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TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Starting Blocks children brightened the day for Lions Manor residents as they beautified the walking path along 5th St. West last Friday. Paint, brushes and chalk were purchased using an IERHA "Healthy Together Now' grant. The children drew and painted messages of love, flowers and rainbows. Pictured front, left to right: Emily McGregor, Pierce Wilson; back row: Willow Douglas, Haven Douglas, Ella Douglas, Wyatt Douglas and Kaitlin Van Haute.

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Experienced artists showcase their passion at Gwen Fox Gallery

August exhibit runs until Aug. 20

By Autumn Fehr

Art is everywhere, and it's important that it's celebrated and shared within the community to inspire others that want to contribute to the art scene.

The Gwen Fox Gallery has opened its doors to a new crop of artists on display for their August showcase.

From July 26 until Aug. 20, the gallery will feature artwork by Shelley and Craig Eros, Andrew Zurawsky, Garth Palanuk and Connie Wawruck-Hemmett.

The gallery is open Tuesdays to Saturdays, from 11 a.m. to 4 p.m., to view this month's featured artists.

Shelley Eros

Shelley Eros is an abstraction artist from Gunton who paints intuitively. Her work is primarily multimedia abstractions, but sometimes she ventures into landscape paintings. She uses all kinds of media, including oil, acrylic, charcoal and ink, creating lots of texture and layers in her work.

She has 15 art pieces hanging up in the gallery for this month's show.

Shelley remembers doing art as far back as Grade 3.

"I just had the need to create. I didn't necessarily paint but I was into all sorts of things and always loved pottery," said Shelley.

Shelley did pottery for quite a few decades before she got into abstraction paintings.

All kinds of people in art in general, like David Rothko and Joan Mitchell, have inspired Shelley with her artistic aspirations and fuelled her need to create.

Her late husband Craig Eros also inspired her work.

Shelley said what she paints and the medium she uses to paint it are inspired by the time she spends outdoors.



TRIBUNE PHOTO BY BRETT MITCHELL

Gwen Fox Gallery is hosting artists Shelley Eros, Andrew Zurawsky, Connie Wawruck-Hemmett and Garth Palnuk this month.

"I see all this nature. ... I spend lots of time near water and in the forest. All these things give me this sense of colour that I feel, and when I get that feeling, it inspires me to paint because I usually start with the feeling and then the colour," she said.

Her advice to new artists in the field is to always keep creating.

"Keep on doing whatever it is you want to try.

Don't let anything or anybody stop you," she

Currently, Shelley is working on four specific abstractions that are created from oil and cold wax. All the paintings are cohesive and different, gallery-wrapped canvases — her favourite substrate.

Continued on page 3

Spectacular colours in the Stony Mountain Quarry







Daeghan McLeod captured a double-rainbow at the Stony Mountain Quarry on July 26. McLeod was out shooting grad photos when the rain started and captured the sunset as well.

TRIBUNE PHOTOS BY DAEGHAN MCLEOD

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> ART, FROM PG. 2

Craig Eros

Craig Eros is Shelley's late husband who died in October 2020. Before he died, she said they had planned to be featured in the exhibit together but then COVID-19 hit.

"I wanted to continue on and show his work as well as mine for this showing," said Shelley.

Art was always a part of Craig's life, as he started painting as a child. His work was done in acrylic, and he illustrated wildlife and fine detail in landscapes.

Eros has 10 of his pieces hanging up in the gallery.

Before he died, Eros was doing a lot of space art, shying away from his usual wildlife and fine detail in landscape work.

"Craig was exceptional at using an airbrush and he could mix colours exceptionally well. His deep space imaging paintings are really quite spectacular, especially with all the new telescopes images coming up — a lot of people are relating to these sorts of works," said Shelley.

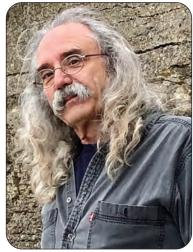
Andrew Zurawsky

Zurawsky is a painter that resides in the East Kildonan area in Winnipeg but was prompted to come to the Gwen Fox Gallery in Selkirk through his friend and past president of the gallery, Garth Palanuk.

Zurawsky paints in watercolour and acrylic, portraying various things such as landscapes, flowers and heritage buildings like old churches. He has 15 pieces at the gallery for the August exhibit.

He always liked drawing as a kid, but it was only about 30 years ago when he started to take it more seriously when he decided to take a course in watercolour painting in Win-

When he was first starting, it was his art instructor Roy Fijal who inspired him.



Craig Eros

"After I learned the proper techniques, I could do more serious painting once I picked up on those," said Zurawsky.

In his work, he has a lot of Ukrainian themes in what he paints, as it represents his Ukrainian heritage, such as Ukrainian churches.

"I like it because of the history of the people. When I paint the stuff, I always try to imagine what it was like when people lived there," said Zurawsky.

Zurawsky has no specific plans for the future with his work, but he knows he wants to continue doing what he's doing now.

"I enjoy doing it and it's a good way to invest your time,"

His best advice to people who want to take art more seriously is to learn from others, take what you know and apply it to your work.

Belonging to an organization helps you learn from other people. You learn a lot from the people around you, said Zurawsky.

"I think everybody has art in them. A lot of people say, well I can't paint, but you have to start somewhere. Everybody starts somewhere and everyone's got something in them that's creative ... and you learn along the way. You just have to keep trying," he said.

Garth Palanuk

Palanuk has drawn and painted for most of his life. He uses regular and coloured pencils, ink, pastels, oils and acrylics to create his pieces. His most recent passion, though, has been using watercolours.

What he shows in his creations spans a variety of subjects, such as landscapes, structures, people, animals and abstracts.

He wasn't as active with his art for a few years, but he still always intended to pursue it. For two years, Palanuk spent his time teaching in Mbarara, Uganda, but he kept his art alive by drawing or painting the people, places and animals around him.

After years of practising, creating and perfecting his work, he has sold his pieces world-

Currently, Palanuk teaches watercolour painting at the Gwen Fox Gallery in Selkirk, while still creating his works of art.

To see more of Garth's works, visit his website at www.garthpalanuk.com.

Connie Wawruck-Hemmett

Wawruck-Hemmett is a primarily self-taught visual artist.

One of the people who inspired her to create was Ted Korol, who encouraged her artistic abilities throughout high school. During the troubling times that came through her life, she always leaned on art to help her through.

Over the past decade, Wawruck-Hemmett has spent more time creating, designing jewelry, ceramics and painting with different mediums on many substrates.

Wawruck-Hemmett's work has been a part of many multi-artist shows and solo exhibitions. In addition, her work is held in private and public collections in Canada, the United States and Austra-







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Quarry producers offer public tours

By Jennifer McFee

Have you ever been interested in glimpsing a close-up look at the local quarries?

You'll have your chance during Stonewall Ouarry Days, since the Rockwood Quarry Producers will be teaming up to offer free tours on Saturday, Aug. 20 and Sunday, Aug. 21.

"It's a combined effort from quarry operators in the Stonewall area: Standard Limestone Quarries, Inland Aggregates, Lafarge, Maple Leaf Construction and Glacial Stone. We've offered them for several years during Quarry Days," explained Scott Aikman of Glacial Stone.

"They were started to give residents

the opportunity to learn about the quarries and how they are linked historically to the town. We stop by the kilns at Quarry Park and then head to an active quarry for a closer look at the natural limestone deposits and the equipment we use."

The tours run from noon to 4 p.m. on the Saturday and noon to 3 p.m. on the Sunday, with one tour available at the top of each hour.

"Our tour bus will seat 30 to 40 people and we'll have a couple of draws during the tour to give out some prizes," Aikman added.

To sign up for one of the free tours, visit the Rockwood Quarry Producers' tent near the Red Apple.



Free quarry tours will be available on Aug. 21 and 22 during Stonewall Quarry

Still time to sign up for slo-pitch tourney

Teams are invited to step up to the plate and compete in a fundraising slo-pitch tournament in

The tournament takes place Saturday, Aug. 20 and Sunday, Aug. 21 at the ball diamonds at Quarry Park. The event serves as a fundraiser to benefit Danica and Abby's Village, a charity created in honour of local girls Danica deLaroque and Abby Margetts who died in separate tragic accidents.

Danica and Abby's Village aims to connect and build communities. One of the organization's major initiatives is to raise funds for rainbow buddy benches that encourage inclusion and friendship among children.

Tournament organizer Richard Klapp explained that the tournament will feature a round-robin format on the Saturday, with teams separated into groups.

"They will play everyone in their group once. Once all games on Saturday are completed, teams will be

ranked based on win/loss record and ties will be broken based on total runs and runs against," he

"Each team must consist of at least four ladies and six gentlemen or five and five. Teams can have a max of 16 players."

So far, 19 teams have registered — and more are welcome to join the fun. Players need to be at least 16 years old to participate.

"All skill levels are welcome. There will be a variety of prizes available for participants and for the winners," Klapp said.

"There will also be alcohol available for purchase and there will be a several 50/50 draws happening. Winning numbers will be posted beside the draw near the canteen."

For more information or to register a team, contact Richard Klapp at 204-479-3760 or email danicaandabbysvillage@gmail.com. Limited adult-sized T-shirts with the "Danica and Abby's Village" logo will be available for purchase at the tournament.



TRIBUNE PHOTO SUBMITTED

Tourney will benefit Danica and Abby's Village.







Please share your story ideas at newallteulontribune.ca Phone 204-467-5836

Rosser takes steps towards new walking path

By Jennifer McFee

The RM of Rosser is taking a step in the right direction towards the creation of a new walking path.

Council is considering several options for a walking path in Grosse Isle after the municipality received a \$75,000 Building Sustainable Communities matching grant last year.

The first option would involve paving 0.25 kilometres of the Prairie Dog Trail starting at Provincial Road 321. The estimated cost would be \$59,293 for a six-foot width or \$78,740 for an eight-foot width.

A variation of this option would be to pave 0.5 kilometres of the Prairie Dog Trail between provincial roads 321 and 322. The estimated cost would be \$118.080 for a six-foot width or \$157,440 for an eight-foot width.

The second option would be to pave

0.3 kilometres at the southwest corner of the school division property through the wooded area to the parking lot. The estimated cost would be \$72,000 for a six-foot width or \$96,000 for an eight-foot width, plus \$8,250 for brush cutting.

The third option would be to create a gravel path from the southwest corner of the school division property through the wooded area to the front of the property, connecting with the community centre parking lot. The estimated cost would be \$71,282 for a six-foot width or \$95,042 for an eight-

Reeve Frances Smee shared this information with attendees at a recent public consultation meeting.

"The proposed pathways in Grosse Isle will improve walkability within the community," Smee told the Tri-

"The pathways will hopefully increase further outdoor exercise and enhance community togetherness."

At the consultation meeting, Smee informed community members about some of the project's constraints, such as easements on rights of way.

"A considerable number of community members present agreed with council that we don't want to risk losing the funding and came out in favour of putting the pathway where easements are not required," she add-

"Our goal is to complete the work in this construction season."

Council continued to discuss the options and came up with a preferred

'Council passed a resolution at the July 26 council meeting to instruct staff to proceed with building an eight-foot-wide gravel pathway that will go from the school, through the trees and up to Parkland. We are also looking to see if we'll have the capacity to run the path halfway along Prairie Dog Trail. However, we will need approval from the province to complete that part of our plan," Smee

"Council and Grosse Isle residents are really excited to move forward with the active transportation pathways. It has been on everyone's radar for years, and now with the provincial grant and matching funds from the RM, we are able to move forward."

Stonewall council news in brief

By Jennifer McFee

During a special meeting on July 26, Stonewall council resolved to support the Stonewall Curling Club's bid to host the 2024 Viterra Manitoba Men's Provincial Curling Championship.

In other council news:

The Town of Stonewall will request that the Manitoba Water Services Board provide project management services for a regional water

treatment plant and pipeline project, subject to funding approval. The joint from KC Paving to complete street reproject with the RM of Woodlands has been submitted to the Investing in Canada Infrastructure program for funding consideration.

Council approved a quote pairs and pothole patching for 2022.



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WHO declares monkeypox international public health emergency

By Patricia Barrett

The World Health Organization declared monkeypox a "public health emergency of international concern" or PHEIC a few weeks ago, signalling the seriousness of the spread of the virus to over 70 countries worldwide and the need for a coordinated effort to get it under control.

WHO director-general Tedros Adhanom Ghebreyesus made the declaration July 23 after a committee of international experts, which advises the WHO, met to discuss the multi-country outbreak but failed to reach a consensus on whether to declare the spread of the virus an emergency. The director-general reserves the right to declare a PHEIC and issue recommendations to deal with it.

The WHO's last declaration of an international public health emergency was in 2020 after COVID-19 cases accelerated around the world.

A PHEIC is defined as "an extraordinary event which is determined to constitute a public health risk to other states through the international spread of disease and to potentially require a coordinated international response."

Since Jan. 1, 2022, there have been 16,836 cases of lab-confirmed monkeypox, of which 16,593 cases (or 99 per cent) have been confirmed in counties that have not historically reported the virus. In total 74 countries have reported cases, 68 of which have not historically reported the virus, according to the U.S. Centers for Disease Control and Prevention (data as of July 22).

The virus is transmitted through skin-to-skin contact and with the body fluids and respiratory droplets of an infected person. It can also be transmitted through items such as towels and bedding. The number of lesions — flat, raised or fluid-filled that can erupt anywhere on the body vary from a few to several thousand.

Ghebrevesus said the implementation of a co-ordinated response should have a "goal of stopping human-to-human transmission" of the virus. Efforts include strengthening laboratory testing capacity, conducting genomic sequencing and contract tracing and isolating people until the infectious period ends. There should also be a focus on communication with and support of the communities at risk of exposure, which include men who have sex with men, bisexual and gay.

The majority of monkeypox cases so far have been confirmed in men who have sex with men, says the WHO.

Temporary WHO recommendations include preparing the health sector and related networks, such as dental practices and sexual health clinics, to respond to cases of monkeypox and stop its transmission, establishing national epidemiological surveillance measures and implementing interventions to avoid stigmatizing and discriminating against the populations affected by the virus. The promotion of personal protective measures and risk-reduction behaviour is also recommended.

Canada has reported a total of 803 cases of monkeypox (as of July 29), with 367 from Ontario, 359 from Quebec, 61 from British Columbia, 13 from Alberta, two from Saskatchewan and one from Yukon.

Canada's chief public health officer Theresa Tam said Canadian data show that 99 per cent of the cases are male with an average age of 36.

"In line with international trends, the majority of cases in Canada reported intimate sexual contact with other men," said Tam in a July 27

statement. "To date, less than one per cent of confirmed cases reported nationally were in females or people under 20 years of age. Although we are aware of international cases involving women and children, these account for one per cent or less of cases with available data."

The federal government has deployed over 70,000 doses of Imvamune vaccine to provinces and territories, said Tam, and is "working to secure future national supplies of both vaccines and therapeutics."

Other health news:

The provincial government's COVID surveillance report for the week July 17-23 shows an increase in infections since the last reporting period.

There were 242 COVID cases confirmed by laboratory PCR testing, an increase of 71 infections from the 171 cases confirmed the previous week. There were also 45 new hospital admissions for COVID, with eight people requiring treatment in the intensive care unit, and three deaths.

Because of restricted PCR testing, provincial data is an undercurrent of the true number of infections. The province also doesn't track rapid antigen test results. There are no restrictions requiring positive cases to isolate.

There were four new COVID outbreaks in long-term care homes during the reporting period, with two in the Prairie Mountain health region and two in the Winnipeg health region. There was also an outbreak at the Health Sciences Centre in Winni-

Manitobans continue to die from COVID, with the latest death toll at

Continued on page 7

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TRIBUNE PHOTO BY CARMEN MATTHEWS

Crop dusters have been busy spraying fields throughout the Interlake. With the frequent rains and generally warm temperatures risk of fungal diseases is prevelent. Fungicide spraying is ongoing in all regions as later crops reach the correct stage. The rainfall has made ground applications challenging. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

Access, Amaranth Credit Unions mulling merger

By staff

Hot on the heels of their last merger, Access Credit Union is in talks for another.

The financial institution last week announced it is in discussion with Amaranth Credit Union about a potential partnership.

These discussion began earlier this year following Amaranth's expression of interest in joining Access.

"The proposed partnership with Access provides tremendous benefits to our members, employees, and communities," Amaranth board president Marie Strong said in a statement Fri-

MONKEYPOX, FROM PG. 6

- Emergency room services at the Eriksdale and Arborg hospitals is very limited for the period Aug. 1-15. Eriksdale's ER will be closed for 11 of

day. "Although these discussions are still in the beginning stages, we look forward to bringing more details forward to our members in the future."

The two organizations' boards note they both value the co-operative principles, which include investing in communities and keeping rural branches accessible and open.

Joining Access, the largest credit union in Manitoba, would allow Amaranth members to benefit from better technology and innovative solutions in an ever-increasing competitive environment, they add.

"We continue to look towards build-

those 15 days, and Arborg's ER will be closed for 11 and a half days. When there's no physician coverage, ERs are mandated to close.

ERs at Ashern, Gimli, Selkirk and Stonewall hospitals for the same time period show doctors available every ing a credit union for all Manitobans," said Access board chair Kevin Beresford. "Amaranth shares that perspective and these merger discussions are focused on how to extend that vision to Amaranth and its surrounding communities."

As part of doing their due diligence, Amaranth Credit Union will be engaging with their members and employees about the idea en route to the board providing a recommendation.

Should the board decide to move ahead with the merger, Amaranth members will need to vote on the proposal, likely this fall.

day (across a 24-hour period).

The IERHA posts ER opening and closing times a few weeks in advance on the main page of its website at www.ierha.ca. Residents can also call 1-866-267-5818. Schedules could change after posting.

Access Credit Union members will not need to vote since Access' portion of assets represent more than 90 per cent of the proposed new entity's asset size.

Access, which merged with Crosstown Credit Union in 2021 and Noventis and Sunova Credit Unions earlier this year, is currently the largest credit union in Manitoba with more than \$10.5 billion in assets, 52 branches, and over 168,955 members.

Amaranth Credit Union, meanwhile, currently serves 1,200 members with \$18 million in assets and one branch.

Residents can visit Doctors Manitoba's RuralCare.ca website for advice on how to access rural medical services and what to do in a medical emergency given the number of ERs expected to close or have reduced operating hours this summer.

Experience living history at the Manitoba World War I Museum

'A Day in the Trenches' returns Aug. 7

By Ashleigh Viveiros

It's been over a century since the battles of the First World War were waged overseas.

The men who fought them are all gone now, but their memory continues to be honoured at places like the Manitoba World War 1 Museum.

Located a few miles west of La Riviere, the facility is home to a massive collection of memorabilia from the Great War.

These artifacts paint a vivid picture of what the locals who served went through from 1914 to 1918, and the museum showcases them with public tours through the summer months and by appointment in the winter.

But if you want to get a further taste of what it was like on the front lines, "A Day in the Trenches" is where you want to be this weekend.

The museum's annual living history event takes place on Sunday, Aug. 7

from 1 to 4 p.m.

"We're going to have people dressed up in period uniforms and they'll be presenting all different aspects of the life of a Canadian soldier in the First World War," said curator Bruce Tasco-

Those presenters will guide guests through the allied and enemy trenches (the museum has a few hundred metres of trenches on the grounds), headquarters, battle stations and so on.

Tascona noted they'll be welcoming representatives from a few different military history museums to broaden the scope of the presentations. Coming up from the U.S. are a group of reenactors who will play the role of the German soldiers.

"So visitors can come through and look at the Canadian side of it and then there will be some presentations by people dressed up in German uni-



EXPRESS FILE PHOTO

The Manitoba World War One Museum hosts its A Day in the Trenches event on Sunday, Aug. 7.

forms they can ask questions of as well," he said.

There will also be special presentations at 2:30 p.m. and 4 p.m.

"We'll be having a simulated gas attack," Tascona said, explaining they'll be using smoke to give people an idea of what it looked like when the trenches were hit with gas. "We'll try to show how the soldiers had to quickly put on their gas masks and then fight with these burdensome masks on."

The 4 p.m. presentation will be the "grand finale" of soldiers going over the top of the trenches to cross No Man's Land.

Also, in addition to the museum's usual exhibits, they're putting together a special display for the day.

"It's how the children viewed the First World War during that period of time," Tascona said. "We have some framed artwork and a map we acquired from one of the one-room schools that shows how the students studied the war."

The last few years have been challenging ones for the museum, thanks to the pandemic. Tascona said he used the downtime to reorganize the collection and improve many of the displays. He urges anyone interested in history to come down and check it out

To get to the Manitoba World War 1 Museum, travel down Highway 3 three miles west of La Riviere, turn north on Municipal Road 58W and then east on 16N (GPS co-ordinates: 49 14′ 5″ N 98 45′ 59″W).

You can also call the museum at 204-825-2961 or find them on Facebook for more information.





Body sugaring business continues to boom

By Jennifer McFee

A local beauty business recently expanded to a sweet new location — and further growth is on the horizon.

Sugar Lips Inc., located in Stonewall, offers body sugaring services by entrepreneur Kirsten Ellison.

As the mother of two small children and wife to a busy homebuilder, Ellison had been working as a health-care aide for the Interlake-Eastern Regional Health Authority before embarking on her current venture.

"I've always had an interest in learning how to do body sugaring services. As someone with very fair and sensitive skin growing up, conventional methods of hair removal, such as shaving or waxing, never fared well for me," said Ellison, a Gunton resident.

"I was very excited to discover sugaring in my teens and haven't looked back in almost 17 years."

If you're wondering about this sweet-sounding technique, Ellison offers some insight.

"Body sugaring is an ancient Egyptian method of hair removal. It can be done on any part of the body except the top of the head and, for men, facial hair — works great for women, though. It's done using a ball of candied sugar made up of only three ingredients: sugar, water and lemon," she said.

"It works by extracting the hair from the root without damaging the skin like other methods of hair removal. It is commonly said that it is less painful than waxing and poses a significantly lesser risk of irritation as there is no skin being removed, no harsh chemicals and it's not applied at a high temperature. It's a very gentle way to get long-lasting and, over time, less hair regrowth."

Ellison got her start in the industry in 2019 when she was slated to attend Red River College to pursue her bachelor's degree in nursing. She took the body sugaring training to provide a more flexible way to bring in some income while she attended school full time with a young child at home.

"I began with a small space in Teulon for the first year working very part time," she said.
"When I was accepted into nursing and even attended

my first class, my husband and I were excited to find out our family was going to be growing as we were expecting our second child. Because of this, I chose to step back from school in hopes of pursuing it at a later point in life."

At that time, Ellison continued to work as a health-care aide and pursued her sugaring business on a part-time basis whenever she could squeeze it in.

"As I continued to work my small side job, it became very clear to me that there was a large void in our local communities for sugaring and other esthetics services," she said.

In an attempt to further explore the idea of developing her side business as a more stable and flexible means of income, Ellison connected with the owner of Prairie Zen

Interlake's Automotive & Agricultural Glass Specialists We make the claim We replace the glass We have courtesy cars available Phone 204-467-8929 Stonewall to book your appointment. Glass 2 Patterson Drive, Stonewall in Stonewall.

It just so happened that there was a space available to rent in the location on a part-time basis, so Ellison set up shop there in November 2020 to offer her services two to three days per

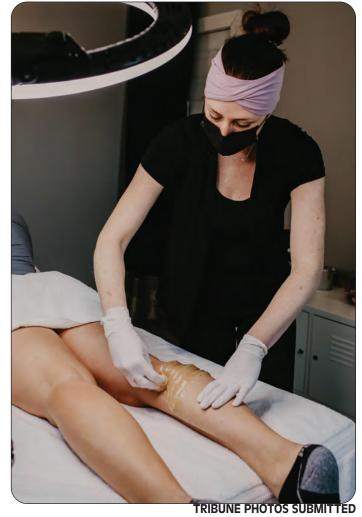
"Despite multiple lockdowns and so many uncertainties during the past 2.5 years, I have been shown an overwhelming amount of love from the gals at Prairie Zen and the Stonewall area and surrounding communities," Ellison said.

"I have been shown so much appreciation for offering services typically only accessible in Winnipeg, it made me realize that this was where I fit what I wanted to do. In my 32 years of life, I finally realized what I wanted to be when I grew up."

In recent months, the demand for sugaring services in the area exceeded Ellison's initial expectations. She became so busy that she was booking clients weeks in advance. If something unexpected happened, such as illness, she struggled to find spaces to reschedule clients.

"It quickly became clear that three days a week wasn't enough to meet the growing demand I was seeing and, unfortunately, there was not a fulltime opportunity available at Prairie Zen. I started thinking about options," she said.

"After exploring all options I could



Kirsten Ellison offers body sugaring services in Stonewall.

within town, I was thrilled to find my new home at 325 Main St."

Continued on page 11



"FLYING,

MECHANICS,

AND AVIATION,

IT'S NOT REALLY

A PROFESSION;

IT'S KIND OF A

SICKNESS."

A lifelong career; plane restoration a hobby for the ages

By Autumn Fehr

Almost 50 years ago, Garry Long started a hobby that would quickly become his passion.

He'd learn quickly that sometimes once you start something, you simply can't stop — one thing leads to another.

For Garry, this was plane restoration — the building and repairing of aircraft.

Since Garry started his hobby, it's taken over much of his time.

But for him, the time didn't matter because it was something that he loved to do — he was willing to put in all the time it took to complete his projects and see the finished product.

"Flying, mechanics and aviation, it's not really a profession; it's kind of a sickness because once you go flying or start building something, you just

keep going — no rhyme or reason," he said.

Garry started working on plane restoration projects around the mid-1970s, while he was still a pilot, and hasn't stopped since.

He is also a licensed aircraft maintenance engineer (AME).

In 2003, Garry let his licence lapse while he flew as a pilot full-time with many different companies, such as Paul's Hauling, where he flew a private jet.

Four years ago, Garry

retired from his career as a pilot and re-acquired his AME licence a year after retirement. He started to work on



Several hundred parts Garry and Devin Long unpacked a few weeks ago to start their project.

projects with his son, Devin Long.

Devin, a current pilot for WestJet, has been working on plane restoration projects with his dad since he was young.

He said he always grew up with it and has been involved with it his whole life.

"My dad has been doing it his whole life," said Devin.

His parents ran a small commercial air service when he was a child, and he was repairing airplanes daily.

When he was older,

he worked at an engine shop for a mechanic for a couple of years before he became a pilot.



TRIBUNE PHOTOS BY DEVIN LONG

One of the two planes — The Cessna 185F — that the Longs picked up to use as a template for the fuselage in the building of their aircraft.



The last amateur-built aircraft the Longs had was a 1981 Steen Skybolt that Garry Long imported in 2010 from the United States. Devin Long sold it this summer to focus on their current new build.

Now, the father and son duo have a system — Devin hunts and sources the parts they need, while Garry takes on more of the hands-on work needed for the projects.

Garry and Devin's next project is building a home-built version of the

1978 Cessna 185.

Last summer we started hunting for parts and looking for a donor template that we could follow, said Devin. About two months ago, they had

Continued on page 11





their inspection and were able to start from an insurance company. the project.

They are building an aircraft based on the Cessna 185 that was damaged in a landing accident, with a Super Cyclone wing, which was a new kit plane that was never completed. The wing was designed by St Just Aviation for their Super Cyclone, which is a kit based on the Cessna 180/185, that they picked up in Montreal a few weeks ago. The wing is like the Cessna design but incorporates a longer span, larger flaps, a 113-gallon fuel capacity and the latest leading-edge design.

Their fuselage will be fabricated from patterns off a damaged 1978 Cessna A185F that they bought

These airplanes were designed 70 years ago, and now with the improvements in avionics and engines, it doesn't take much to improve it, said Garry.

This amateur-built category represents a set of regulations under the Minister's Delegates - Recreational Aviation (MD-RA) to follow to ensure a plane is built safe to fly.

Under this code of regulations, the MD-RA defines an amateur-built aircraft as an aircraft where at least 51 per cent of the aircraft is assembled by the person who started the project for education or recreation purposes.

"That means we can take an original damaged certified part and copy The Stonewall Teulon Tribune Thursday, August 4, 2022 11

it and use that on our airplane, and that's in fact what we are doing," said Garry.

He said they bought the two airplanes to use as templates but are adding improvements and modifications to the original design, so it fits into the amateur-built category, within the 51 per cent rule.

They said they decided to build their aircraft under the amateur-built category for a few reasons.

"First being the challenge and second being the opportunity to build an aircraft that is tailor suited to our needs as recreational backcountry pilots," said Devin.

Devin said their goal is to build the ultimate personal push plane.

A push plane can fly on floats, skis or wheels, or it can be taken into the backcountry, up north, on remote

lakes, etc.

Essentially, the project that they are doing is an updated, modified, homebuilt version of the 185 Cessna plane.

After their project is complete, the aircraft will virtually be a new handbuilt version of a 185 incorporating a higher lift wing, longer range, higher payload capacity, modern digital avionics and engine monitoring equipment.

"We don't build them to sell them. We build them because that's the plane we want at the time, as this one is," said Garry.

After approximately 12 months of acquiring the required parts, building jigs and receiving approval from the MDR-A, they will begin the construction process this fall, hoping for completion in 18 to 24 months.

> SUGARING, FROM PG. 9

Last month, Ellison began taking clients in her new location, even though the shop was still a work in progress.

"The space itself is more than I need as one person, so I am working on a few expansions to my existing business model," she said.

"A storefront is in the works with many amazing local vendors at the ready. Facial services and spray tanning services are also coming soon."

In addition, Ellison is currently looking for someone to share the space with her and build on the services she's already offering.

"An ideal candidate could offer services such as lashes, brows or nails, but this is flexible and I'm willing to work with the right candidate to make it a fit all around. At the end of the day, I feel Stonewall is an amazing and growing community," she said.

"I want to bring in services that would be of value and based off the feedback from my clients, these types of services are very highly sought after with limited options within the community. With rapidly rising gas prices, I am strongly wanting to bring in what I can so people aren't having to skimp on self-care because it's not worth the trip to the city."

For now, Ellison asks clients to continue to pre-book their appointments before coming in.

"This is something I am working to change in the future as I build my client base and the storefront portion of the store," she said.

With her business flourishing in its new location, Ellison is quick to acknowledge those who helped her get

"I would like to make special mention to Breanna and the girls at Prairie Zen who gave me a home to grow. I truly could not have done it without them," she said.

"I am so unbelievably excited to be growing in this community. Stonewall is one of my favourite towns in Manitoba and I feel so humbled to

have been accepted with such open arms to grow my business."

To book an appointment or learn more about Sugar Lips Inc., visit www.sugarlipsinc.ca.









We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@stonewallteulontribune.ca Phone 204-467-5836



Manitoba's mind, body and soul wellness festival

By Autumn Feh

In today's society, many find themselves caught up in "hustle culture" — a culture where people are on auto-pilot and success is determined by how much you get done in a day.

Often, because of this culture, self-care and relaxation seem to be non-existent — a thing from the past.

The "I Am Festival" hopes to combat this culture, even just for a few days or a weekend away, to give the long-awaited rest, relaxation and self-care that has often been neglected.

Newer to the world of festivals, the I Am Festival started in 2016 but was named Canada's Wellness Retreat this year.

In 2020, like many other festivals, they took a break due to the pandemic but pulled together a small version for summer 2021.

Co-founders Tracy and Maurice Thibodeau created the festival as they saw a need for mindfulness and wellness in the community.

Tracy is also the co-chair of I Am events, which is the non-profit that runs the I Am Festival.

They live out on a property in nature and met a friend Keith Macpher-

son (an originating founder), who is a mindfulness and yoga instructor, and recognized that they could use the property as a space for people to unplug from the business of the dayto-day.

The couple worked with the RM so they could turn their property into an official retreat event centre — Ignite retreats — to host the festival in the Interlake.

"The land out there is just so fulfilling and so to be able to use the space out there that actually welcomes conscious communities to connect is fitting,' said Tracy.

From Aug. 12 to 14, the I Am Festival will kick off its fifth annual festival at Ignite Retreats in Teulon.

The title of the festival was chosen to recognize the different labels that people put on themselves daily.

"We can get really caught up in the labels we give ourselves — good or bad— trying to make sense of ourselves, and so I Am is meant to help people come into acceptance and acknowledge that you are a lot of things," said Tracy.

Throughout the weekend, many sessions are offered.



TRIBUNE PHOTO BY LISA WALDNER

I Am participants learn about emotional processing in a number of workshops.

When you buy a ticket for the festival, you will be given three I Am tokens to use to sign up for sessions being offered.

Excluded with the choice of sessions is free entry to the Sacred Song Sanctuary where activities such as community jam sessions, guided meditation and workshops are offered and the Movement Masters Playground where movement sessions are available all day, including yoga, dance and free-slow movement.

With the three tokens included with the ticket, there are a variety of activities guided by an instructor, such as massage therapy, astrological readings and universal understandings, ecstatic fatherhood and motherhood circles and relationship and sexuality coaching.

"We really believe the world needs people to slow down to raise more consciousness, to be more mindful, aware and more tuned in to what's driving them and how they are showing up. When we can create space to step out of auto-pilot and practise some mindfulness and slow things down, we have so much more to offer to our communities and families," said Tracy.

Tracy welcomes first-timers to the festival, as they find it is a great opportunity for people to come out by themselves and meet new people and build new connections.

"We welcome people to come and try it out, whether it's just a day or an entire weekend," she said.

To discover more events happening on the festival weekend and other activities that can be redeemed with I Am tokens, visit www.iamfestival. net.





Activities for Seniors in Your Area



AUGUST Calendar of Events! outh Interlake Activity Centre • 374 – 1st Street West For newsletters, visit www.si55plus.org

Proof of vaccination and photo ID are required for in person programming, and proper mask use is encouraged. For more programming or to see how programs are being delivered, visit our website, or contact the office. ODESAVE -

August 4: Cabin Fever Reliever 3:00pm (Zoom) August 5: Quilter's Corner 11:00am (In Person)

August 10: Luncheon, Noon

August 10: Cards 1:00pm (In Person)

August 11: Virtual Chat 3:00pm (Zoom)

August 12: Travel Club Meeting 11:00am (In Person)

August 12: Canasta 1:00pm (In Person)

August 17: Stitch N Craft/Men's Chat 10:30am (In Person)

August 17: Cards 1:00pm (In Person)

August 18: Shopping Trip, 9:15am

August 19: Quilter's Corner 11:00am (In Person)

August 24: Stitch N Craft/Men's Chat 10:30am (In Person)

August 24: Cards 1:00pm (In Person)

August 25: Virtual Chat 3:00pm (Zoom)

August 26: Canasta 1:00pm (In Person)

August 30: Fort Whyte Bison Safari Tour, 9:15am

August 31: Stitch N Craft/Men's Chat 10:30am (In Person)

August 31: Cards 1:00pm (In Person)

September 1: Cabin Fever Reliever 3:00pm (Zoom)

PICKLEBALL

Wednesday mornings, 9:30am Tuesday & Thursday evenings, 6:00pm



Sunova Curling Rink Members \$3:00 Non-Members \$5.00

Call 204-467-2582 for more information

HOP, DROP **AND SHOP**

Operated by Stonewall and Area Mobility Service August 8th - Manic Monday at Family Foods (Stonewall) September 6 - 10% Tuesday at Co-op (Stonewall)

Stonewall pickups from: Lions Manor, Crocus Manor and Stonewood Place. 11:00 AM

Price is \$5.00 round trip. (Interac Tap is available) Stops include Family Foods, Red River Coop, Center & Main (for banking) and Westside Pla

Call (204) 467-9446

LINE DANCING

First 2 classes free! Come and give it a try! For more information call South Interlake 55 Plus at 204-467-2582 Tuesdays/Thursdays 11:00am

GARDEN CITY SHOPPING TRIP

Thursday, August 18

Depart 9:15am from Lions Manor, Entrance 1 and 9:30am from 55 Plus Registration deadline: Tuesday, August 16 Members \$20, Non-members \$30 Call 204-467-2582 to register

Fort Whyte Alive Bison Safari Bus Tour **Tuesday, August 30**

Depart 9:15am from Lions Manor, Entrance 1 and 9:30am from 55 Plus Registration deadline: Friday, August 19 Members \$45, Non-members \$55 (lunch at your own expense) Call 204-467-2582 to register

755 Plus

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:

- PHONE BUDDY DRIVER ESCORT
- INFORMATION/FORM ASSISTANCE
 - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
 - MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

South Interlake Seniors Resource - Stonewall 144-622 Centre Avenue - Lions Manor, Entrance 4.

SOUTH INTERLAKE SENIORS RESOURCE

Support Services for Seniors • Driver/Escort Program

- Equipment Lending Service Meals on Wheels Lifeline
- ERIK and ICE Programs Handy Helper/Housekeeping Program • 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.

LIFELINE VOLUNTEER

South Interlake Seniors Resource is in search of a VOLUNTEER in Stonewall, for our Lifeline Program. Local volunteers provide the installation and maintenance of Lifeline equipment with the assistance of SISRC staff. Training is provided through Lifeline and SISRC. Mileage is compensated.

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

Supports to Seniors in Group Living (SSGL)

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings.

These services will assist the residents in accomplishing their Instrumental Activities of Daily Living (IADL's) and provide them with the support to remain in their community and "age in place" If wanting any support services in group living/elderly persons housing building, please contact Sara @ 431 381 4002 or email @ ssglstonewall@shaw.ca

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 more information call 204-467-2719

St. Laurent Seniors Resource Council Inc.

"A HELPING HAND WHEN YOU NEED IT"

55+ and people with disabilities Offering support services within the RM of St. Laurent and surrounding areas

St. Laurent Community Health Centre 51 Parish Lane, 204-646-2504 ext.4 **Seniors Resource Coordinator, Darlene McKay**

- Footcare Clinic Mobility Aids Victoria Lifeline
- (E.R.I.K.) Emergency Response Information Kit
- Volunteers for Different Services Such as Telecheck
 - Resource Information
 Transportation
 - Fundraising Activities Throughout the Year.

Inquire about our new bike club coming soon! "Celebrating Seniors in Action"

OFT S& recreation INSIDE > OUTSIDE > UPSIDE DOWN

370 athletes to represent Manitoba at Canada Summer Games

Submitted by Sport Manitoba

Beach volleyball's Erika Vermette of Morris is Team Manitoba's flag bearer for the opening ceremony of the 2022 Canada Summer Games in Niagara,

"It's such an honour to be selected to lead Team Manitoba into the opening ceremony," said Vermette. "This is my first Canada Games, and I am looking forward to the whole experience on and off the court. I've been training for years for this opportunity and I'm excited to get back into competition coming out of the pandemic."

Vermette is one of 370 athletes who will compete for Team Manitoba at the Games between Aug. 6 and 21 and truly exemplifies what the Canada

Games are all about: passion, performance and provincial pride. She has achieved remarkable individual and team success while serving as a role model for those on their way up.

The athletes will join 90 coaches, managers and technical support staff, and 25 mission staff to participate in all 18 sports over the duration of the 2022 Canada Summer Games.

"Congratulations to all of the members of Team Manitoba at this year's Canada Summer Games," said Sport, Culture and Heritage Minister Andrew Smith. "To this year's flag bearers, you share an honour with those that have gone on to be champions and top competitors in their sport. I know you will represent our province

with the utmost character and dedication."

Chef de Mission Drew Todd is looking forward to his first Games as chef with Team Manitoba.

"The opportunity to attend an event like the Canada Games is more meaningful now than ever before. We've all worked tirelessly over the years with all the starts, stops, and uncertainties in order to make this team and represent our province at the highest level of sport. I am astounded by our athletes' determination and grit knowing the hard work they've put in to get here, and I have the utmost confidence they are ready to shine on the national stage."

Team Manitoba is proud to partner

with Kenora Designs and Kahunaverse Sports as the suppliers for our 2022 Canada Summer Games walkout uniform. This year's kit is designed to help us look our best while also performing our best. Each team member receives a jacket, two T-shirts, pants, shorts, a baseball hat and a backpack, which will make the Herd the best-outfitted team at the Games.

You can search individual team information, search for coaches and managers, and see full athlete profiles which include their bios, achievements and more, on the 2022 Canada Games GEMS.pro website at https:// cg2022.gems.pro/default.aspx

Interlake teams compete at baseball provincial, qualifier

Interlake finished third at the U18 AAA Tier 2 baseball provincials held July 22-24 in south Winnipeg.

Interlake started play with a 16-5

win over Pembina Hills before shutting out Midwest 10-0 and losing 15-5 to Elmwood.

They wrapped up play with a 9-6

loss to Midwest.

Meanwhile, Interlake posted an 0-6 record at the U15 AAA qualifier in Seine River July 22-24.

Interlake suffered losses to South Central (11-0), Carillon (13-8), Pembina Hills (6-3), Midwest (16-3), Brandon (10-2) and Oildome (15-5).

Interlake winless at 15U AAA Tier 2 baseball provincials

Staff

Interlake ished with an 0-4 record at the 15U AAA Tier 2 baseball provincials

last weekend in west (12-2). Brandon.

They started play Friday with losses to Brandon (8-1) and Mid-

On Saturday, Interlake was defeated 8-2 by Red River and then outscored

13 by Pembina Hills.

Sunday saw Interlake lose 12-2 to St. James.

United edged by Punjab FC

Stonewall United was defeated 2-1 by Punjab FC in Manitoba Major Soccer League 5th Division action last Thursday evening in Stonewall.

With the loss, Stonewall remains in third place with a 7-2-1 record and 22 points.

Stonewall's goal was scored by Chris Wiebe.

The United will host Argentinos FC on Wednesday at 7 p.m.

In Winnipeg Women's Soccer League action, the Stonewall Royals lost 5-1 to first place BA United on July 25.

Stonewall, now 2-4-3, will play the Diggers on Monday at the Ralph Cantafio Soccer Complex. Game time is 6:15 p.m.

Stonewall Minor Hockey Association



For more info or to register online visit SMHRA.ca

To see more photos of your favourite

Interlake Athletes

Stonewall Teulon Tribune

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set inspired



FamilyFoods

Phone 467-5553

Chile Verde

- 1 Minute Chicken & Herb Seasoned Rice Cup
- 2 teaspoons salsa verde
- 1 tablespoon shredded cheese
- 1/16 teaspoon ground cumin
- Microwave rice according to package instructions.

Add salsa verde, shredded cheese and ground cumin; mix to combine.



Prep time: 10 minutes Total time: 30 minutes

Servings: 5

- 1 tablespoon Country Crock Plant Butter with Olive Oil
- 1/2 cup chopped white or yellow onion
- 1/2 teaspoon finely chopped garlic
- 1/2 cup tomato paste
- 1 pinch red pepper flakes 1/4 cup (2 fluid ounces) vodka
- 16 fluid ounces Country Crock Plant Cream
- 1/4 cup (2 fluid ounces) water
- 3 cups dry penne pasta, cooked and drained

Penne Alla Vodka

1/4 cup grated vegan Parmesan cheese 1/2 teaspoon kosher salt

1/4 cup loosely packed fresh basil leaves

In pan over moderate heat, melt plant butter. Add onions and garlic. Cover and cook until onions are translucent, about 5 minutes.

Add tomato paste and red pepper flakes. Cook until tomato paste starts to lightly brown.

Add vodka and stir well, scraping bits of browned tomato paste from bottom of pan. Cook over high heat until liquid is reduced by about half to concentrate

Add plant cream and water; stir to incorporate tomato paste evenly. Bring to

Toss in cooked pasta. Add vegan Parmesan, salt and fresh basil.



Prep time: 20 minutes Cook time: 12 minutes Servings: 8

Strawberries:

2 pounds strawberries, hulled and sliced

6 tablespoons sugar

Whipped Plant Cream:

2 cups Country Crock Plant Cream, directly from refrigerator

- 2 tablespoons powdered sugar
- 2 teaspoons vanilla extract

Shortcakes:

3/4 cup chilled Country Crock Plant Cream, plus additional for brushing, divided

- 1 tablespoon lemon juice
- 2 cups flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick) Country Crock Plant Butter Sticks with Avocado Oil, melted

1 tablespoon turbinado sugar

Strawberry Shortcake

To make strawberries: In bowl, toss sliced strawberries and sugar. Let berries sit 30 minutes-2 hours before serving

To make whipped plant cream: In chilled bowl, using electric hand mixer or stand mixer on high, whisk chilled plant cream, powdered sugar and vanilla extract until plant cream thickens and stiff peaks form. To make shortcakes: Preheat oven to 475

In small bowl, mix 3/4 cup plant cream and lemon juice; set aside 2-3 minutes, or until it begins to curdle.

In large bowl, whisk flour, sugar, baking powder, baking soda and salt. Stir in plant butter and plant cream mixture.

Knead dough a few times then shape into 1-inch-tall circle. Cut circle into eight wedges. Transfer wedges onto baking sheet lined with parchment paper. Brush tops of biscuits generously with additional plant cream and sprinkle turbinado sugar on top.

Bake 10-12 minutes, rotating sheet halfway through baking. Biscuits should be golden brown. Cool before assembling.

Split each biscuit in half. Spoon strawberries over half of biscuits. Add dollop of whipped plant cream on top. Layer other biscuit halves on top followed by more strawberries and plant cream.

The real buzz on the bees

By Vicky Isliefson, REACTInc.org

Have you heard that honeybees are in trouble? Have you wondered what you can do about it or why you should care? Well, "Dear Reader", let me fill you in on the latest buzz!

I share my small property with a dozen beehives a few kliks outside of Stonewall, so I spoke with the local beekeeper who looks after them. I'm here to tell you that living with that many bees in my "backyard" has been a sweet eye-opener!

So, why should you be interested, you might ask? Of course, most of us like the sweet stuff (a.k.a HONEY), especially when you can buy it locally at a market, or see "Manitoba" on the label at the grocery store, but do you also like local fruits and veggies, or grow them in your garden? You need bees for that! For example, my lone apple tree gives me apples because the bees know my neighbour has apple trees too. You see, the bees need both pollen and nectar to feed the hive and make the honey, so they will find the flowers that have the right mix. By the way, you might also enjoy the wild flowers along the roadside or a blooming field of canola or sunflowers. They all need the bees too.

So what can you do, and what should you avoid? Bees wake up in the spring as soon as temperatures are above freezing, and they are hungry! The beekeepers feed them, but they really prefer flowers, even the ones we don't like. So, with the exception of the notorious glyphosate (if you can't say it, just round up), although most herbicides don't really harm bees, if you can tolerate those yellow flowers that come out first in spring, we'd bee grateful!

On the other hand, insecticides are bad news for bees, so go organic if you need to use them, and refrain altogether when possible. Bug zappers are deadly too, so please consider



TRIBUNE PHOTO SUBMITTED A honeybee collecting nectar.

alternatives for keeping mosquitoes away.

Bees need water, so a shallow birdbath, kept clean and filled, is a great help when it's dry. (Hummingbird feeders attract bees, but are designed to be inaccessible.) And plant those flowers so they will bloom at different times of the growing season. The bees will find them.

One last thing I have learned is that unless you get close to their hive, or you accidentally grab or swat one, bees will not sting you. They are too busy doing their jobs, feeding themselves and us. So if you hear the buzz, bee friendly and so will they!

Gavloski, J. (2012), Pest Management Facts: Bees on Canola - What are the Benefits?, Manitoba Agriculture. https://www.gov.mb.ca/ agriculture/crops/insects/pubs/

BeeAware.org. (n.d.). https://beeaware.org.au/pollination/pollinator-reliant-crops/

beesoncanolafactsheet.pdf



Creamy Chicken Risotto

1 Minute Chicken & Herb Seasoned Rice Cup

2 tablespoons heavy cream

1 tablespoon shredded Parmesan cheese

2 teaspoons chopped basil

1 pinch garlic powder

Microwave rice according to package

Add heavy cream, Parmesan cheese, basil and garlic powder; mix to combine.

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HELP WANTED

Part time & full time movers required. Must have valid driver's license. Please call 204-467-2419 or 204-461-2352 cell.

PUBLIC NOTICE

BOARD OF REVISION for 2023

HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

Full-time & part-time Class 1 drivers needed in Winnipeg (full-time schedposition is uled). Need 3 years experience and nonsmoker. Please call 204-782-8105.

HELP WANTED

CRITICAL! Woman on farm needs wood (stove length) to be brought in, quite a lot for 3 seasons. Standing wood is close on premises. I'm located just off Hwy. 248, Marquette area. Offer - equal share basis preferred, other arrangements possible. Therefore, an annual summer project. Need to get started. You would bring in the wood & I unload, split & stack. Please do not hesitate. This may also require more than 1 party depending on your wood needs. I will also need a handyman. Call Kelly anytime at 204-906-9409.

HELP WANTED

Class 1 or Class 3 driver wanted for local agriculture transport. Hauling water or fertilizer for custom application, Stonewall and Stony Mountain area. Flexible work times - day, evenings weekends. and/or To apply call or text 204-461-2499 or email: agaptech@gmail.com

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Purebred Golden Retriever puppies (nonreaistered). Gentle. happy, healthy, affectionate & playful. Veterinarian checks, 1st shots. Born May 5, 2022, available now. Please call or text Paul 204-481-1260.

RURAL MUNICIPALITY OF ARMSTRONG Starting a new business?

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Call **204-467-5836**

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EMPLOYMENT OPPORTUNITY

Scheduling Clerk

GVS Home Appraisals requires a scheduling clerk for a full-time position. Duties will include light office tasks, contacting clients and coordinating bookings for our team. Specific training will be provided. Work from home options available post-training. Salary will commensurate with experience. Please forward your resume to: GVS Home Appraisals, Box 1387, Stonewall, Manitoba R0C 2Z0, Attention: Dwayne Grantham or email to: dwayne@ gvshomevalue.com.



TOWN OF STONEWALL

EMPLOYMENT OPPORTUNITY QUARRY PARK MANAGER

The Town of Stonewall is seeking applications from qualified individuals for the position of Quarry Park Manager.

Reporting to the Chief Administrative Officer (CAO), the Quarry Park Manager shall be responsible for managing the operations of the Stonewall Quarry Park multiple use facility in compliance with Town policies and direction as set by the Council of the Town of Stonewall.

Annual salary will commensurate with education, qualifications and experience. This position includes an excellent employee benefit package The preferred applicant will have a minimum of 5 years managerial experience within an active and dynamic environment, be highly organized and independent, have strong administrative, interpersonal and communication skills, education and experience which provides a sound background in facility management, recreation and leisure. Education, experience or background in culture & heritage services or programs, community economic development, tourism and/or community relations would be considered and asset.

A detailed job description can be obtained on the Town of Stonewall website at www.stonewall.ca or by email at info@stonewall.ca.

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: Wally Melnyk** 293 Main Street, Box 250 Stonewall, Manitoba Email: ashleym@stonewall.ca

Deadline for applications: 12:00 PM on Friday, August 12, 2022

Start date: as soon as possible

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

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to

Public Notice is hereby given that the 2023 Assessment Roll

for the Rural Municipality of Armstrong has been delivered to

the Municipal Office at Inwood, Manitoba and is open for public

inspection during regular business hours. Applications for

revision may be made in accordance with sections 42 & 43 of

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property; or

the Municipal Assessment Act:

(d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must

- (a) be in writing;
- set out the roll number and legal description of the assessable property for which revision is sought;
- (c) state the grounds on which the application is based; and (d) be filed by
 - (i) delivering it or causing it to be delivered to the office of The Rural Municipality of Armstrong at Inwood, Manitoba, or
 - (ii) serving it upon the Secretary,

at least 15 days before the scheduled sitting of the Board of

The Board of Revision will sit on Thursday, September 8, 2022 at 10:00 A.M. in the Council Chambers in Inwood in the Rural Municipality of Armstrong to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, August 23, 2022 at 4:30 PM. Dated at Inwood, in Manitoba this 12th day of April, 2022.

Corlie Larsen, Secretary Board of Revision Rural Municipality of Armstrong

Box 69, 55 Hwy #17 Inwood, Manitoba R0C 1P0 Phone: (204)-278-3377

Fax: (204)-278-3437

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Clothina/Sewina Online Auction

Closes Thurs Aug. 11 @ 1PM Estate & Moving Closes Wed Aug. 17 @ 7:00PM

Farm Equipment, Vintage

Massey Products Sale Closes Thurs Aug. 18 @ 1PM Consignments Welcome (204) 467-1858 or (204) 886-7027

McSherry Auction Service LTD

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Kelsey Sport Wear/ Keltek Safety Appairal

Closing Time of Thursday August 11th, 2022, at 1 PM Location: Winnipeg, MB 563 Notre Dame Ave Contact # 204-786-1503

v.McSherryauction.com 204-467-1858

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MISCELLANEOUS

A Sabbath well spent. brings a week of content. And health for the toils of the morrow: But a Sabbath profaned, whatever may be gained. Is a certain forerunner of sorrow. Author unknown. Please visit our updated website educational resources www.clda.ca

NOTICES

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

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NOTICES

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Tender for 1000 large round bales of straw (wheat oats barley).

Please quote price per tonne delivered to Elskamp Farms feedlot in Woodlands, Manitoba. State what the bales are tied with. Lowest price any tender not necessarily accepted.

Deadline: Aug 22, 2022

For info call Ben 204-461-0765 Send quote to belskamp12345@gmail.com

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Please email your cover letter and resume to samandersonchiro@gmail.com by August 10, 2022.

For full job posting, please visit our Facebook or Instagram pages or send us an email.

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EMPLOYMENT OPPORTUNITY

Playstreet childcare Inc w



Playstreet Childcare Inc. is looking to hire staff to fill the following positions, for our Gymnasium Facility in Teulon, MB

Early Childhood Educators Child Care Assistants

Qualifications

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 - Energetic and ready to play
- Must be nuturing, kind and positive • Training and education an asset
- Must be flexible to work between 7:00 am to 6:00 pm, Monday through Friday!

Please email resume to playstreetcc@gmail.com or by mail to Playstreet Childcare Inc., Suite 14 Building B, 112 Beach Road E., Teulon, MB ROC 3BO



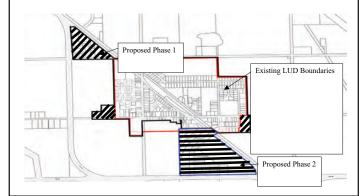


THE RURAL MUNICIPALITY OF WOODLANDS **NOTICE OF OPEN HOUSE**

The RM of Woodlands Council and the LUD of Warren Committee are hosting an open house to present our proposed plans to expand of the L.U.D. of Warren boundaries.

Open House will be held on August 18, 2022 at the Warren Hall at 7:00 p.m. - 8:00 p.m.

All R.M. of Woodlands residents are encouraged to attend.



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EMPLOYMENT OPPORTUNITY Educational Assistant Program Instructor

Competition #: 2022-152 Closing Date: Aug 15, 2022

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

Announcements Tribune

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IN MEMORIAN



In Memory of
Colin William Russell Crockatt
September 26, 1986 – August 5, 2021
Sadly missed along life's way,
Quietly remembered every day.
No longer in our lives to share,
But in our hearts you're always there.

-Loved forever, Mum and Dad, Pam and Paige

IN MEMORIAM

In Loving Memory of Doug Williams August 6, 1987

May the winds of love blow softly And whisper for you to hear; That we'll always love and miss you, And wish that you were here. Your memory is a keepsake, With which we will never part; God has you in His keeping, We have you in our hearts.

-Sadly missed and always loved, Mom, Dad and Tim

IN MEMORIAM

Holly Joy Stewart passed away suddenly August 5, 1981

When we are in need of comfort We walk down memory lane There we see you smiling We talk with you again. And as we wander slowly back We seem to hear you say, Don't grieve, don't cry my family We'll meet again some day. In loving memory.

-Mom and Dad, sisters Bonnie and Shawna

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

IN MEMORIAM



In memory of Richard (Dick) Thievin December 1, 1932 – August 8, 1981 Dad always made friends wherever he went and was well known in the area.

He was a prankster, always had a smile, was easy going and he loved animals and farming. Dad never missed a good party and loved to

He taught his girls to dance and we couldn't have had a better partner.

Your soul mate has met you and you're having the dance of your life.

You are always in our hearts.

-Your girls, Sharon, Cindy and Lori-Ann

IN MEMORIAM



Russell Killbery
November 6, 1956 – August 9, 2021
A day we never expected,
The pain has never lifted.
Your photo is on the bulletin board
It is touched every day,
My way of sending you our love.
You and Dad can look after each other
Until we meet again.
Love you more than you know.

-Mum, Tom, Traci and Wendy

OBITUARY

Garnet Thievin

After a courageous fight against Cancer, Garnet passed away peacefully at the Stonewall Hospital on July 23, 2022.

Garnet will be lovingly remembered by his wife of 57 years, Bunny; his son Joe (Nadine) and daughter Penny (Sheldon); grandchildren Kristin (Brendan), Michael (David), Amber-Dawne (Jeff), Tyler (Megan), Devan (Anna), Koenraad (Brooke), Christy, Laurel (Bryce); his great-grandchildren Cole, Brooklyn, his precious Blayke and numerous friends.

He was predeceased by his son Chris, father Ernie, mother Jennie, mother-in-law Lilian McEwan, brother Bert, brother Dick, sister-in-law Alice, and nephews Marvin and Gary.

Garnet was born in Stonewall, on October 12th 1943, and went to Centre School.

Garnet married the love of his life Bunny in 1964 and together

they raised three children, Joe, Penny, and Chris.

They spent their summers camping and fishing and traveling with the kids and many friends.

Garnet farmed for many years with his brother Bert, and upon Bert's passing, he was able to continue his passion for farming with his son Joe. His farm life allowed him to create great friendships within the farming community.

Garnet loved flying and his children were the only kids lucky enough to jump in the plane after supper and fly over the crops, and he would even let us fly the plane. He took pride in teaching Joe how to fly, and seeing him attain his pilot's license.

Garnet had a SnoJet business and could fix most anything, he always had spare parts and if you needed something, would often say, "I think I have that in my stock".

He spent the last two winters working on many projects side by side with his son Joe which they both enjoyed very much.

He taught his grandchildren how to fix various quads, trikes, boats and anything they brought him.

When Penny bought a property with an old tractor, he took the grandchildren there and showed them how to get it running and drove it around proudly as the grandkids watched with great admiration. To the grandchildren, whatever grampa said was always right, he knew everything.

Garnet went on many snowmobile trips, and created many memories with friends and family. He passed his love for snowmobiling on to his children and grandchildren.

Garnet was a councillor and Reeve for the RM of Rockwood and his passion to do the right thing allowed him to develop many bonds, both within the council and the community which he felt blessed to have until his final days.

Garnet retired to the lake and became very involved in the community at Lake Manitoba Narrows and especially Skunk Bay, working at The Lodge and giving back to the lake community he so loved.

Penny and the grandchildren were very lucky to spend many summers at the lake with grama and grampa and as adults the grandchildren continued to spend time fishing and making memories with them. He loved fishing with his friends, but, especially his grandchildren, who also cherished his life lessons, but most of all his storytelling and love.

When he became a great-grampa, the sun rose and set on the little girl. He often said she was perfect, the most beautiful little girl, and whenever he saw her his eyes sparkled.

He volunteered for many community groups and was always willing to help out wherever he could

As many of his friends said, he had strong morals, and believed in always doing the right thing. Our dad was our best friend, our mentor and he had so much patience he didn't tell us how to do things, he taught us. He instilled the values of kindness, love, and the passion for life, in us all. He often said, if you can't say something nice, then don't say anything at all.

A memorial service was held July 28th, 2022, at the Legion in Stonewall.

The family would like to thank Ken Loehmer for his guidance and compassion, Shirley Williams for a beautiful service, Arnie Appell for his singing and capturing the spirit of Dad.

A heartfelt thank you goes to Jim Campbell, for sharing not only his memories, but the memories of so many of Dad's friends.

As a family we want to thank Dr. Graham for his support and care of Dad through his journey with cancer. Dr. Hicks, as well as the many doctors and nurses at CancerCare Manitoba. To the entire staff at Stonewall Hospital, thank you for taking time to talk to Dad to fill his days with stories, and for your kindness to the family on his long stay. To Janice, as Dad would say, his "Senior Advisor", thank you for listening to Dad's stories, and indulging him in a good story whenever he asked. You all made his last days brighter.

To his Advisor Sheldon, thank you for all the love you gave Dad, no words can ever express how much comfort we all had knowing that you were there when we couldn't be, Dad truly loved you.

To The Men's Club, and his many friends, thank you for the visits, the phone calls, most all of all the stories and making Dad's final days full of laughter.

To his grandson Devan, thank you for making the beautiful urn that he wanted so much for you to make, it was perfect.

In lieu of flowers, if friends so desire, remember Dad through donations to the Victoria Cemetery, CancerCare Manitoba and the Siloam Mission.

Dad, you have left a void in our hearts, but we were so blessed that you also filled our hearts with so much love, laughter and memories we will spend the rest of our lives cherishing you.

Rest in peace Dad, you are with your son Chris whom you missed to deeply.

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Announcements

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Gwendalyn Darlene Buchanan

Gwendalyn Darlene Buchanan (nee Tronrud) passed away peacefully at Dr. Evelyn Memorial Hospital in Stonewall, MB on July 26, 2022 at the age of 66 with family by her side.

Gwen was predeceased by her parents David Tronrud and Elsie Tronrud, father and mother-in-law William (Bill) and Ethel Buchanan.

Gwen is survived by her loving husband of 46 years, Bruce; son Trevor (Christine) and grandchildren Alexis (Sam), Brooklyn, Riley (K.C.), son Tyler (Martina) and grandchild Archer and daughter Jennifer (Jeremy) and grandchildren Isabelle and Aiden. Gwen is also survived by two brothers, Mark (Christine) Tronrud and Brad (Karen) Tronrud and in-laws Brenda (Brian) Morash and Janice (Cliff) Harrison, as well as numerous nephews and nieces.

Gwen was born in Teulon and spent her early years on the family

farm West of Inwood. She moved to Winnipeg after high school graduation and worked at Great West Life. She married Bruce on June 26, 1976 and moved to Argyle to start a family and be a staple in the community. She worked for the Interlake School Division for over 30 years in various positions but her heart was always in driving the school bus.

Over the years she fought many health battles but her attitude always remained upbeat. Her positive attitude led her to be a volunteer support worker for CancerCare Canada for over 15 years.

Mom spent countless hours putting her heart and soul into her family's involvement with 4-H, the Argyle Curling Club, the Argyle Community Hall Board, Argyle School Parent Council and anything in the community for which she could provide a committed and selfless helping hand.

Mom and Dad enjoyed travelling and camping. Her true passion in life was for her kids, grandkids, nieces and nephews, and everyone else she called family. Mom and Dad enjoyed travelling to attend their kids' various events and eventually their grandkids' events as well, including anything from sports to recitals to concerts. Gwen was everyone's #1 cheerleader.

Thank you to Dr. Kerr Graham and the staff at Dr. Evelyn Memorial Hospital for the care and compassion you provided Mom in the last few weeks.

A graveside service was held at the Argyle Cemetery 1:00 p.m. Saturday, July 30th. A celebration of her life followed at the Buchanan Farm from 2 p.m. - 4 p.m.

Honouring Mom's love of flowers please feel free to fill the cemetery with them. Donations can be made in her name to South West District Palliative Care Inc.

"Perhaps they are not stars in the sky, but rather openings where our loved ones shine down to let us know they are happy



OBITUARY

Alice Marie Renooy September 30, 1930 - July 19, 2022

It is with great sadness that we, the children of Alice Marie Renooy, announce Mom's passing after a short struggle with age

Mom leaves five children, nine grandchildren, 14 greatgrandchildren and extended family to mourn her passing. Sons Larry (Patti), daughters Alexandra (Jason) Vida, Francesca; Ray, children Samantha, Nathan; Bruce (Hilary), children Joe (Laura) Jonathan Timothy Audrianna, Jack (Brittany) Claire Emily, Rayanne (lan) Alan; daughters Marie Killbery, children Meghan (Jared) Makenna Dekker Zaylee Zennyk, Garth (Becky) Kieran Kellan Freya; Lorna (Henry Wai); niece Janet Bennett; nephews Rob Van Steelant, Art Van Steelant, Leonard Rossnagel and their families. Predeceased by her husband Rens, son-in-law Russ Killbery,

siblings Joe Van Steelant, Ed Van Steelant and Margaret Rossnagel.

Mom was born at St. Joseph's Hospital in Winnipeg to Charles and Maria Van Steelant, raised on the family farm in Rosser until she married Dad in 1952. They moved to Teulon in 1958 where our family owned and operated the Teulon Bakery, restaurant and bus depot until 1977. Mom and Dad owned other businesses in town but none were as dear to her as the bakery. Mom worked hard in the front end of the store, thriving on customer contact and being the heart of its operation. Ma Renooy, as she was known to many, was active in our community, volunteered with the Kinettes, WI and St John Vianney CWL while forging friendships that lasted a lifetime. Mom took great enjoyment in singing at church as well as many weddings. Her voice was wonderful. Mom had the ability to find humour in many situations; she had a strong spirit, was outspoken and kept us amused with her one-liners. Mom enjoyed travelling especially when it involved visiting her children and was always up for adventure. Family was most important; from weekly visits to see her sister to family gatherings with friends always welcome and no one leaving

In life, we loved you dearly, in death, we love you still;

in our hearts you hold a place no one else will ever fill

We extend heartfelt thanks to her friends and staff at Gateway Manor; the medical professionals of Stonewall and Grace Hospitals and St. Joseph's Personal Care Home for their kindness and excellence in care for Mom as well as support for our family.

In lieu of flowers, we appreciate donations to the charity of your choice.

Funeral service to be held on Thursday, September 1, 2022 at 1:00 p.m. in St. John Vianney Catholic Church, Teulon, MB with reception to follow at the Teulon Centennial Centre.

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