



355 Hanlan St. Warren -



225 Argyle St Woodlands - \$284,900 - Alycia



87 Laurentia Beach rd N -St



69 Jenny Drive Petersfield



23 Nora St Stony Mountain



**VOLUME 15 EDITION 32** 

# Stonewall Teulon

THURSDAY, **AUGUST 8, 2024** 

www.stonewallteulontribune.ca

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Dancers aged 3 -5 years enjoyed four fairy tale themed dance classes at Quantum Dance Studio in Stonewall last week. On the last day they dressed as their favorite fairy tale princess and danced their hearts out.





**B**)



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

# A season in honey farming at Honeybee Meadows

By Emma McGill

With local honey available almost everywhere in the Interlake, it is easy to wonder how the apiarists around us began honey farming and how this season might be treating them. For Gilles Lantagne, it was a calling.

Upon his military transfer to Winnipeg, Lantagne first discovered the joy of keeping bees and harvesting honey. When he arrived, he decided to visit his father-in-law, a beekeeper, in Fraserwood.

After witnessing the process, he decided that beekeeping life was meant for him. At first, he started small; neighbours and friends wanted honey, so he increased the number of hives he operated to keep up with demand. He started the business in the early 1990s, and decided to name it Honeybee Meadows when he first wanted to hold a table at a Gimli farmer's market.

"I started small, with word of mouth from friends and family. Then I joined the farmer's market and found more customers in people coming from the U.S., Europe, and across Canada," said Lantagne.

Farming bees is hard work; they



tend to swarm if they are not kept busy. Lantagne checks the hives regularly to make sure they are meeting their requirements. The hives must have a good Queen that can produce a large number of bees, usually between 80,000 and 85,000 bees, by the beginning of July to bring a good production season and harvest.

Every year, the flow of honey usually begins when the dandelions come and ends sometime in August, at least for farming in the Fraserwood area. From August to September, Lantagne gets to work extracting honey.

During extraction, the bees are left in the hive, and different methods are used, such as sweeping the bees off the frame with a soft brush and then taking the boxes to the honey house.

Of course, there are specific rules and things to check before extraction. For example, the honey must have 18 percent or less moisture to extract, or it will be at risk of fermentation. Once in the honey house, the honeycombs must be uncapped using a hot knife and then extracted using a machine. Before entering containers, The honey is screened using a fine mesh stainless steel screen or a cheesecloth.

Though he works mainly by himself, his wife helps a lot with harvesting and packaging.

As the weather improves, he hopes the bees will be able to collect nectar more efficiently. "It has been a hard year due to the weather," shared Lantagne. The bees wanted to swarm more than usual."

Of course, pairing the bees with areas that benefit them is essential; according to the Manitoba Canola Growers and the Knowledge and Re-



TRIBUNE PHOTO SUBMITTED

Gilles Lantagne will be selling fresh honey at Teulon's weekly farmer's market.

search Transfer Program for Apiculture, "canola farmers and bee farmers make a dynamic team." The bright yellow flowers are both easy to see and land on and provide essential nutrients to the bees. The pollinators also benefit the canola, and their presence can lead to higher yields and improved seed ripening.

Each growing season differs for both canola and bee farmers due to several variables. Communication between farmers and beekeepers is crucial in this partnership to keep the bees as safe as possible, especially when it comes to insecticides to protect the canola from harmful pests.

"Canola is a good source of nectar for the bees as it crystallizes quickly, and as long it has not been sprayed with chemicals, it is not good for the bees to winterize on it," shared Lantagne.

During the summer, Lantagne attends farmer's markets once a week and also does farm-gate sales. He will be attending Teulon's weekly farmer's market for the remainder of the summer every Friday from 3-7 p.m. in the lot directly south of the Co-op gas station on Hwy. 7. Anyone wanting a taste of the final product after the honey-making process should be sure to catch him.





Birds Hill Provincial Park and around

St. Lazare and La Riviere.

# Film work underway in Rockwood municipality

Mark Hamill.

By Jennifer McFee

Lights! Camera! Action!

Film work took place in the RM of Rockwood last week for the production of the movie The Long Walk.

Drivers faced stop-and go traffic on Thursday, Aug. 1 on Provincial Road 236 at Road 83N, as well as intermittent traffic control along Road 83N from Provincial Road 236 to Road 5E.

Then on Friday, Aug. 2, Provincial Road 323 Argyle from Road 1E to Meridian Road was closed, with local access only.

According to IMDb, The Long Walk ling annual walking contest.

is an adaptation of a dystopian novel by Stephen King (written under his pseudonym Richard Bachman). The plot focuses on contestants of a gruelFilming will also be taking place at



#### Planning to Build a Deck this Summer?

Keep the South Interlake Planning District (SIPD) in mind if you are planning to build a deck this summer. A Development and Building Permit is required for a deck that:

- → Is two feet or higher from the ground; or
- → Is attached to a building; or

The cast includes Judy Greer and

- → Has walls or a roof; or
- → Is intended to support a structure such as a hot tub or pergola.

You do NOT need a permit for an unenclosed or detached deck less than two feet in height, or for landings of 50 ft<sup>2</sup> or less in floor area. However, please note that zoning setbacks shall be satisfied whether a permit is required or not.

Permits help ensure that buildings and structures meet the Manitoba Building Code, which makes things safer for everyone!

If you are unsure whether your project requires a permit, or if you have any questions, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information is also available on our website: www.sipd.ca





TRIBUNE PHOTOS BY JO-ANNE PROCTER

The film crew for The Long Walk had a number of roads closed with local traffic access only in the RM of Rockwood last week.









**38th ANNUAL STONEWALL QUARRY DAYS** August 16-17-19

#### **FREE STAGE**

Friday Entertainment Starts at 7:00 pm



7:00 pm A.R. Cash A tribute to Johnny Cash & lune Carter Cash

**ACCESS** 



9:10 pm Free Ride Harry N' The Armpits 50's & 60's Greaser Show

Parade - 11 am Saturday Starts at 3rd Ave S. & Main St.

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11 AM - 6 PM -



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# **Protect your property**

By Jennifer McFee

A few small steps could help protect your property and vehicles from potential theft.

On Tuesday, July 30, Stonewall RCMP received multiple reports of stolen vehicles in the RM of Woodlands.

According to reports, the stolen vehicles were left unlocked — and all of them had their keys still inside.

"I can't stress enough the importance of locking your vehicle and removing any valuables from it," said Cpl. Mike Garton of Stonewall RCMP.

"Thieves will always look for the easiest target."

To avoid being an easy target of car theft, the RCMP recommends that

owners lock their vehicle's doors and roll up the windows. If possible, it's best to park the vehicle in a garage and keep it locked.

The RCMP also urges everyone to park in well-lit areas and to take their keys, garage door openers and any valuables out of the vehicle when they leave it. In addition, they suggest checking on the vehicle regularly, even if it's not being used.

"You need to remain vigilant when it comes to securing your home and your vehicles," Garton said.

"Theft of vehicles continues to be a concern in the Interlake, and we want to remind everyone to lock their vehicles at all times when not in use."







# Beating the heat



TRIBUNE PHOTO SUBMITTED

As Manitoba has been amid a heat wave, cousins eleven-month-old Kaia Campbell, and her two-year-old cousin Rhys Fisher ended their day on Thursday beating the heat in their kiddie pool outside of Woodlands. The temperature reached 28 degrees C. on Aug. 2. In Manitoba, as in other provinces, Environment and Climate Change Canada work with their federal counterparts to track forecasts and be alert for weather exceeding the extreme heat threshold. Extreme heat warnings are issued in southern Manitoba when forecasts predict two days with daytime highs above 32 C and nighttime lows above 16 C, or a humidex over 38 C, Canada's measure of how hot a day will feel when humidity is taken into account. Temperatures dipped for the long weekend and averaged daytime highs of 23 C. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca



# Set inspections 2 teaspoon 2 teaspoon

#### **Green Tea Berry Banana Smoothies**

Recipe courtesy of the American Heart Association

- Servings: 4 (1 1/2 cups per serving) 3 cups water
- 8 single-serving green tea bags
- 16 ounces frozen mixed berries (about 3 cups)
- 2 medium bananas, peeled, cut in half and frozen
- 1 cup fat-free plain Greek yogurt

## Three fitspo Tips

#### By Julie Germaine Coram

Do you need more motivation this month? Don't stress! Believe me, every one of us—even the most successful, self-driven individuals-sometimes suffers from a lack of motivation. It's true, so don't feel hopeless or get down on yourself if you're slipping or have already fallen into a rut with your fitness routine.

Positive change doesn't happen overnight, but your life will 100 per cent continue to improve if you apply these mental tricks to get motivated again.

Set a BIG GOAL and obsess about it... We are instructed to dream big and create a clear vision of our goals. Great, right? Your list may be overwhelming, and if you don't know where to start, you risk freezing completely and going nowhere! Instead, take your list and circle 3 top goals, then choose only one to tackle right now. The list isn't going anywhere, and you have plenty of time to check off every item, but you're far more likely to do that if you take things one at a time.

Soak up new knowledge daily. Permit yourself to surf for information related to your goal to get excited about it again. This wonderful daily habit will feed your mind with incredible information to help you level up and keep things fresh and interesting.

2 teaspoons fresh-grated peeled gingerroot (optional)

2 teaspoons vanilla extract (optional) 2 teaspoons chia or flax seeds (option-

In small saucepan over high heat, bring water to boil. Remove pan from heat. Submerge tea bags. Steep 4 minutes. Discard tea bags. Let tea mixture cool 30 minutes. Pour into pitcher. Refrigerate 2 hours, or until chilled.

In food processor or blender, process tea, berries, bananas and yogurt until smooth. Add gingerroot and vanilla, if desired, and process until smooth. Pour into four glasses. Sprinkle with chia seeds, if desired.



Julie Germaine Coram Registered personal trainer

3. Build anticipation by setting start dates and benchmarks in advance. If you have time to prepare to attack your challenge, you'll create energy and improve your focus by developing a timeline for progress. Be sure your mini-goals are realistic and achievable so you can build on small successes as you climb the ladder to

Accept setbacks and enjoy the ride. Life is a rollercoaster of highs and lows, and your fitness journey is the same. But remember, setbacks are not roadblocks but detours that lead to new paths. A community supporting you in achieving your fitness goals is a huge benefit! Talk about your fitness journey, listen to other people share their weight loss experiences, and never hesitate to reach out to me if you have questions – I love to help! Do you want to discuss your nu-

Saturday, August 10 Special ROCKWOOD Motor Inn 390 Main St. Stonewall

trition questions, fitness goals and struggles with me? Visit my website www.juliegermaine.com or schedule a consultation by visiting www. calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.

Continued on page 13



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\*When replacing a standard efficiency natural gas furnace \*\*When replacing a mid-efficiency natural gas furnace.



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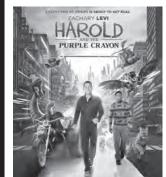
LAST DAYS: WED & THURS AUG 7 & 8 AT 7:30 PM

**TWISTERS** 

Coarse Language;



FRI-THURS AUG 9-10-11-12-13-14-15 **OPEN TUESDAY** 



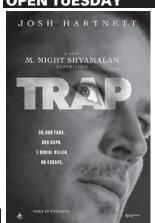
**AT 7:30 pm EACH NIGHT** 

Harold and The Purple Crayon Zacharv Levi Zooey Deschane

Live and

G

#### FRI-THURS AUG 16-17-18-19-20-21-22 **OPEN TUESDAY**



ат 7:30 pm **EACH NIGHT** 

Trap

Josh Hartnett

Coarse Language:



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#### Health Canada issues recall of vitamins and minerals

#### By Patricia Barrett

Health Canada issued a number of alerts and recalls (on July 26 and July 29) for a variety of multivitamins and supplements that were distributed across Canada.

The products are being recalled because they may contain metal fibres.

The multivitamins and supplements have the following brand names: Kirkland Signature, Life, Option+, Webber Naturals, Wellness by London Drugs, Equate, Wellquest, Vegi-Day, and Natural Factors.

B vitamins, some including vitamin C, a combination of women's vitamins and minerals, a combination of prenatal vitamins and minerals, men's vitamins and minerals, and vegan organic are among the recalled products.

"Factors Group of Nutritional Companies Inc. is recalling various multivitamins and supplements sold under a variety of brand names due to the potential presence of metal fibres," states the alert. "The affected products may contain metal fibres which, if ingested, may cause injury to the digestive system. The risk of harm due to the presence of iron is higher in individuals with a peptic ulcer, regional enteritis, ulcerative colitis, iron allergy, or for those taking high doses of iron supplements, levodopa, and/ or levothyroxine."

Health Canada said it's monitoring the company's recall and implementation of preventative and corrective



actions.

Canadians are advised to stop using the products.

"Stop using the recalled products. Consult a health care professional if you have used any of these products and have health concerns," states the alert. "If you have purchased an affected product, return it to your local pharmacy for proper disposal."



PHOTOS COURTESY OF HEALTH CANADA

Visit Health Canada's Recalls and Safety Alerts website for a full list of the recalled items and their details. Lot numbers and expiry dates are listed on bottles of vitamins and minerals and they can be checked against the affected items shown on Health Canada's website.

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@stonewallteulontribune.ca. Please include your name, address, and phone number for confirmation purposes.

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#### > EMAIL US

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

#### **OUR EDITORIAL STAFF Jennifer McFee** 204-461-5352

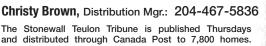
jen@stonewallteulontribune.ca

Autumn Fehr 204-998-1993 asfatcos@academic.rrc.ca

#### **MAILING ADDRESS**

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



# Woodlands council approves Park150 proposal

#### By Autumn Fehr

In honour of the RM of Woodlands' 150th anniversary, the RM will develop a new public park in the community. A few months ago, a council subcommittee comprised of some councillors and community members was formed to plan the project.

The Council accepted the proposal from Scatliff + Miller + Murray Consulting for the design of Park150, which will cost \$49,010 and be completed by 2026. Park150 will officially open on the municipality's 150th anniversary of incorporation in 2030. A groundbreaking event is planned for Oct. 4, 2024, with public engagement sessions next year to ensure residents can weigh in.

The Park150 Committee intends to raise the funds through fundraising, sponsorships, and grants. Council has committed \$2,000 for start-up costs.

Proposals from the community for recreation programming funding officially closed on July 31. There was \$41,285 available to be awarded, and Council awarded \$9,700 to the follow-

- West Interlake Trading Company, \$8,000 for their Summer Day Camp
- Woodlands Recreation Club, \$500 for a bouncy castle and face painting at their Summer Bash
- Woodlands Museum, \$1,200 for their four-day Summer Camp

#### IN OTHER COUNCIL NEWS:

- Two public works staff were authorized to attend the 2024 Mid-Canada Snow Conference Sept. 18 to 19 in Winnipeg.
- Council awarded Prairie Roots Co-op the 2024-2025 fuel supply contract. Council is unaware of

the cost, as it is based on fuel rates that can change daily and fuel consumption also varies, but approved a rough estimate budget of \$205,000.

The RM accepted Maxim's quote for \$74,900 for a 2018 International LT625 daycab, provided all engine software updates have been completed. Additionally, the Council approved the lease of a Western Star semi from Mike Crockatt for \$225 per day while they wait for the new semi

- Council had an open discussion on prioritizing additional gravel requests with the remaining budget. Requests from operators, Council, and the public were compiled and reviewed. Council authorized public works to prioritize them and to continue gravelling as time and funds permit. They will continue to work within the approved 2024 budget of \$300,000 for limestone approved this spring. Council also discussed a new gravel supplier, Lakeside Aggregates. CAO Kaitlyn Griffith says the gravel is less expensive, but the hauling distance is greater. The RM will try the new supplier and see whether it's worthwhile in terms of time and cost. This supplier is not currently under contract, so the RM can and will still buy gravel from other suppliers.
- Council passed the second and third reading of a bylaw governing public cemeteries.
- Council openly discussed Twin Lakes Beach Road concerning the Manitoba environment update. CAO Griffith said this has been an ongoing and complicated discussion for many years. A portion of Twin Lakes Beach Road falls outside the designated road allowance and is on several private properties. Council

has decided to move the road back within the road allowance, which requires an environmental license from the province. Currently, Council is running into some trouble getting the license due to the wetland impact. At the July 23 council meeting, Reeve Douglas Oliver advised Council that he attended the Twin Lakes Beach Association AGM on July 21 to present this update on the project (meaning the troubles with the environmental licensing, which will delay the project), but none of the impacted residents attended the AGM. Following this meeting, the RM will ask for assistance from KGS engineering in engaging with the province to discuss further the issues with environmental licensing and whether they can be overcome. At this stage in the conversation, the costs are unknown.

The council defeated the resolution to accept the \$2,500 quote from KGS Group for a review and recommendation on materials to be used in a transfer station retaining wall. The Council felt that the cost of obtaining this recommendation was too high and will instead pursue research in-house.

- Council approved the \$600 table purchase at the Interlake Community Foundation Inc. 30th Anniversary Gala Celebration on Friday, Sept.
- Council requested that Manitoba Transportation and Infrastructure turn over ownership of Manness Drive in Warren to the municipality. The municipality maintains Manness Drive even though it's located within the PTH 6 right of way, legally under the jurisdiction of Manitoba Transportation and Infrastructure. Council's request is to formalize this ownership.

# Rosser council news in brief

#### By Jennifer McFee

- Council passed first reading of a bylaw focused on the prevention and control of wildfires and the regulation of outdoor fires.
- Council accepted a propos-

al from Safety Services Manitoba for safety consulting services at a cost of \$3,745 plus tax.

Council is authorized to attend the 5th Annual Community Golf Tournament hosted by Stonewall-Headingley RCMP in Teulon on Aug. 9. The RM will also donate four \$50 gift cards. The event supports local non-profit organizations.

# Worship with us > FAITH

# Hope

Hope has an element of expectancy - we expect or hope for something. What or who do we put our hope in? Psalm 33:20



says we put our hope in the Lord. How many of us have earnestly hoped for something and it didn't happen the way we hoped or wanted it to. When we put our hope (and trust) in the Lord we also need to surrender what we think should happen and when. We are not equal to God; we are image-bearers of Him, but we are NOT Him. When we take a step of faith and surrender our lives and situations to the Lord we also put our trust in Him (which admittedly can be a little scary). A number of years ago our two-year-old son was waiting for test results with a potentially scary diagnosis. At one point in the midst of the medical vortex I remember saying to the Lord, You need to either change the situation or You need to change me; and then I took a step and trusted Him with the outcome. It didn't matter how my limited understanding of the situation looked, I couldn't find a reasonable nor plausible answer. So I did what I only knew what to do, I took a step of faith and put my hope in the Lord. I leaned on His strength, waited for the outcome, and trusted Him. The scary diagnosis didn't come, even with years of follow up tests. To this day this is what I know, whether there was a scary diagnosis or not, the Lord was going to either change me or change the situation – and He did! I am forever changed because of the Lord. Let me invite you to take a step of faith and trust in Him. Psalm 33:23 says, Let your unfailing love surround us, LORD, for our hope is in you alone. I encourage you to put your hope in the Lord today, He will walk with you through everything.

Pastor Jo-Ann Porterfield Alive Family Church Stonewall, MB alivefamilychurch.ca

# Annual Ride for a Child's Wish set for August 24th

By Jo-Anne Procter

Silver and Gary Peltier's Make-A-Wish/Ride for a Child's Wish campaign kicked off on July 25 with an exquisite five-course outdoor dinner at their scenic farm south of Wood-

Their son, Dustin Peltier, the culinary maestro behind Loaf and Honey, crafted each dish with precision and love. Guests indulged in delightful creations like Beet Napoleon paired with roasted garlic ricotta and sunflower brittle drizzled with ginger-orange sauce.

The menu featured marinated cucumber salad topped with lemon basil dressing and a delectable fish roulade featuring Arctic char, tuna, pickerel, and sugar snap peas. Pork tenderloin and savory mushrooms in red wine demi rounded out the main course.

Poached rhubarb served alongside summer savoury ice cream balanced this gourmet feast. The event raised over \$2,000, adding to the astounding total of more than \$1.7 million raised over three decades.

The Peltier farm transforms into a hub of hope and joy each year during the Make a Wish/Ride for a Child's Wish event. This gathering is more than just an outing; it's a full day filled with activities that bring smiles to the faces of young and old.

Guests can take part in scenic trail rides on horseback or horse-drawn wagon journeys. There is also a motorcycle ride for those who choose to take a ride on the open highway. Children are entertained with fun activities designed just for them, and there is a very large wish auction.

As night falls, attendees enjoy a delicious barbecue dinner and a lively barn dance. The heart of this event



Pork tenderloin.

lies in its mission: raising funds to fulfill wishes for kids battling critical illnesses in Manitoba.

Currently, 60 children await their dreams to come true. Nuala Nazarko, Chapter Director, Manitoba & Nunavut from Make-A-Wish Canada emphasizes how vital these wishes are for families facing tough times. "A wish is such an uplifting part of a child's treatment journey," she said. "When children are granted their wish, it replaces sadness with joy and creates hope that anything is possible."

Be sure to mark your calendar for Saturday, August 24, and check out the 34th Ride for a Child's Wish. The lineup features entertainment by Prairieline, a band known for their captivating performances and there is a tentative guest appearance from a former wish recipient.

For information, contact Silver at silverpeltier@gmail.com or 204-461-0640 or watch the Ride for a Child's Wish Facebook page.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Cary and Silver Peltier were joined by Nuala Nazarko from Make-A-Wish Canada for dinner as they kicked off their fundraising campaign for the 2024 Ride for a Child's Wish event.



Dinner guests enjoyed the main course of pork tenderloin.



Chef Dustin Peltier plates up the cucumber salad which was the second course of Guests were entertained by the melodic tunes of Jess Rae Music. the five-course gourmet dinner.



# RM of Armstrong byelection results

The RM of Armstrong held a byelection July 31 to replace all the councillors and reeve who were elected in 2022

There were 15 candidates running for seat on council, two of whom were acclaimed.

The resignation of four councillors – Pat Stein, Ted Sumka, Paul Humeny and Brent Dziadek - on April 9 resulted in a loss of quorum for remaining councillor Allen Pfrimmer and reeve Kate Basford, and the subsequent appointment of an administrator by the provincial government to oversee the RM's day-to-day business affairs.

Stein and Humeny decided to run again in the byelection.

Running for reeve were Kate Basford, Pat Stein and Garry Wasylowski, who previously served as reeve. Wasylowski received 451 votes compared to 165 for Stein and 58 for Bas-

Paul Humeny was elected in Ward 2, receiving 38 votes. Charles Whittier (19 votes), Drenna Campbell (1 vote) and Amanda Ermel (12 votes) also ran for Ward 2.

Glenn Barkman was elected in Ward 3 with 92 votes. Greg Dwornick (47 votes), Greg Fontaine (12 votes) and Danny Gudbjartson (38 votes) also ran for Ward 3.

Allen Evanchyshin, who previously served on council, was elected in Ward 5 with 72 votes. Luke Hendrickson received 69 votes.

Ward 1 candidate Guy (Sonny) Rohne was elected by acclamation (he had no other candidate running against him), and Ward 4 candidate David Tyndale was also elected by acclamation.

Twenty-seven ballots were "de-

		0.00	- Walland	ALITY OF ARMST	RONG			
I, the undersigned, the senion in respect of this election.	or election of	icial in the loca	al authority,	certify that belo	w is an accurate	summary of t	he votes co	unted for e
Name of Candidate	Voting Station							
	INWOOD WARD 1	CHATFIELD WARD 2	SILVER WARD 3	FRASERWOOD WARD 4	FRASERWOOD WARD 5	Sealed Env/ Advance	Total	*Elected
for REEVE								
BASFORD, Kate	8	2	7	14	10	17	58	
WASYLOWSKI, Garry	72	56	128	69	71	55	451	
STEIN, Pat	17	5	28	45	30	40	165	
for COUNCILLOR, WARD 2								
WHITTIER, Charles	10000	17				2	19	
CAMPBELL, Drenna		1				0	1	
ERMEL, Amanda		9				3	12	
HUMENY, Paul		35		-		3	38	*
for COUNCILLOR, WARD 3					1			
DWORNICK, Greg			33			14	47	
BARKMAN, Glenn			90			2	92	•
FONTAINE, Greg			7			5	12	
GUDBJARTSON, Danny			33			5	38	
for COUNCILLOR, WARD 5								
EVANCHYSHIN, Allen					59	13	72	•
HENDRICKSON, Luke					52	17	69	

#### **ILLUSTRATION COURTESY OF THE RM OF ARMSTRONG**

clined, rejected, spoiled or taken from the voting station," according to senior election official Ernie Epp.

The official election results were posted on the RM's website last week.

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

#### Clubroom Events for the Week of August 5

Wednesday 4-10 Chase the Queen Draw at 8:30

Pot is over \$2,100 Thursday 4-10

Friday 4-close Meat Draw at 6:30 - BBQ starts at 5:30 Saturday 2-close

All are welcome - Support your local legion!



# What's **you'v** story?

#### We want to hear from you.

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

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



Inland Port Special Planning Area Under The Authority of The Special Planning Areas Regulation 49/2016

## **Notice of Public Hearing**

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

**Inland Port Special Planning Area By-law 1-24** Being an amendment to the Inland Port Special Planning Area Regulation 48/2016 to adjust the boundaries between three titles totalling ±71.3 acres, open a new public road, and rezone proposed Lot 1 and 3 from "I3" Industrial Heavy Zone to "I2" Industrial General Zone in Lot 2 Plan 71903 WLTO and Lot 2 and 3 Plan 72341 WLTO in Section 20-11-2 EPM in the Rural Municipality of Rosser

**HEARING** 400-330 Portage Avenue LOCATION: Winnipeg, MB R3C 0C4

DATE and TIME: Wednesday, August 21, 2024 at 6:00 p.m.

GENERAL **INTENT** and **PURPOSE:** 

To realign the boundaries between three titles totalling ±71.3 acres, open a new public road and, rezone proposed Lot 1 and 3 from "I3" Industrial Heavy

Zone to "I2" Industrial General Zone in the Rural Municipality of Rosser.

ΔRFΔ AFFECTED:

This rezoning and subdivision shall apply to the area identified on the map appearing on the Public Hearing Notice.

**FOR MORE** CONTACT:

lessie Russell-Edmonds, Planner **INFORMATION** Municipal and Northern Relations Inland Port Special Planning Area

604-800 Portage Avenue Winnipeg, MB R3G 0N4

Phone: 204-945-1312, Email: inlandportspa@gov.mb.ca

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request. A description of the procedure to be followed at the hearing is also available at the location noted above.



# Mental health charity focuses on youth

**By Jennifer McFee** 

A Canadian mental health charity aims to give young people the knowledge, skills and resources they need to understand mental health and seek support.

This organization, called Jack.org, focus on youth aged 13 to 24, the period where most mental health illnesses and challenges tend to emerge. This is a vital time for young people to establish a thorough understanding of mental health, available supports and self-care practices to support long-term health.

Brenda Martinussen of Balmoral serves on the organization's board of directors — and she encourages others to consider getting involved.

"With a background in clinical psychology, mental health is very important to me. I have seen young people struggle and believe more needs to be done to support them, especially in rural and remote areas," she said.

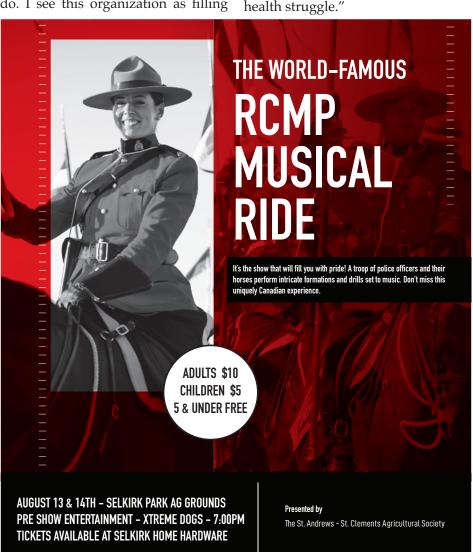
"When I learned of the call for the board of directors, I researched Jack. org and was surprised I had not heard of it given the incredible work they do. I see this organization as filling

a critical gap in our national mental health landscape and wanted not only to be a part of the organization but also to assist in bringing their resources to light across the country and in underserved areas."

Martinussen outlined some of the concerns that Jack.org endeavours to address.

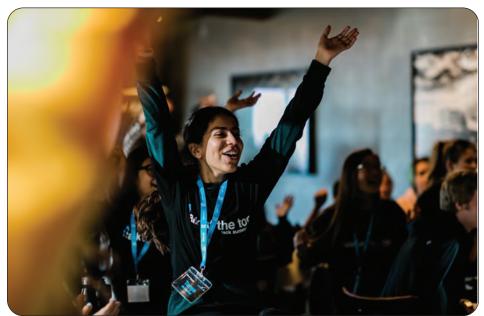
"Suicide remains a leading cause of death for young people, and mental illness affects an estimated 1.2 million young people, but most young people lack the knowledge to recognize mental health struggle and seek support that could save or improve their life. Jack.org works to change that through early educational intervention and building networks of support between young people," she said.

"Young people are often in the best position to recognize struggle in one another — and they are most receptive to messages that come from a peer — so Jack.org's work is focused on enabling young people to support one another and hear from one another about lived-experience with mental health struggle."





Canadä



TRIBUNE PHOTOS SUBMITTED

Jack.org is a Canadian mental health charity that focuses on youth aged 14 to 24.



Jack.org is looking for Interlake youth reps.

Young people are our future, and mental health is the greatest health challenge they are facing, she added.

"Mental health challenges among youth have been on the rise for over a decade," Martinussen said, "and it is only by taking action that we will begin to turn the tide in favour of better outcomes for youth."

Jack.org offers three award-winning programs to community members, she added.

"The Be There Certificate is an online learning resource that trains people to have difficult mental health conversations and show support to someone who's going through a mental health struggle. It takes only two hours to complete and is free for all. You never know when someone you care about will need your support. Be There helps prepare us for what may come," she said.

"Community members can also book a Jack Talk, a mental health presentation delivered by young people to young people. Youth speakers use the power of their personal mental health stories to teach mental health essentials and normalize difficult conversations."

In addition, young people can create a Jack Chapter, a youth-led community group that leads mental health awareness initiatives and provides the community with resources to support mental health. Chapters work closely with Jack.org staff to design initiatives that address challenges the community is facing.

"While Jack.org's programs are designed to support youth, everyone is welcome to get involved. We offer resources for educators at jack.org/edhub, and our Be There training is as relevant for adults as it is for young people. All of us have a stake in protecting young people's mental health,

## Ashern Pioneer Museum holding annual thresherman's reunion Aug. 11

By Becca Myskiw

The Ashern Pioneer Museum is gearing up for its annual threshermen's reunion on Sunday, Aug. 11.

The annual two-day event happened every weekend before Labour Day when it started 34 years ago. Still, with the rodeo happening around the same time, it became too much for organizers and attendees. So, the reunion went to a one-day event on the same weekend as the local rodeo. After a few years of doing it like that, the Ashern Pioneer Museum decided to branch out again and hold the threshermen's reunion the weekend before the rodeo. So now, every second weekend in August, the mini thresherman's reunion brings people from all corners of Manitoba to Ash-

At the Ashern Pioneer Museum's mini threshermen's reunion, people can take in threshing and binding on

the same day. Threshing is loosening the edible part of grain from the rest of the plant. Threshing is typically done by rubbing, stripping, or beating the plant, which a combine does nowadays during harvest. Binding cuts the grain and binds it into bundles. The binder, invented in 1872, improved upon the reaper, and the original machine used wire to tie the bundles.

For the reunion, the museum board has sheaths from the previous years' harvest to run through the thrasher, and they've tilled up a field at the museum where they grow grain to bind during the reunion.

"People like to reminisce," said Rick Ebbers, chairman of the museum board. "It's a thing of the past. It's the years that started and made this town, so it's a lot of hard work they put in, and it's just great to see people who come out and appreciate it."

**EXPRESS PHOTO SUBMITTED** 

The Ashern Pioneer Museum is getting ready for their mini annual thresherman's reunion taking place Aug. 11.

The reunion will start with a church service in the Anglican Church on the museum site, followed by a barbecue lunch lasting all day. There will be popcorn, a bouncy castle, a dog show, chainsaw carving, and live entertainment by local artists. Entry is \$5 a person and free for children 12 and

The Ashern Pioneer Museum has seven buildings on-site, including the original CNR station, St. Michael's Anglican Church, the Hoffman log house, the former post office, the former municipality office, the Darwin

under.

school, and a storage building for machinery. The museum is open from 10 a.m. to 2 p.m., Tuesday through Saturday, each week throughout the summer, and phone calls with special appointments are often accommodated.

The museum has artifacts from different times in Ashern's history. Ebbers encourages everyone who hasn't been there yet to see what the museum has to offer. Each of the seven buildings will be open for people to tour during the reunion on Aug. 11.

#### > MENTAL HEALTH, FROM PG. 10

and so we all have to take steps to be better listeners, supporters and mental health champions," Martinussen

"Jack.org is a national movement, and by getting involved, you access a community of people who are dedicated to building a future where young people's mental health can thrive. Young people build community connections, in addition to di-

rectly supporting the mental health needs of the people around them."

Currently, there are no youth reps in the Interlake, so Martinussen hopes to see some local involvement.

"Young people are our future and mental health

the greatest health challenge they are facing," she said.

"Mental health challenges among youth have been on the rise for over a decade, and it is only by taking action that we will begin to turn the tide in favour of better outcomes for youth."

Learn more at Jack.org or contact Brenda Martinussen at martinub@ yahoo.ca.



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



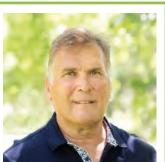


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# Carnival Day fun at Goodwin Lodge

#### **By Jennifer McFee**

Summer fun continues to bring smiles to faces in Teulon.

Goodwin Lodge staff and residents recently celebrated Carnival Day in Teulon.

"Carnival Day is a big day," said recreation co-ordinator Crystal Bergeron. "It's all hands on deck from every department."

She said the event was a success for the third year thanks to amazing co-workers who are always willing to step up and help. She expressed gratitude to everyone for going above and beyond.

"This was hands down the best carnival day to date," she said.

Famous Teulon

**Curling Club** 

Barley Gardens



TRIBUNE PHOTOS SUBMITTED Carnival Day 2 – Joe Pearson, age 97, took his turn at Whack a Mole, which was one of 12 stations set up.



Daryl from maintenance was sitting in the hot seat. Staff and visitors came together to raise \$458 to dunk Daryl. Funds will be shared with the recreation team towards planning a summer ladder ball tournament later this month. Here's Anne Berry taking her turn

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In conjunction with the Red River Valley Pullers Association

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# Yard of the Week honours



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Communities in Bloom Yard of the Week honour was awarded to Cheryl Hauber and Frank Stanley at 334 2nd Street East. The couple has been working on their yard together for 13 years. It has beautiful curb appeal, with the focal point being a mature ash and an ornamental apple tree. The rest of the front yard features perennials such as echinacea, Liatris, daisies, iris, daylilies, brown-eyed susans and peonies mixed in with spirea, ninebark and roses. Tucked in by the deck are two tamaracks, a cucumber plant, and a Virginia creeper on the fence. Recipients of Yard of the Week receive a \$25 gift certificate from Stonewall Home Hardware and bragging rights. If you want to nominate a Yard of the Week, ballot boxes can be found at the Stonewall Home Hardware and the Stonewall Library.

#### > GET INSPIRED, FROM PG. 5



#### **Veggie Stir Fry with Prune Teriyaki Sauce**

Cook time: 15 minutes Servings: 4

- 1 tablespoon toasted sesame oil
- 1/2 large onion, diced
- salt, to taste, divided
- 3 cloves garlic, minced
- 1 tablespoon minced ginger
- 2 cups shredded carrots
- 1 red bell pepper, sliced
- 1 medium zucchini, diced
- 8 ounces sugar snap peas pepper, to taste, divided
- 1/2 cup roasted salted cashews, plus additional for serving, divided
- 1 cup edamame
- 2-3 cups cooked jasmine rice, for serv-
- 1/3 cup sliced green onions, for serving

California grown prunes from Sunsweet, for serving

Prune Teriyaki Sauce:

- 1 cup canned pineapple, plus 1/4 cup pineapple juice
- 1/4 cup Ćalifornia grown prunes from Sunsweet (about 6 prunes)
- 6 tablespoons reduced-sodium soy
- 1 tablespoon pure maple syrup
- 1 tablespoon rice vinegar
- 1 garlic clove
- 1 teaspoon sriracha

In large skillet over medium heat, warm sesame oil. Once hot, add onion

#### **Al-Anon and AA Meetings Information**

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

#### **Selkirk Red River Al-Anon Family Group**

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

#### **Teulon AA**

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

#### Stonewall AA

Parochial Hall 291 1st St. W., Stonewall, MB Contact Denis: (204) 981-7747 Donna (204) 461-0892 Meets every Sunday 7:30-8:30 PM and pinch of salt; saute 5 minutes.

Add garlic and ginger; cook 30 seconds, or until fragrant. Add carrots, bell pepper, zucchini, snap peas and pinch of salt and pepper. Saute 10 minutes, stirring often, until veggies are crisp tender.

To make teriyaki sauce: In blender, blend pineapple, pineapple juice, prunes, soy sauce, maple syrup, rice vinegar, garlic and sriracha until smooth.

Remove veggies from heat and stir in 1/2 cup cashews, edamame and teriva-

ki sauce to coat. Season with salt and pepper, to taste, and serve on bed of rice garnished with green onions, prunes and additional cashews.

Photos courtesy of Alexis Joseph

## **JOIN US FOR THE AUGUST CONSIGNMENT SALE 2024**



DAY 1 ITEMS AVAILABLE TO VIEW ARE AUGUST 15 TO 19, 9-5PM DAY 2 ITEMS AVAILABLE TO VIEW AUGUST 15 TO 19, 9-5PM- BIDDING STARTS AUG. 18 BIDDING STARTS: AUGUST 15TH AT 9AM

DAY 1 OFFSITE ITEMS WILL BE CLOSING ON AUGUST 21ST STARTING AT 10AM

DAY 2 ONSITE ITEMS WILL BE CLOSING **ON AUGUST 22ND STARTING AT 10AM** 









Pickup Days: August 23-24 from 9am to 5pm. Arrangements can be ade otherwise. CLOSED SUNDAYS SALE WILL CONSIST OF FARM **EQUIPMENT, GENERAL** MERCHANDISE. OVERSTOCK AND SURPLUS ITEMS, PLUS MUCH MORE! THIS IS AN ONLINE BIDDING AUCTION ONLY! IF YOU REQUIRE HELP OR DO NOT HAVE INTERNET ACCESS PLEASE CALL THE OFFICE AT (204) 434-6519.

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#### **Available September 1, 2024**

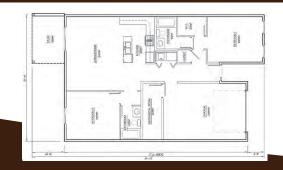
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# Warren's Yard of the Week











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#### TRIBUNE PHOTOS BY JUDITH OLSON

Yard of the Week six goes to Jennifer and Richard Steinbeisser of 27 Broughton Bay in Warren. Congratulations on a beautiful yard with interesting combinations of begonias with ivy and again with a cascade of Creeping Jenny, tubs of petunias, impatiens and coleus with birdbaths very thoughtfully placed. So much to see as you peek around the corners of the central granite garden. Counting down folks with just two more yards for 2024. Get your nominations in by Messenger to Warren Communities in Bloom.



# U13s win bronze at 2024 Western Championships

**By Kieran Reimer** 

The **U13 Interlake Phillies** didn't have to travel far for last weekend's 2024 Western Canadian Softball Championships.

On Thursday afternoon, the Phillies began Westerns at Ashley Neufeld Softball Complex in Brandon, where they took on some of the top U13 softball clubs in the country.

The Phillies who dominated local play all season in the Manitoba Premier Softball League and at Provincials two weeks ago, picked up right where they left off in the opening games.

The Phillies won their first five games of the weekend, almost all of them in dominating fashion against teams from British Columbia and Saskatchewan.

Their only loss in the round-robin came in the finale against B.C.'s Tri-City Titans by a score of 17-16.

With a 5-1 record, the Phillies had already locked up a medal heading into Sunday morning's playoff round. They needed to win only one of two games to make it to the finals.

On Sunday the Phillies struggled to replicate their dominance from the round robin and eventually dropped both games to their Manitoba rival Eastman Wildcats and then to the Moose Jaw Ice later in the day.

Though the Phillies didn't advance to the final, they were crowned bronze medalists for finishing third and will be remembered as one of the most dominant U13 softball clubs all season long in Canada.

The Wildcats, too, couldn't handle the red-hot Moose Jaw club in the finals, as the Ice went on to win the 2024 Westerns.

Last weekend, the U15 Interlake Phillies took on the top U15 softball



TRIBUNE PHOTO SUBMITTED

The U15 Interlake Phillies represented Manitoba at the 2024 Western Canadian Championships in North Battleford, Sask. last weekend.

clubs in western Canada at the 2024 Western Canadian Championships in ment as the second-ranked club out North Battleford, Sask.

The Phillies entered the tourna-









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# SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

## Former Stonewall mayor accomplishes rare feat in karate

**By Jeremiah Knight** 

Clive Hinds has spent a lifetime paying back the sport that has made him rich in well-being.

For the last four decades, the 74-year-old has stood by an oath he made to himself to teach others about respect and self-development through budo, the philosophical discipline of karate.

Hinds stood among some of the rarest athletes in the martial art for 11 years as he held the seventh dan — or seventh-degree black belt — ranking. Recently, he joined an ultra-exclusive group when he completed his eighth dan in Guyana.

Practically speaking, the eighth dan is the highest achievement someone can reach in karate. With this notch in his belt, Hinds can test more people, including up to sixth-degree black belts, and has furthered his qualification as an instructor, examiner and tournament director.

However, perhaps the most important thing that Hinds demonstrated was that he was still willing to improve himself, despite being a master of a martial art.

"Here we are today and I just keep pushing just to get my students on board. I have some students that have been with me 30 years... and if I don't live by the example, I can't speak it," Hinds said.

"So, I continue to train. I continue to move forward and give them that ability to see that I teach by example"

Hinds spent 12 days in Guyana, where he only intended to judge a world tournament. At the event, he was asked about increasing his ranking, however. Hinds obliged almost immediately.

He was put through several situations that required him to defend himself while demonstrating exceptional composure. The testing was rigorous, he said, but completely worth it in the end.

"It was a bit taxing at my age because you had to demonstrate that you can make self-defence, as well as control motions and everything," Hinds said. "It's not about sparring anymore, but mostly for self-defence, you have to be able to make and show self-defence — that you can get out of many different aspects of someone grabbing you from behind, someone holding you down, punching, kicking whatever.

"It's mostly (about) how you have handled yourself because now you're a top leader in the organization and you have to demonstrate as such. You have to show manners, and respect and be able to portray that in your regular lifestyle, as well."

Hinds emigrated to Winnipeg from his hometown Kingston, Jamaica in 1963 after his father was asked to relocate to Canada for business.

Hinds first landed in East Kildonan, then settled in Transcona. Upon graduating to high school, he was subjected to racism, being one of the few black students in the school.

By the time he was 15, Hinds' father enrolled him in Kung Fu so he could learn how to defend himself, but that didn't stick very long.

"I went through that phase a little bit and realized that the Japanese martial arts was really what I was looking for — something that was longevity, and where I could train without the showing off and without the bragging and all that," Hinds said.

"I was very active in sports when I was very young," he said. "I was pretty fast. But I was also very sickly — I was an asthmatic. Still am. So, when it comes to a sports day... I would win the race and die after because I couldn't breathe."

Then came karate, which was less taxing on his lung condition and provided Hinds with the physical and mental tools to defend himself regardless of the situation. Hinds could choose between three styles of karate — Budo, traditional, which emphasizes defending oneself, and sports karate, which is about attacking in competition — but chose Budo due to its emphasis on self-improvement.

Forty-three years later, Hinds is among the most accomplished, and his wife, Deborah, is right there with him as a sixth-degree black belt.

"It has done wonders for me not only healthwise... but most of all, in business, it has given me that inner strength, inner vision, to relax, to approach things in a totally different matter," Hinds said.

"That you can control your emotions, whether you're in business — and I have been extremely successful in the business — whether it's running the membership, or being on council or running a business for myself, my wife."

After receiving his third dan, Clive opened Winnipeg Budokai in 1996, his own dojo in the Manitoba capital, which is now home to many black belts who help others begin their path to self-improvement. Later, after moving to Stonewall, Hinds and his wife opened Stonewall Karate, which Deborah now successfully operates.



TRIBUNE PHOTO SUBMITTED

Clive Hinds, who recently achieved eighth-degree black belt, began karate at 16 years old and has instructed thousands of students on how to improve their discipline and self-development during his 43 years of teaching.

"Karate is not just about kicking and punching, it is also development," Hinds said. "That's what most of my students — all the years that I've been teaching — that's what I teach them is manners and respect, and be humble and never brag and show off and want to take your karate on to the street and demonstrate it on people."

Hinds, who served as Stonewall's mayor from 2018-2020, will continue his role as the chief instructor for the International Karate Daigaku of Manitoba, which oversees four different clubs across the province. There's no telling what's next for him, but he knows there is still plenty to give back.

"The idea of karate — most people believe it's the goal to fight and kick. It is part of karate... but the most important part of it is manners and respect. So all students, you'll find even the school teachers tell us that those that were they were having troubles in school, that come and join karate, changed their way of behaviour," he said.

"It's a huge part of what we do, try to develop and make society a better place to live."

# Sr. Jays playoff series against Elmwood

#### By Kieran Reimer

The stage is set for the Stonewall Sr. Blue Jays playoffs.

This week, the Jays found out they will be taking on the Elmwood Giants in the A Pool semi-finals of the Winnipeg Senior Baseball League, with game one of the best two of three series going Tuesday night at Koskie

Field.

The Jays enter the series as the third-ranked club in the WSBL with a 12-8 record, while the Giants enter ranked second at 15-5.

The clubs split the regular season series at two games apiece, with the Giants winning last Tuesday's most recent match by a score of 8-5 at Koskie

Field.

The Jays will host game two of the series at Quarry Park in Stonewall on Wednesday, Aug. 7.

#### **SERIES SCHEDULE:**

Game one: Jays at Giants, Tuesday, Aug. 6 at 7:30 p.m. at Koskie Field

Game two: Giants at Jays, Wednesday, Aug. 7 at 7:30 p.m. at Quarry Park

Game three: Jays at Giants, Thursday, Aug. 8 at 7:30 p.m. at Koskie Field (If necessary)

# United back on track after Kenora tournament, MMSL win

It's been a busy last two weeks for Stonewall United as they've started to rediscover their game that was so successful early in the season.

From July 18-21, United were on the road for the 2024 Kenora Men's Annual Soccer Tournament where they played four matches against all Ontario-based clubs.

United opened the tournament at Tom Nabb Fields with a 1-1 draw against the defending tournament champions, the Kenora Dynamo.

They then played twice the following day against Playaz FC, losing 1-0 on a late goal, then drawing their evening match 1-1 against Centuries after United keeper Steffan Hillock shut the door on a timely penalty kick to keep the game tied.

After going 0-1-2 in the preliminary round, United were set for the third-place match in which they were taking on Legends.

United went on to win the match 1-0 on a big goal from Rupert Robinson, one of the tournament's longest-tenured players.

"Our big goal scorer played huge for us and probably one of the oldest players in the tournament who has been there for a long time, Rupert Robinson," said United's Matt Olnick. "He scored a huge goal and put his body on the line. He was great all tournament."

With the big win, United returned home riding a high from what they deemed a successful tourna-

Olnick said going to the tournament every year helps the team bond and prepare for the regular season's home stretch.

Then a week later back at home in the Manitoba Major Soccer League Division 3B play, United were able to get in the win column again with a 4-3 win over Central Plains FC on Monday night.

The victory snapped United's season-long fourgame MMSL losing streak, which lasted for three weeks.

"You're snapping a losing streak, getting the guys back on track for playing our game, showing we can still play in this league, and not holding our



TRIBUNE PHOTO SUBMITTED

Stonewall United pose for a team photo following the 2024 Kenora Men's Annual Soccer Tournament at Tom Nabb Fields. United went 1-1-2 at the tournament and won the third-place match 1-nil against Legends off a goal from Rupert Robinson. Pictured left to right, back row: Jason Ferris, Amar Manning, Chris Thompson, Nick Dale, Scott Yeo, Dante Lourenco, Tyler Kubin, David Deroche, Ethan Caners, Kevin Capek, Andrew Okenwa, Gareth Williams, Corey Rey; back row, Kevin Penner, Lucas Yarduck, Gio Ciulla, Stefan Hillcok, Rayden Labelle, Rupert Robinson, Omar Castillo, Israel Ogungbemi, Brian Penner, Justin Legare and Matt Olnick.

heads too low after a losing streak," said Olnick. "It's important to get back in the win column."

In the match, United found offence from Dante Lourenco, Scott Yeo, Kevin Penner, and Gio Ciulla, who all scored goals for the club.

Olnick highlighted the performances of young United players Noah Rodrigue and Adam Brown who helped United secure the victory.

"Noah Rodrigue was a whirlwind on the field, relentlessly charging at Central Plains like he was trying to win a game of tag. At just 15, he played with the maturity of someone twice his age. Meanwhile, Adam Brown had yet another standout performance, proving he's basically the team's secret weapon," said Olnick.

He added that Eric Durpas also showed well in his return to the lineup.

The win gave United an all-important three points, which moved them back into fourth place in Division 3B. Had they lost the match, Central Plains would've jumped them in the standings, and United would be in a share of fifth place.

They now hold a 5-5-1 record and sit three points up on fifth place CA River Plate.

"There were three lead changes there that we were able to come back from," said Olnick. "We had a lot of individual performances but also team performances from front to back that led to the comeback

United now look to the third-place Kildonan Cavaliers SC as their next opponent on the schedule on Wednesday night.

After defeating Kildonan 3-2 in a very chippy contest back on July 4, United look to repeat the effort and shorten Kildonan's seven-point lead on third

"I expect another tough game," said Olnick. "That one got heated toward the end, and we hung on for the win, so we know they are going to be coming back at us, and it will be another tough affair. We'll be ready for a big game."

Kick-off from Buhler Recreation Park goes at 7 p.m. on Wednesday, Aug 7.

#### > BRONZE, FROM PG. 15

of Manitoba, along with Central Energy, the other Manitoba representative.

The Phillies had the opportunity to wave the Manitoba flag during opening ceremonies on Friday evening.

The Phillies were among the last teams to play on Friday afternoon as they took on the Calgary Adrenaline in Linda Edey Pool play.

Jersey MacMillan's couple of runs batted in, and Peyton Rinn's 11-strikeout performance on the mound had the Phillies on top 3-1 heading into the seventh inning.

In the seventh, Calgary's offence, which had been shut down for much of the game, found an offensive spark and eventually crawled back to win the game 4-3, robbing the Phillies of their first win of

On Saturday morning the Phillies fell in extra innings to the Okanagan Elite by a score of 8-6.

With only two round robin games remaining, the Phillies knew they needed to quickly turn things around to have a shot at the playoff round.

Their next game against the Prince Albert Aces saw them hold a late lead again, but this time the Phillies got the job done, defeating the Aces 6-4.

Keira Pattie was named player of the game against the Aces with two singles and two runs.

In the nightcap, the Phillies once again squeaked out a win in an even closer game, winning 4-3 over the hosts, the Battleford Bandits.

Olivia Hagen's strong showing on the mound included eight strikeouts, helping the Phillies close out the round robin with a 2-2 record.

The Phillies finished third in the Linda Edey Pool, which qualified them for Sunday's cross-pool playoff round.

On Sunday morning, they took on the Ridge Meadows Pride 09 with a quarterfinal spot on the

A home run from Hagen and two runs from Riley Swanson held the Phillies in it, but ultimately, Ridge Meadows walked away with the 8-4 win and eliminated the Phillies from Westerns.

"This was the first time this group of girls had earned a spot in westerns and I thought it was a great experience," said head coach Taylor Hagen on Monday. "Our team was very competitive in round robin winning two close games and losing one in extra innings and another in a walk off win by Calgary Adrenaline. After going 2-2 and finishing third in our pool we played a good team from Ridge Meadows in a win or go home game and we battled but came up short losing 8-4. There were many highlights from the weekend and the girls all played great!" The Phillies season is now over. In 2024 they were one of the best teams in the province and showed they could compete with some of the best in the country at Westerns.

The U19 Manitoba Phillies had one last week off before the U19 Western Canadian Championships this weekend in Irma, Alta.

The Phillies will begin play on Thursday, Aug. 8, and the tournament will wrap up Sunday, Aug. 11, in the evening.

# U13 and U15 close out seasons in Ile des Chenes

**By Kieran Reimer** 

The **U13 Interlake Orioles** closed out the 2024 Baseball Manitoba U13AAA Tier 2 Provincials in Ile des Chenes last weekend.

The Orioles played five games from Friday to Sunday and finished with a 1-4 record.

Their lone win of the tournament came in the opener on Friday, a 21-10 scoring contest against Midwest.

"We played competitive baseball throughout pool play this weekend," said Orioles head coach Tyler Moran. "It was a good learning experience for us and helped us to better understand the level of on-field consistency and intensity that is required to be successful at the provincial level. Our group improved significantly this year and will build on that momentum heading into next season."

The Orioles came close in Friday night's game against North Winnipeg, losing narrowly by a score of 6-4 to close the day.

On Saturday morning, they got off to a rough start against Carillon and lost 13-3 against a strong Sultans club with its bats rolling all round-robin.

Later that evening, the Orioles engaged in another offensive battle

against Red River, which eventually resulted in a 13-10 defeat.

On Sunday, the Orioles played their first game of the day, and their last of the season, in what turned out to be one of the most exciting games of the provincials.

The Orioles took Oildome right to the end in a tight game but were eventually edged out 10-9 in the season finale.

The **U15 Interlake Orioles** season also ended in Ile des Chenes on Sunday after a 2-3 showing at U15AAA Tier 2 Provincials.

The O's were perfect on Friday defeating St. James in the opener 11-4 and North Winnipeg in the evening 11-10.

On Saturday, the Orioles ran into trouble against Pembina Hills and Brandon.

The morning game against Pembina saw the Oriole's offence unable to keep up as Pembina got on a roll and won 14-3.

In the evening against Brandon, the Orioles' pitching kept them close, but ultimately, the offence, which had cooled off since scoring 22 runs the previous day, failed to get rolling as



TRIBUNE PHOTO SUBMITTED

The 2024 13U AAA Interlake Orioles finished the 2024 season at Tier 2 Provincials in Ile des Chenes on Sunday. The Orioles went 1-4 at provincials, missing the playoff round. Pictured left to right, back row: Tom Rinn, Shaun Dalgliesh, Reed Olson, Reed Moran, Crew Corbett, Parker Olson, Troy Fortin, Tyler Moran; front row, Maddox Rinn, Maddyn Dalgliesh, Brody Ivany, Alex Walker, Chase Murray, Graysen Malcolm, Jake Fortin and Mason McCallum.

they were shut out by a 6-0 score.

Sunday morning, the Orioles closed out the season against Oildome in a much closer game in which both offences got hot.

The clubs traded runs, and the Orioles were close to winning, though

ultimately, Oildome had the extra run needed to win. They defeated the Orioles 10-9 and ended their season.

All three Orioles clubs have concluded their seasons in the Baseball Manitoba AAA League.

# Softball player demonstrating love for the game in the 2024 season

By Kieran Reimer

It's been a whirlwind of a summer for Paige Powroznik

The 15-year-old softball player from Teulon started the summer expecting another season with the AAA U17 Interlake Phillies, her sixth AAA season in total.

But when the Phillies didn't get enough players to have a team, it set her and Kassie Siwak of Stonewall on course for one of their busiest summers of softball

The girls joined the U17 AAA Manitoba Angels in Winnipeg for the 2024 Manitoba Premier Softball League season in May.

Powroznik, Siwak and the Angels battled to a sixth-place finish in the regular season and wrapped up the 2024 campaign at provincials two weeks ago.

Then, immediately after provincials, Powroznik was offered another chance to keep her softball season going, this time by Brandon's U17 AAA Westman Magic team, who she had just faced at provincials with the Angels and were looking to add her to their roster for the 2024 Western Canadian Championships.

"Getting picked up by Westman Magic to attend Westerns is a great opportunity and I was excited to find out I had been chosen," said Powroznik. "A lot of teams don't opt to pick up players so to be one of the few selected to go is something I will not forget

and take in every moment."

Since joining the Magic, Powroznik has travelled to Brandon twice weekly to practice with her new team.

As they prepare for Westerns in Port Alberni, BC, from Aug. 8-10, they are also playing exhibition games against the Winnipeg Lightning, Manitoba's other Westerns representative.

But the docket doesn't end there for Powroznik. Before Westerns, she will quickly hop on Team Manitoba for the 2024 Canadian Native Fastball

For Powroznik, who is Metis, this will be her first time competing in the event.

Championships in Regina, SK, from Aug. 2-4

"It's a pretty neat opportunity to be asked to play at the Native Canadian Nationals," said Powroznik. "It's something I haven't attended before and I'm looking forward to the experience. I did attend the North American games last summer in Halifax and represented MB and brought home gold but this is with a team that plays together regularly and attends several tournaments together."

To stay up to date on Paige Powroznik and Team Manitoba at Canadian Native Fastball Championships, you can visit https://nativefastball.com

As for Siwak, she is also joining a new team for Westerns, this time at the U19-level with the local U19 Manitoba Phillies.

This week, Siwak and the Phillies will head to Irma, Alta. for Westerns from Aug. 8-11.



TRIBUNE PHOTO SUBMITTED

Fiftee-year-old Paige Powroznik will be representing Manitoba at the 2024 Canadian Native Fastball Championships in Regina, SK, from Aug. 2-4.

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#### THE RURAL MUNICIPALITY OF ARMSTRONG

#### **PUBLIC NOTICE**

#### **BOARD OF REVISION for 2024**

Public Notice is hereby given that the 2025 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. The Board of Revision will sit on Wednesday, September 25, 2024 at 10:00 A.M. at the Council Chambers of the Municipality of Armstrong to hear applications for revision 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) Set out which of the matters referred to in subsection 42(1) are at issue, and the ground for each of those matters; and
- (d) be filed by delivering it or causing it to be delivered to the office indicated below, or serving it upon the secretary, on or before Monday September 9, 2024

Dated at Inwood, in Manitoba this 18th day of July, 2024.

Nancy Howell, Secretary Board of Revision **Rural Municipality of Armstrong** Box 69, 1094 Hwy #17 Inwood, Manitoba R0C 1P0 Phone: (204)-278-3377

Email: cao@rmofarmstrong.com

Fax: (204)-278-3437

#### **ACADEMY**

#### SERVICES

#### in the RM of Armstrong's **July 31st election**

**Paul Humeny** Ward 2 Councillor

Thank You

to all that voted and participated

#### **MORTGAGE SALE**

The land and building known as 8072 Arundel Avenue East, Rural Gunton, Manitoba, as described in Certificate of Title No. 2738601/1 will be sold at auction on Wednesday the 18th day of September, 2024 at 10:00 a.m. The auction sale will be held by way of video or teleconference. There will be no in-person attendees at the auction. In order to participate you must preregister at least 24 hours prior to the auction by contacting Dan Ransom at either 204-988-0443 or dransom@tmlawyers.com. On the date of the auction, an email will be sent to all attendees at the email addresses provided. The attendees will need to follow the instructions in the email, which will include a video link or teleconference call-in information. The successful bidder shall have a period of 24 hours to provide the deposit in certified funds payable to Taylor McCaffrey LLP and sign the auction sale conditions.

TO THE BEST of the Vendor's knowledge, the house is a Detached Manufactured Mobile, 3 bedroom, 2 bathroom house built by Moduline Industired Can. in 2005, with approximately 1,216 square feet of living space. This house has a living room, dining room and kitchen. The master bedroom comes with ensuite bathroom with a walk-in closet on the west end of the home. The house comes with central air conditioning and there are two small decks on the south side of the home. The house had upgrades that included rodent resistant wire mesh and insulation in the crawl space skirting of the property. The property features a double gravel driveway for parking. The approximate lot size is 10,000.00 square feet and is located on a double lot.

PRIOR ENCUMBRANCES: Mortgage No. 4517855/1

REALTY TAXES (excluding any accruing water charges) are paid to December 31, 2021.

TERMS OF SALE: a deposit of \$6,400.00 by way of cash, certified cheque or bank draft payable to Taylor McCaffrey LLP, and the balance according to conditions which will be available for public view at the Auctioneer's address above prior to the auction. The property will be sold subject to a Reserve Bid of \$59,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 6th day of August, 2024 to the date of auction and which costs will be announced prior to the commencement of the sale. The maximum amount of cash that may be provided as part of the deposit is \$7,500.00. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca.

FURTHER information may be obtained from:

#### **TAYLOR McCAFFREY LLP**

2200 - 201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3 **ATTENTION:** Daniel Ransom Phone No.: 204-988-0443 File No.: 114473-178

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#### THE RURAL MUNICIPALITY OF ROCKWOOD

#### **TENDER**

#### **OPERATION OF THE TEULON-ROCKWOOD WASTE DISPOSAL GROUNDS**

Sealed Tenders, marked "Teulon-Rockwood Waste Disposal Grounds Operator Tender" will be received by the Director of Operations of the Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall, Manitoba, R0C 2Z0 until 1:00 p.m. CST, Friday, August 22, 2024 for operation of the Teulon-Rockwood Waste Disposal Grounds in the Rural Municipality

Tender specifications will be accompanied with the Bid Package. Bid Packages may be obtained at the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall Manitoba, Monday to Friday (excluding holidays) between the hours of 8:30 a.m. and 4:30 p.m. or our website at www.rockwood.ca

Lowest or any tender not necessarily accepted. The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the Contract in the best interest of the Municipality in its sole and unfettered discretion. The award of the Contract is subject to the approval of Council.

Ian Tesarski, Director of Operations Rural Municipality of Rockwood

#### **PUBLIC NOTICE**

PROPOSED TELECOMMUNICATION TOWER 90042 PTH 6, St. Laurent, MB

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- · Facility / Installation: The facility will comprise a proposed 15m x 15m compound. / L'installation comprendra un complexe proposé de 15 mx 15 m.
  - Site: The structure will accommodate initial and future loading for all cellular providers,
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Innovation, Science and Economic Development Canada (ISEDC) is the governing body for this type of installation and can be contacted at: / Innovation, Sciences et Développeme économique Canada (ISDE) est l'organisme directeur de ce type d'installation et peut être contacté à l'adresse suivante:

ISEDC - Manitoba District Office / Bureau de district du Manitoba 400 St. Mary Avenue, 4th floor, Winnipeg, MB R3C 4K5 Tel: 1-800-665-3421 or 204-984-4257 Fax: 204-984-6045 Email: spectrum winnipeg-winnipeg spectre@ised-isde.gc.ca

ANY PERSON may make a written submission to the individuals listed below no later than 5pm (ET) on Friday, August 23rd, 2024. Please reference the

site code TOWM023 in your correspondence. / TOUTE PERSONNE peut faire une soumission écrite aux personnes mentionnées ci-dessous au plus tard à 17:00 le vendredi 23 août 2024. Veuillez indiquer le code de référence du site, TOWM023 dans votre correspondance.

Further information may also be obtained through the following contact: / De plus amples informations peuvent également être obtenues auprès du contact suivant:

#### APPLICANT CONTACT / CONTACT DU DEMANDEUR

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MUNICIPAL CONTACT / CONTACT MUNICIPAL Billie Jean Oliver, CMMA | Chief Administrative Officer

Rural Municipality of St. Laurent T: (204)646-2259 E: cao@rmstlaurent.com

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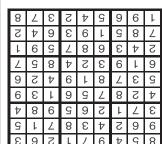
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Sudoku Answer

**Crossword Answer** 

#### THE RURAL MUNICIPALITY OF ROCKWOOD

#### **WASTE (GARBAGE) BIN RENTAL AND HAULING SERVICES** WINFIELD WASTE TRANSFER STATION AND TEULON-**ROCKWOOD WASTE DISPOSAL GROUNDS**

Sealed Tenders, marked "Waste Bin Rental and Hauling Tender" will be received by the Director of Operations of the Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall, Manitoba, R0C 2Z0 until 1:00 p.m. CST, Thursday, August 22, 2024 for rental and hauling services of waste bins in the Waste Management Sites in the Rural Municipality of

A draft contract with specifications will be accompanied with the Bid Form. Bid Forms may be obtained at the Rural Municipality of Rockwood Administration Office at 285 Main Street, Stonewall Manitoba, Monday to Friday (excluding holidays) between the hours of 8:30 a.m. and 4:30 p.m.

Lowest or any tender not necessarily accepted. The Municipality reserves the right to reject any or all bids, to waive irregularities and informalities therein, and to award the Contract in the best interest of the Municipality in its sole and unfettered discretion. The award of the Contract is subject to the approval of Council.

Ian Tesarski, Director of Operations Rural Municipality of Rockwood

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#### **CARD OF THANKS**

The family of the late Marlene Kiel extends our heartfelt thanks to our family and friends. We appreciate your support, kind words, flowers, food items and memorial donations. Thank you to Ken and Steven of Ken Loehmer Funeral Services, Barb and Carmen for the lunch preparations, Tom for playing for the service and Rev. Theo Robinson. Your compassion has been a source of comfort during this difficult time.

#### **CARD OF THANKS**

A heartfelt thank you for all the cards and letters and to all who attended the Celebration of Life for Wes McGillvray. Dad would have loved all the attention.

Special thank you to Ken Loehmer and the Stonewall Legion Ladies for organizing and preparing for this celebration. Very special thank you to Minister Tammy Bleue for the lovely service. We would also like to acknowledge the staff at the Hunter Memorial Hospital in Teulon for the wonderful care given to Dad during his stay. He enjoyed his time

-The McGillvray family

Don't forget to send your special wishes to your friends and family. Call 204-467-5836 or Iribune email igraphic@mts.net

#### **BIRTHDAY**



Join us for the celebration of Lorna Priestley's 85th birthday! The family of Lorna Priestley invite you to attend a birthday celebration on Saturday, August 17, 2024 at St. Cyprian's Anglican Church (60 2nd Street SE, Teulon, MB) from 1:30 to 4:00 p.m.

Refreshments and birthday cake will be served, memories will be shared, and a wonderful time of fellowship and celebration of Lorna will be had! We hope you can join us.

# Classifieds Tribune nnouncements

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#### **OBITUARY**



**Darlene Gwendoline Schott - Hubbard** April 8th, 1953 - July 30th 2024

Our beloved wife, mom, grandmother, and good friend, Darlene Schott - Hubbard, 71 years old, of Woodlands, MB, passed away on July 30th, at St. Boniface Hospital after a fierce fight against

Darlene was born on April 8th 1953 in Manitoba. Darlene attended Argyle School and Stonewall Collegiate, and soon after started her family with her lifelong best friend Rick Schott, together they raised two beautiful and resilient children, Tyson and Denise.

Darlene spent her early years raising her children, spending time enjoying her love of baseball, curling, and making lasting memories with so many friends.

On January 23, 2010, Darlene married her partner in crime, love of her life and travel companion, Ed Hubbard. In 2012, Darlene

retired from her passion in finances from Canada Revenue Agency, where she worked for 30 years from 1981 to 2012 and met some of her closest and dear friends. Darlene and Ed spent their years post retirement travelling the world, camping, snow birding in Arizona, and keeping close tabs on their family and friends back home.

Darlene was predeceased by her parents Gwen and Fred Amy, who graciously adopted Darlene at a young age into their family. Darlene later in life met her biological family and gained great relationships with some of her siblings. Predeceased by her late brother George Amy, Les Greig, Reg Amy, sister Betty Andrus, step-daughter Wendy Brennan, and her niece Crystal Langlois.

Darlene's memory will forever be held in the hearts of her surviving family, Ed Hubbard. Tyson Schott (Marilyn), Derek, Rebecca (Tyler), Jordan (Emmitt). Denise Schott, Avery and Ashton. Brent Hubbard (Kerry), Daralan (Jess), Braden, and Ricky-Lee. Wade Hubbard (Carla). Her surviving siblings, Elsie Pounder (Paul), Charlie Amy (Marg), and Darcy Pottinger and many nieces, nephews, and close friends who considered her their second "Mom" and "Nan."

A celebration of life will be held to honour our angel, Darlene on August 10th, 2024 from 1 - 3 p.m. at Woodlands Community Hall. Darlene will be laid to rest at the Argyle Cemetery at a later

James Ivan Hoosier

He was predeceased by his loving wife Nancy on October 14, 2021.

In keeping with his wishes, cremation has taken place and he will be laid to rest beside his wife

Friends and family are invited to visit Ivan's memorial page at www.interlakecremation.ca,

Arrangements entrusted to: Interlake Cremation & Memorial Services 204.482.1040

Your memory will live forever engraved within our hearts.

Darlene's family holds a significant amount of gratitude toward the doctors, nurses (especially Caedence) and staff at St. Boniface ICU for their generous support and efforts through this devastating loss,

Peacefully on July 12, 2024, Ivan passed away at the age of 88 years.

Nancy at the Dog Lake Cemetery.

where memories and condolences may be shared.



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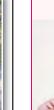
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#### **CLUES ACROSS**

- 1. Spiritual leaders
- 7. A solution
- 13. Fortified wine
- 14. Edible mollusk
- 16. Blood group
- 17. A way to compare
- 19. Gov't lawyer
- 20. Actor Ciaran
- 22. Calendar month
- 23. Very willing
- \_ex Machina
- 26. Satisfies
- 28. Type of berry
- 29. Distinctive practice
- 30. Popular pickup truck model
- 31. Dekagram
- 33. Naturally occurring solid material
- 34. Company officer
- 36. Villains
- 38. Cricket frogs
- 40. German founder of psychology
- 41. Endured
- 43. A female domestic
- 44. A situation you can be in
- 45. Cigarette (slang)
- 47. Fiber optic network (abbr.)
- 48. Belgian composer Walter
- 51. Employee stock ownership

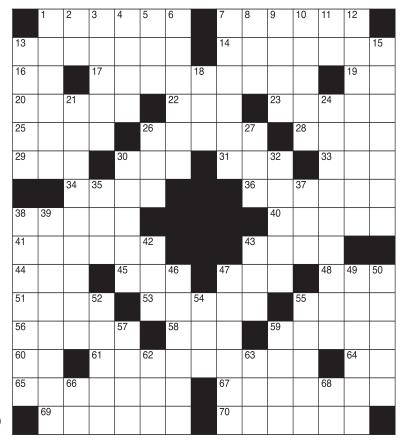
- 53. Belonging to the bottom layer
- 55. Musical or vocal sound
- 56. Yankees' great Judge 58. Dickens character
- 59. Beloved late sportscaster
- 60. South Dakota
- 61. Exposing human vice or folly to ridicule
- 64. Atomic #79
- 65. Former Braves pitcher Julio
- 67. Humor
- 69. Shawl
- 70. Hospital unit

#### **CLUES DOWN**

- 1. Animal disease
- 2 Commercial
- 3. Arts and crafts supplies
- 4 Containers
- 5. Investment vehicle
- 6. A way to greet in a friendly way
- 7. Bulged downward
- 8. "A Day Without" singer
- 9. Lav about
- 10. Intestinal
- 11. Negative
- 12. Caused to be loved
- 13. Prominent in Islamic eschatology
- 15. Sincere
- 18. Not in

- 21. Number above the line in a
- fraction
- 24. Bill Murray chased one
- 26. Pouch
- 27. Swedish krona
- 30. Start over
- 32. Wild white or yellow flower
- 35. Fourteen
- 37. Visual way of interacting with a computer (abbr.)
- 38. Up-to-date
- 39. Campaigns
- 42. Touch lightly
- 43. "Boardwalk Empire" actress Gretchen
- 46. Violent seizure of property
- 47. One who supports the Pope
- 49. Malaise
- 50. Body fluid 52. Inauthentic person
- 54. Title of respect
- 55. Chilean city
- 57. Central Japanese city
- 59. Garment
- 62. Draw from
- 63. Automobile 66. The man
- 68. Top government lawyer

Answer pn page 20



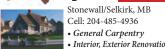




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