Antonius came up with the idea for U-Pick after joining a herb community online and seeing the need for a U-Pick farm in Canada.

"We've been on a journey of learning about plants with our kids over the years. Starting with the plants right outside our doorstep and learning how to respect them and have a reciprocal relationship with them instead of taking as much as we can," says Antonius.

She says it's important to be aware of the endangered plants and over-harvesting. She believes that offering a cultivated garden for people to harvest and connect with them will be gentler on the environment. Antonius wants to continue to grow more and

more endangered plants.

Cityfolk Farm helps to stock home apothecaries and herbal business apothecaries. It's a place of renewal for the community.

"Everything that we do here on the farm is about community. We want to connect with others and help others connect with the land," says Antonius.

Antonius says the Nervine herbs hold a lot of significance in the world because they have a gentle action on the nerve system and help calm and destress. Plants like anihisop, skullcap, milky oats, oat straw and chamomile fall under that category.

"Every plant in the garden has a really important role and have a lot of offer, whether you're consuming them or not. They have a lot of wisdom to share," says Antonius.

Antonius says the reaction from the community has been overwhelmingly positive. Local apothecaries are excited to work with locally grown herbs at their peak potency.

"Thanks to our Indigenous community here in Manitoba and around the world, we're learning more about

them. We're hoping to work more and more with people from the Indigenous community to learn to engage in respectful ways with plants, and not in a consumptive way," says Antonius.

Barb Cantley came from Winnipeg with her daughter to harvest medicinal herbs. Cantley has been studying herbs and herbology for the last few years. She makes tea and medicinal salves with herbs.

"When I heard about this, I thought 'Yay, I can get some herbs I don't already have,'" says Cantley.

Braedyn Olafson is new to herbology but is eager to learn. She came to Cityfolk Farm with her friend from Winnipeg.

"It's something fun to do in the summer, get out of the city, engage with people and be outside. It's a nice destressing," says Olafson.

Olafson is excited to make body oils and medicinal salves with the herbs she harvested.

"I just wanted a more natural and alternative option compared to pharmaceuticals, which can be harsh on



Kris Antonius, owner of Cityfolk Farm, grows with home apothecary, herbalism, healing practice and herbal businesses in mind.

the body," says Olafson.

For those who are new to herbology, Antonius recommends starting slow, reaching out into the community. She says to be wary of overharvesting and only take what's needed.

"Seek out Indigenous knowledge and pay for it. Please don't ask people to do that work for you for free; make donations when you can. Ease into it and think about your community," says Antonius.

In the coming weeks, Cityfolk Farms is going to be offering various workshops, which will be posted about on their Instagram page, @cityfolkfarm.

Taking steps to a post-pandemic Manitoba

By Lorne Stelmach

Provincial officials remain encouraged by the continuing positive trend with COVID-19 case counts, but they also still stress the need remains for more Manitobans to be vaccinated.

"This is continuing our path to a post-pandemic Manitoba," chief provincial public health officer Dr. Brent Roussin said during his daily update on Monday.

"We know COVID-19 is still going to be with us," he noted. "In that post-pandemic Manitoba, this is going to be a Manitoba with public health guidelines rather than public health restrictions."

"We know we have some Manitobans that still are hesitant ... the more Manitobans that become vaccinated,

the sooner we'll be to that post-pandemic Manitoba."

Roussin touched on what further measures might be considered in terms of tighter or looser restrictions depending on vaccination rates, which remain notably lower in the RM of Stanley and City of Winkler.

"When we see low rates, especially clustering geographically, it does put us at risk for that fourth wave," he said. "We have had in the past local restrictions, and so nothing is off the table."

"We really recognize that vaccine is our way through this pandemic ... we really want to encourage Manitobans to hit those targets," Roussin stressed.

The province is hoping to see at least 80 per cent of all Manitobans aged 12 and over with a first dose of the vac-

cine and over 75 per cent with a second dose by Labour Day. At press time, 78.7 per cent of eligible Manitobans had had their first shot and 66.5 per cent their second.

Also on Monday, Roussin announced 103 new cases of the virus were identified over the weekend, including 62 on Saturday, 30 on Sunday, and 11 on Monday.

Of the 11 cases reported Monday, two were in the Interlake-Eastern health region.

Active case counts are on a downward trend in the Interlake-Eastern region this week, with Beausejour reporting seven cases on Monday; Eriksdale/Ashern, eight; Fisher/Peguis, 78; Northern Remote, 18; Pinawa/Lac du Bonnet, one; Powerview/Pine Falls, 63;

Selkirk, two; Springfield, one; St. Clements, two; Stonewall/Teulon, four; Teulon, four; Unknown, four; and St. Andrews/Winnipeg Beach, five.

Provincially, there were two new deaths in people with COVID-19 reported from the weekend. The total number of COVID-19 deaths in Manitoba is 1,172 with 47 of those in the Interlake-Eastern region.

The current five-day COVID-19 test positivity rate was at three per cent provincially and 1.8 per cent in Winnipeg.

There were 528 active cases overall and 55,756 recoveries. A total of 110 Manitobans were hospitalized with COVID-19 at the start of the work week, including 26 in intensive care.

> LIVESTOCK, FROM PG. 16

release issued the same day that the government recognizes it has been an "extremely difficult year" for many producers. "With pastures drying up and minimal sources of feed for livestock, it's important to give producers the resources they need to secure feed to maintain their herds."

The governments' immediate focus on feeding livestock is only a short-term "band-aid" solution to the disaster, said Paul Gregory, Keystone

Agricultural Producers' Interlake representative. And the relief applies to producers who are insured under AgriInsurance.

"The \$44 a tonne sounds good, but in reality it won't help the majority of producers, which is unfortunate," said Gregory last Friday. "I would say around here, in the north Interlake region, three quarters of the producers don't have insurance for hay because it's a marginal program. A bunch of

cattle producers have never been in it. They look at the cost and the benefits and say, 'No, we're not going to do it.'"

Even if the weather takes a turn for the better, he can't envisage producers being able to bounce back quickly. It will take time and they'll need assistance.

"With our pastures and hay fields beaten up this badly, this crisis isn't just going to blow over. It will be years before these fields return [to good condition]," he said. "And if you're having to pump water to fill up dug-

outs, that's a huge amount of work and cost. Given the outlook on the weather, I think people are going to sell. There's simply no feed."

Gregory said it typically takes livestock producers about 30-40 years to build up a nice herd, and many won't recover from this disaster. If they have to sell, it will be a "very emotional thing."

For free, confidential counselling, farmers can call Manitoba Farm, Rural & Northern Support Services at (toll-free) 1-866-367-3276.

Aug. 2 is Terry Fox Day

By Jennifer McFee

Mark your calendars for Terry Fox Day in Manitoba on Monday, Aug. 2.

You can celebrate this special day by signing up for this year's Terry Fox Run, which is set for Sept. 19.

So far, it seems that the event will likely be virtual again this year, but stay tuned for updates about the Stonewall run since organizers are waiting to hear if unofficial gatherings can occur.

In the meantime, everyone is encouraged to register at www.terryfox.org and start fundraising to support cancer research.

Cathy Goresky, a member of Stonewall's Terry Fox committee, will soon receive new lawn signs and this year's T-shirts. These T-shirts feature a design by Métis artist Mal Blondeau to celebrate Terry Fox's heritage. The flower design on the T-shirt honours

the land where Terry's ancestors live — with the prairie crocus of Manitoba and the wild prairie rose of North Dakota.

The Terry Fox Foundation's mission is written on the T-shirt in English, French and Michif, the traditional language of the Métis, as well as the phrase "Try like Terry." The back of the T-shirt includes a beadwork-style border with the Métis infinity symbol.

"The Terry Fox Run supports cancer research, and Terry's dream continues on in the hearts of many. We have all been touched by cancer in one way," Goresky said.

"We can only hope that we find a cure one day. The money raised has assisted so much in cancer research. Terry said, 'It's got to keep going without me.' So we encourage everyone to try like Terry."

Anyone who would like a T-shirt can



TRIBUNE PHOTO SUBMITTED

Terry Fox T-shirts are now on sale by contacting committee members.

call Goresky at 204-467-5842 or order them online at <https://shop.terryfox.org>.

"We are always looking for new members for our committee," Goresky added. "If anyone is interested, they can give me a call."

In addition, on Monday, Aug. 9, CBC

will broadcast an hour-long television program called *Terry Fox: The Power of One*. This program will share diverse stories of hope, courage and resilience as told by iconic Canadians inspired by the vision and enduring legacy of the Marathon of Hope.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Program of Excellence Summer Camps to take place Aug. 13-15

From Hockey Manitoba's website

Hockey Manitoba is pleased to announce that the Program of Excellence (POE) Summer Camps for the Female U18 and Male U16 programs are scheduled to take place from Aug. 13-15 at the Bell MTS Iceplex.

The 2021 Program of Excellence will be invitation only. Invited players will be notified via email with full details on registration and cost. On-ice activities will be dependent on public health orders at that time.

The summer camps will be the first step in the evaluation process for the 2021 POE. Players that are ultimately selected to represent Team Manitoba will compete at the 2021 National Women's U18 Championship and the 2021 Western Hockey League (WHL) U16 Cup.

Male U16 POE Eligibility/Selection

Athletes are selected utilizing a network of scouts (WHL/MJHL) designated by Hockey Manitoba.

Athletes for the 2021 U16 Program of Excellence must be male and must be born between Jan 1, 2006, and Dec 31, 2006.

For an athlete to be eligible for selection into POE they must be a permanent resident of Manitoba and be registered with a sanctioned program within Hockey Manitoba (AAA, AA, A or Sport School) or Hockey Canada/USA Hockey sanctioned programs.

Female U18 POE Eligibility/Selection

Athletes are selected by Hockey Manitoba utilizing scouting information from Hockey Canada, Hockey Manitoba scouting staff and club team coaching staffs.

Athletes for the 2021 Female Program of Excellence must have been born between Jan 1, 2004, and Dec. 31, 2005.

For an athlete to be eligible for selection into POE they must be registered with a sanctioned program within Hockey Manitoba (AAA, AA, A or Sport School) or Hockey Canada/USA Hockey sanctioned programs.

Athletes that participate in the WWHSHL are ineligible for the Female Program of Excellence unless they are also registered to a sanctioned minor hockey program.

While there have been positive changes within the Manitoba Public Health orders in recent days, the 2021 Program of Excellence will be significantly different than the usual program format. Hockey Manitoba realizes that athletes have had limited, or in some cases, no access to ice time for

the better part of the past 15 months. As a result, the circumstances surrounding the 2021 Program of Excellence are not ideal when it comes to the selection of athletes. Despite these difficult circumstances, Hockey Manitoba is committed to doing its due diligence when it comes to all decisions related to player selection and evaluation.

Hockey Manitoba is pleased to recognize CCM Hockey and the Western Hockey League as official partners of the Program of Excellence, along with Gatorade as the Official Sport Drink of Hockey Manitoba. The POE is Hockey Manitoba's high-performance program that offers developing athletes who are on track to be elite with the opportunity to represent their province while providing a solid development path to the national and international stages.

Bonivital Black Sox beat Interlake Orioles U18s twice

Staff

The Interlake Orioles played a pair of close games against the Bonivital Black Sox in 18U "AAA" action last week.

Unfortunately, they lost both of them.

Bonivital beat Interlake 9-4 on July 20 and then squeaked out an 8-7 victory just two nights later.

With those two losses, Interlake is now 0-9 on the season. But they are getting better each week and a

victory could be right around the corner.

Interlake hosted the St. James A's on Tuesday and will continue their three-game homestand against the Elmwood Giants Thursday (7 p.m.) and the Carillon Sultans on Monday (1 p.m.).

On Tuesday at 7 p.m., the Orioles will play the North Winnipeg Pirates at Koskie Field.

In 15U action, Interlake was defeated 14-11 by the St. James A's in Grosse Isle on July 19.

Interlake hosted Red River Valley on Monday but no score was available. The Orioles will then play the Carillon Sultans on Wednesday in Ile des Chenes. Game time is 6:30 p.m.

The U13 Orioles, meanwhile, were beaten 13-1 by the Bonivital Black Sox on July 20.

Interlake will host Carillon this Thursday (6:30 p.m.) in Stonewall.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local motocross rider competes on national circuit

By Tyler Searle

Stonewall motocross rider Bryce Wadge is spending his summer competing on the national stage in the Triple Crown Series moto circuit.

The series pits riders from across Canada against each other in races across Ontario and Quebec.

This season marks Wadge's first venture into the world of professional motocross, and the competition is fierce.

"There's always someone on you here. There's always someone kind of knocking on your door, so it's definitely tough. You've got to stay on your toes," he said.

"You're never really by yourself. You're always with someone trying to gain spots or make sure someone doesn't gain a spot on you."

Making the leap from amateur to pro has always been the plan.

He'd hoped to compete for a final year in the amateur circuit, but COVID disrupted last year's season and forced him to take some time away from the bike, he said.

Wadge typically travels south in the winter to train in the U.S., but border closures prevented him from doing so.

"This spring, I just told myself, 'I'm doing this,' and I put on so many hours on the bike just training, working out and getting myself as ready as I can with the little amount of time I had."

In motocross, racing classes are determined by the size of the bike rather than age.

This season, Wadge moved from a 125cc bike into a 250cc, which means he competes with riders up to 15 years his senior.

The Triple Crown Series consists of



Bryce Wadge and his dad Clayton are in eastern Canada for the 2021 Triple Crown Series. Riders from across Canada race in the national motocross circuit.

eight races. Wadge has completed seven and will race again in the final round on Aug. 15.

He is ranked 26th in his division.

"I started off a little bit nervous, I guess, but I've started to get a lot better — getting some better finishes and almost breaking the Top 15 now, so I'm pretty happy with that," he said.

"It's a dream of mine to be doing what I'm doing right now, so just to be here is super cool."

Wadge and his father Clayton have been in eastern Canada for nearly a month.

The duo travelled to Ontario in early July via truck and trailer. Since then, they've been living life on the road.

"If I can stay healthy, I'll be able to do the whole series," Wadge said.

Motocross is undeniably a dangerous sport. Bikes in the 250cc are capable of exceeding 100 km/h and riders race neck and neck vying for position.



TRIBUNE PHOTOS SUBMITTED

This is Wadge's first season as a professional rider. He is ranked 26th in his class and has one race left to go.

One mistake can lead to broken bones and bikes.

Wadge has broken his femur, collarbone and shoulder blade and sustained a concussion throughout his riding career.

Thankfully, he's had no significant injuries or issues with the bike this season, and if something does break down, Clayton is there to fix it.

"My dad's my mechanic, and he's always on top of it when something goes wrong," Wadge said.

"We travel together. We go to the track together. We do a lot of stuff together. He's the reason why I'm here, so I really appreciate him a lot."

Wadge also credits his sponsors for

making his dream possible.

FXR Racing Two Zero Four Skate-shop, Good 1 Concepts, KTM, Wheat City Cycle, Esso-Mobil and Pace Electric have contributed to Team Wadge this season.

As the 2021 Triple Crown Series nears its end, Wadge is already looking ahead to next year.

He will take what he's learned into the offseason and continue to develop his skills, he said.

He plans to return as an even better rider next summer and move further up the motocross ranks.

The Triple Crown Series streams live on Fox Sports.

Interlake Blue Jays drop pair of lopsided games

Staff

The Interlake Blue Jays were roughed up in a pair of Manitoba Junior Baseball League games last week while being outscored 21-2.

On Friday, Interlake was defeated 11-1 on the road by the Carillon Sultans.

Last Wednesday, the Blue Jays were crushed 10-1 by Winnipeg South in Stonewall.

Interlake, now 2-7 and in last place

in the seven-team league, is back in action Wednesday when it hosts the Altona Bisons at Quarry Park. Game time is 7:30 p.m.

The Blue Jays will then host the Elmwood Giants in a doubleheader Aug. 2. Games start at 1 p.m. and 4 p.m.

In Winnipeg Senior Baseball League action, the Stonewall Blue Jays were defeated 7-4 by the Carillon Sultans at Fines Field.

On July 20, Stonewall whipped the

St. James A's 12-2 in Winnipeg.

Chris Norquay led the Blue Jays with two hits and three runs scored while Quentin Dredger added a pair of hits and scored twice.

Stonewall's other runs were scored by Derek Petrasko (two), Derrick Funk, Adam Kirk, Chris Fines, Scott Harris and James Stolar.

Zach Campbell pitched five solid innings, allowing six hits and a run while striking out a pair.

Harris pitched two innings of relief, giving up two hits and a run to go along with a strikeout.

Stonewall (1-2) hosted the Elmwood Giants (2-1) on Tuesday but no score was available. The Blue Jays will visit the St. James A's (1-2) this Thursday (7:30 p.m.) at Optimist Park.

Stonewall will then host St. James on Aug. 3. Game time is 7:30 p.m.

The Manitoba 55+ Games have been extended through the rest of the summer

By Sydney Lockhart

The Manitoba 55+ Games is usually a three-day event. But this year, because of COVID restrictions, they have morphed into a virtual summer-long activity challenge for those wanting to participate and stay active throughout the warm season.

"That was pretty exciting basically we are about halfway through now," said Karyn Heidrick, the Manitoba 55+ Games co-ordinator, "We wanted to be able to give seniors at least something that they could look forward to and stay connected to the Games and to each other because a lot of them are friends and they see each other, year after year."

The Games usually gather approximately 800 to 1,000 participants in a Manitoba community. Communities bid to be the host of the Games, but due to the pandemic they have not been able to do that the past few years. As a result, the 2020 Games were outright cancelled with the risk of COVID-19 too high.

"We still want anyone who is interested to be able to sign up because

we still have a lot of summer to go in Manitoba. We kind of like to get every inch of summer out of that we can," said Heidrick.

By keeping track of activities as a registered participant, prizes can be awarded at the end of the Games, things such as walking poles, exercise bands and gift certificates. All events are done virtually by participants tracking their own activity, preventing travel during the pandemic.

"It's really interesting to see the participants that have already signed up. What they've been doing is challenging their friends or their relatives or their neighbours to some friendly competition," she said.

Participants such as 82-year-old Ida Theodore from Swan River participate every year. Although Theodore has played golf in all but one 55+ Games since she became eligible to participate, she has been golfing almost every day this month to participate in the games.

The Games started in 1983 and have aimed to keep seniors healthy and active through sport and community.



TRIBUNE PHOTO SUBMITTED

Ida Theodore taking part in the Manitoba 55+ Games virtually this year.

Some of the oldest participants are in their 90s. The Manitoba-wide competition includes walking, running, cycling, golfing, bocce ball, pickleball and many more.

Manitoba 55+ Games is asking that

participants submit stories and photos of their virtual experience this year to share them within their community.

To sign up, visit activeagingmb.ca or found at <https://sirlibrary.com>.

Canad Inns Mixed Doubles Curling Trials to be played in Portage la Prairie

Curling Canada

Canada's quest for back-to-back gold medals in Olympic mixed doubles curling will begin in Portage la Prairie.

The announcement was made last week by Curling Canada.

The Canad Inns Canadian Mixed Doubles Curling Trials will be played Dec. 28 to Jan. 2 at Stride Place in Portage la Prairie, and will determine the pairing who will represent Canada in mixed doubles curling at the 2022 Winter Olympics in Beijing.

"Portage la Prairie did a superb job hosting the first Canad Inns Canadian Mixed Doubles Trials four years ago, so it was an easy decision to bring the event back to Stride Place," said Amy Nixon, chair of Curling Canada's board of governors. "Portage la Prairie has proven repeatedly that it can put on top-calibre curling championships, and I'm positive the city will show its support for these Olympic hopefuls."

Four years ago, at the inaugural Canad Inns Canadian Mixed Doubles Trials in Portage, Kaitlyn Lawes and John Morris prevailed, and then went on to claim gold at the 2018 Winter Olympics in Pyeongchang, South Korea, where mixed doubles curling made its debut as an Olympic medal sport.

"The City of Portage la Prairie is very excited to be hosting this world-class event at Stride Place. We look forward to welcoming curling fans and curlers from across Canada in December," said Portage la Prairie Mayor Irvine Ferris.

Sixteen teams will be competing in Portage la Prairie, and six have already qualified, including the top two finishers at the 2021 Home Hardware Canadian Mixed Doubles Championship, presented by Nature's Bounty Vitamins — gold medallists Kerri Einarson and Brad Gushue and silver medallists Kadriana Sahaidak and Colton Lott.

Also in the field are the top four finishers (as of May 1, 2020) in the 2019-20 Canadian Mixed Doubles rankings: Jocelyn Peterman and Brett Gallant, Jennifer Jones and Brent Laing, Nancy Martin and Tyrel Griffith, and Rachel Homan and John Morris.

"Canad Inns is a Manitoba-owned, Manitoba-grown and Manitoba-proud company. And what can be more Manitoban than curling?" said

Dan Lussier, CEO for Canad Inns. "We are thrilled and honoured to be the title sponsor of the Mixed Doubles Curling Trials once again. The City of Portage la Prairie and its residents have a proven track record of hosting large sporting events and we know that they will put on a world-class event. In 2018, Manitoba's own Kaitlyn Lawes and John Morris won the trials and went on to win Olympic gold. We know whoever wins this year's trials, will be great ambassadors for Canada at the 2022 Olympics and we wish all teams a great bonspiel."

A fourth-place finish by Einarson and Gushue at the 2021 World Mixed Doubles Championship last month in Aberdeen, Scotland, clinched Canada's berth in the 10-team mixed doubles field in Beijing.

"I'm not sure Canadian curling fans realize just what an amazing accomplishment that was by Kerri and Brad in Aberdeen," said Scott Pfeifer, national mixed doubles coach for Curling Canada. "They were both exhausted from spending so much time in the bubble in Calgary, away from friends and family, and went to Scotland under an immense amount of pressure to secure our Olympic berth. It was a performance Canada should be proud of."

The event will follow the 2021 Tim Hortons Canadian Curling Trials in Saskatoon, where Canada's four-

player men's and women's teams for Beijing will be decided. Members of Canada's Olympic four-player teams won't be eligible to compete in the Canad Inns Canadian Mixed Doubles Trials because of the rigours of the Olympic curling schedule.

"It seems that curling fans and volunteers in Manitoba step up every four years for events such as the 2013 Tim Hortons Roar of the Rings in Winnipeg and the 2018 Canad Inns Canadian Mixed Doubles Trials, and we all know what the winning teams did in both Sochi and Pyeongchang," said Craig Baker, executive director of CurlManitoba. "We hope Manitoba continues to provide our Canadian team with a bit of luck heading into what is sure to be a thrilling curling season. We're proud that our province will be part of the excitement."

Stride Place, which opened in 2010, has 1,675 seats in its main arena, and is home to the Manitoba Junior Hockey League's Portage Terriers.

"In 2018 our city became part of history as the first to host a Canadian mixed doubles trials event and we can't wait to continue that legacy in 2022," said host committee chair Rob Gemmell. "Our community is passionate about curling and we'll be proud to once again say that Team Canada's path to the mixed doubles curling podium begins in Portage la Prairie."

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To rent - 300-400 sq. ft. building or portion for hobby shop. Ph 204-213-1880, Graydon.

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Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Farmhand required for livestock operation, Balmoral area. Must be mechanically inclined. Includes fencing, feeding, haying, welding. Full time - some weekends required. Text 204-770-3554.

Tow truck drivers needed, full time & part time. Phone 204-861-0617.

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Rural Municipality of Armstrong

PUBLIC NOTICE

LONG TERM FORAGE LEASES/CASUAL HAY PERMITS

Applications are made by filling out an application from the R.M. Office in Inwood.

Applications for Long Term Forage Leases take precedence over applications for Casual Hay Permits.

Long Term Forage Lease Applications will be brought forward to the next monthly council meetings for consideration.

Casual Hay Permits will be issued on a first-come, first served basis as long as there are no pending applications for long term leases.

Casual Hay Permits will be issued for the current year only.

Annual Lease rate is 1.5% of the current year assessment for 2021.

LAND	ROLL NO.	ACRES	ASSESSMENT
SE 13-20-1E	99300	157.46	23,200
NW 8-20-2E	111900	160.00	36,800
SE 8-20-2E	112000	160.00	36,800
SW 9-20-2E	112500	160.00	36,800
SW 17-20-2E	117000	160.00	41,600
NE 31-20-3E	134200	80.00	32,000
SE 32-21-2E	165600	160.00	41,600

For further information please visit our website www.rmofarmstrong.com or call the Municipal Office 204-278-3377

Corlie Larsen, CMMA
Chief Administrative Officer
RM of Armstrong

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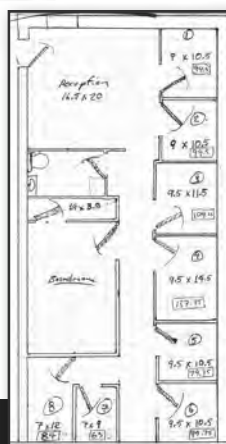
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CLANDEBOYE AVE in Selkirk *Executive Mall* OFFICE SPACE FOR LEASE



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include The Lord Selkirk Teachers Association, Sun Life Financial, two Massage Therapists, an Esthetician and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



For information please contact:

BIG Real Estate
204-485-0010

email bigandcolourful@mts.net

We are currently seeking an experienced **Corporate Paralegal/Legal Secretary** to join our Winnipeg Head Office team conveniently situated in the centre of downtown.

JOB OVERVIEW

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- Monitor and ensure compliance with federal and provincial regulations
- Prepare and track paperwork for mergers, acquisitions, dissolutions and amendments
- Draft corporate resolutions and related documents

Real Estate and Trade-marks

- Assist in preparation and arranging execution of Leases
- Work with Real Estate Brokers/Agents/Landlords/ Tenants to finalize documents
- Assist in preparation of Offers to Purchase and Offers to Sell
- Arrange for trade-mark searches and assisting with preparation of proposed Trade-mark Applications
- Minimum Qualification Requirements:**
 - Minimum five years of experience in a legal support position, including advanced knowledge of corporate law, including but not limited to preparing incorporations, reorganizations, corporate transactions, and minute book maintenance
 - Post-secondary education from an accredited Legal Assistant/Paralegal program and/or equivalent experience
 - Familiarity with Canada Business Act and Provincial Business Corporations Acts
 - Proficient with computers, particularly Microsoft Office (Outlook, Word, Excel)
 - Experience with data sharing platforms
 - Respond to everyday tasks with little supervision and take ownership of the role
 - Excellent verbal and written communication skills
 - Excellent attention to detail
 - A strong team player; demonstration of a positive work ethic
- Your cover letter and resume must clearly indicate how you meet the qualifications.
- Please apply to: hr@rewc.com

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Stonewall Teulon
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MISCELLANEOUS

LIMITED TIME OFFER: Décor Melamine Cabinets fully assembled, soft close. Eight-week lead time. Contact Fehr's Cabinets for a quote. Install available. Email: office@fehrscabinets.com Phone: 204-746-2223.

In Selkirk, rectangle dining room table with 4 chairs & 1 leaf, 72"x40", oxford black, about 18 months old. Asking \$800. Please call 204-268-2073.

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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.elkbranch@mymts.net

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Local unpasturized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

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PART TIME RECEPTIONIST

Stonewall Chiropractic Centre is looking for a part time receptionist.
Experience working with the public and with computers preferred. Please drop resume at 425 Main Street or email stonewallchiropracticcentre@gmail.com. Call 204-467-5523 with any questions

EMPLOYMENT OPPORTUNITY

PIZZA DEN Restaurant & Lounge
More than just great pizza!

We are looking to enhance our awesome serving team. If you are guest obsessed and have an outgoing personality - you are exactly who we are looking for.

Drop resume off any day between 4:00 and 8:00 pm, ask for Chelsey or Aman. Part time and full time positions available.

MUST be available to work weekends and evenings.
Hwy. 67, Stonewall 204-467-2236

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Call Kirt 204-886-7717 to get your chance to view your next home!

Rural Municipality of Woodlands

REQUEST FOR TENDER

Poplarwood Drive and Proctor Street Asphalt Paving

Closing Time: 11:00 A.M. on 6th day of August 2021.

Interested parties can find the request for tender on the MERX website or on the RM of Woodlands website.



INVITATION TO SUBMIT SUBTRADE TENDER

For the Stonewall Townhall Addition and Renovation Project
Contact Westland Construction Ltd. for more information.
Email: info@westlandltd.net
Phone: (204) 633-6272
Submission deadline: August 5th at 2pm central

BellMTS

PUBLIC NOTICE

Proposed BellMTS Radiocommunications Facility

Telecommunications Tower

BellMTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, BellMTS is proposing to construct a 50-metre self-support tower with ancillary radio equipment including a shelter at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science & Economic Development Canada, BellMTS' regulator under the Radiocommunications Act, BellMTS is inviting the public to comment on the proposed tower location before **August 29, 2021** at midnight. This tower is fully compliant with Innovation, Science & Economic Development Canada's guidelines, as found under the Client Procedures Circular (CPC-2-0-03).

TOWER LOCATION: 9040E PTH 101, NSR, North Perimeter Hwy, RM of Rosser, MB

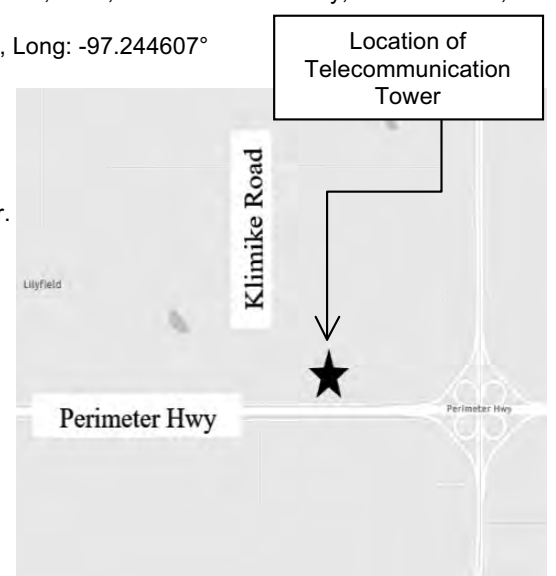
COORDINATES: Lat: 49.991790°, Long: -97.244607°

LEGAL: Ptn. SW 10-12-2 EPM

ANY PERSON MAY comment by close of business day on **August 29, 2021** with respect to this matter.

BELLMTS CONTACT:
Evolve Surface Strategies Inc.
Attn: Erin Fargo, Project Manager
Unit A, Portage Ave.
Winnipeg, MB R5J 0L4
T: 1-888-912-2640
F: 204-782-6275
E: comments@evolvesurface.com

Agents for BellMTS, a division of Bell Canada



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EARLY DEADLINE THIS WEEK



THE TOWN OF STONEWALL WANTS TO HEAR FROM YOU!

VETERANS MEMORIAL SPORTS COMPLEX SITE REDEVELOPMENT

INFORMATION EVENT

Thursday, August 5th, 2021

7:00 PM Presentation*

ICE PALACE

The Town of Stonewall is in the process of developing a vision plan for the redevelopment of the Veterans Memorial Sports Complex site.

We are hosting a public event to receive feedback on the preliminary plans.

Please join us at the Ice Palace!

*a recording of the presentation will be available to view online following the live event



TOWN OF STONEWALL EMPLOYMENT OPPORTUNITY FULL TIME PARKS & ARENA EMPLOYEE

The Town of Stonewall invites qualified individuals to apply for the full time position of Parks & Arena Employee. This position is covered by the Collective Agreement between the Town of Stonewall and the International Union of Operating Engineers Local Union 987.

Under the supervision and direction of the Parks & Arena Supervisor, the Parks & Arena Employee will perform varied duties requiring diverse skills and abilities in the area of arena and parks maintenance and operation.

Wage will be commensurate with qualifications and experience based on IUOE Local 987. This is a unionized position that includes an employee benefits package.

The preferred applicant will have experience in the operation of equipment (mowers, ice resurfacer) and experience/background with education and certification in ice refrigeration systems and facility/grounds maintenance.

Procedure for Applying:

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

Town of Stonewall
Attention: Brett Chatfield
Email: parks-arena@stonewall.ca
293 Main Street, Box 250
Stonewall, MB R0H 0V0

Deadline for applications: 12:00 PM on August 6th, 2021

Start date: as soon as possible

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

Due to the upcoming long weekend, The Tribune Classified and Announcement booking deadline is Friday at 4 p.m. for the August 5th publication Please Call 204-785-1618

Rural Municipality of Armstrong



INVITATION TO TENDER ON SIDEWALK

CLOSING DATE:

Friday, August 13, 2021 at Noon

The Rural Municipality of Armstrong is accepting tenders for 80 meters of concrete sidewalk renewal in Inwood, including removal of existing concrete and landscaping with top soil & seed to pre-construction condition.

Please contact the municipal office at the address or phone number below, or visit the municipal website www.rmofarmstrong.com to obtain detailed tender packages.

The RM of Armstrong reserves the right to reject any or all bids and to award the tender in the best interest of the RM of Armstrong in its sole discretion. Lowest bid may not be accepted. Contractors must comply with Municipal requirements for liability insurance, WCB coverage to be eligible to be awarded the contract.

Corlie Larsen, CAO
RM of Armstrong
Lot 55 Highway 17
Box 69, Inwood, MB ROC 1P0
Phone: 204-278-3377

Rural Municipality of Armstrong



INVITATION TO TENDER

FRASERWOOD PARK MAINTENANCE

The RM of Armstrong invites submissions for regular grass cutting at the Fraserwood Park as well as submissions for regular washroom cleaning and garbage pickup at the Fraserwood Park for 2021.

For grass cutting you would be required to cut the grass, trim around trees/buildings/structures and rake/pick up grass as required.

For washroom cleaning you would be required to clean up each of the 2 stations, refill toiletries (provided by the RM), arrange for sewage pump-out with the RM, communicate with the RM if the units are in need of repairs.

For garbage removal you would be required to empty garbage and recyclables and dispose of at the Meleb Waste Disposal Grounds.

Inspections and cleanings are needed frequently including evenings, weekend and long weekends.

Your quote should be a lump sum and include all costs such as: your own equipment, gas, cleaning supplies, mileage and your wages for the remainder of the 2021 season starting August 11th ending October 31st. Written submissions must be received by the RM office by 4:30 pm on August 6, 2021 by 4:30 PM.

Quotes are to be submitted for either or both "Washroom Cleaning & Garbage Pickup" and/or "Grass Cutting Maintenance".

To: RM of Armstrong Office
Box 69, Inwood, MB ROC 1P0
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

Rural Municipality of Armstrong



EMPLOYMENT OPPORTUNITY

The Council of the Rural Municipality of Armstrong invites applications for the following position:

Tractor Operator/Road Side Cutter

Require experienced tractor and mower operator for the 2021 season for roadside cutting along municipal roads.

Work Term: August to September, 2021 (work term dependant on completion and may be extended or reduced)

Wage dependent upon work experience please include expected salary with application.

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

Written applications to be submitted by 4:30 p.m. Friday August 6th, 2021 to:

RM of Armstrong Office
Box 69, Inwood, MB ROC 1P0
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

We thank all that apply; only those selected for interview will be contacted.



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**GREEN ACRES
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EMPLOYMENT OPPORTUNITY

EXECUTIVE ASSISTANT

Green Acres Art Centre Inc. (GAAC) is seeking a positive, enthusiastic and reliable community minded individual to fill the position of Executive Assistant who will provide administration and leadership support for GAAC's Board of Directors, instructors and members.

Job Description

GAAC is a non-profit offering arts, culture and wellness programs for residents of all ages in the Town of Teulon, RM of Rockwood and surrounding municipalities. The Executive Assistant is responsible for the centre's daily operations under the direction of the GAAC President.

The Executive Assistant position is part-time for a total of **20** hours a week. This is a Monday to Friday position that includes working two Saturdays a month. Attendance at the monthly evening board meeting is expected.

Employment is a term for 25 weeks starting August 16th and ending February 25th, 2022. The position has potential to be permanent after February 25th. The office is closed over Christmas so there will be two unpaid weeks at this time.

Qualifications & Skills Required

- Experience working as an Office Administrator
- Excellent organizational and administrative skills
- Excellent time management and multi-tasking skills
- Excellent written and oral communication skills
- Excellent working knowledge and understanding of banking/accounting procedures;
 - o Accounts Receivables, Accounts Payables, Payroll, General Ledger
 - o Monthly Reconciliations & Financial Statements
 - o Simply Accounting experience an asset.
- Experience with Excel Spreadsheets
- Proficiency with Microsoft Office and Outlook
- Creativity and the ability to do Graphic Design; experience an asset
- Experience with Grant writing
- Experience with Fundraising – creating, organizing, coordinating events
- The ability to work independently and with groups of people
- The ability to be flexible with scheduling an asset.
- Must provide Criminal & Child Abuse Checks
- Must have a valid driver's license and access to a reliable vehicle
- Understanding of how a Board of Directors for a not-for-profit organization operates
- Salary will be on an hourly basis and will be determined based on experience

Please email resumes to gaac@mymts.net Subject: Executive Assistant by noon, Friday, August 6th. Only candidates considered for an interview will be contacted.

get inspired

> MEAL IDEA

California Queso Fresco Fish Tacos



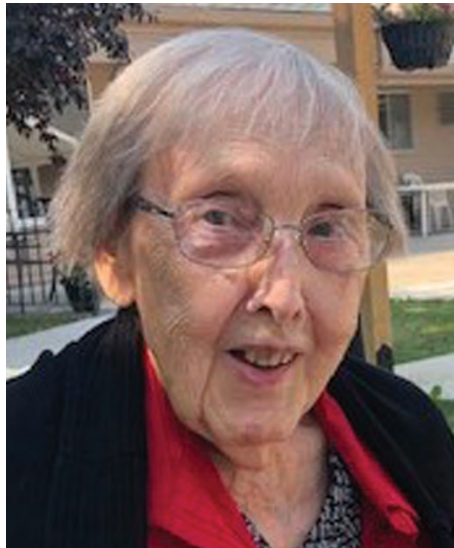
Servings: 6 (12 tacos)
Avocado Radish Salsa:
 2 medium avocados, chopped
 1/3 cup finely chopped onion
 3/4 cup diced radish
 5 serrano chile peppers, seeded and finely chopped
 3 tablespoons cilantro, finely chopped
 1 clove garlic, finely chopped
 1 lime, juice only
 salt, to taste
 pepper, to taste
Tacos:
 1 1/2 pounds swordfish, or other whitefish, steaks or fillets
 vegetable oil
 salt, to taste
 pepper, to taste
 1 tablespoon lime juice
 1/2 teaspoon ground cumin
 12 corn tortillas
 6 ounces Real California Queso Fresco cheese, crumbled
 2 medium ripe tomatoes, diced
 1 cup shredded cabbage
 To make avocado radish salsa: In small bowl, combine avocados, onion, radish, chile peppers, cilantro, garlic and lime juice. Add salt and pepper, to taste. Set aside.
 Heat grill to medium heat.
 Rinse fish and pat dry with paper towels. Rub oil on both sides to coat; season with salt and pepper, to taste. Grill fish 6-9 minutes until cooked through; cool slightly. Remove skin and bones; cut fish into 1 1/2-inch strips.
 In medium bowl, toss fish with lime juice and cumin. Warm tortillas in microwave or at 275 F in oven.
 Place equal amounts of fish, cheese, tomatoes, cabbage and salsa in center of each tortilla. Roll up tacos to serve.
 Substitution: Use Real California Asadero or Monterey Jack cheese for Queso Fresco.

Announcements

Stonewall Teulon Tribune

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BIRTHDAY



Lorraine Barnes
 Happy 93rd Birthday
 on July 30th
 We wish you many more years
 Of health and happiness
 -Love from your children, grandchildren,
 and great-grandchildren

BIRTHDAY



Diamonds are a girls best friend.
 If you know this 60 year old,
 you know her favourite diamond
 is a softball diamond!
 Happy birthday to the best
 wife, mum, coach and grandma
 out there!

BIRTHDAY



Fred Mallon
 July 29, 1931
 Happy 90th Birthday
 to a wonderful Dad, Father-in-law,
 Grampa and Great-Grampa!
 -All our love,
 Diana, Lockie and clan!

ANNIVERSARY



Ron and Joyce Hickey
 Happy 50th Wedding Anniversary
 July 31, 2021
 -Love from Barb, Scott, Madison & Charlie,
 Kevin and Kathy,
 and your many family members
 and friends

OBITUARY

Marvin Richard Thievin
 It is with great sadness we announce the sudden passing of Marvin Thievin aged 65 years of Argyle, MB., on Thursday, July 22, 2021 at the Health Sciences Centre Winnipeg.
 Funeral arrangements pending.

kl
KEN LOEHMER
 FUNERAL SERVICES
 204-886-0404

OBITUARY

Bradley Ernie Hancharek
 October 3, 1966 - July 12, 2021
 Surrounded by his loving family, Brad peacefully took his last breath on July 12, 2021 after his battle with cancer.
 Brad is survived by his wife Gertrude; his three children Brandy, Stacey (David), and Jason. His eight grandchildren Sammy, Angelina, Johnny, Brandon, Sophia, Myla, Conner, and Lexi. Brad is also survived by his mother Patricia and his brother Darrell.
 Brad was predeceased by his father Ernie and his brother Rodney.
 Brad enjoyed spending time outdoors, you could always find him at the lake fishing, and boating with his wifey, children, grandchildren and close friends.
 Brad loved entertaining and making holidays, especially Halloween and Christmas, very special for his family. He lived for those moments of seeing the children and grandchildren's eyes light up. Brad knows he is the go to guy for the best Ukrainian food and burger joints in Manitoba.
 As a long-haul truck driver Brad cherished his job at Penner Oil hauling fuel across Manitoba including ice road trucking.
 A service was held at Norris Lake Cemetery Monday, July 19 at 11 a.m.

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 204-886-0404

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 Stonewall Teulon Tribune

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Announcements

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OBITUARY



Walter Tomchak
October 25, 1933 – July 17, 2021

It is with great sadness we announce the passing of Walter Tomchak at the Arborg Personal Care Home.

He is survived by his children, Robert (Carol), Glenn (Valerie), Darrell (Doreen), Jeff (Jackie); eight grandchildren; five great-grandchildren; brother Don (Sonia); and sister Bernice.

He was predeceased by his parents John and Victoria; his wife Bernice (2013); son Kevin (2007); and his sister Mary.

Walter met the love of his life Bernice and were married in May of 1960. Walter worked at Burns and then took over the family farm. He also drove cream truck and worked as security guard in several communities in evenings, he also worked as custodian for Komarno School. His passion was in farming until he retired in his elderly age.

A private family service was held Monday, July 26, 2021 at Komarno, MB. Interment took place at the Holy Trinity Cemetery, Komarno, MB. Rev. Father Harry Chuckry officiated.

We would like to express our heartfelt gratitude to the staff at the Arborg Personal Care Home, for their excellent care and compassion during Dad's stay there.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY

Michael Todd Musser

After a courageous battle with esophageal cancer Mike passed away in Stonewall Hospital on Friday, July 16, 2021.

He is survived by his wife Shelly, his sons, Alex and Phillip and his stepdaughter Kathy (Ray). Grandchildren Robby, Mia and Damien. As well as his sister Sheri (Treffe). Nephews, Christopher and Tyler. Many aunts, uncles, cousins and countless friends. He was predeceased by both his parents, Bob and Arlie Musser.

He was born and raised in Winnipeg, Manitoba. He could always be found working on one vehicle or another growing up. He married the love of his life on September 24, 2005 and had two amazing sons. He shared his love of dirt tracking racing with his family as well as camping, fishing and golfing.

A graveside service was held on Friday, July 23 at 10:30 a.m. with his final resting place being at Windsor Cemetery.

In lieu of flowers, donations can be made to Cancer Care Manitoba.

Many thanks to Dr. Graham, paramedics and the staff at Stonewall Hospital for all of their care, understanding and support through this difficult time.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



Norma Marian MacMillan

It is with great sadness that the family announces the passing of Norma Marian MacMillan on July 20th, 2021 with her family by her side.

Mom was the rock of our family. She will be forever missed by her husband Alvin; children Ross (Edith), Bev (Bruce) and Darren (Tammy). Her eight precious grandchildren, Jody (Travis), Jeff (Sarah), Chris (Tanya), Jason (Teaghan), Tracy (Tyler), Lisa, Courtney (Sheldon), Robyn (Bob). She loved her five great-grandchildren dearly, Tanner, Karsten, Ensley, Everett, and Boden. She is also survived by her brother Bev (Sheila) Sherred, sister-in-law Eleanor Sherred, sister-in-law Pat Sherred, and sister-in-law Jean (Ken) Mercer.

Mom was born in Wawanesa on August 20th, 1929. She later moved to Winnipeg to work in the insurance business, and met

Alvin while spending the weekend with her friend in Marquette. Alvin and Norma were married on June 29th, 1957 and enjoyed 64 years together.

Curling was a passion for Mom, she curled in many bonspiels and quite often came home a winner. She spent countless hours sitting in her favorite chair watching the Toronto Blue Jays and curling events with her knitting needles in hand. There are many people wearing the mitts, slippers and shawls that she has made over the years. Mom and Dad played crib daily. If you stopped by their house after supper it wasn't out of the ordinary to hear Mom and Dad arguing over whose crib was next or who counts first. The grandchildren loved to witness this and picked sides just to stir the pot.

She loved her kids and grandkids and rarely missed any of their sporting events.

Over the years, Mom was involved in many community activities including the Meadow Lea Church, Curling Club, Community Hall and as well as 4H. She was known as the "go to" person for names, dates, and history of our community.

She will be remembered for her amazing kindness, her interest in others, her smile and laugh.

She instilled in all of us her love of family. She was our biggest supporter. She will be sadly missed but at the same time we were incredibly blessed to have had many happy healthy years with her.

A graveside funeral service was held July 24th, 2021 at 2 p.m. at the Meadow Lea Cemetery.

Donations, if so desired, can be made to the Meadow Lea Church c/o Tammy Matthews, Marquette, MB. ROC OV0, or a charity of your choice.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY



Jeffrey Stewart
January 14, 1980 - July 20, 2021

We are devastated to announce the tragic passing of our devoted husband and father, Jeff Stewart, of Stony Mountain, MB who left us suddenly on July 20, 2021 at the age of 41.

Jeff is survived by the loves of his life, wife, Jena, and sons Everett and Marshall Stewart. His parents Bruce Stewart, and Kim Stewart, parents-in-law Gerald and Lori Grandmont, brother Craig (Shaylene), niece Keanna, nephew Kayden, brother Chris, niece Malori, nephew Braxton, brother-in-law Josh Grandmont, as well as countless other family members and friends.

Jeff was raised in Stonewall, MB, and if he wasn't running around town playing with his many friends, he was doing his share of the chores on the Stewart family farm. He was never big into sports as a kid, but developed a love for hunting, fishing and trapping

that followed him into his adult life. This hobby kept him busy travelling far and wide on hunting and fishing trips wherever he could secure a tag, launch a boat, or lay a trapline, and was often accompanied by his brothers and close friends.

Jeff and Jena came together as friends while young teenagers, through Jeff's friend, and Jena's cousin Patrick, but it wasn't until a few years later that Jena and Jeff realised, they were more than friends. After seven years of building their life together, Jeff and Jena married on February 8th, 2011, on a destination wedding to remember in Playa Del Carman, Mexico. They welcomed their first son Everett later the same year. Their family was complete with the birth of their second son Marshall in 2014, and life got busy, running around with our active family.

Jeff's career followed the Stewart family tradition of agriculture, and with his quiet and humble nature, he worked tirelessly building his custom forage harvesting business, Jeff Stewart Harvesting, as well as farming with his brothers. When Jeff wasn't out in the field, he adored hunting, fishing, trapping, and spending time traveling with Jena and his boys. We most recently came back from our annual family summer road trip, where we spent time in western Manitoba, and earlier this summer spent weekends at Big Whiteshell Lake. Jeff would spend hours outside with his little boys, teaching them about catching frogs, shooting geese, reeling in a master angler, snowmobiling and building a bonfire.

There is a hole in our family and our hearts, that can never be filled. We will miss him every second of every day. We will forever cherish the memories of our life together, until we meet again.

In lieu of flowers, an education trust has been created for Everett and Marshall at the Stonewall Sunova Credit Union.

A celebration of Jeff's life will be held on August 4th 2021 at 2:00 p.m. at the farm.

OBITUARY

Robert Thomas Hutchinson
April 28, 1952 – July 13, 2021

It is with great sadness and heavy hearts that the family of Bob ("Tiny" as he was known in his younger years) Hutchinson announces his passing at the age of 69 on July 13th at the Health Sciences Centre with his wife and son at his side.

He will be dearly missed by his wife Shirley; son Ryan (Jenn); the "apple of his eye" his granddaughter Kaylee; sisters-in-law Phyllis (Stuart), Karen (Ralph), Norma; father-in-law Cecil Register; five nephews - Jeff (Sabina), Danny (Beth), Scott (Meredith), Brent (Linz), Bryan (Jen); two nieces Amanda, Kali; Fred as well as other loving family members and friends. Bob was predeceased by his step-son Chris, his mother and father, brothers Bill and Jim, sister Dorothy-Ann, mother-in-law Mary Register and brother-in-law Jim Register as well as many other dear family members.

Bob was born in Winnipeg at Grace Hospital to parents Hubert and Joyce Hutchinson, second oldest of four siblings. He attended Bannatyne School and RB Russell Vocational School. He married Shirley on August 7th, 1981 and resided in St. James until the move to the town of Warren, MB in 1985.

He had worked for a number of different companies (Metro Drugs, Shell - co-owner of a gas bar and garage, Jay Jay Janitorial, sales rep for a medical company) until he had to leave the work force in 1991 due to a debilitating disability.

Bob over the years has had many hurdles to overcome when it came to his health. But with grit and determination he tackled them head on with the attitude it could be much worse. He learned to adapt to his ever changing disabilities. He loved to get out and visit with this one and that one. It didn't matter whether he knew them or not. There were times he never made it out of the trailer park. He took genuine interest in those he held close to his heart whether it be family/friends.

The family wishes to acknowledge and thank Dr. Pinniger for the medical care Bob has received over the years. It has been a challenge with his many health issues. To the nursing staff at Stonewall Hospital for the wonderful care he has received also over those years. A thank you also goes to the Health Sciences Centre medical staff on GH4 floor and a special thanks to the ICU nurses involved with Bob's care during his short stay and specifically to Nicole who was there during the final hours before his passing. Thank you to Ken Loehmer for his assistance with arrangements.

As per Bob's wishes no funeral service will be held. Instead, a Celebration of Life will be held in August, but due to current COVID-19 restrictions this will be by invite only. An interment with family will take place prior to the celebration of life gathering.

"You will always have a special place within all our hearts."

In lieu of flowers, donations can be made in his memory to the Canadian Cancer Society, 193 Sherbrook Street, R3C 2B7 or to the Children's Wish Foundation - The Manitoba Chapter, 350 St. Mary Avenue, R3C 3J2.

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OBITUARY



Marilyn Lynore Mann (Wood)
June 10, 1939 – July 7, 2021

It is with great sadness the family of Lynn Mann wish to announce the passing of our dearest Mom, Grandma and Great-Grandma. With relief in our hearts, we know that she is finally at peace and free from her life-long struggle with rheumatoid arthritis.

She will be forever remembered by her children: Brad (Donna) Mann, Bambi (Bruce) Rutherford and Heidi (Dale) Fitchett; grandchildren: Jason (Nicole) Mann, Laura (Ian) Billingham,

Kaitlyn (Scott) Yurick, Brittany (Kurt) Kelly, Josh (Caitlin) Rutherford, Ashley and Nicholas Fitchett; great-grandchildren: Jason and Austen Mann, James and Connor Billingham, Easton, Ava, Sophie and Mya Yurick, Willow and Rhodes Kelly, Lili and Navy Rutherford. Surviving brothers are: Stuart and Jeff Wood. She was predeceased by her parents, Lloyd and Sadie Wood and husband, Robert (Bob) Mann.

Mom was born and raised in Teulon, the oldest of three children. She attended high school at Glenlawn Collegiate in Winnipeg and thereafter worked at Great-West Life. She met the love of her life, Bob Mann and they were married in 1957. They raised their family in Stonewall. Oh, how they loved to dance and travel - Australia, Disney World, Europe and many camping trips brought much joy and family fun over the years.

Mom was very active in the Kinette Club of Stonewall, Church of the Ascension (Anglican), IOOF and with the local Rockwood Festival of the Arts. She loved to play the piano and received her training with Mr. Ted Lincoln of Winnipeg. Mom also taught piano in the community for many years. Mom enjoyed sewing and in 1977, she purchased her own fabric store, known as "Bobbins Buttons and Bows" in Stonewall. Mom played a key role in their many business ventures.

Mom's greatest joy was her family, always looking forward to family gatherings at Christmas, Easter and birthdays. Mom was interested in what everyone was doing. As Mom enjoyed her "sweets", there was always a bowl of chocolates or candy on the table.

Mom had a beautiful smile and was a quiet woman of integrity, amazing strength, positivity, compassion and love. She will be missed but never forgotten.

The family wish to express our sincere appreciation to Dr. Graham and the nurses and care-providers at Stonewall Hospital for the compassion and comfort they bestowed to our Mom and Grandmother.

In lieu of flowers if you so desire, donations may be forwarded to the Church of the Ascension, Box 550, Stonewall, Manitoba R0C 2Z0.

A private family service will be held at a later date.

Mom and Grandma and Great-Grandma –
"Forever in our memories, till we meet again!"

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OBITUARY



Tracey Lynn Sigurdson

It is with great sadness that the family of Tracey Lynn Sigurdson announce her passing on Friday, July 23, 2021, at the age of 57 with family by her side.

Tracey will be lovingly missed by her husband of 34 years, Miles; and her children Scott (Maegan), Bradley (Amber), Thor (Charmaine), grandson Axel and her "little sweetheart" dog Daisy. She will also be fondly remembered by her mother Judy Rothwell, siblings Kim (Marty), Debbie, Tim (Corrie) and Chad; and many nieces, nephews, aunts, uncles, cousins and so many friends. Tracey was predeceased by her father, Edward and in-laws Thor and Betty Sigurdson.

Tracey was born on April 28, 1964 in Winnipeg, MB to Judy and Edward Rothwell and grew up in Woodlands, MB. She attended high school at Warren Collegiate Institute where she excelled at academics and played on as many sports teams as she could. As a teen she loved spending time at rodeos and barrel racing with her horse Geronimo. She went on to acquire post-secondary education in accounting and utilized her degree while doing the book work for Sig's Grill, and working at institutions such as MTS and Stonewall Pharmacy. In 1987 she married her best friend, Miles and soon after they purchased their beautiful property in Warren, MB to raise their family. Tracey always remained active and it was a difficult task to convince her to ever sit down. She enjoyed outdoor activities such as archery, snow shoeing, cross country skiing, hiking, quading, canoeing, golfing and spent many days out-fishing her family on the lake. Tracey finished her career with her dream job as Fundraising Accountant at Oak Hammock Marsh for Ducks Unlimited. She loved the view outside her window and walks through the marsh where she could watch her birds, ducks and all the little critters she loved so dearly. Her co-workers at Ducks Unlimited were a second family to her, and she will especially miss little Louie who would frequently visit and brighten her days. Tracey would spend endless hours in her beautiful gardens tending to her flowers and was a talented artist, she loved painting the beautiful world around her, particularly all her flowers and birds.

A special thanks to the IERHA Palliative care team, nurses Christine and Meagan, Dr. Graham, the staff at Selkirk CancerCare, Dr. Jill, Brad and Laura Woods, Herman Hueging, Brian and Heather Oughton, Diane Gardarsdottir and countless friends and family who held her hand through this journey and fought alongside her. Thanks to all who sent their love as well as meals and flowers, especially our friends at Ducks Unlimited.

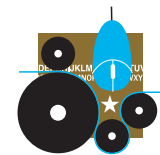
Tracey had the purest of hearts and the most contagious laugh, she had a gentle spirit and the most beautiful soul. Her smile was sure to light up any room and her caring nature was like no other. She will be missed more than words could ever say but never, ever forgotten. She loved this life, but we know she will love heaven so much more.

The family asks that in lieu of flowers, donations can be made to Ducks Unlimited Canada at www.ducks.ca Select "Donate Now" to make donations on the "Give in Memoriam" page and ensure to include the intent for donation as "In Memory of Tracey Sigurdson." A picnic table in memory of Tracey will be displayed at Oak Hammock Marsh.

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