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TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Something Beautiful Cafe and Gifts officially opened their outdoor patio to customers last Friday. The entire patio project was completed through donations of money, services, materials and grants. Something Beautiful is a social enterprise that supports the work of Community Living Interlake and gives local adults living with intellectual disabilities an opportunity to work in the community. Pictured left to right: Joan Auger, Stephen, Sophie and Marsha Griffiths and Todd Wenzoski.

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# Long-standing station sees changes under new ownership

By Tyler Searle

The Warren Domo is under new ownership, and the decades-old gas station is expanding its services.

The station and convenience store, once known as the Warren Esso, has long been a community staple and a stop-over for people traversing the Interlake.

Former owner Rick Heaps operated the station with his late father, James Heaps, for 35 years.

"It was my dad's dream," Rick said.

James manned the pumps and mingled with customers while Rick worked on vehicles in the station's service bays.

James took ill in 2017, and as his health deteriorated, Rick shouldered the responsibilities of the business.

He found himself working 12-hour days between the pumps and the service bays, with little time to spare for his wife and 11-year-old son.

"The garage, it was good as long as there was two people," Rick said.

"When (James) started getting sick, for the last three years I've been running everything, and it was just getting to be too much."

On Dec. 18, 2020, James passed away and left the business to Rick.

When his dad died, Rick knew it was time to sell.

"I knew I had to do what I had to do, so I just look at it that way," he said.

Enter Sahib Nanda and Solomon Negash.

The men stopped at the station after a day trip to Steep Rock. They saw po-



Warren Domo is offering an assortment of Indian cuisine including samosas, spring rolls and butter chicken. Delivery is free on orders over \$20 within a 15-kilometre radius.

tential in the place and negotiated the sale with Rick, Nanda said.

On July 15, Rick turned the pumps over to the pair of new proprietors.

Already they've begun implementing a series of additions and changes — the largest of which will see the building's vacant service bays converted to a car wash.

Every Wednesday, customers can enjoy full service and a five-cent discount on fuel prices, and the business is now open from 6 a.m. until 11 p.m.

Last week, one patron returned to the pumps with five different vehicles and saved himself roughly \$40, Nanda said.

The station is also offering full service on Fridays.

Nanda and Negash introduced a



TRIBUNE PHOTOS BY TYLER SEARLE

Sahib Nanda and Solomon Negash are the new owners of Warren Domo.

menu of Indian cuisine, including samosas, spring rolls and butter chicken with free delivery within a 15-kilometre radius — provided the order exceeds \$20.

Delivery orders can include snacks, drinks and cigarettes.

The car wash conversion is yet to begin, but Nanda hopes to have it operational by September, he said.

While some things change, others remain the same.

Rick visits every morning to drink coffee with the crew of regulars. And his dog, Cuda, still wanders the parking lot, sniffing at tires and soliciting treats from patrons. He's tried to take the dog, but Cuda has become a

permanent fixture of the station, and short of chaining him up, there is no way to keep him away.

And Rick is now servicing vehicles out of Atchie Inc in Warren. He's rented storage space at the shop for six years, so it was a natural transition, he said.

Eventually, he'd like to buy the place and make it his own, just like James did with Warren Esso.

Nanda has created a survey so customers can offer opinions and request services. More information and a complete menu are available at <https://warrendomo.com>.



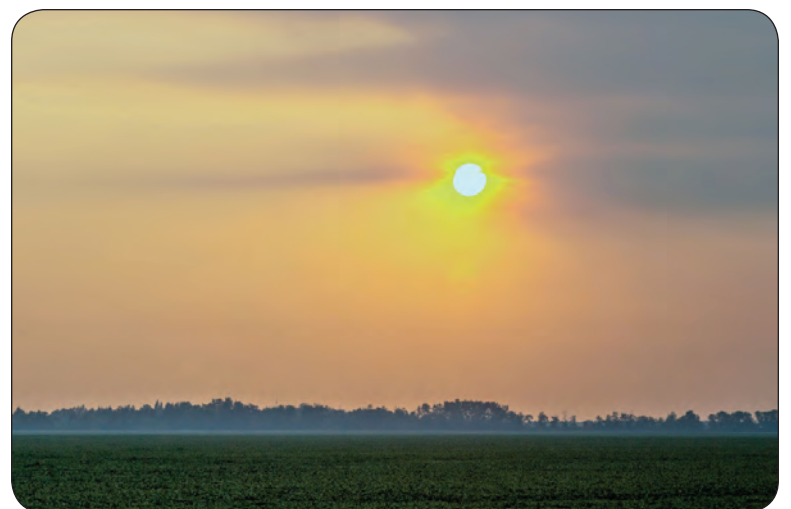
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## Smoky sunsets to continue

TRIBUNE PHOTO BY BEN HOLYK  
Smoke was in the air throughout the week while wildfires burned out of control in parts of Manitoba and northwestern Ontario. Hot, dry conditions are expected to continue with little rain predicted.



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# Stonewall's Beyond Bread changes ownership

## Enns family takes over local bakery but plans to retain menu and staff

By Tyler Searle

The owner and baker behind Beyond Bread in Stonewall turned the business over to new owners Aug. 3.

Michelle Tersigni founded the bakery — known for its artisan bread and pastries—in January 2015.

She told her husband it would be a five-year venture, and when the business passed its sixth birthday last January, Tersigni put it up for sale.

In April, Harold and Christine Enns of Warren approached Tersigni to negotiate the purchase.

The deal settled, and the couple became the new proprietors this week.

The Enns family will retain the staff and recipes with the takeover, and Tersigni is happy to know the bakery will stay local.

"I really wanted somebody to keep running it because Stonewall is an awesome community, and they need a bakery, so I'm so happy that's what (the Enns family) want to do."

Tersigni has agreed to stay on for the next six weeks to oversee the transition.

"Just to help them learn the ropes and learn the customers, and recipes and everything," she said.



Tersigni puts the finishing touches on cupcakes.

Owning a bakery was a personal dream, and Tersigni is grateful for the opportunity to see it realized, she added.

Tersigni said the building was formerly a Chicken Delight restaurant and required plenty of renovations to transform it into the quaint bakery it is today.

"My husband and I renovated it, and it's just basically our baby."

The couple, who moved from Winnipeg to Stonewall, live in one of the two



TRIBUNE PHOTOS BY NATASHA TERSIGNI

Hannah Whiteside, Michelle Tersigni and Erica Drohomereski

suites above the bakery.

"It has been a joy, and the community has been incredibly supportive and just great. It's been a really nice community to be a part of. We moved into it and we didn't know anybody, and we really feel like they've embraced us.

"I'm certainly going to miss it," Tersigni said.

Now, the pair are preparing for retirement. They hope to spend the winter in Victoria with their daughter Natasha (formerly a reporter/photog-

rapher with the *Stonewall Teulon Tribune*) and travel to Italy next year.

Tersigni thanks the customers who've come to the bakery to share in conversation and enjoy coffee and pastries. Their patronage over the last seven years has made her lifelong dream a reality, she said.

Visitors can visit Tersigni at the bakery and wish her well.

The business is open Tuesday to Thursday from 10 a.m. until 4 p.m., Friday until 5 p.m. and Saturday until 3 p.m.

# Province headed into long weekend with 542 active COVID cases

By Ashleigh Viveiros

Manitoba headed into the long weekend in pretty decent shape, as far as daily COVID-19 cases go.

Just 46 new cases of the virus were identified on Friday. Updated numbers from the weekend were not available at press time due to the holiday.

The province ended the week with a total of 542 active cases, 55,873 recoveries, and 1,178 deaths due to the virus.

There were 93 Manitobans in hospital with COVID-19, including 25 in intensive care.

The five-day COVID-19 test positivity rate was 2.3 per cent provincially and 1.4 per cent in Winnipeg.

The Interlake-Eastern Regional Health Authority was reporting 238 active cases and 11 hospitalizations, including four patients in ICU. The region has recorded 47 deaths since the pandemic began.

As of Monday Fisher/Peguis recorded 95 active cases, Powerview/Pine Falls 75, Northern Remote 25, Beausejour 14, Eriksdale/Ashern 9, Sellkirk 8, Unknown and Stonewall/Teulon four each, St. Clements two, Winni-

peg Beach/St. Andrews and Pinawa/LacduBonnet one each while Arborg/Riverton, Gimli, Springfield, St. Laurent and Whiteshell/Winnipeg Beach all had zero.

The provincial vaccination campaign is inching ever closer to its Labour Day weekend goal of seeing 80

per cent of eligible Manitobans with their first dose of vaccine.

On Friday, 78.5 per cent of eligible Manitobans had received at least one dose and 69.3 had received two doses.

For details on vaccine appointments or walk-in schedules, head to [protectmb.ca](http://protectmb.ca) or call 1-844-626-8222.

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# Public health order changes to come into effect Aug. 7

Submitted by Manitoba government

The province will implement new public health orders and guidance on Aug. 7, one month earlier than forecast, Premier Brian Pallister and Dr. Brent Roussin, Manitoba's chief provincial public health officer, announced Tuesday.

"Thanks to the remarkable efforts of Manitobans, we are now in a position to reopen more, sooner, as we have achieved our highest vaccination rates yet," said Pallister. "This means Manitobans will enjoy the least restrictive public health orders since the start of the pandemic last year."

The new public health orders follow the 4-3-2 One Great Summer Path to Reopen. Manitoba is expected to reach the third vaccination milestone ahead of schedule; as of today 80 per cent of Manitobans age 12 and over have received their first dose and 75 per cent are expected to receive their second dose over the next week.

With continued improvement in the overall COVID-19 situation, the premier noted the interim orders only restrict the most high-risk transmission environments. Public health recommendations and guidance, rather

than restrictions, will play an increasingly significant role as the province prepares for a shift from pandemic to endemic COVID-19.

Specifically, the new public health orders will allow the following sectors to open without restrictions:

- indoor and outdoor gatherings at private residences;
- gyms and fitness centres;
- libraries;
- personal services such as hair and nail salons;
- day camps; and
- retail businesses, markets, garden centres and malls.

Other sectors will open with limited restrictions including:

- expanded capacity limits will remain in place for weddings, funerals and other public gatherings both indoors and outdoors including larger capacity limits for worship and cultural events like pow wows;
- restaurants and bars will no longer need to restrict the size or space between tables and dining will not be restricted to households or vaccinated individuals; however, patrons will still be expected to avoid congregating or socializing between tables;

• museums, galleries and movie theatres will remain limited to 50 per cent capacity but will no longer be restricted to vaccinated individuals;

• casinos and bingo halls, professional sporting events, horse and auto racing, and concert halls will continue to be limited to vaccinated individuals; however, all these facilities may now open to 100 per cent capacity;

• indoor and outdoor sports and recreation will fully reopen with limits only on spectator capacity;

• overnight camps will be permitted with limits on camper cohorts;

• workplaces must continue to report cases to government for followup and public health-confirmed transmission of COVID-19 in the workplace may result in workplaces being ordered to close for a minimum of 10 days; and

• remote working will no longer be required or recommended by public health and workplaces will be encouraged to transition from COVID-19 safety plans to a general communicable disease prevention plan that focuses on basic risk-reduction principles to reduce the risk of workplace transmission of COVID-19 and other respiratory illnesses.

Due to the ongoing presence of COVID-19 in Manitoba and elsewhere, and the extra risk posed by the more contagious delta variant, provincial public health officials strongly recommend the following:

• wearing masks in indoor public spaces for everyone who is not fully immunized including children under 12; and

• maintaining physical distancing of two metres (six feet) in indoor settings.

"Unless you are fully immunized, you are still at risk for more severe effects of COVID-19, such as requiring hospital care or even death," said Roussin. "We are slowly but surely approaching a post-pandemic Manitoba, but this does not mean COVID-19 will disappear. We need to remain cautious and vigilant in our efforts to stop the spread of this virus."

The new public health orders will go into effect at 12:01 a.m., Saturday, Aug. 7.

The orders will expire at 12:01 a.m. on Tuesday, Sept. 7, and will be reassessed at that time in the context of vaccination rates and the province's overall COVID-19 situation.

## MFCBC announces new business financing contribution grant

Submitted by Metis Financial Corp.

The Métis Financial Corporation BC (MFCBC) today announced a non-repayable contribution program to assist Métis entrepreneurs. The Business Financing Contribution program is a game changer for the organization and Métis entrepreneurs in British Columbia. This is the first time we are able to offer grants as part of its "core funding" program. These grants are in the form of non-repayable contributions and are in combination with an approved client's loan. This program will significantly reduce the cost of financing to Métis entrepreneurs. MFCBC will be able to offer these contributions on an on-going basis and in doing so create a better opportunity for Métis businesses to succeed.

MFCBC CEO Evan Salter states, "It is extremely exciting for MFCBC to announce this program. We believe it allows Métis entrepreneurs and our organization an opportunity to grow successfully together. The program offsets considerably the costs of financing by reducing the interest payable over the life of the loan and ensuring the business does not have to repay the full amount of funding. It is great news to be able to offer this program as the federal government has now moved to a more distinction-based funding model that recognizes the unique circumstances of Métis entrepreneurs."

Salter continued, "Métis applicants will still require a Business Plan to apply for a loan. In order to make this

process easier, MFCBC can cover 75 per cent of the cost to develop a plan. At MFCBC, we want to be the place Métis entrepreneurs come for financing and this program is another way we can help. MFCBC, as the newest Métis AFI (Aboriginal Finance Institution) arguably became the fastest growing AFI in Canada during the COVID-19 pandemic. Our small staff were able to process almost 500 emergency COVID loans and grants worth close to \$10 million. We know these loans and grants to Métis entrepreneurs in B.C. helped Métis businesses survive the COVID-19 pandemic."

Salter concluded "We believe with good reason that our success in delivering the emergency COVID-19 funding shows that we will be able to get

the Business Financing Contribution Program into the hands of our hard working and committed Métis entrepreneurs."

MFCBC officially opened for business in August 2018 to serve Métis entrepreneurs in BC. MFCBC provides funding for new Métis businesses or existing businesses that require financing to expand.

To learn more about MFCBC please visit: [www.mfcbc.ca](http://www.mfcbc.ca) or contact the MFCBC office at 1.833.399.3926 or send an email to [admin@mfcbc.ca](mailto:admin@mfcbc.ca).

## Clarification

Staff

In the article regarding the opening of the South Interlake Regional Library last week, it was unclear as to their opening with restrictions.

Stonewall library is currently doing contactless pickup only in the mornings and will be open to the public in the afternoons (with the exception of Thursday when they are open late).

Teulon library is open to the public during their operating hours.

Please see [www.sirlibrary.com](http://www.sirlibrary.com) for more information.



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# Research on COVID vaccines shows antibodies falling, but need for third doses inconclusive

By Patricia Barrett

A third shot of COVID-19 vaccine could possibly be on the horizon after British researchers found a consistent pattern of reduced antibody levels over time in people who were fully vaccinated with either the AstraZeneca vaccine or the Pfizer-BioNTech vaccine.

Titled "Spike-antibody waning after second dose of BNT162b2 or ChAdOx1," the study was published online in *The Lancet* medical journal July 15.

The researchers detected antibody levels starting to wane at three to 10 weeks after two shots of either vaccine were administered. But they said scientific research has yet to determine at what precise antibody level people will fall ill.

"A significant trend of declining S-antibody levels was seen with time for both ChAdOx1 [AstraZeneca] ... and BNT162b2 [Pfizer-BioNTech], with levels reducing by about five-fold for ChAdOx1, and by about two-fold for BNT162b2, between 21-41 days and 70 days or more after the second dose," the researchers wrote.

To identify the early signs of waning antibody levels, the researchers looked at blood samples submitted to Virus Watch, a U.K. government-funded longitudinal (using the same participants over time) vaccine evaluation study.

Blood samples were received from 605 adults (53 per cent were women) 18 years of age and older. Samples were submitted 14-154 days after the second vaccine dose (average of 42 days). The average age of participants was 63. Thirty-three percent (197 people) of the samples were from people who were vaccinated with Pfizer-BioNTech and 67 per cent (405 people) were from those vaccinated with AstraZeneca.

To infer a general trend in antibody levels over time, the researchers examined the levels at 14-20 days after the second dose, at 21-41 days, 42-55 days, 56-69 days, and 70 and more days after second

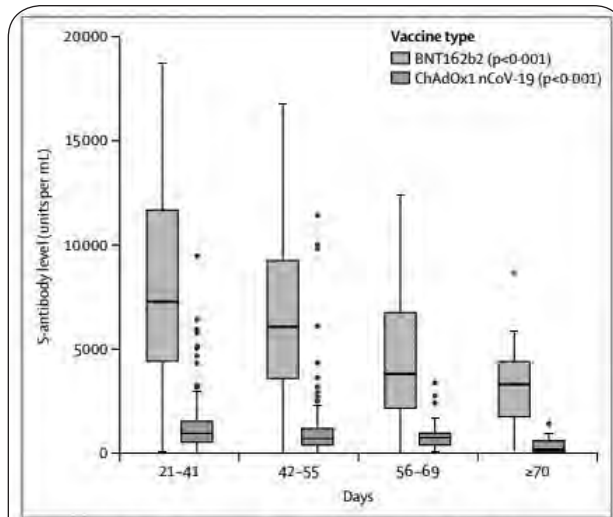


Figure: Levels of antibody against the spike glycoprotein of SARS-CoV-2 (S-antibody) at defined timepoints after second dose of vaccination (with extended dose intervals) in individuals with no previous infection, stratified by vaccine type p values derived from non-parametric tests for trend for each vaccine subgroup are given in parenthesis in the key.

### TRIBUNE STUDY DATA

A graph from the U.K. study shows waning antibody levels in people who received two doses of either AstraZeneca or Pfizer. Researchers found a "significant trend" in waning antibody levels.

doses.

Women were found to have higher initial antibody levels than men at 21-42 days and also had higher levels at 70 days or more. People aged 18-64 had higher antibody levels at 21-42 days and at 70 or more days after vaccination compared to people aged 65 and older.

The researchers said low antibody levels in people considered "vulnerable" and who had received AstraZeneca "might be cause for concern."

Variables such as different dosing intervals (the time between first and second vaccine shots), age and size of the study population are possible con-

founders to the findings, the researchers wrote. Therefore, blood analyses with greater numbers of participants and a follow-up of "antibody dynamics" over six to 12 months are needed.

That means the need for third or subsequent COVID vaccinations is inconclusive at this time, they wrote. The point at which declining antibodies will give rise to disease is yet to be determined. Other immune defences, such as T-cell immunity, might jump in to "compensate to some extent as antibody responses wane."

But with aggressive variants ramping up across the globe, people choosing not to get vaccinated and many countries enduring tiring, repetitious cycles of lockdowns and restriction ease-ups, further insight into vaccine duration is needed in order to find new strategies to dodge or suppress COVID outbreaks.

The researchers wrote that higher antibody levels are "possibly associated with greater protection against variants that can partially evade immunity," which has been borne out by Pfizer's relatively higher efficacy — in comparison to AstraZeneca's — against the delta variant (B16172).

"With continued high global incidence, and potential for more transmissible SARS-CoV-2 variants, data on longer-term vaccine efficacy and antibody dynamics in infection-naive individuals are essential for clarifying the need for further booster doses," wrote the researchers.

At the end of July, Israel became the first country to offer third doses of Pfizer, the vaccine it used in its inoculation program. Third shots will be offered to people over 60 years of age. The decision came after an alarming rise in infections and preliminary data showing protection against serious illness declining in those who were vaccinated in January.

Canada's National Advisory Committee on Immunization has thus far not recommended third doses.

## Ten tickets, 59 warnings July 19-25: COVID-19 enforcement report

Staff

Easing public health restrictions in recent weeks have led to a sustained drop in related tickets across the province.

For the week of July 19-25, enforcement officials issued just 10 tickets and 59 warnings, the province reported last week.

That included five \$1,296 tickets to individuals for various offences, three

\$298 tickets to people for failing to wear a mask in indoor public places, one \$5,000 ticket to a business in Winnipeg, and one \$8,550 ticket under the Federal Quarantine Act.

Officials advise that enforcement agents continue to investigate all large gatherings and rallies they are made aware of.

Manitobans can report compliance and enforcement issues online at

manitoba.ca/COVID19 or by calling 1-866-626-4862 and pressing option three on the call menu.

Since the pandemic began in spring of 2020, enforcement officers have responded to 218,960 calls, given 5,204 warnings, and issued 2,071 tickets to health order scofflaws totalling over \$2.8 million in fines.

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## IERHA calls for community members to join strategic committee

By Nicole Brownlee

A new strategy for the Interlake health system highlights the need for community involvement in reaching goals.

The Interlake-Eastern Regional Health Authority released its 2021-2026 strategic plan in July, updating its goals, values and approach to health care in the region.

"We're really proud of the work that we've done collaboratively," said Dr. David Matear, CEO of the IERHA, at a briefing on July 28.

The report consulted over 90 stakeholders, including municipal and provincial representatives, Indigenous leaders and health-care professionals, to acknowledge the service areas the IERHA needed to improve the most.

To oversee these goals, the IERHA has created two groups that will guide the health organization towards improving its services.

The strategic steering committees are responsible for creating strategies to achieve each of the six goals the report highlights. These committees will be made up of board members, regional and provincial health leaders, municipal representatives and community members.

The second group, the Regional

Health Advisory Council, will oversee the steering committees to implement their strategies and consult with stakeholders and regional leaders.

"This process maintains an open door for engagement," said Matear.

Local health involvement groups were created after the 2012 decision to reduce the previous 11 RHAs to five to connect with community partners, said the IERHA's 2016-2021 strategic plan. The two LHIG groups in the IERHA will now be part of the advisory council.

"Now they have an opportunity to bring [their ideas] forward to a strategic group that has a responsibility for oversight, for strategy and health system development for the entire region," said Matear.

Several points stressed in the plan include improving the co-ordination between health-care facilities, the accessibility to health care for Indigenous communities and vulnerable populations, and the foundation of community services.

These improvements could alleviate over-reliance on emergency departments for non-urgent needs, support the community to keep people living at home longer and provide better care for rural Manitobans.

"Within five years, our regional residents can expect a stronger, more integrated health-care system," said Matear. "That's kind of the underlying theme throughout all of our strategic direction really. By putting these goals into action, our regional health authority will emerge better positioned to meet the health needs of our residents."

The report also acknowledged the current health-care system throughout the province is inefficient because there is a lack of communication between the five regional health authorities. Health service planning done without consideration for other RHAs has led to a duplication of services, confusion and ineffective programs.

The creation of the steering committee and health advisory council may address these shortcomings for the IERHA.

The strategic plan will be reviewed annually to maintain relevance.

If you're interested in participating in the strategic steering committee, email [info@ierha.ca](mailto:info@ierha.ca) or phone 1-855-347-8500 for more information. To access the IERHA's 2021-2026 strategic plan, visit [ierha.ca](http://ierha.ca).

## Bill 64 topic of discussion for local municipalities

By Jennifer McFee

Rockwood council got an in-depth overview last week on proposed provincial legislation that would impact the entire public school system.

Interlake School Division board chair Alan Campbell was a delegation at the RM of Rockwood's committee of the whole meeting on July 28.

In the spring, the school division

sent letters to all its municipal partners to ask for the opportunity to talk about Bill 64 as well as Bill 37 and Bill 71.

"Bill 37 is legislation that will allow the government-appointed municipal board to overrule municipal councils when it comes to decisions about development in their own jurisdiction, so that's another

attack on local democratic authority," Campbell explained by phone.

"Bill 71 is the Education Property Tax Reduction Act because the government plans to phase out education property tax. Bill 64 plans to eliminate school boards and dissolve school divisions. There will be one appointed

Continued on page 7

### ADVERTISING OR PRINT CONTACT INFORMATION

**Jasmin Wolf**  
204-771-8707  
ads@stonewallteulontribune.ca  
**PHONE 204-467-5836**  
**FAX 204-467-2679**

### OUR EDITORIAL STAFF

**Jennifer McFee** 204-461-5352  
jen@stonewallteulontribune.ca  
**Tyler Searle** Cell: 204-647-0020  
tyler@stonewallteulontribune.ca

**Brian Bowman** Sports Reporter  
sports@stonewallteulontribune.ca  
**ADDRESS**

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

### > EMAIL US

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

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# get informed

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Thursday was a beautiful night for a ball game and fans are just as happy as athletes and coaches to be back outdoors enjoying the sports they love and have missed due to the pandemic. Pictured left to right: Kaity, Sandi and Kurt Swanson and Kristin Rinn enjoy a U19 Phillies fastball doubleheader. 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](mailto:weather@stonewallteulontribune.ca).

## > TOPIC OF DISCUSSION, FROM PG. 6

board for the Provincial Education Authority that very well could have zero representation from the entire Interlake area."

These three pieces of proposed legislation are important for school boards and municipalities to talk about, he added.

"The constituents of Rockwood and Interlake School Division deserve to have their local democratic rights upheld; therefore, we're asking our municipal partners to join in this conversation," Campbell said.

"The Town of Teulon has passed a resolution and is in support of the school board in condemning Bill 64. The RM of Woodlands and RM of Armstrong have passed a similar resolution. The Town of Stonewall will be considering a resolution in August, and I'm meeting with the RM of Rosser in August as well to have the same conversation."

Right now, the Interlake School Division employs many Rockwood residents and educates most students that live in the municipality, he said.

"The school board is responsible for \$40 million of spending every year, including salaries of those Rockwood residents. It also includes the purchasing that we engage in with local businesses in Rockwood, Stonewall, Teulon, Rosser, Armstrong and Woodlands that benefit all of the people that live in those municipalities," he said.

"Bill 64 takes all of that local spending decision-making and moves it to Winnipeg with an appointed, unaccountable board. When we talk about the partnerships that exist between municipal councils and school boards, they will no longer have a partner in the tens of millions of dollars that is spent in public education in their home communities."

Campbell noted that municipalities could also be on the chopping block.

"The government has a clear comfort level with destroying democratic rights in rural Manitoba communities," he said.

"If they're prepared to go so far as to fully eliminate school boards and dissolve the school division as a local employer, then who's to say that their next task isn't to do the same to some extent to municipalities?"

In addition, Campbell questioned the purported benefits of Bill 64.

"There is no evidence at all that what they are planning to do with Bill 64 — which includes eliminating school boards, dissolving school divisions and forcing principals out of the teachers union — will help students, learning or schools. It won't help anything, yet they're pushing ahead," he said.

"The City of Winnipeg passed a resolution last week condemning Bill 64. We're optimistic that Rockwood, Rosser and Stonewall will join in that

conversation as well."

The proposed legislation is particularly troubling for rural Manitobans, Campbell added.

"Rural Manitoba is already suffering in many ways. When you talk about economic development and population decline in small-town Manitoba, Bill 64 represents a threat to small-town public schools like never before," he said.

"If you want to talk about attacking the viability of small towns like Warren, Teulon, Balmoral, Argyle and Grosse Isle, then all you have to do is talk about closing more local public schools. Bill 64 makes it that much easier for the government to do that. What is the incentive to those communities if there's no school there?"

Looking ahead, Campbell plans to continue providing education about Bill 64, the Education Modernization Act.

"We still have August and September to drive the point home," Campbell said.

"Second reading for the bill is probably as early as Oct. 7, so we have time — and we're going to make every second count."

Rockwood council plans to discuss the topic during a meeting in August.

Campbell encourages everyone to check out the Bill 64 tab at [www.interlakesd.ca](http://www.interlakesd.ca) for more info.

## worship

with us > FAITH



Laura Lawrence  
Discovery Time  
Director for  
Child Evangelism  
Fellowship of  
Mb. & Member  
of the Stonewall  
Ministerial.

### "I want what You have"

Love is patient, love is kind is the name of one of our songs this summer. It's great to be able to teach kids what love is when many find it hard to define. Someone once said, "No one cares what you know till they know you care". So true! That goes for any relationship. Even marriage! My husband and I were complimented recently by someone who said, "I want what you guys have!" Funny, I wonder if he would have said that to us 30 years ago. Thankfully, what we have now is so much better and stronger. I know it's because by God's grace we became teachable and decided to learn how to love one another and figure out what that means. I thought I knew but, really, I had no clue. But the Lord began to show me through His word and others what it looks like. I discovered it's not about what I get but about what I give. 1 Corinthians 13:4-8 explains it well. *Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs (forgives). . . always protects, trusts, hopes & perseveres.*

Wow! Notice that love has everything to do with how I treat others, not how they treat me? Don't get me wrong, love is not a doormat for others' bad behaviour. Boundaries are important and also show love by holding others accountable for their actions. But when I choose to respond in the ways listed above, I am showing I care about you, and you matter to me. Imagine what our relationships would look like if everyone lived this way. Jesus modelled it too when He lived and died on the cross. *This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.* 1 John 4:10 Love is sacrificial & does not depend on how I feel but what I decide to do. What a blessing.

5 Day Clubs for kids are up & running this summer! Contact me for one near you.

[llawrence@cefmanitoba.org](mailto:llawrence@cefmanitoba.org)

# Camper turned beverage service rolls into event season

By Nicole Brownlee

A mobile bar and café is finishing up renovations this month to join the booming wedding season across the province.

Kellie Verwey and Travis Lundy have been working on retrofitting a 1966 camper into Roasts and Toasts Mobile Beverage Service since March, preparing for the return of events as COVID-19 restrictions ease.

"It's a longer process than either myself or Travis ever could have anticipated," said Verwey. "But you know what, with COVID going the way it's been going, we've decided to really just take our time and make sure that everything's perfect."

Verwey didn't expect to jump into the vendor business, but during the COVID-19 pandemic, she became increasingly interested in venturing into the community while continuing to work full time.

"I noticed a couple of similar types of businesses in Winnipeg, and then this past winter, we had a friend that was planning a wedding," said Verwey. "We're like, you know what, let's just do it."

The camper will be self-sufficient, supplied with running water, an ice machine and space to combine signature cocktails and brew hot coffee for

wedding parties, birthday guests or community events. With the help of Lundy's electrical expertise, Verwey's carpentry skills and friends and family pitching in, the couple hopes to roll out the bar in August.

"It's [Lundy] and I that own the business, but it's a bit of a family and community thing," said Verwey.

Brittany Webb decided to postpone her wedding, but she said she's excited for Roasts and Toasts to bartend next year.

"I was like, oh my gosh ... sign me up for my wedding because I just thought it was adorable having this little camper there," said Webb.

Webb's wedding is set for August 2022 at her family's farm in Swan Lake. Other barn weddings she's attended have built bars to accommodate guests, but Webb said she's looking forward to the convenience of the mobile drinkery.

"We can just drag this little camper right in there, set up and it's good to go," said Webb.

The duo has already booked a few events for late August, including a community party and a birthday. Verwey expects business to pick up as people get more opportunities to socialize.

"People just want an opportunity to



TRIBUNE PHOTO SUPPLIED BY KELLIE VERWEY

Kellie Verwey and Travis Lundy have booked a few events in August for the burgeoning business, Roasts and Toasts Mobile Beverage Service. They are offering hot coffee and signature cocktails in the convenience of their camper.

be with the people they want to be around. So, we will go to pretty much anything," said Verwey. "Especially now because I just want to see people get together."

To learn more about Roasts and Toasts, visit their Facebook page at Roasts and Toasts Mobile Beverage Service.

SPONSORED CONTENT

## Think FAST to beat stroke.

Almost two years ago, refrigeration technician Marcel Courelles of St. Adolphe was driving his truck to work when he started to feel unwell, almost like he would feel when his blood sugar is low. He pulled over and called his boss, Carolyn Davidon. Marcel called the right person.

Carolyn noticed right away that Marcel's speech was slurred. She asked him to try to raise both of his arms. He wasn't able to. So Carolyn suspected that Marcel might be having a stroke, and called 9-1-1.

When EMS arrived, they took him to nearest hospital that could administer the clot-busting drug needed to stop the stroke. They bypassed closer hospitals because they were not equipped to diagnose and treat a stroke.

Many people think of stroke as something that affects the elderly. While it's true that the older you are, the higher your risk, a stroke can in fact happen to anyone – at any age, any time, anywhere.

A stroke happens when the blood supply to the brain is cut off. Every minute after a stroke begins, an average of 1.9 million

brain cells die – it's often said that when it comes to stroke, time lost is brain lost. The sooner blood flow can be restored, the better the chance of a positive outcome.

### Positive outcomes start with you

We've made incredible strides in stroke treatment, but time is critical. The window for the gold standard treatment for the most common type of stroke is about 4-1/2 hours. To get to the right hospital for diagnosis and treatment in a short time, someone needs to recognize the stroke and take the right action by calling 9-1-1 or your local emergency number.

FAST is an easy and memorable way to remember the major signs of stroke:

**F**ace is it drooping?

**A**rms can you raise both?

**S**peech is it slurred or jumbled?

**T**ime to call 9-1-1 or your local emergency number right away.

In 2020, Heart & Stroke conducted a survey to gauge what people in our province know about the signs of a stroke. The results showed that only 14% of those surveyed knew the 3 most common signs, while 1 in 3 did not know any of the signs.

Every one of us has the potential to save a life – of a family member, a friend, a colleague or a complete stranger – by simply learning the signs of stroke and knowing what to do.

If you or someone with you experiences any of these signs, please don't drive to the hospital. Instead, call 9-1-1 or your local emergency number and tell them you are witnessing a stroke. Arriving by ambulance means you will get to the right hospital, equipped to provide emergency stroke care. And EMS will call ahead to alert the stroke team that a suspected stroke patient is en route so the team is ready!

Although several hospitals in rural Manitoba have the equipment needed to diagnose a stroke and administer clot busting drugs, many hospitals do not. For some strokes, a specialized treatment called Endovascular Thrombectomy (EVT) needs to be performed, and the Health Sciences Centre in Winnipeg is the only location equipped to perform an

EVT. EMS will know which hospital in your area can provide the care you need.

Today, Marcel is doing well and making great progress in his rehabilitation. He's grateful to Carolyn for thinking fast and taking the right action, and to his wife, family, friends and the stroke team at Riverview for supporting and motivating him through his recovery to beat stroke.

### More signs of stroke

The FAST signs are the most common signs of stroke and are more likely to be caused by stroke than any other condition. There are some other signs that are less common. They include:

- Vision changes - blurred or double vision
- Sudden severe headache - often along with some of the other signs
- Numbness - usually on one side of the body
- Problems with balance

Learn more about stroke at [heartandstroke.ca/stroke](http://heartandstroke.ca/stroke).



# Coffeehouse to End Cancer outdoor concert set for Aug. 19

By Jennifer McFee

Excitement is building for the 11th rendition of a local fundraiser that aspires to mark an impressive milestone.

Coffeehouse to End Cancer is set for Thursday, Aug. 19 at 6:30 p.m. outdoors at the Veterans Memorial Sports Complex in Stonewall. If it rains, the event will be held at the Ice Palace, which is Stonewall's old arena. Admission is by donation to CancerCare Manitoba Foundation.

Event founder Paige Procter said last year's event raised \$34,000 for the cause.

"Our goal is always to beat the previous year's total," she said. "But we're actually very close to having raised \$250,000 overall and it would be amazing to meet that mark. Our overarching goal is to get to a quarter-million."

This year, the lineup offers a diverse range of entertainment including Lost in a Small Town, Braeland and Lachlan McLean, Jasmine Henry, Teagan Shepherd, Crystal Magian and Amanda Cannon. In addition, highland dancer Jasper Bain will showcase a self-choreographed dance in honour of her grandfather Walter Hagborg, formerly of Meadows, who passed away from cancer.

"We've got some great return performers as well as some new performers," Procter said.

"We're also hoping to get a couple of musical groups together to represent the Métis and Indigenous culture



PHOTO SUBMITTED

Come enjoy live, local talent and raise money for Cancer Research through CancerCare Manitoba Foundation at the 11th annual Coffeehouse to End Cancer on Aug. 19.

within the Interlake."

Adding to the interest, clothing company Kiera's Kindness will be selling their merchandise at the event.

"It's in honour of a local family who lost their daughter to cancer," Procter said. "We've often partnered with them for our other shows, but we weren't able to last year due to the constraints of the restrictions. Now that the event is outside, and things seem to be going the right direction, we should be able to invite them."

For those looking to get involved, Procter welcomes interested performers to get in touch with her.

Businesses can get involved through Coffeehouse Collaboration, a new initiative this year that offers a win-win approach.

"We are looking for local businesses or services that are interested in fundraising. They could either hold an

event or donate a portion of profits for the month of August to the coffeehouse," Procter explains.

"In exchange for their donation, we will provide them with some free promotion on our social media and at the event itself, and we'll also give them a tax receipt for whatever money is collected from their event or sale."

Through a Coffeehouse Collaboration, Backcountry Fitness will host a boot camp on Wednesday, Aug. 11 at 6:30 p.m. in Stonewall Quarry Park. The cost is \$20, with all funds raised going towards the Coffeehouse to End Cancer. To register, email [backcountry4fitness@gmail.com](mailto:backcountry4fitness@gmail.com).

Quarry Fitness has also jumped on board with a Coffeehouse Collaboration. On Sunday, Aug. 15 at 2 p.m., they'll host a 45-minute workout in the soccer field behind the school in

Stony Mountain. The cost is \$20 per person, with all proceeds going toward the Coffeehouse to End Cancer. To sign up, contact Jodie at 204-461-4601.

Stay tuned for another collaborative effort with Hike Manitoba.

"If there's any business or service that's interested in making a collaboration with us during the month of August, we would love to have their support as well," Procter said.

"Businesses or individuals can also participate in the memorygram, which we started last year. It was very moving."

For a donation of \$100 or more, the name of your loved one will be read aloud on stage. For \$200 or more, the name of your loved one plus a few sentences of recognition will be read aloud on stage.

And for businesses or organizations that donate \$300 or more, they can have the name of a loved one and a few sentences of recognition read aloud on stage. In addition, the business or organization will be recognized as a major donor to the Coffeehouse to End Cancer, both on stage and on social media.

Another option is to donate directly to CancerCare Manitoba Foundation. The link is posted on the Coffeehouse to End Cancer 2021 Facebook page.

For more information about becoming a performer or sponsor, contact Procter at [p.p.procter@gmail.com](mailto:p.p.procter@gmail.com) or 204-461-4504.

## Firearms safety course offered in Ashern

By Nicole Brownlee

A Canadian Firearms Safety Course is being offered in Ashern at the Fieldstone Ventures Education and Training Centre Inc. throughout August.

Patrick Olson will be teaching the eight-hour course on Aug. 7 and 14.

"I think that most of the communities should have [courses like this] available to the individuals that live there as there's still a number of people that like to either target shoot or like it for the purposes of hunting," said Olson.

Previously a member of the RCMP, Olson has taught the course across the province since 2018.

Olson usually teaches the non-restricted (long gun) and restricted (handgun) courses, but the COVID-19 pandemic interrupted his instruction.

"[It] wasn't because of the federal government shutting us down that was just because of instructor choice," said Olson. "The COVID numbers were so high."

The safety courses must be taught in person, so Olson took a break before heading back into the classroom in July to join 135 other provincial

instructors.

First-time applicants 12 years or older must pass the Canadian Firearms Safety Course before applying for a Possession and Acquisition Licence, according to the RCMP website.

"We like to get the youth involved as well," said Olson. "I've had up to 74-year-olds in my class."

Students can expect in-class instruction, a written and practical test to demonstrate their safety knowledge. If the students pass the one-day course, they will receive a certificate by the end of the class.

To prepare for the course, students are welcome to look at the class material online before the in-person instruction, added Olson.

"Everything required for them to be successful at the end of the day is provided throughout the day."

The lectures cover 11 modules that include the evolution of firearms, safety practices and care of firearms.

To sign up for the firearms safety course or to book individual training sessions, contact Patrick Olson at 204-467-5134.

### Notice of Dangerous Goods Handling and Transportation Act Application

Manitoba Conservation and Climate has received an application pursuant to The Dangerous Goods Handling and Transportation Act regarding the following operation and invites public participation in the review process:

**RURAL MUNICIPALITY OF ROSSER TRANSFER STATION  
HAZARDOUS WASTE DEPOT – FILE NO: 6118.00**

An application has been filed by the Rural Municipality of Rosser for the operation of a hazardous waste depot at the Rosser Waste Transfer Station located on portions of SW 30-12-1 EPM within the Rural Municipality of Rosser. The material will be transported to a licensed facility for further processing, reuse or disposal. All material is transported from this facility and no hazardous waste is disposed of at this location.

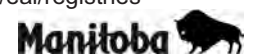
**Anyone likely to be affected by the above operation and who wishes to comment on the application should contact the department in writing or by email to Edwin Yazon, Environmental Engineer, at [Edwin.Yazon@gov.mb.ca](mailto:Edwin.Yazon@gov.mb.ca), not later than SEPTEMBER 05, 2021. Further information is available from the Public Registry: [www.gov.mb.ca/sd/eal/registries](http://www.gov.mb.ca/sd/eal/registries)**

Information submitted in response to these applications is considered public information and will be made available to the applicant and placed on the public registry.

**Environmental Approvals Branch  
Manitoba Conservation and Climate**

1007 Century Street  
Winnipeg MB R3H 0W4  
Toll Free: 1-800-282-8069  
Fax: 204-945-5229

Website: [www.gov.mb.ca/sd/eal/registries](http://www.gov.mb.ca/sd/eal/registries)



# Travel MB announces local tourism plan and incentive program

By Jules Stevenson

Travel Manitoba announced its plan to help the tourism industry bounce back faster in a press conference on July 27. Their plan is to encourage Manitobans to travel within the province.

"We all know that COVID-19 brought the tourism industry to a virtual standstill in Manitoba and around the world, and its recovery is gonna take some time," said Chuck Davidson, president and CEO of Manitoba Chamber of Commerce.

The press conference officially launched three key initiatives to mark the next stage of rebuilding the tourism industry in accordance with Manitoba's 4-3-2-One Great Summer reopening plan. As long as vaccination uptake continues to rise and COVID-19 remains under control, the province will continue to ease restrictions at the milestone of each long weekend.

"Manitoba is on its way not just to recover but to rebuild and have a thriving tourism industry once again," said Davidson.

The Manitoba Tourism Strategy is a collaboration between the Manitoba government, Manitoba Chamber of

Commerce and Travel Manitoba.

It will promote the exploration and discovery of Manitoba through 18 individual road trip itineraries throughout different parts of the province.

The campaign is also launching a travel incentive program called TRIP (Tourism Rebate Incentive Program). Manitoba residents 18 and up can submit a receipt from an overnight stay at a Manitoba accommodation between July 31 and Aug. 16, 2021, for a rebate of up to \$100 on a hotel stay or \$150 for a prearranged stay and play package, said Davidson.

Participants can receive one of the following three rebates: (1) Up to \$100 rebate on a minimum one-night stay at a qualifying hotel during the offer period; (2) Up to \$150 rebate on a qualifying package purchase from a qualifying hotel during the offer period; or (3) 50 per cent off the admission at any qualifying attractions.

Colin Ferguson, president and CEO of Travel Manitoba, says that long term, they want to increase visitor spending in Manitoba by 50 per cent to reach \$2.5 billion by 2030.

Short term, the goal of their summer tourism campaign is on local audiences. The campaign encourages



PHOTOS SUBMITTED

Manitoba residents can claim for a 50 per cent off admission rebate when visiting a number of attractions including Lower Fort Garry, the Canadian Fossil Museum in Morden or the Assiniboine Park Zoo. Visit [TRIPmb.ca](http://TRIPmb.ca) to see the list of 30 attractions.

Manitobans to take a road trip around the province.

The campaign will only be extended to nearby provinces once it is deemed safe. Ferguson said the objectives of the campaign are to increase awareness with Manitobans about attractions throughout their own province.

Ferguson said once Manitobans have the information and tools to travel throughout Manitoba, the campaign will encourage them to take action and do it by driving click-throughs to their partners.

They will measure the success of the campaign

through increased business visitation and spending, occupancy rates and the satisfaction of their partners and residents of Manitoba. The campaign will continue to build on the theme of "The Home is Where the Heart is," said Ferguson.

"The campaign includes a partnership with Expedia under a national agreement, leveraged by Canada national tourism bodies to drive awareness and hotel bookings, both here in Winnipeg and in rural destinations," said Ferguson.

In total, 200,000 copies of their road trip guide have been sent out to Manitobans through direct mail to help promote the campaign.

"Manitobans are key to supporting the recovery of the tourism sector, and that will start here, at home, this summer. With the help of all Manitobans, I know that tourism in this province will build back even better than before," said Economic Development and Jobs Minister Jon Reyes.



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## MANITOBA 150

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AUGUST 28, 2021

DAYTIME SHOW 12:00 PM

CHANTAL KREVIUZUK WITH WINNIPEG SYMPHONY ORCHESTRA

WILLIAM PRINCE \* FRED PENNER

TAL BACHMAN \* ANDRINA TURENNE

RAINBOW STAGE - MA-BUHAY!

RED MOON ROAD

INDIAN CITY \* JOCELYN GOULD

EVENING SHOW 6:30 PM

**BACHMAN CUMMINGS**

TOM COCHRANE \* BEGONIA

DOC WALKER & SIERRA NOBLE

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Be a part of the live studio audience - limited number of tickets available!

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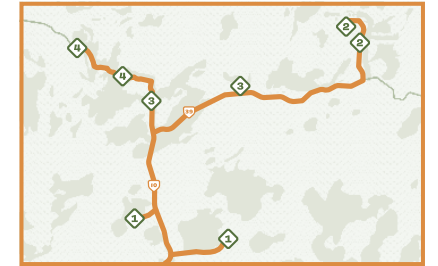

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#MB150 @MANITOBA150 [manitoba150.com](http://manitoba150.com)

# Manitoba | Road Trip Ideas



SCAN THE QR CODE to open this road trip map on your phone.



## Call of the North

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. In this trip, discover the northern region's natural beauty along with its true hospitality in the places you visit along the way.

### TRAVEL SAFE IN MANITOBA

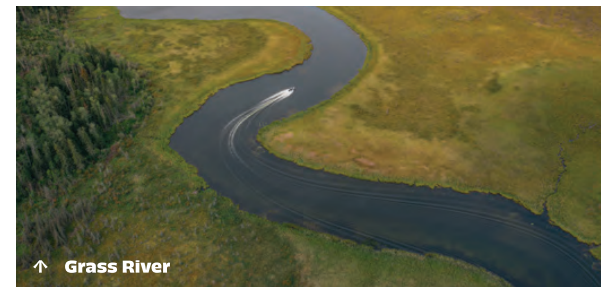
Keep yourself and others safe as you explore Manitoba. Remember to:

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.



↑ The Caves Self-Guiding Trail



↑ Grass River



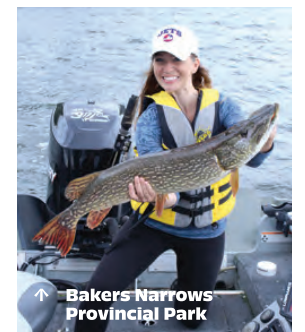
↑ Flin Flon



↑ Wekusko Fall



↑ Big Island Drive In



↑ Bakers Narrows Provincial Park

### 1 DISCOVER THE NORTHERN JEWEL

Make your way north on Highway 10 to **The Pas** and **Opaskwayak Cree Nation**, neighbours across the Saskatchewan River. Start your exploration in the heart of The Pas – the former courthouse and current Sam Waller Museum. The oldest brick building in Manitoba now houses artifacts detailing the Indigenous history of the area along with Sam Waller's amazingly eclectic collection.

The jewel of the North is Clearwater Lake, the dazzling focal point of **Clearwater Lake Provincial Park**, less than 30 minutes from The Pas. The spring-fed lake is crystal clear and its beautiful turquoise colour is beyond impressive. Fishing excursions – either on your own or guided – will

likely see you set up near an underwater shelf where large lake trout like to gather. Follow a short self-guided hiking trail on the lake's south shore and explore the deep rock crevices known as the "caves" from the trail, viewing platform and stairways.

There are hotels in The Pas as well as the Kikiwak Inn in OCN. Rent accommodations at one of the lodges in Clearwater Lake Provincial Park, stay in one of the park's campgrounds or opt for one of the yurts (wheelchair accessible options are available). Thirty minutes north from The Pas on Highway 10 is **Rocky Lake**, another favourite destination for water recreation with two resorts offering a range of options.

### 2 FALL FOR WEKUSKO FALLS

About two hours northeast of The Pas is the town of **Snow Lake**. Learn about the history of this town at the **Snow Lake Mining Museum**. See exhibits of authentic mining equipment, including mock-ups of mining drifts and a mine rescue centre.

Snow Lake is also just 15

minutes away from **Wekusko Falls Provincial Park**. In addition to the next-door fishing lodge, the park has camping, beaches, hiking, fishing and scenic views from the suspension bridges over the Grass River as it tumbles down 12 metres – the impressive Wekusko Falls.

### 3 FOLLOW THE GRASS RIVER

Head back east along Highway 39, this time stopping at **Grass River Provincial Park**. A top paddling destination, the Grass River connects First, Second and Third Cranberry Lakes with the park's large Reed Lake. There are designated backcountry campsites along the routes, but the park also has three campgrounds

and lodge options.

Continue west toward **Cranberry Portage**. Going back 2,000 years, this was an important portage route connecting the Grass and Saskatchewan River systems. Learn about the area's history at the carefully restored rail station, home to the **Cranberry Portage Museum**.

### 4 THE WATER AND THE WILD

**Bakers Narrows Provincial Park** is centred around Lake Athapapuskw. This clear blue lake is known for giant lake trout and walleye all year-round. A boat launch in the park provides easy access to the lake or you can opt for a guided trip. The lodge here also offers canoe and kayak rentals. While in the park, keep an eye out for wildlife, like moose, beaver or great blue herons.

Next, head to **Flin Flon**, a charming city built atop volcanic rocks. Begin your exploration at the statue of Flin Flon's namesake – the fictional Flintabbatey Flonatin. Follow Flinty's Boardwalk along Ross Lake, an accessible 2.2-km

path. Flinty's Trail begins where the boardwalk ends – adding another two kilometres along with some amazing views of the city.

Stop into the **Flin Flon Station Museum**, a former CN Rail station that features artifacts from the city's mining and pioneering history. Visit the **NorVA Centre** – an artist-run studio and gallery cooperative.

In addition to accommodation options at Bakers Narrows Provincial Park and lodges nearby, there is a campground just off Highway 10 as you enter town. Flin Flon also has a number of hotel and motel options.

For more inspiration for your northern Manitoba road trip, go to [travelmanitoba.com/road-trips](http://travelmanitoba.com/road-trips).

# Donations welcomed to support animals in need

By Nicole Brownlee

A grassroots animal shelter hopes to settle vet debt with the help of an online auction.

Grateful Friends Animal Shelter is raising money to help pay for their recently welcomed critters' vet bills through an upcoming online auction this month.

"We are very willing to take anything," said Desiree Griffin, founder of GFAS. "If we can't use it for auctions, we are hoping to have a yard sale, so it can always be moved to our yard sale donation pile."

Griffin started GFAS this year after spending time volunteering at several shelters over the years. Griffin first got a taste of helping animals while attending Teulon Collegiate Institute.

"There was this group called Helping Hands, and our kind of project for [the group] was to find something that we were passionate about ... and we would start volunteering with what we choose," said Griffin. "I picked animals, of course."

GFAS is entirely volunteer-based and fosters as many animals as it can.

"We'll take pretty much [any pet]," said Griffin. "As long as I can find a foster and we have the funds to do

vetting on the animals."

Since February, GFAS has brought in over 160 animals and currently has 67 animals in care.

The majority of the animals are housed in Winnipeg, with a few scattered throughout the Interlake region like Gimli, Arborg and Selkirk.

"I have a good team of awesome fosters," said Griffin. "We're always looking for new fosters to join our team."

GFAS was forced to stop taking in animals because the teams' veterinary bills had skyrocketed to over \$6,000 owed to veterinarians, said Griffin.

"We would love to be doing adoption events and stuff like that, but just with the regulations for COVID, we haven't been able to," said Griffin.

Since the COVID-19 pandemic has restricted fundraising options, GFAS has stuck to online initiatives like cheese sales, car raffles and auctions and has raised around \$2,000.

"Adoption fees go towards vet bills, donations go towards vet bills," said Griffin. "Everything goes."

Supplies to care for the animals are often donated from other shelters or community members.

"We're growing every day," said Griffin. "I think it helps being from a



TRIBUNE PHOTO SUPPLIED BY DESIREE GRIFFEN

Teulon local Desiree Griffin is raising money to support furry friends like these that are in the care of the Grateful Friends Animal Shelter.

small town. Everybody knows who I am, right, and they'll support me as much as they possibly can.

"New people are always messaging us, asking to help."

Griffin grew up in Teulon but recently moved to Winnipeg to pursue massage therapy while running GFAS and taking care of foster animals of her own.

"I've got multiple kittens right now that I'm trying to take care of, and they take quite a bit of my time," said Griffin.

Griffin is currently caring for a feral cat and her litter of six kittens from Teulon and another two kittens from an over-populated farm.

To donate to the upcoming GFAS auction, visit the Grateful Friends Animal Shelter Facebook page or website at <https://www.gratefulfriendsanimalrescue.com/>. Donations can also be arranged through email at [gratefulfriendsanimalrescue@gmail.com](mailto:gratefulfriendsanimalrescue@gmail.com).



## August Consignment Sale - Aug. 12th - 19th

### ONLINE ONLY!!!!

BIDDING OPENS AUGUST 12TH @9AM. CLOSES AUGUST 19TH @ 10AM \*\*MORE PICTURES AND INFO TO COME!\*\* CONSISTING OF FARM EQUIPMENT AND MUCH MORE TO COME! LOCATION: GRUNTHAL LIVESTOCK AUCTION MART. FROM STEINBACH: TRAVEL SOUTH ON HWY. 12 APPROXIMATELY 15 KMS. TURN WEST ONTO HWY. 205 (SIGNS FOR SARTO/GRUNTHAL) AND DRIVE APPROXIMATELY 8.5 KMS. FROM HWY. 59: TURN EAST ON HWY. 52 AND DRIVE APPROXIMATELY 8 KMS. TURN SOUTH ONTO HWY. 216 (SIGNS FOR KLEEFELD) AND DRIVE 16.5 KMS. THROUGH KLEEFELD AND THROUGH GRUNTHAL. AT THE EAST END OF MAIN STREET IN GRUNTHAL, TURN SOUTH ONTO HWY. 216/205 AND TRAVEL 1 KM. TURN EAST ONTO HWY. 205 AND TRAVEL APPROXIMATELY 3 KMS. CUT OFF DATE TO CONSIGN ITEMS IS AUGUST 10TH. PREVIEW ITEMS AVAILABLE AUGUST 2ND - 11TH FROM 9AM - 5PM

Pickup available August 13th and 14th from 9am to 5pm or call for arrangements.

## September Consignment Sale - September 16th - 23rd

### ONLINE ONLY!!!!

BIDDING OPENS SEPTEMBER 16TH@9AM. CLOSES SEPTEMBER 23RD @ 10AM \*\*MORE PICTURES AND INFO TO COME!\*\* CONSISTING OF FARM EQUIPMENT AND MUCH MORE TO COME! LOCATION: GRUNTHAL LIVESTOCK AUCTION MART. FROM STEINBACH: TRAVEL SOUTH ON HIGHWAY 12 APPROXIMATELY 15 KMS. TURN WEST ONTO HIGHWAY 205 (SIGNS FOR SARTO/GRUNTHAL) AND DRIVE APPROXIMATELY 8.5 KMS. FROM HIGHWAY 59: TURN EAST ON HIGHWAY 52 AND DRIVE APPROXIMATELY 8 KMS. TURN SOUTH ONTO HIGHWAY 216 (SIGNS FOR KLEEFELD) AND DRIVE 16.5 KMS. THROUGH KLEEFELD AND THROUGH GRUNTHAL. AT THE EAST END OF MAIN STREET IN GRUNTHAL, TURN SOUTH ONTO HIGHWAY 216/205 AND TRAVEL 1 KM. TURN EAST ONTO HIGHWAY 205 AND TRAVEL APPROXIMATELY 3 KMS. CUT OFF DATE TO CONSIGN ITEMS IS SEPTEMBER 14TH. PREVIEW ITEMS AVAILABLE SEPTEMBER 6TH - 15TH FROM 9AM - 5PM

Pickup available Sept 24th and 25th from 9am to 6pm or call for arrangements.

[Grunthalauctionservice.com](http://Grunthalauctionservice.com) for bidding and find our listings on [www.globalauctionguide.com](http://www.globalauctionguide.com)

Terms: Cash, Cheque, E-Transfer, for Credit Card (3% sur charge on Credit) 5% buyers fee capped at \$250 per item.

Brad Kehler (204) 346-2440 • Ed (204) 392-8442. Russ (204) 371-4771 • Darryl Enns (204) 216-0931



# Two days in Winnipeg

Clockwise from left: Explore Thermëa by Nordik Spa-Nature (Jessica Losorata); Shopping in St. Boniface (William Au); FortWhyte Alive (Mike Peters).

Enjoy a well-rounded summer getaway in Winnipeg as you make memories exploring the city's attractions, culinary scene, shopping and more.

## First night

Drop your bags at one of Winnipeg's great hotels, many offering hot deals for summer. You'll instantly feel welcome thanks to the city's friendly prairie hospitality.

Ease into your vacay by slipping into the soothing hot waters and saunas of Thermëa by Nordik Spa-Nature, where you'll feel instantly relaxed inhaling aromatherapy and the scent of fresh pine at this Scandinavian-inspired spa. Brightly coloured plates of local produce and flavours delight the senses as you savour dinner at its on-site restaurant.

## Day 1

Treat yourself with a decadent breakfast in bed at your hotel. Now that you've fueled up, set your sights on Winnipeg's incredible culture scene.

Spend the morning at the architecturally stunning Canadian Museum for Human Rights. As you climb up the gorgeous alabaster ramps heading from darkness into light, you'll explore galleries built around human rights themes. Hundreds of stories are shared using the latest technologies, oldest forms of storytelling and timeless power of art, where you'll feel moved and inspired by the experience.

The Forks Market is a perfect stop for lunch. Whether you sit amongst the shady Common patio (it's licensed!) or the Instagram friendly food hall, dive into global flavours from bursting empanadas to artful sushi to gourmet hot dogs from local food kiosks.

Next, head to the historic Exchange District neighbourhood, including the Manitoba Museum to view its newest upgrades. A must-see is the new Prairies Gallery, where a layered view of

history explores human connections to the land. Sports fans will want to cross the street to check out the Manitoba Sports Hall of Fame full of memorabilia.

While here, dine at a local restaurant, such as Peasant Cookery, Cordova Tapas & Wine Bar, Corrientes Argentine Pizzeria, or Amsterdam Tea Room. Sip a refreshing premium Belgian-style beer at local craft brewery Nonsuch or a purple gin cocktail at local Patent 5 Distillery afterward.

## Day 2

Seize the day by getting in touch with nature. Canoeing, fishing, cycling and hiking are on the docket for a tranquil experience at FortWhyte Alive, as you navigate its rustling tree-lined trails and dip your paddle in its peaceful lake. Be sure to check out the munching, grunting bison herd on site.

Afterward, check out Canada's newest national treasure—Qaumajuq Inuit art centre at the Winnipeg Art Gallery. Housing the world's largest collection of contemporary Inuit art, you'll marvel at pieces of art housed in the stunning three-storey visible vault surrounded by a crisp, white setting reflective of Canada's landscape in the North.

For your last stop, choose your own adventure! Get to know the fascinating history of Winnipeg's French Quarter on an Old St. Boniface Walking Tour, where you'll wander this charming neighbourhood. If you're looking for a lively afternoon out, McPhillips Station Casino or Club Regent Casino is the name of your game. You'll



## Book your stay & save!

Winnipeg's hotels continue to safely bring their best with great summer deals.

**Motel 6 Winnipeg's "Stay and Play"**  
Includes four passes and \$20 food voucher at Thunder Rapids.

**Super 8 West's Zoo Adventure Family package**  
Includes four zoo admissions and teddy bears.

have a blast trying your luck at all the hottest games amongst the buzz and colourful lights, plus many dining options to enjoy too. Shop 'til you drop at local boutiques and shopping centres with the brands you love, such as CF Polo Park and Outlet Collection Winnipeg.

Call or visit websites of attractions, shops and restaurants to understand the latest COVID-19 restrictions and protocols.



PLAN YOUR STAYCATION AT [hereforitwpg.com](http://hereforitwpg.com)





# COMMUNITY NEWS



## Icelandic history continues to connect to the present

By Nicole Brownlee

Seven years after publishing his inaugural novel, *Vikings on a Prairie Ocean*, Glenn Sigurdson's work remains an intelligent snapshot into the Icelandic history of the Interlake.

"It's a lot of work and it's a lot of love that went into trying to capture these times and these places, but it also was a source of great personal pleasure to me," said Sigurdson. "I'm able to write with first-hand knowledge that really rebounds into the '20s, easily, maybe 1910."

Being a descendant of one of the first Icelandic immigrants to Manitoba and a part of one of the first leading Icelandic fishing families in the province, Sigurdson grew up around notable people and big decisions.

"My family was a very large, complex family," said Sigurdson. "It was an interesting family to use as the story spine ... but their experience was reflective of the experience of many, many people."

Born in 1947, Sigurdson describes growing up on the north end of Lake



TRIBUNE PHOTOS BY GLENN SIGURDSON

*Vikings on a Prairie Ocean* explores the history of Icelandic settlers in Manitoba, the development of the Interlake and the region's imperative fishing industry lead by families like Sigurdson's ancestors.

Winnipeg as a "time warp."

"Not much had changed on Lake Winnipeg and the way things were done in 1947 from 1922," said Sigurdson. "The lake started to dramatically change in terms of technology, players, all kinds of things in the late '50s."

His unique understanding of the development of the area gave him the advantage to create an interesting portrayal of the Interlake with characterizations of his family and community members and factual stories.

"I wrote the book to try to bring real people to life in a meaningful way," said Sigurdson. "I wanted to somehow bring out the personality, the kind of values and the influences that shape these people how they lived and worked and what made them tick."

"That led to a bigger exploration of how fishing has come to be such a vital part of the development of the economy in this area," said Sigurdson.

With the help of several historical texts, articles and family archives, Sigurdson pieced together a chronological development of his family and the Interlake.

"I also have always had a deep interest in the people and the places here in the Interlake, and so a lot of the details stuck in my mind without me really consciously absorbing it," said Sigurdson.

Sigurdson is working on a sequel to *Vikings on a Prairie Ocean*, delving into the story of his great-grandparents



Glenn Sigurdson is working on a sequel to *Vikings on a Prairie Ocean*, reflecting on the COVID-19 pandemic and telling the story of his great-grandparents' loss of five children to tuberculosis in the early 1900s.

who lost five children to tuberculosis in 10 years.

"The pandemic made me think of those kinds of stories," said Sigurdson. "The e-book is here to kind of reflect backward from the reality of the pandemic today."

To stay up to date with Glenn Sigurdson and the release of his upcoming e-book, *My Viking Lady of the Lake*, visit [prairieocean.ca](http://prairieocean.ca).



## Building a better province

The hog sector is one of the largest employers in Manitoba, contributing \$1.7 billion to the provincial economy and creating roughly 14,000 jobs. The economic importance of the sector has grown as the industry is providing much needed financial stability during the COVID-19 pandemic. Economic stability also ensures that local communities are equipped to fund essential services that are vital to us all.

Since 2017, over 30 new barns or barn expansions have been approved across Manitoba, totalling over \$150 million in new private investment. Every \$1 created by hog production in Manitoba generates \$2.75 in economic activity, and every job in hog production generates upwards of 5 jobs in indirect employment, creating growth and resiliency in rural communities.

Manitoba's hog sector plays an active role in building a better province. New barn projects lead to opportunities for your community, and economic benefits for all Manitobans.

To learn more, visit [manitobapork.com/economy](http://manitobapork.com/economy)

SPONSORED CONTENT

# The wonder of wetlands: a thriving ecosystem

By Jennifer McFee

The current drought reflects the importance of conserving our wetlands, which play an important role by naturally protecting our land from dry conditions.

At Oak Hammock Marsh, the wetland doesn't dry up — even during this drought that is impacting producers and communities across the prairies.

"We have lots of water coming from underground sources, so our wetlands have always been pretty full," explained Jacques Bourgeois of Oak Hammock Marsh.

"Even back in the Dirty Thirties, Oak Hammock Marsh still had water in it whereas most of the other wetlands across the prairies were all bone dry."

Oak Hammock Marsh is classified as a permanent deep-water wetland. Other wetland classifications include ephemeral, temporary, seasonal and semi-permanent.

For ephemeral wetlands, Bourgeois says it's normal for them to dry up.

"They basically absorb the excess moisture in the spring when the snow melts and then slowly release it throughout the spring and summer. Eventually, by the end of summer, they're all dried up," he said.

"The role and function of many wetlands is to capture the excess moisture in the spring and then slowly release it back into nature or back into the ground to rebuild the ground water. But, sadly, many wetlands have been drained over past years."

After the 1930s drought, Ducks Unlimited Canada launched to recreate wetland habitat, he added.

"For so many years, wetlands were seen as a wasteland and people were draining them. Now I think people are realizing that the impacts of wetlands are really important on the environmental landscape because they keep the moisture in place," Bourgeois said.

"Imagine you had a big landscape like a prairie and it's full of little wetlands everywhere. When the snow is melting, all the excess moisture remains there over spring and summer as it's slowly released back into the environment."

If you take away those wetlands, the excess moisture drains back to main waterways such as the Red River, which can cause floods.

"So if you have a period of drought like you have right now, those areas where the wetlands were drained are suffering a lot more than where the wetlands are still in place," Bourgeois said.

"Wetlands play an important role — both in years of high moisture



TRIBUNE PHOTOS BY KEITH WALDNER

Wetlands, such as Oak Hammock Marsh, play an important role in regulating moisture.



Plants thrive at Oak Hammock Marsh.



Oak Hammock Marsh is once again open to the public.

and years of no moisture — because they tend to regulate. They make sure there's still water in the ground, but not too much water. They help to keep the equilibrium and the balance."

In the past, Oak Hammock Marsh used to stretch from the north side of Winnipeg almost all the way to Lake Winnipeg.

"It was huge originally, and it was unfortunately almost entirely drained. There was barely anything left in the '60s. The government, with the help of Ducks Unlimited Canada, decided to rebuild this wetland. Oak Hammock Marsh is a reclaimed wetland that was constructed in the 1970s," Bourgeois said.

"Now you can see it's a thriving ecosystem — and it's one of the birding hotspots of North America. Because it's controlled, we have to recreate some natural fluctuations in the level, so we decided to take advantage of the drought this year to drain a section of the marsh."

As part of this process, the pond behind the Harry J. Enns Wetland Dis-

covery Centre is now deliberately dry.

"We opened the valve and the water flowed from one section to the next and now it's just mud everywhere that, in turn, is really good for different wildlife. We have lots of shorebirds this year, which normally wouldn't come to this wetland because it's too deep," Bourgeois said.

"Now they can poke their beak into the mud to the bottom to find all the different invertebrates. It's a natural process that we're dealing with in wetlands and we're recreating right now currently at Oak Hammock Marsh."

Looking ahead, Bourgeois hopes people will work together to reclaim and rebuild more wetlands.

"We need to make sure they're part of the landscape and not completely drained out because they're super valuable," he said.

"We all know wetlands are also good for filtering water. They're nature's kidney. If you've got dirty or polluted water, wetlands naturally clean it with all the plants."

Oak Hammock Marsh is once again open to the public with exciting events

coming up. Adding to the experience, a new chef is cooking up delicious meals with locally grown ingredients.

- On Sunday, Aug. 8 from 1 to 2 p.m., you can join the guided plant ID walk for beginners and learn how to recognize native plants and wildflowers.

- On Thursday, Aug. 12 and 26 from 7 to 9 p.m., you can bring your own canoe to join a canoe specialist for a guided sunset tour through lesser-explored areas of the marsh.

- On Saturday, Aug. 14 from 11 a.m. to 4 p.m., the family GPS hunt will offer plenty of fun. Families will be given a GPS loaded with co-ordinates that they can use to find clues scattered around the marsh.

- On Saturday, Aug. 28 from 7 to 9 a.m., you can join a naturalist for a guided hike to find birds in the marsh at sunrise followed by a hot breakfast in the café.

Additional information about these events and more is available on Oak Hammock Marsh's website at [www.oakhammockmarsh.ca](http://www.oakhammockmarsh.ca).

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Girls Baseball Tour a huge hit

By Brian Bowman

The girls of summer were busy on the ball diamond last month.

Baseball Manitoba hosted a Girls Baseball Tour, which is a development program for girls ages 7-13 who want to learn to play baseball. The goal was to develop and improve a baseball skill-set while allowing players to grow and develop in a fun, all-girls setting.

The tour included nine different camps (two multi-day camps and seven single-day camps) in seven locations - Winnipeg, Steinbach, Morden, Brandon, Hamiota, Dauphin and Stonewall.

Baseball Manitoba's sport development co-ordinator and provincial team player Brittney Langlais travelled around the province with other members of the Senior Women's team for the highly successful Girls Baseball Tour.

"It was awesome and took place in the whole month of July," said Langlais last week, noting just under 150 girls attended the camps. "The numbers were over our expectations, for sure. It was amazing to see that many girls interested."

Langlais said it was great to see the girls improving their skills in such a short period of time. She is hopeful that many will try out — or even play for — Manitoba's female provincial team one day.

"You could tell that they were really listening and I think that it helped that we were all female instructors teaching all female participants," she said. "I think that impacted the girls a

little bit more."

This was the first time that Baseball Manitoba has hosted such a camp, according to Langlais, but they definitely will be hosting this event for years to come.

"Our goal is to keep growing this, maybe even extend it to the fall or winter if we can get enough participants," Langlais said. "We're definitely planning on expanding this way more than what it is right now."

The Tour had three camps in Winnipeg but it was very important that there were several stops in rural Manitoba.

"I think that was huge for us because it made sure that we hit all of those other girls out at those locations," Langlais said. "With our provincial team now, most of the girls aren't even from Winnipeg. I think it shows the importance of hitting Dauphin, Brandon, and those other locations to reach out to everyone and see the interest level."

The other instructors at the camps were Katie Heppner, Olivia Sheldon, Sarah Moir, Amber Baker, Jasmine Horwood, Michayla Peacock and Caitlin Culleton.

Meanwhile, Langlais was one of four Manitobans recently named to the National Women's Showcase event to be held Aug. 8-13 in Trois-Rivieres, Quebec.

The other three from our province are Katie Heppner, Mercedes Gorham and Sarah Moir.

Baseball Manitoba provincial coach Jeremy Culleton has been invited to serve as a guest coach.



TRIBUNE PHOTOS BY PATTI HACAULT

Instructors Olivia Sheldon, Brittney Langlais, Katie Heppner and Sarah Moir helped young girls improve their skills and knowledge of baseball while growing the game in Manitoba by making it known that females have a place in the sport.



Brittney Langlais works with a group of participants on their throwing mechanics in Brandon.

## Manitoba U18 AAA Hockey League releases schedule

Staff

The Manitoba U18 AAA Hockey League released the 2021-22 regular-season schedule last week.

The campaign is set to kick off on Sept. 24, with opening weekend consisting of five two-game match-ups:

Kenora Thistles host Brandon Wheat Kings (Sept. 25 & 26);

Central Plains Capitals visit Pembina Valley (Sept. 25 & 26);

Norman Northstars host Southwest Cougars (Sept. 25 & 26);

Eastman Selects and Interlake Lightning play a home and home set (Sept. 24 & 25); and

Parkland Rangers and Yellowhead Chiefs also play a home and home set (Sept. 24 & 25).

In Winnipeg, the Thrashers host the

Wild in their home opener on the 24th, and the Bruins face-off against the Thrashers on the 25th in their first game at home.

The league has made a significant effort to reduce contact between clubs. Teams play the majority of their games as back-to-backs or home and home with their opponent.

The full schedule can be viewed at:

[https://www.mbaaamidget.ca/schedule/day/league\\_instance/147413?season=762203](https://www.mbaaamidget.ca/schedule/day/league_instance/147413?season=762203)

Hockey Manitoba is in the process of developing a comprehensive Return to Play Plan. The Manitoba U18 AAA Hockey League will implement all procedures required to maintain a safe environment for its players, coaches and fans.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## U16 Phillies win first game of the season

By Brian Bowman

The South Interlake U16 Phillies may have only one victory this season but they're having a lot of fun and getting better every week.

South Interlake's record is now 1-11 after splitting a doubleheader with the Manitoba Thunder last Wednesday at Quarry Park. The Phillies won 9-6 and then lost a tough one, 6-5.

"We could have had two (wins)," said Phillies' head coach Jason Cassils. "(We) felt it coming and we're definitely trending in the right direction."

South Interlake scored three runs in the first inning and then added six more in the bottom of the third for the victory.

Kaylee Huminuk paced the Phillies by going 3-for-3 with two runs scored and an RBI while Bryn-Lee Procter was 2-for-2 with a run scored and two RBI.

South Interlake's other runs were scored by Rianna Cassils, Daryn Bremner (two), Chelsea Snively, Madison McRae and Kaitlyn Swanson.

Kaitlyn Hawryluk and Maya Olson split the pitching duties for South Interlake.

In Game 2, the Phillies scored twice in the top of the fifth inning to take a 5-3 lead but the Thunder answered with three in their final at bat for the walkoff win.

Rianna Cassils, Snively, McRae (two) and Olson scored for South Interlake.

On July 26, the Phillies were defeated 3-1 and 14-1 by the Winnipeg Lightning.

In Game 1, the game was scoreless until both teams scored a run in the fourth inning. The Lightning then added a pair in the bottom of the fifth.

Snively, who plated South Interlake's lone run, Swanson, Procter, McRae, Hawryluk and Rianna Cassils each had a hit for the Phillies.

Olson pitched for South Interlake, scattering six hits and three runs over five innings. Hawryluk pitched the sixth inning.

"Game 1 was a very good game," said Cassils. "We had great pitching. Our pitchers threw very well and defensively we had a solid game. We had runners on base but we just needed some timely hits. As a whole, it was a pretty clean game, both sides played well."

Game 2 saw South Interlake's Snively single in Rianna Cassils in the bottom of the first to take a 1-0 lead. Rianna had two hits and three stolen bases in the game.

Down a run, the Lightning replied with a run in the second, two in the third, four in the fourth and seven more in the fifth.

South Interlake hopes they continue to play better and better each week as they close out the final month of the season.

"I find that we're starting to play better now," Cassils said. "We're starting to get the bats going a bit and we're starting to play a little bit better defence, for the most part. We're definitely projecting in the right direction."

The Phillies are extremely busy this weekend with three doubleheaders.

"We have 10 girls on our team so it's going to be a tricky one, for sure," Cassils admitted.

South Interlake will visit Eastman on Friday (7 p.m. and 9 p.m.), and then host Westman Saturday



TRIBUNE PHOTO BY JO-ANNE PROCTER  
Kaitlyn Hawryluk, pictured, and Maya Olson split the pitching duties last Wednesday for the South Interlake Phillies. (2 p.m. and 4 p.m.), and the Angels on Sunday (2 p.m. and 4 p.m.).

## Senior Blue Jays split games, juniors dominate in win over Altona

By Brian Bowman

The Stonewall Blue Jays are not used to giving up nine runs in one inning.

But that's what happened last Thursday as Stonewall lost 13-7 to the St. James A's in Winnipeg Senior Baseball League action at Optimist Park.

"It was a lack of arms," said Blue Jays' player Adam Kirk. "James Stolar started on Thursday and pitched well for four innings."

The two teams were tied at 4-4 heading into the bottom of the fifth inning when St. James exploded for the huge inning.

Derek Pertasko and Liam Allen led the Blue Jays with three hits apiece while Baily Proctor had two hits.

Blue Jays' runs were scored by Proctor (two), Kirk, Allen, Zach Campbell, Dave Mabon and Derrick Funk.

On July 27, the Blue Jays edged the

Elmwood Giants 5-4 in an exciting game in Stonewall.

"That was actually a really well-played ball game by both teams," Kirk said. "There was some hitting, good defensive plays, just good baseball, and both pitchers threw well."

Stonewall got off to a great start, scoring three runs in the first inning. But Elmwood replied with a run in the second inning and three of their own in the fourth to take a 4-3 lead.

The Blue Jays closed out the scoring with a pair of runs in the fifth.

Dave Mabon led Stonewall with two hits and a run scored while Funk belted a key two-run homer and scored twice. Other Blue Jays' runs were scored by Allen and Nick Drews.

Campbell threw well to earn the complete-game victory, allowing seven hits while striking out three.

Stonewall hosted St. James on Tuesday but no score was available. On Thursday, the Carillon Sultans will visit Stonewall for a 7:30 p.m. game.

In Manitoba Junior Baseball League action last Wednesday, it was, at the time, a battle between the league's first and worst.

The last-place Interlake Blue Jays destroyed the Altona Bisons 15-3 at Quarry Park. Altona has since dropped to second place in the seven-team league.

"That goes to show you the type of group that we have," Kirk said. "The speech they got after the game, 'This is how we can play boys.' We totally dominated that game. They were missing a couple of guys that would have helped them but I don't know on that night if it would have helped them much. It was good to see. The

boys played well and hit the ball."

A big win like that could be a season changer for the Blue Jays.

Interlake hosted the Elmwood Giants in a doubleheader this past Monday but no scores were available at press time.

The Blue Jays will continue their six game homestand with three games this week, beginning Wednesday (7:30 p.m.) against the St. James A's. On Friday at 7 p.m., the Pembina Valley Orioles come to town and then the Blue Jays will host St. James on Saturday (6 p.m.).

Interlake will continue its busy week of seven games in just six days when it visits Winnipeg South for a doubleheader on Sunday. Game times are 1 p.m. and 4 p.m.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## 18U Orioles' losing streak reaches 11 games

By Brian Bowman

The Interlake Orioles' 18U baseball team's losing streak has now reached 11 games.

Last Thursday, Interlake was defeated 5-3 by the Elmwood Giants at Quarry Park.

On July 27, the Orioles lost 6-3 to the St. James A's in Stonewall.

"We're definitely getting better and we're having a lot more competitive games," said Orioles' head coach Eric Swanson. "We're avoiding the big innings where we give up six or seven (runs) and that obviously helps a lot."

The Orioles' defence has really stepped up in recent weeks, said Swanson, and Interlake is feeling more confident that they can compete with teams in their league.

"What me and the other coaches are trying to do is keep it as positive as we can because we're getting better," he said. "Players are starting to see some results as they get more hits and stuff like that. I think the morale is pretty high."

Interlake played the Carillon Sul-

tans Monday and the North Winnipeg Pirates on Tuesday but no scores were available.

The Orioles are back in action this Thursday when they battle the St. James A's at Optimist Field. First pitch is 7 p.m.

Interlake will visit Carillon on Saturday and then host Winnipeg South Sunday. Both games will begin at 1 p.m.

"There's definitely going to be a lot of chances for guys to play," Swanson said. "There will be a lot of innings for pitching and a lot of at bats. I think this is going to be a big week for us going into the playoffs."

In U15 action, Interlake won its first game of the season with a solid 18-8 home victory over the Red River Pioneers on July 26.

Last Wednesday, the Orioles were defeated 10-7 by the Carillon Sultans in Ile

des Chene.

Interlake will visit Winnipeg South on Wednesday and then host Carillon on Monday in Grosse Isle. Both games start at 6 p.m.

The 13U Orioles, meanwhile, lost 15-3 to Carillon last Thursday. Interlake was defeated 14-4 by North Winnipeg earlier in the week.

**"THERE'S DEFINITELY GOING TO BE A LOT OF CHANCES FOR GUYS TO PLAY."**



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Interlake Orioles' Kaden Stewart makes the out at first base against the Elmwood Giants during 18U 'AAA' action last Thursday in Stonewall. Interlake played well in a 5-3 loss.

The Orioles played Winnipeg South River Valley on Thursday (6 p.m.) in Tuesday and then will host Red Stonewall.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Interlake Orioles' Seth Schaeffer dives back to the bag safely against Carillon during 13U 'AAA' baseball action last Thursday in Stonewall. Carillon won the game 15-3.

## get inspired

> MEAL IDEA

### Vegetarian Stuffed Peppers



cooked white rice, for serving  
Preheat oven to 400 F.

Rub bell peppers with 1 tablespoon oil then use grill, broiler or gas stovetop burner to cook peppers, turning occasionally, until well charred, 12-15 minutes. Transfer to bowl, cover and set aside until cool enough to handle, about 10 minutes.

In large skillet over medium heat, warm remaining oil. Add onion and cook, stirring occasionally, until starting to brown, 3-5 minutes. Add mushrooms, garlic salt and black pepper; cook, stirring occasionally, until mushrooms are browned and liquid is almost entirely evaporated, 7-10 minutes.

Rub charred skin from bell peppers. Slice off tops and remove seeds. Fill bell peppers with mushroom mixture, top with cheese and arrange in baking dish. Replace bell pepper tops and bake until cheese melts, 8-10 minutes. Serve with cooked rice.

- Prep time: 25 minutes
- Cook time: about 1 hour
- Servings: 4
- 4 red bell peppers
- 1/2 cup, plus 1 tablespoon, vegetable oil, divided
- 1 cup white onion (about 1 medium), 1/4-inch diced
- 4 cups cremini or brown mushrooms (about 1 pound), 1/4-inch diced
- 1 teaspoon garlic salt
- 1 teaspoon black pepper
- 1 cup Real California Oaxaca cheese, shredded

# get inspired

> MEAL IDEAS



Recipe adapted from the Meredith Corporation

Prep time: 10 minutes

Servings: 8-10

3 ripe avocados, halved and pitted

1/2 cup finely chopped Vidalia onion

1/2 cup snipped fresh cilantro

FamilyFoods  
Phone 467-5553

## Apple Guacamole

lime, juice only  
bottled hot pepper sauce, to taste  
1 Granny Smith apple, peeled, cored and finely chopped  
kosher salt, to taste  
tortilla chips

In bowl, use fork to mash avocados, onion, cilantro, lime juice and hot pepper sauce to desired consistency. Stir in apple and season with salt, to taste.

Serve with tortilla chips.



Prep time: 2 hours  
Cook time: 15 minutes  
Servings: 2

10 ounces Silver Fern Farms New Zealand grass-fed beef flat iron steak

2 teaspoons hoisin sauce

2 teaspoons soy sauce

2 teaspoons honey

1 teaspoon fish sauce

1 clove garlic, minced

1 teaspoon, plus 1/2 cup, rice vinegar, divided

1/8 teaspoon five-spice powder

2 tablespoons sugar

1 pinch salt

1 small carrot, cut into matchsticks

1 tablespoon vegetable oil

1/4 cup water

2 Vietnamese baguettes or dinner rolls

1/4 cup mayonnaise

4 Batavia lettuce leaves

1/4 cup cilantro, chopped

1 Persian cucumber, sliced

Remove steak from packaging and set aside 10 minutes. Once steak reaches room temperature, place steak in deep plate or storage container. In small bowl, combine hoisin sauce, soy sauce, honey,

## Steak Banh Mi

fish sauce, garlic, 1 teaspoon rice vinegar and five-spice powder; pour over steak. Cover and marinate in fridge at least 2 hours, or overnight.

In small pot over medium heat, heat remaining rice vinegar, sugar and salt. Cook and stir until sugar and salt dissolve. Remove from heat and let cool.

Place carrots in deep plate or storage container. Pour cooled pickling liquid over carrots. Set aside to marinate.

Remove steak from marinade and pat dry. Reserve marinade.

Heat oven to 325 F.

Heat heavy-bottomed pan over high heat and add oil. Once oil begins to smoke, add steak. Sear both sides, about 1 minute per side. Lower heat to medium.

Add reserved marinade and water to pan. Cook, covered, 3 minutes, removing lid to flip meat occasionally. Remove lid and let sauce reduce 1 minute, or until slightly thickened.

Transfer steak and sauce to large plate and let rest 10 minutes before slicing.

Toast baguettes in oven 5 minutes. Let cool 5-10 minutes.

Slice baguettes along middle without cutting through.

Slice steak into thin pieces.

Spread mayonnaise on baguettes and add 1-2 lettuce leaves to each. Layer steak on lettuce leaves followed by cilantro, cucumbers and pickled carrots. Slice baguette into two sandwiches.

## Apple, Strawberry, Blueberry Salad

Total Time: 30 minutes Servings: 6

Blueberry Dressing:

2 cups fresh blueberries

1/4 cup balsamic vinegar

2 tablespoons honey

1 tablespoon lemon juice

1/2 cup olive oil

salt, to taste pepper, to taste

2 large apples

2 packages (6 ounces each) Fresh Express 5-Lettuce Mix

1 pint strawberries, cut in half



1 pint blueberries  
1/2 cup pecan halves, toasted  
blueberry dressing

To make blueberry dressing: In blender, process blueberries, balsamic vinegar, honey, lemon juice, olive oil and salt and pepper, to taste, until smooth. Set aside.

To prepare salad: Cut apples into 1/4-inch thick slices. Using 1-1/2-inch diameter star-shaped cutter, cut apple slices into stars. Place lettuce mix in large bowl; add apples, strawberries and blueberries. Sprinkle with pecans. Before serving, drizzle each salad with blueberry dressing.

# Expert Patient Here to Help!

By Susie Schwartz

I desperately wanted to write something funny this month, but I am not in a comic kinda place. My father-in-law, a second dad to me since I was 16 (30ish years!) passed away, and we also lost a very dear friend to COVID-19 complications a few days later. (I can still find laughter amongst, but I decided to focus on a practical tip this time.) So, we headed to Canada.

With years of experience in both hard times and travel, this tip has saved my sanity multiple times:

Be organized.

I'm not sure when I became a list person, but in times of distraction, grief or the need to fly quickly, my travel list has literally saved my life. Now, people mock me incessantly for packing, erm, heavy. So I'm here to defend myself when I say that on top of the apparent needs: tops, bottoms, a belt so those bottoms don't reveal my knees and 13 pairs of shoes, well, this two-month trip also required a shed-load of medical supplies. Pills, insulin pump tubing, enemas (yup, I said that out loud!) were just the peak of the mountain. And without a list, remembering every item and the quantities needed is more complicated than a cat doing a triathlon.

Here's my process: Keep a printable list with all the seasons of clothing (winter coat/swimming costume) and add to it as needed. Then the first thing I do is check off everything I know I won't need. Then I star\* the things that get packed last minute (Think insulin stored in the fridge and my headphones – two absolute



Susie Schwartz

necessities, obv.) and check off all other items as I pack them. Should I mention that I pack enough gluten-free, dairy-free, corn-free, vegetarian snacks to fill a kiddie pool?

I also have to-do lists (think, order extra meds from my pharmacy) and check as I go. I use the 'Keep Notes' app, which has a great tick box feature. In this app I also have a grocery list for when we land (because a kiddie pool's-worth isn't enough), and a list of 'to buy' for items I stock up on to import back to the UK. (Think my preferred brand of suppositories. Yup! Said that too.)

So yeah...organization. It saves.

And hey...maybe I'm still a little bit funny? ;)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suscha and lesshealthstress.com



## Watermelon Berry Frozen Pops

Servings: 8

6 cups watermelon

1 cup blueberries, divided

1 cup raspberries, divided

3 tablespoons honey

In blender, blend watermelon, 1/2 cup blueberries, 1/2 cup raspberries and honey until smooth. Press through fine mesh strainer to remove pulp and seeds.

Fill ice pop molds 3/4 full with liquid. Add remaining whole blueberries and raspberries to molds. Insert sticks and freeze at least 4 hours, or until completely frozen.

To find more summertime snacks, meals and treats, visit [watermelon.org](http://watermelon.org).



# Classifieds



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### HELP WANTED

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.

**Office Clerk required immediately. Monday to Friday 9 a.m. to 5 p.m. Must know Microsoft Excel and Quickbooks. Wages are negotiable based on experience. To join our team at Bonded Mobility drop resume in person or email [bert@bondedhealth.ca](mailto:bert@bondedhealth.ca)**

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.

### HELP WANTED

Full time employment available immediately at the Stonewall Children's Centre. Please email resume to [child12@mts.net](mailto:child12@mts.net)

Balmoral Childcare Centre is currently looking to add a new fulltime member to join our team! Individual must be 18 years or older, have (or be able to attain) criminal record and vulnerable sector check, child abuse registry and First Aid and CPR. Child care experience is not required but candidates must have a passion for working with children, enjoy being outdoors, a good sense of humor, adapt easily to changes, work independently but also with a team. Email resume to Ashley at [Balmoralchildcare@gmail.com](mailto:Balmoralchildcare@gmail.com). Deadline is Aug 16, 2021. Only candidates to be interviewed will be contacted.

ADVERTISE YOUR HELP WANTED IN THE RECORD

### MISCELLANEOUS

For sale: 1980 JD 8820 Concave upper sieve & belts; MF 750 & 760 belts; gas & electric welders; 7x41 & 8x46 Farm King augers; 800 gal steel & fiberglass tanks; MacDon guards, knife sec & pick up fingers; 10 to 25 HP 3 phase motors; 100 gal slip tanks; 500 gal split fuel tank; 2 way Motorola radios; new hydraulic hoses, valves, motors & water pumps; new auto tires & rims; 22.5 new re-cap flotation tires; 7 ft. Farm King 3 pt mower; propane construction heaters; air condition recovery unit; Husqvarna 11 hp snow blower; cement mixers on 4 wheel wagon; farm wagons; 12 ft., 16 ft. & 18 ft. sectional roll up commercial insulated doors; 15 ft. x 24 ft. steel slide doors (damaged); 4x4 treated brown & cedar posts; full 2"x5" x 9 ft & 2"x7" x 9 ft. decking; 2x8 green pressure treated studs for wood basement. Phone 204-785-0498. No texts please.

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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](mailto:stonewallchiropracticcentre@gmail.com). Call 204-467-5523 with any questions

### Rural Municipality of Armstrong



### PUBLIC NOTICE BOARD OF REVISION FOR 2022

Public Notice is hereby given that the 2022 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 the Municipal Assessment Act:

#### 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

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

The Board of Revision will sit on **Thursday, September 9, 2021 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 24, 2021 at 4:30 PM.**

Dated at Inwood, in Manitoba this 14th day of July, 2021.

Corlie Larsen, Secretary  
Board of Revision  
Rural Municipality of Armstrong  
Box 69, 55 Hwy #17  
Inwood, Manitoba ROC 1P0  
Phone: (204)-278-3377  
Fax: (204)-278-3437

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### VETERANS MEMORIAL SPORTS COMPLEX SITE REDEVELOPMENT

## INFORMATION EVENT

Thursday, August 5<sup>th</sup>, 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

### EMPLOYMENT OPPORTUNITY



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Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email.

This competition may be used to establish a 12-month eligibility list of qualified candidates for future vacancies.

#### DUTIES

Reporting to the Office Manager, the incumbent will provide the customer service and clerical support necessary. Duties include, but are not limited to: providing front-line reception and respond to students, vendor, client and instructor inquiries; assisting students with registration, admissions, and the course selection process; collection of cash and electronic payments of tuition, books and miscellaneous fees; and completion of data entry for student recruitment and admissions.

#### REQUIRED QUALIFICATIONS

- Certificate in office administration or an equivalent combination of education and experience may be considered.
- Experience using Microsoft Office applications (e.g. Word, Excel, Outlook)
- Ability to prioritize work, meet deadlines and work under pressure
- Experience working with confidential information in keeping with FIPPA and PHIA
- Ability to work both independently and within a team setting
- Superior interpersonal skills
- Ability to recall information, policies and procedures with attention to detail
- Effective written communication and Multi-tasking skills
- Values Diversity, Equity, and Inclusion

#### ASSETS

- Experience using the College's student information systems - Colleague and Recruiter
- Experience in a post-secondary setting

#### CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada

APPLY BY EMAIL TO: [humanresources@rrc.ca](mailto:humanresources@rrc.ca)

CLOSING DATE: August 15, 2021

We thank all applicants for their interest, but only those selected for an interview will be contacted. If accommodation needs are required during the application or interview process, please contact our Human Resource Services.

For more information and other employment opportunities, visit [rrc.ca/hr](http://rrc.ca/hr)



### 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
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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](http://www.rmofarmstrong.com) or call the Municipal Office 204-278-3377

Corlie Larsen, CMMA  
Chief Administrative Officer  
RM of Armstrong

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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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### BIRTHDAY



Happy 100th Birthday Gladys Yule August 10th -Love from your family



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### BIRTHDAY



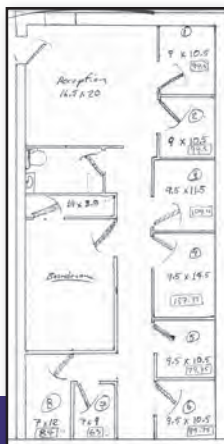
Islay Jack August 10, 2021 Happy 90th Birthday to our wonderful mom, mother-in-law and grandma -Lots of love and best wishes from your family

## 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 Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women 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](mailto:bigandcolourful@mts.net)

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DRAW DATE -AUGUST 16TH 11:00 A.M. AT WOODLANDS PIONEER MUSEUM

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We do it every day  
But missing you is a heartache  
That never goes away  
-Sadly missed and always loved,  
Mom, Dad and Tim

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**HEADING**

In memory of  
**Holly Joy Stewart**  
Who passed away suddenly  
August 5, 1981

How constantly we think of you  
With hearts and eyes that fill  
The love and life we had for you  
In death grows stronger still.  
Let the winds of love blow softly  
And whisper so you can hear  
We love and miss you sadly  
As it dawns another year.

-Love always,  
Mom, Dad and sisters Bonnie and Shawna

**OBITUARY**

**Lillian Segal**  
June 10, 1932 – May 4, 2021  
**William Sam Segal**  
July 12, 1931 – August 5, 1994



Peacefully in her home, on the morning of May 4, 2021, Lillian Segal passed away.

Left to cherish her memory is her son Jack Segal and her sister Jeannie Polinchuk (Harry). Lillian was predeceased by her parents, Robert and Emma Bernt; her husband William in 1994; her six sisters, Mary Bollenbach (Ted), Helen Krychuk (Mike), Mildred Stearns, Edie Sadowski (Bernie) and Edna Trupp (Lloyd); and her two brothers Ralph Bernt and Robert Bernt (Lillian).

Lillian was born in Whitemouth, Manitoba on June 10, 1932 to Robert and Emma Bernt. Lillian was the second of nine children. The girls would often refer to themselves as the seven sisters of Seven Sisters. Lillian grew up on the family farm where they all worked hard to cultivate the land.

As a young woman, Lillian moved to Winnipeg and found work as a sewing machine operator in a clothing factory. This is where she met William Segal, whom she married in 1953. For a time they owned a rooming house until they became aware of a store that was for sale in Argyle, Manitoba. They purchased the Argyle General Store in 1958 and together they ran the store and raised their son Jack.

After William passed away in 1994, Lillian continued to operate the store with Jack until last year when concerns around COVID-19 contributed to her decision to step away. For decades the store was her place to connect with the community. A quiet woman, Lillian was a motherly figure to many. She practiced the golden rule of treating others as you would wish to be treated and instilled that value in Jack. Lillian loved life. She enjoyed curling, cooking and baking and doing word find puzzles. She loved dinners, dancing and Saturday night socializing. Lillian will be deeply missed by her family and her loss will be felt in her community.

A private burial at the Hebrew Sick Benefit Cemetery, 2605 McPhillips Avenue, Winnipeg, was held on May 9, 2021.

**OBITUARY**

**Holger Andersen**

It is with sadness we announce the sudden passing of Holger Andersen on Friday, July 23, 2021 at his residence in Stonewall, MB.

Survived by his step-daughter Barb Fenske; grandchildren Randy, Garry (Reena), Philip (Dawn); six great-grandchildren; special friend Marg Lenko. Survived by many cousins and other family members in Winnipeg and Denmark.

Holger was predeceased by his wife Ethel, son-in-law Gary Fenske and grandson Derrick Fenske.

Born in Denmark he enjoyed his dogs and playing Lotto.

A graveside service will be held on Sunday, August 8 at 11:00 am at Stonewall Cemetery.

In lieu of flowers if friends so desire, memorial donations may be made to Before The Bridge Senior K9 Rescue, Box 11, Stony Mountain, MB. R0C 3A0 or The Winnipeg Humane Society For The Prevention Of Cruelty To Animals, 45 Hurst Way, Winnipeg, Manitoba, R3T 0R3.

The family would like to thank the Paramedics and the RCMP at the house on Friday and to family friends for their condolences.



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

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