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Tribune Stonewall Teulon

THURSDAY,
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Ready, set, rodeo

TRIBUNE PHOTO BY CHRISTY BROWN

The Teulon Rodeo was held from Aug. 23 to 25 at Green Acres Park in Teulon. The festivities began on Friday night with the thrilling Ranch Bronc Shoot Out. Attendees enjoyed pancakes for breakfast on both Saturday and Sunday, followed by a six-horse hitch demonstration Saturday afternoon leading into the Heartland Rodeo. On Sunday afternoon, cowboys and cowgirls returned for more exciting action at the Heartland Rodeo.

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Stonewall's Plan20-50 delegation standing room only

Stonewall council news in brief

By Jennifer McFee

It was standing room only for Stonewall's council meeting last week, with another large group of attendees tuning in virtually.

Many residents turned up to listen to a delegation by Anthony Madden on Aug. 28 about Winnipeg Metro Region's Plan20-50.

Winnipeg Metro Region (WMR) is a statutory corporation created by the provincial government under the provincial legislation of The Planning Act. Made up of 18 member municipalities, the WMR has a mandate "to enhance economic and social development across the region by improving and co-ordinating sustainable land use and development."

The WMR board is made up of 18 elected officials — one from each member municipality — plus four provincially appointed directors.

Plan20-50, a regional growth plan, passed first reading on June 13 and it's now in the public hearing stage in an adjournment period. During this

adjournment, WMR board members can't discuss Plan20-50 outside of the public hearing.

Stonewall Mayor Sandra Smith is a WMR board member, so she recused herself from the meeting while Madden spoke.

"As a member of the WMR, I'm not able to sit and listen to you as a delegation as we're in the public hearing stage," Smith explained to Madden.

"During the adjournment period, the findings of the process must be maintained and, as such, any board member isn't allowed to discuss matters related to the plan outside of the public hearing forum, and that's done for a reason. You're supposed to be impartial, unbiased."

Deputy Mayor Peter Bullivant took over to chair the meeting during the delegation, asking for respect at all times.

Madden then shared his thoughts with council, along with some written materials.

"As you can see, this is a very important issue, not just for myself but for all the residents," he said.

"Plan20-50 on the surface actually looks like a decent plan. However, like a jigsaw puzzle, we have to look at more than one piece to be able to start to see the picture."

He suggested taking a closer look at Plan20-50, along with Bill 37 and WMR's bylaws.

"Another point that really bothers me in this plan is something called intensification sites," he said.

"According to the plan, there are large underutilized lands located within an existing land use designation related to residential and/or em-



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Town of Stonewall has been installing "no parking" signs as part of its continual implementation of its updated traffic bylaw. Town administration noted that parking will be restricted in town to one side of the road.

ployment uses that support redevelopment opportunities."

He expressed concern about density targets and the interests of land developers in relation to intensification.

At the same time, Madden expressed concern that Winnipeg will have more sway in voting than smaller communities due to population size.

"For the good of our community, I would respectfully request that Stonewall follow the other municipalities that indicated their desire to withdraw from Plan20-50 and withdraw us as well please," Madden said.

Bullivant then explained that attendees could communicate with councillors by phone or by email about the issue but not at the meeting since that's not part of the process during

delegations.

Mayor Smith returned to the meeting after Madden's presentation, noting that she doesn't yet know when the second public hearing will be scheduled.

"We're in limbo right now. And the fact that there are members in the public that think that the Town of Stonewall and particularly myself do not have the best interests of our town first and foremost is disappointing and it's actually kind of insulting," she said.

For now, WMR members are waiting to hear from the provincial government about next steps.

Continued on page 7

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STONEWALL

Local options for well-being and relaxation

By Jennifer McFee

A mother-daughter duo aims to improve the well-being of residents in Stonewall and beyond.

Sandrine Stevens and her daughter Kelly Bowen have created unique herbal blends through their business Steeped Harmony.

At the same time, Stevens provides relaxation massages as well as stretch sessions based out of 310 Wellness, located at 310 Main St. in Stonewall.

She honed her massage skills through training in her home country of Jamaica before moving to Stonewall seven years ago. Whether you're looking for a feather-light touch or a deep intense massage, Stevens is able to modify her approach.

"I'm mostly working on the tissues. I try to adapt to what my clients need," she said. "I also try to keep it unique to the individual. I work on the sciatica a lot, the hip flexors and the abductor muscles. I often treat people with a lot of back pain."

And so far, the response has been positive from her clients, who keep coming back for more.

"One was saying they like my massage because I work on their hands, their feet, their scalp, their face," she said. "I make it a complete work so the tension is not left in one area."

In addition to massage, Stevens offers 50-minute stretch sessions that can focus on the upper body, the lower body or both.

For those that prefer a little bit of everything, they can book a two-hour session that includes both a massage and a stretch session.

"I find that people are loving that one because I work on the muscles



Steeped Harmony has a number of herbal blends available through their website.

and the joints are being stretched out," she said. "Everybody is happy."

Adding to the options, she has created herbal blends to bolster a sense of well-being in herself and others.

"When I came here in January 2017, the first spring I got all these herbs and kept them indoors in pots for that winter because I was unfamiliar with the weather," she said.

"Slowly, the chamomile garden kept growing and growing. In my mind, I wanted to grow tea and sell it. I didn't vocalize it because I was waiting to have enough. A couple years later, I told my husband that I wanted to grow and sell tea, so I started going to the farmers markets in Teulon and Petersfield."

She soon moved on to blending different herbs in response to her own personal situation.

"I was in a lot of pain — I don't know whether it was the weather or getting older or all the bending to pick the chamomile. I was also having problems with concentrating and brain fog. I started looking at how I can help myself with these issues,"



TRIBUNE PHOTOS BY LANA MEIER

Sandrine Stevens, left, and her daughter Kelly Bowen have created unique herbal blends through their business Steeped Harmony.

she said.

Continued on page 10

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You do **NOT** need a permit for an unenclosed or detached deck less than two feet in height, or for landings of 50 ft² 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

Celebrating 30 years of keeping people in motion

Quarry Physiotherapy hosts 30-year celebration Sept. 13

By E Antonio

In October 1994, Scott Allan, CEO of inMotion Network Physiotherapy Clinics and More, opened the first physiotherapy office in Stonewall.

Allan and partner CEO Stephanie Roberecki saw the need for more rural physiotherapy practices in Manitoba.

"We felt that Winnipeg had a lot of clinics that were already available to the public," said Allan.

He explained that at the time, he only knew of one clinic in Selkirk, two in Brandon and one in Dauphin.

Both Allan and Roberecki saw Stonewall as a fast-growing community, making the decision to open Quarry Physiotherapy an easy choice.

Over the last three decades, InMotion Network has opened nine additional facilities, including four locations in Winnipeg and other rural practices in Gimli, Arborg, Portage La Prairie and Gillam.

They have also expanded their management team to include Sherry Scott and Beth Gutkin Roy as their business partners and Kyla Lenio-Slack as InMotion's operation manager.

"Kyla has made my life easier, that is for sure," said Allan as he explained Lenio-Slack to be the company's glue.

Currently, InMotion Network proudly employs 95 employees across the province, and Allan expresses his gratitude to all of his team members.

Quarry Physiotherapy in Stonewall will celebrate its 30-year anniversary on Sept. 13 as a way to give back to

the community.

"Stonewall was our original humbled clinic, and since then, we have expanded three times over the years," explained Allan.

He has always valued the sense of community and is thankful for Stonewall's support of the clinic.

"The sense of community is what has kept us there. Our motto is 'Bringing patients closer to home,' and we are proud to continue to offer home-grown talent."

Allan explained that all three of the physiotherapists at Quarry Physiotherapy are from Stonewall.

"We are proud to be a part of the Interlake community. It has led to the success of the sense of teamwork that we have assembled over the years," added Allan.

InMotion Network is pleased to offer more than just physical therapy services. Now, the network has grown to include massage therapy, athletic therapy, foot care, acupuncture, osteopath services, chiropractic care and kinesiology, and it has certified dietitians on its team.

"We also specialize in a number of areas in physical therapy, such as concussions," Allan said.

Allan has many happy memories being a physiotherapist.

"It's the success of getting people back to everyday life. We love seeing people end up with a big smile at the end of the day."

Allan shared a story about Quarry



TRIBUNE PHOTO SUBMITTED

Quarry Physiotherapy is celebrating 30 years with a free barbecue and live music from 2 to 5 p.m. on Sept. 13. Stonewall's Quarry Physiotherapy was the first of 10 physiotherapy facilities to open with the inMotion Network Physiotherapy Clinics and More family. Pictured with inMotion Network's CEO Scott Allan is operation manager Kyla Lenio-Slack.

Physiotherapy's first patient.

"There was a delay with the opening of our building, so Sara had to go the patient's home," explained Allan.

He added, "Instead of them being the inaugural patient through our doors, we had to be the first to go through theirs!"

InMotion Network sees around 42,000 patient visits each year, and its Stonewall clinic accounts for approximately 25 per cent of the yearly visits alone.

Quarry Physiotherapy also looks to give back to more than just their patients.

"We try to give back as much as we can to various foundations," said Al-

lan.

Quarry Physiotherapy has donated over \$150,000 to many local organizations, including the Terry Fox Foundation and the Interlake Community Foundation.

They also sponsor many local sports teams by providing medical care to the athletes.

"We have always enjoyed working in rural settings because people are so appreciative of us bringing [physical therapy] service to the community," Allan exclaimed.

As a thank-you to the Stonewall community, Quarry Physiotherapy is hosting a free Danny's Whole Hog barbecue with live music by Derek Peters at its Stonewall clinic from 2 to

Continued on page 5




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Fundraising underway for Make-A-Wish Canada

By Jennifer McFee

A Stony Mountain resident has come up with a sweet way to raise funds to help make a wish come true.

Kathryn Caners of Stony Mountain and her sister Jen Verrier of New Bothwell have put together a team for the upcoming QX104's Slo Pitch 4 A Wish event. The sold-out event will see 96 teams hit the diamonds later this month in support of Make-A-Wish Canada.

In order to participate in the tournament, teams must raise at least \$500—but the dynamic sister duo has set their sights even higher.

"We're more than happy to give \$500, which is \$50 a person for 10 players. But why stop there?" asked Caners, who has previously been involved in the tournament as a player and is now looking forward to being a team captain.

"Our team goal is a couple thousand dollars."

To help reach that goal, the sisters will be setting up a table at the upcoming Stonewall Community Registration Night to sell World's Finest Chocolate goodies for \$5 apiece. The registration night will take place on Wednesday, Sept. 11 from 6 to 8 p.m. at Sunova Curling Rink.

Make-A-Wish Canada works with communities across the country to provide children with critical illnesses the chance to make their heartfelt wish come true. Since the QX104 Slo Pitch 4 A Wish event launched in 2017, it's raised almost \$365,000, which

equates to 36 wishes.

"To me, it's a great organization to help support," Caners said. "Lots of families we know have been impacted by kids with childhood diseases of all kinds. My cousin has cystic fibrosis, so Make-A-Wish foundation has been close to our heart for many, many years."

The tournament will take place at Little Mountain Sportsplex in Winnipeg. In addition to the slo-pitch games, attendees can enjoy 50/50 draws, a rainbow auction, kids' activities, a pitching contest and a vendor market that's new this year. An evening concert will feature performances by The James Barker Band, Jade Eagleson, Petric and Catie St. Germain.

The team that fundraises the most money will have the chance to participate in a celebrity game against the artists and QX104 staff.

"It's going to be fun. I look forward to this tournament so much. It's a great time," Caners said.

"The greatest thing about the Wish foundation is that all proceeds stay in Manitoba. I love that."

Anyone who would like to support the cause can buy some chocolate from Caners and Verrier during the Stonewall Community Registration Night on Sept. 11. Donations can also be made online at <https://makeawishca.donordrive.com> by searching for "Kathryn Caners" or her team "Lil' Leaguers."



TRIBUNE PHOTO SUBMITTED
Sisters Jen Verrier (left) and Kathryn Caners (right) will be selling World's Finest Chocolates at the Stonewall Community Registration Night on Sept. 11 to raise money for QX104's Slo Pitch 4 A Wish event.

> 30 YEARS, FROM PG. 5

5 p.m. on Sept. 13.

There will be lots of 30-year memorabilia giveaways happening the entire afternoon.

"Maybe we will tell a story about the past 30 years," Allan added.

"We want to thank the community and put a smile on everyone's faces. So come out, fill your tum-

mies, listen to good music, and have a great time."

Quarry Physiotherapy is located at 347 Main St. and always looks to help anyone in the community get back to moving.

If you are interested in one of In-Motion Network's many services, please visit www.inmotionnetwork.ca for more details.

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Taking action on verticillium stripe

By Breanna Miller

Researchers detected verticillium stripe, caused by the pathogen *Verticillium longisporum*, in canola in Manitoba in 2014. Since then, the disease has been found across the Prairies, causing yield loss and lodging in some fields.

Disease surveys from the three Prairie provinces indicate the verticillium stripe situation in each province.

Manitoba 2023

Surveyors participating in the Manitoba Agriculture and Agriculture and Agri-Food Canada Brandon survey assessed 129 canola crops in August 2023. Most of the fields were ripening, not yet swathed or combined, when surveyed.

Disease prevalence is the percentage of fields surveyed that have infection in them. The average prevalence was 29 per cent for verticillium stripe. Incidence is the percentage of plants surveyed within a field that have disease symptoms. Average incidence in infected crops was 11 per cent.

Saskatchewan 2023

In 2023, the Saskatchewan Ministry of Agriculture surveyed 218 fields through the general canola disease survey and an additional 103 fields after harvest. Results confirmed ver-

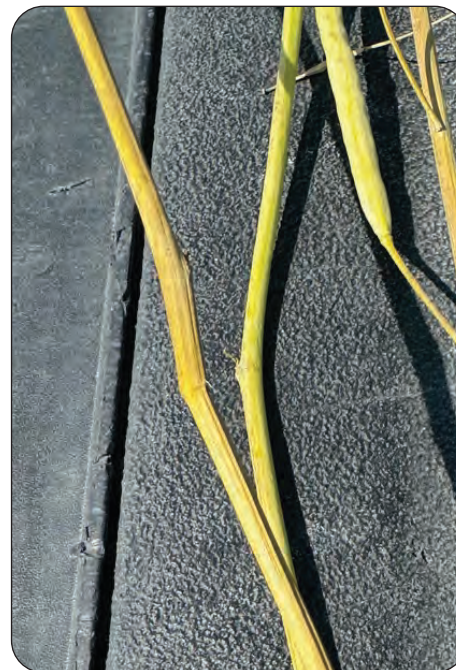
ticillium stripe in 25 fields in 23 rural municipalities (RMs). SaskCanola also expanded its disease testing program last year to include verticillium stripe, which found the disease in an additional 16 RMs, bringing the total to 39.

Alberta 2023

In Alberta, 356 fields were included in the 2023 disease survey, resulting in verticillium stripe prevalence at 18 per cent and incidence at just under one per cent. The complete plant disease situation from 2023 will be posted in the Canadian Plant Disease Survey once finalized.

WHAT CAN GROWERS AND AGRONOMISTS DO?

- Verticillium microsclerotia are soil-borne. Steps to keep soil in place could provide some reduction in spread.
- Two- or three-year breaks between canola crops is a disease management best practice. This should help reduce verticillium severity, although verticillium microsclerotia can remain viable for many years.
- Scout effectively. If you suspect the disease, submit samples for testing. Watch the video "How to collect canola samples for verticillium stripe



CANOLA COUNCIL OF CANADA PHOTOS

Left: When the crop is full height but still green, canola plants infected with verticillium stripe will often have a two-toned stem — half healthy and green and half discoloured and drying down. Right: This canola stem cross-section (cut near ground level) shows both verticillium stripe infection throughout and a small wedge of darker discoloration that is likely blackleg.

testing" at youtube.com/canolacouncil.

- Get involved. For more information on verticillium stripe testing and participating in disease surveys, check out the "Preparing for 2024: Canola disease recap" blog at CanolaResearch.ca.

WHAT'S NEXT?

In the long term, we hope genetic resistance or tolerance will provide the best solution for control. Canola breeders are actively working to develop this trait.

Research is also underway to help

quantify yield loss from verticillium stripe across the Prairies. Four Canola Research Agronomic Program (CARP) projects are investigating the disease.

To learn more about verticillium stripe, check out the verticillium stripe chapter at CanolaEncyclopedia.ca, or the Canola Watch fundamentals article "How to identify verticillium stripe" at CanolaWatch.org.

—Breanna Miller is an agronomy specialist with the Canola Council of Canada

Natural movement exercise sessions offered in Stonewall

By E Antonio

If you are looking for a unique way to get moving, consider a natural movement exercise session to get you up onto your feet.

In March, Stonewall resident Sara Siggelkow opened her own business Re:Be Mvmt.

Originally from Sweden, Siggelkow moved to Stonewall two years ago when she met her partner. She is a personal trainer and licensed natural movement instructor.

"Natural movement is a form of physical exercise where you move based on the way a human animal was based to move," explained Siggelkow.

Through natural movement, you will move much like a child.

"There is crawling on the ground, climbing on trees, jumping, running, walking, balancing, throwing, lifting and carrying all involved with natural movement," said Siggelkow.

Siggelkow is the first and only certified natural movement instructor in Manitoba. She received her certification through the MovNat program, a training certification program based in Victoria, B.C.

"I have always had a love for moving my body," said Siggelkow. When she came across natural movement training, she instantly fell in love.

"I was looking for something more holistic that incorporates all of us as individuals. When I found natural movement, I thought it was brilliant."

Through Siggelkow's business, Re:Be Mvmt, she can incorporate natural movement into her clients' exercises, dance routines and everyday lives.

Siggelkow brings the exercise to you as she visits her clients in their homes.

"It doesn't take a lot of equipment



TRIBUNE PHOTO SUBMITTED

Natural movement allows you to feel like a kid again. You can run, jump, climb and more. Sara Siggelkow of Re:Be Mvmt looks for ways you can easily engage all of your body, naturally.

Continued on page 15

Stephen King's 'The Long Walk' filmed in Stonewall



TRIBUNE PHOTO BY HALEY CVAR

Town of Stonewall employee Clint Ritchie from the Parks & Arena Department had the job of watering the hanging plants from Main Street that were taken down during the filming of the Long Walk early last week.



TRIBUNE PHOTO BY HALEY CVAR

Main Street was closed on Aug. 27 and 28 between 1st Avenue South and 2nd Avenue North for filming of The Long Walk. This film is an adaptation of a dystopian novel by Stephen King about contestants of a gruelling annual walking contest. It starts with a group of 100 teenage boys and the winner is the last one standing. According to IMDb, Mark Hamill and Judy Greer will be among the cast of The Long Walk. Other filming locales include the RM of Rockwood, Birds Hill Provincial Park and around St. Lazare and La Riviere.

> PLAN20-50, FROM PG. 2

"All members of the WMR have been mandated by the province under legislation so we're in the same boat. We're waiting to hear from the province what the next steps are," Smith said.

"Until we know what the next steps are, members of WMR are not allowed to engage with the public because we are in a public hearing process."

IN OTHER COUNCIL NEWS:

- CAO Wally Melnyk provided information about the 2023 general operating fund deficit transfer in a public hearing on Aug. 28. For 2023, the Town of Stonewall incurred a \$586,301 general operating deficit due to two issues: timing in recognition of \$170,488 debenture proceeds and a land purchase for \$415,813 in conjunction with the personal care home project.

Originally, the plan for the property purchase price was to have the amount become part of a debenture to cover costs for land, road access and

water and sewer. However, when the provincial government paused the personal care home project, the additional servicing work was also put on hold, which delayed the need for the debenture.

In total, the land purchase price was \$688,947.57, which includes subdivision costs and legal fees.

As a result, the town proposes a \$415,813 fund transfer from the capital lot levy reserve to cover the 2023 general operating deficit. As of July 31, the capital lot levy reserve had a balance of \$1,461,167.

- The Town of Stonewall has been installing "no parking" signs as part of its continual implementation of its updated traffic bylaw. Town administration noted that parking will be restricted in town to one side of the road — and in most cases, it's the side of the road with a fire hydrant, although there are a few exceptions outlined in the traffic bylaw.

Stonewall's streets don't have parking lanes, so when vehicles park on both sides of the road, it can be difficult for other vehicles — including emergency vehicles, school buses and

handivans — to manoeuvre through parked vehicles. The town hopes to alleviate this issue by restricting parking to one side.

However, some residents have expressed concern about the new signs and their positioning.

Town administration confirmed that no signs have been installed in residents' yards. All signs have been installed on municipal rights of way.

The town's traffic bylaw is available

to view on the Town of Stonewall website at www.stonewall.ca.

- Council gave first reading to a by-law to establish new water and wastewater rates and to regulate fees and licensing for septic haulers for the town's water and wastewater utility.

The proposed rate per cubic metre, effective Jan. 1, 2025, would be \$1.04

Continued on page 9

Saturday, September 5 Special

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FRI-SAT-SUN-MON SEPT 13-14-15-16 (CLOSED TUES) AND WED-THURS SEPT 18-19

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FRI-SAT-SUN-MON SEPT 13-14-15-16 (CLOSED TUES) AND WED-THURS SEPT 18-19

IT ENDS WITH US *Coarse Language; Violence* **PG**

Stonewall Teulon
Tribune



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Jennifer McFee
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Quarry Choristers give back to community arts

By Lana Meier

The Quarry Choristers have been busy since their annual dinner theatre this spring. With almost all shows selling out this year and the addition of a 50/50 draw, they have been able to once again provide monetary support for community arts programming in the region.

This summer, grants were awarded to various deserving groups including the Green Acres Arts Centre (GAAC) and the Interlake Youth Choir.

Other recipients including Rockwood Festival of the Arts, Liliane Baron Breast Cancer Support Group, Romanetz Ukrainian Dance Ensemble, Stonewall Arts Group, Settlers Rails and Trails Museum in Argyle and Woodlands Pioneer Museum also celebrated this generous boost. Additional school programming grants will be reviewed and awarded later in the fall.

The Quarry Choristers is a group of women from the Interlake and Winnipeg who love to sing. The Choristers prepare and perform Christmas concerts in November and December and original dinner theatre productions in April and May.



TRIBUNE PHOTO SUBMITTED

GAAC Jam Band class with their Quarry Choristers donation, left to right, back row: Ayla Luckhardt, Kelvyn Knor, Gareth McNichol-Briggs, Kaeleb Burse; front row: Zuri Cook and Billy Trach.

The Choristers will perform some of the songs from their most recent production at Teulon's Pumpkinfest on Saturday, Sept. 21 at 2:15 p.m.

Stonewall RCMP respond to fatal two-vehicle collision

By Lana Meier

Stonewall RCMP received a report of a collision between a motorcycle and a vehicle at the intersection of Highway 7 and Road 70 N, located approximately six kilometres south of Stony Mountain on Aug. 23 at approximately 1 p.m.

The investigation has determined that a motorcycle, travelling northbound on Highway 7, collided with a westbound vehicle as it was crossing the highway.

The 44-year-old motorcycle driver from Teulon was transported to hospital where he succumbed to his in-

juries. The 75-year-old female driver from Winnipeg was not injured.

Speed is believed to be a factor in the collision.

Stonewall RCMP, along with a forensic collision reconstructionist, continue to investigate.

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TRIBUNE PHOTO BY HALEY CVAR

Last Tuesday, Darren, a certified arborist with Sherlock Tree Removal, was methodically taking down a century-old diseased Dutch Elm Tree on 2nd Avenue North in Stonewall, working through it branch by branch. The professionals at Sherlock Tree Removal are experts in safely removing trees and stumps. Help the Tribune record our history when and if you see something that looks newsworthy. Email: news@stonewallteulontribune.ca

Rosser council news in brief

By Jennifer McFee

- Rosser council gave second and third readings of a burning bylaw to prevent and control wildfires and to regulate outdoor fires.
- Rosser council approved the purchase of SCBA units complete with tanks and face pieces for the fire department, along with an additional

five face pieces, a battery charger and six additional batteries from Reliant Action. The cost was \$133,060, which was funded by a transfer from the fire reserve.

- Reid and Miller Chartered Professional Accountants will be the appointed auditor for the RM of Rosser for 2024.

- Staff Sgt. Jason Vrooman from the RCMP Stonewall-Headingley detachment attended a recent council meeting as a delegation to discuss the RCMP report and provide council with a general update for Rosser.

> PLAN20-50, FROM PG. 7

for water and \$0.91 for wastewater. It's a slight increase from the current rate of \$1.01 per cubic metre for water and \$0.88 for wastewater.

- RCMP Staff Sgt. Jason Vrooman of the Stonewall-Headingley detachment attended last week's meeting as a delegation to provide council with a quarterly report.
- The CAO is authorized to execute a proposal with WSP Canada

Inc. for professional engineering services for the extension of the 3rd Avenue North sidewalk.

- Council approved a \$108,000 quote from Duron Equipment Inc. for equipment for the public works department.
- Council accepted a proposal from Jared Hickson to buy and remove a 24-foot by 48-foot shop on 5th Street West. The town had deemed a por-

tion of the building as surplus and available for sale.

- The Town of Stonewall will further investigate the need for a before and after school program.
- The town will enter into a development agreement with Global Homes Ltd. for a project at 8th and 9th Avenue South.

worship

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September

September has a way of quickly shifting our relaxed, summer schedules back into the increased pace of the work/school routine,



extra-curricular activities and mid-week programs. September often brings with it a season of harvest, especially for the farmers and gardeners among us. In the Bible, Paul says in Galatians 6:7, "whatever a person sows, this he will also reap." Anyone who has spent any amount of time planting seeds in the spring, whether that's with a tractor and equipment or bent over with a packet of seeds, are reasonably expecting to harvest whatever they planted. While we may continually battle the ever-present weeds, the seeds planted will germinate into the plant that was sown a few months earlier. The same principle of planting and reaping can work with people too. If we plant words of encouragement, kindness and affirmation into the lives of others, we'll often see and hear those same attributes come out of them. If we offer blessing, generosity and thoughtfulness to others, they'll often pass it on to someone else. Our words matter, so do our actions. Here's a thought for us to consider, do our kind words, thoughtful gestures, and encouragement reflect the depth of our love and care for those we come in contact with? Or do our words sound like a "noisy gong or a clanging cymbal", as Paul says in 1 Corinthians 13:1? Today might be a good day to reflect on how OUR words and actions affect those around us; especially our families and friends. We are responsible for our words and actions. Perhaps this September would be a good time to intentionally plant kind words, thoughtful actions, and generous blessings into the lives of those we interact with each day. Our lives will be better for it, and I'm sure it will be well received by each of them. May our words and actions reflect Jesus well to those we come in contact with everyday.

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

Lundar Lighthouse church construction underway

By Becca Myskiw

Construction is officially underway on Lundar Lighthouse's new home.

Lundar Lighthouse, a local Pentecostal church, is currently constructing a new building for worship. Church pastor James McGillan said the building is necessary to accommodate the church's growing congregation, which has outgrown its current space.

McGillan said the current building's capacity is around 60 people, which means every chair and pew is filled. Between Sunday service, youth group and children's group, McGillan said there are more than 100 church members or attendees, so if everyone were to get together at once, they wouldn't all fit in the current church.

The call for a new church started three years ago, and soon after it was decided the building would happen, planning began, and the project took off. The church started by securing the new space for the building, putting gravel in, and levelling it out. Ground was officially broken on the new church site six weeks ago and construction began. As of last week, the footing and foundation of the build-

ing was done, which McGillan said was delayed because of last year's fall and this year's spring conditions. Now, they're working on backfilling the space around the footing and will put up the walls and the roof within the next month.

The 6,000-square-foot church will hold up to 150 people when complete. It will feature a large stage and sitting area, a sitting space, a classroom, a youth room and a few offices. McGillan and his wife drew up the plans.

The pastor said that though not every cost is available, the church board believes this project will cost between \$1 million and \$1.5 million. Funds will come from existing church funds, donations and money from recent (and future) fundraising efforts, like the barbecue and fundraiser. McGillan said the community has rallied behind the church to support this project, and even non-members donate time, equipment and money to the cause.

McGillan said if construction goes well and stays on track, Lundar Lighthouse should be worshipping in its new building next summer. They're



TRIBUNE PHOTO SUBMITTED

Construction on Lundar Lighthouse's new church is underway with a completion date of next summer.

still unsure what the church will do with its current building once it's out of it, but the board will soon decide on that.

Lundar Lighthouse is continuously fundraising for their new church build. To donate to the cause or to keep up to date with their progress,

follow them on Facebook.

"We want it to be a church for the community and for the area," said McGillan. "We just want it to be a church for anyone who wants to attend church, make it a community place for the surrounding area."

South Interlake 55 Plus hosting annual pickleball tourney

By Kieran Reimer

South Interlake 55 Plus is set for its annual Pickleball Tournament at the Stonewall Curling Rink this weekend.

The three-day doubles tournament includes women's, men's and mixed divisions, beginning with women's

doubles on Friday morning.

The tournaments are hosted for the 55-plus age group with 2.5 to 3.5-plus pickleball skill levels and the 18-plus age group with 3.5 to 4.0 skill levels.

Each tournament will begin with a round-robin with games going up to

11, win by one, followed by a play-off round where a champion will be crowned at the end of each day.

The women's doubles tournament kicks off at 8 a.m. on Friday, followed by the men's doubles at 8 a.m. on Saturday and mixed doubles on Sunday

at 8 a.m. to conclude the tournament's final day.

Games will run each day, wrapping up at 5 p.m. at Stonewall Curling Rink on 500 Main St.

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

> RELAXATION, FROM PG. 3

"I figured if I have these problems, then that means others have it. That's when I started blending. I started selling it and the feedback has been great on those as well."

She now has multiple different herbal blends available through her website, www.steepedharmony.ca.

The most popular blend is called Rest and Regenerate. Its ingredients include the herb ashwagandha, which Stevens said supports brain health. Other ingredients include chamomile, rosemary, all spice, gotu kola, basil, lemon

balm, milk thistle, lavender and more.

"The ashwagandha relaxes or slows down over thinking and quiets the thoughts. The chamomile calms the mind. The rosemary is also good for memory. The other herbs promote soothing effects. It can help people to sleep. I encourage people to drink it in the evenings before bed to quiet their thoughts," she said.

"But if it's impossible for you to go through the day without overthinking or having extreme anxiety, you can drink it in the morning as well. Sometimes I drink it throughout the day if something is happening in my life and I need my brain to operate to the maximum."

Another popular blend is Termi-Cold, which Stevens said can help to fight off common colds and flus.

"It has reishi mushrooms, echinacea, marshmallow leaves. It's soothing," she said. "It's best to use it before you get the cold, right at that first introduction."

In addition, she makes tinctures, salves and oils, while her daughter makes reproductive herbal blends.

"My daughter and I work closely together. We are each other's inspiration and motivator. She's an integral part of what I do. I couldn't do it without her," she said.

"If we remain true to ourselves, we can help people and help ourselves too."

We believe in cherishing the small moments in life because they make the lasting memories

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New tenant breaks ground at CentrePort Canada Rail Park

By Jennifer McFee

A new CentrePort Canada Rail Park tenant is on track to build a state-of-the-art transportation terminal that will bolster jobs and economic growth in the area.

Highway Motor Freight plans to expand its operations with a \$16-million investment in new facilities at the rail park in Rosser, which is expected to create 150 new jobs.

Founded in 2015, the Manitoba-based company provides temperature-controlled and dry freight services across the continent. In 2020, Highway Motor Freight started operating out of a 7,000-square-foot building at CentrePort Canada. Now it has acquired 20 acres of industrial land at CentrePort Canada Rail Park to build a 32,000-square-foot transportation terminal, which is expected to open in late 2025.

At the same time, Highway Motor Freight's fleet will increase to more than 800 units from 125 units, and the company will also enhance its capabilities with corporate operations, maintenance, warehouse space and a wash bay.

Plans are already underway for the second phase of the expansion project, which will feature a cold storage warehouse spanning 50,000 to 75,000 square feet. The company specializes in hauling temperature-controlled meat, perishables, beverages, frozen food and dairy products.

At a ground-breaking event on Aug. 22, CentrePort Canada board chair Peggy May welcomed guests and introduced speakers.

"We are thrilled to welcome Highway Motor Freight to the CentrePort Canada Rail Park," said May, who is also the CEO of Southport Aerospace Centre. "We can't wait to see this incredible facility to come to fruition."

Kevin Lamoureux, parliamentary secretary to the leader of the government in the House of Commons, said Manitoba's trucking industry is critical to the province's economy. He also noted that CentrePort Canada



Jass Dhillon, president and CEO of Highway Motor Freight Ltd.



Rail Park helps ensure Manitoba has a strong supply chain.

"Location matters," he said, "and the rail park has got it right—and so do the investors."

Jamie Moses, Manitoba's minister for Economic Development, Investment, Trade and Natural Resources, said this expansion would grow the economy and create good jobs for Manitobans.

"We know that by supporting this work that we're supporting growth, we're supporting good jobs, we're supporting innovation and we're supporting the skills for Manitobans to reach their potential individually and their potential as a business community," he said.

Rosser Reeve Ken Mulligan brought greetings on behalf of council and staff.

"Just over a year ago, we gathered here to announce the first tenant in the rail park. As you can see, the facil-



TRIBUNE PHOTOS BY JENNIFER MCFEE

At a ground-breaking event on Aug. 22, CentrePort Canada board chair Peggy May, far right, welcomed guests and introduced speakers.



Jamie Moses, Manitoba's minister for Economic Development, Investment, Trade and Natural Resources.

ity is now nearing completion. Every day, we are witnessing the incredible progress across the CentrePort land in Rosser. We know the significant growth that we are seeing greatly benefits our municipality, the Winnipeg Metro Region and the province of Manitoba as a whole," he said.

"This progress would not be possible without support and collaboration from different levels of government and we thank them for the contributions."

Mulligan also recognized the Focus Equities team for their vision and commitment to bring the rail park project to life.

"The CentrePort Canada Rail Park project is a unique project that is transforming the landscape in Rosser and realizing the vision of the inland port in Manitoba," he said.

Chris Reiter, senior development manager for CentrePort Canada Rail Park and Focus Equities, said the new Highway Motor Freight facility

would enhance the efficiency of logistics and transportation in the region. Focus Equities Inc. is developing the 665-acre CentrePort Canada Rail Park in the RM of Rosser. Phase 1, which covers 193 acres, is currently available for sale and development.

"Just like Fastfrate, it went up quick. It's going well," he said. "We've got more right behind this one, I promise you that."

Jass Dhillon, president and CEO of Highway Motor Freight, said the investment marks a milestone in the company's growth and demonstrates its commitment to better serve its clients.

"Breaking ground is privilege and it symbolizes our readiness to embrace the future and continue our tradition of excellence — and continue even more for the industry and our community," he said.

"We look forward to a bright and prosperous future."



A rendering of the Highway Motor Freight expansion of a 32,000-square-foot transportation terminal, expected to open in late 2025.

Teulon council news in brief

By Jennifer McFee

A large crowd gathered at Teulon council chambers on Aug. 13 for a public hearing related to a conditional use request to build a two-phase 14-unit townhouse development on Third Street SW.

Coun. Kirt Ansell declared a conflict of interest and excused himself from the discussion.

The 24,150-square-foot lot currently has a single-family home and detached garage. It's surrounded by vacant residentially zoned land to the west and single-family residential development to the north, south and east.

The applicant would like to create a

14-unit townhouse development that would be built in two phases. The first phase would include eight townhouse units on the west side of the property. The units would be about 950 square feet with two or three bedrooms and one or two bathrooms, along with a living area, kitchen and private outdoor space.

The second phase would consist of six townhouse units on the east side of the property.

The proposal also includes 16 dedicated parking spaces, plus two visitor stalls.

The proposed development would feature contemporary architecture, energy-efficient systems and high-

end finishes.

Some attendees expressed concerns including traffic, parking, location, privacy, noise, increase in population, emergency vehicle access and water drainage issues.

South Interlake Planning District is supportive of the proposed development, subject to conditions.

"The urban residential area policies of the SIPD development plan encourage the construction of full range high-, medium- and low-density housing throughout the planning district, including Teulon. Accordingly, the Town of Teulon's zoning bylaw gives council the authority to consider planned unit developments by conditional use in the RG residential general zone," said Eric Shaw, general manager of South Interlake Planning District.

"The SIPD believe the applicant has successfully addressed key planning considerations, including those related to effective site layout, site access, off-street parking, landscaping and building design. In addition, the SIPD believes the applicant has satisfactorily addressed applicable policies of the SIPD development plan and most regulations of Teulon's zoning bylaw and, as a result, is supportive of the proposed development subject to conditions."

Council deferred its decision on the conditional use application to a future meeting.

IN OTHER COUNCIL NEWS:

- Council deferred the purchase of environmental assessment services at Teulon Rockwood Centennial Centre to the 2025 budget deliberations. In the 2024 financial plan, council had budgeted \$1,500 for the environmental assessment services, but the quotation from Pinchin Ltd. came in at \$4,725 before tax, exceeding the budgeted amount.

- The town will install a crosswalk on the north limit of 1st Street NE and 2nd Avenue NE. Council

budgeted \$2,000 towards capital and labour costs for the sidewalk in the 2024 financial plan. The goal is to provide safer walkways for anyone walking to Teulon Elementary School and Teulon Collegiate Institute.

- The Town of Teulon will apply for permission from the Department of Manitoba Transportation and Infrastructure to create a walking path along the south side of the Teulon Elementary School. This path would connect the current children's walking path at the southeast corner of the school to First Street NW, connecting the northwest and northeast side of the community to the current crosswalk in front of the elementary school.

- Council authorized the public works department to build a crosswalk between the elementary school cenotaph and the back lane to the east, located between First Street NE and Second Street NE. Kirt Ansell and Glenn Kletke will donate all costs to complete the work.

- The Town of Teulon's 2023 audited financial statements are available for inspection at the municipal office during regular business hours.

- The town issued a request for proposal to hire a firm that can provide plans to enhance and extend the walking paths at Teulon-Rockwood Green Acres Park. More information is available on the Town of Teulon website at www.teulon.ca.

- The town provided community event approval for the Teulon Rodeo Club, which requested a social occasion permit for the Teulon Rodeo that took place from Aug. 23 to 25. A similar approval was granted for the Teulon Truck and Tractor Pull on Aug. 17 and 18.

- Council gave authority to Teulon and District Handivan Services to sell their Ford and Dodge vans.

- Council accepted a \$5,570 quotation from Valley Fiber for WiFi equipment and installation at the Teulon campground.

- Council authorized the closure of the back lane east of Main Street between Beach Road and First Avenue SE, as well as First Avenue SE between Main Street and the back lane, on Sept. 21 from 7 a.m. to 6 p.m. for Pumpkinfest.

- The Town of Teulon hosted a kids' colouring contest with a chance to win prizes. Entries were accepted until Sept. 3.

Beer garden nuptials



TRIBUNE PHOTO BY SANDRA SMITH

On Aug. 18, Stonewall's Alex Klassen and her new husband Stephen Carroll from Washington state exchanged vows in an unplanned ceremony held at the Stonewall Legion Beer Gardens. Officiated by Catherine Armstrong, the intimate event was witnessed by Klassen's family. The couple has been together for six years, navigating a long-distance relationship throughout that time. They intend to host a more traditional celebration later with friends and Carroll's family.

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Clubroom Events for the Week of September 2
Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is over \$2,600
Thursday 4-10
Friday 4-close Meat Draw at 6:30 - BBQ starts at 5:30
Saturday 2-close
Last Saturday Dinner September 18 will be Roast Beef
Tickets will be available at the bar for \$15.00
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Province announces forthcoming legislation to let municipalities opt out of metro region

By Patricia Barrett

Some Interlake municipalities that oppose being part of the Capital Planning Region were breathing a little easier last week after the provincial NDP government said it intends to let them opt out under legislation it will table this fall.

The Capital Planning Region operates under the name the Winnipeg Metro Region. It was created by the former provincial Conservative government under the Planning Amendment and City of Winnipeg Charter Amendment Act (Bill 37). The WMR's 18 member municipalities were assigned to the region whether they wanted to be part of it or not.

The region consists of the City of Winnipeg, City of Selkirk, Town of Niverville, Town of Stonewall, Village of Dunnottar and the rural municipalities of Cartier, East St. Paul, Headingley, Macdonald, Ritchot, Rockwood, Rosser, Springfield, St. Andrews, St. Clements, St. François Xavier, Tache and West St. Paul.



The WMR is made up of the City of Winnipeg, City of Selkirk, Town of Niverville, Town of Stonewall, Village of Dunnottar and the rural municipalities of Cartier, East St. Paul, Headingley, Macdonald, Ritchot, Rockwood, Rosser, Springfield, St. Andrews, St. Clements, St. François Xavier, Tache and West St. Paul.



TRIBUNE PHOTO COURTESY OF CITY OF SELKIRK

An aerial view of downtown Selkirk.

Continued on page 25

Rockwood council news in brief

By Jennifer McFee

The RM of Rockwood posted a message on its website regarding its stance on the Winnipeg Metro Region's Plan20-50, which is a regional growth plan.

"The R.M. of Rockwood supports the concept of a Regional Plan, however, the R.M. of Rockwood does not support this Regional Plan as it is currently written," states the online message.

"There are many areas of concern as to how the Regional Plan document was written, as there were no interviews with the R.M. of Rockwood to discuss our current infrastructure, community plans or future visions. Due to the lack of interviews, the R.M. of Rockwood is concerned about how the information was obtained for this Plan, and how the projections were made based from the information obtained."

The message states that Plan20-50 needs to take a step back, have a proper consultation process and not rely on the opinions of outside consultants.

"The R.M. of Rockwood is also concerned about the forced membership of the Winnipeg Metropolitan Region (WMR), with no exit clause," the message states.

"This is a forced inclusion by the Province of Manitoba."

To view the RM of Rockwood's standpoint message, visit www.rockwood.ca. To learn more about Plan20-50, visit the Winnipeg Metro Region

website at www.winnipegmetroregion.ca, email info@wmregion.ca or call 204-989-2048.

IN OTHER COUNCIL NEWS:

- Rockwood council adopted a borrowing bylaw for an age-in-place facility in the RM of Rockwood. Council budgeted to borrow \$3 million from the aggregate reserve fund to build the facility in Stony Mountain.

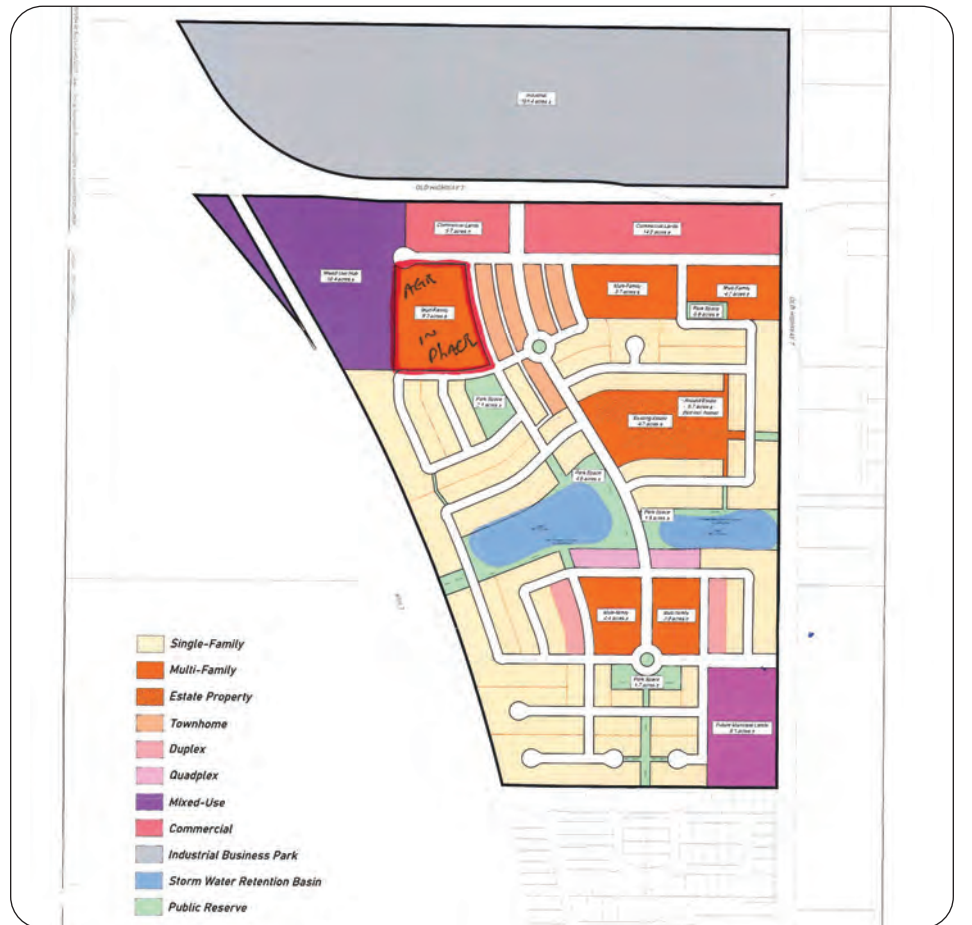
The age-in-place facility is part of a larger plan by Kenaston Development and Skylark Developments to develop 413 acres on the outskirts of Stony Mountain.

The development will likely include a blend of single-family and multi-family lots, as well as commercial, highway commercial, industrial and a business park.

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

- Stony Mountain was under a boil water advisory due to a water main break, which has been resolved.

- *The Long Walk* was recently filming in Rockwood, resulting in road closures in the municipality. This film is an adaptation of a dystopian novel by Stephen King about contestants of a gruelling annual walking contest. It starts with a group of 100 teenage boys and the winner is the last one standing. Other filming locales in-



TRIBUNE PHOTO SUBMITTED

Rockwood council adopted a borrowing bylaw for an age-in-place facility.

clude the Town of Stonewall, Birds Hill Provincial Park and around St. Lazare and La Riviere.

- Rockwood council authorized Canada Post to install community mailboxes as needed in the townsite of Balmoral due to the closure of the current post office in the Balmoral general store. Residents with postal boxes in the store will be impacted. Canada Post will determine the loca-

tion for the community mailboxes.

- Multiple people shared their opposition to a proposed subdivision that would result in three residential lots and a small public road opening. The land is located in a rural residential area between Stonewall and Stony Mountain. The proposed public road opening would have involved a

Continued on page 27

Sleep in Heavenly Peace delivers hope in the Interlake

By E Antonio

Everyone deserves the right to have a safe and comfortable place to sleep, but this is not always the case for people across the globe.

Sleep in Heavenly Peace is a global initiative that raises funds, constructs and gifts beds at no cost to children and their families who are in need.

Their motto is “no kids sleep on the floor in our town,” and a local from Gimli is wanting to do just that.

Diane Fjeld is wanting to start up a Sleep in Heavenly



TRIBUNE PHOTO SUBMITTED

Sleep in Heavenly Peace is looking for volunteers in the Interlake to join the executive committee chapter in Gimli.

Peace chapter in Gimli and needs your help.

“There is only one chapter in Winnipeg and I would like to have a second chapter in Manitoba,” she said.

Fjeld is looking for a small group of volunteers to form an executive committee who will oversee the Gimli chapter of the program.

Once an executive committee is established, Sleep in Heavenly Peace will organize a build day in Gimli to construct several beds for children in the Gimli, Winnipeg Beach, Arborg and Riverton area. Following the build day, beds will then be delivered and set up with a mattress, pillow and bedding in the child’s home.

“Build days can build 20 beds using a simple pattern,” explained Fjeld. She added that all the volunteers will cut the wood, drill the holes and assemble the beds on site.

Each bed costs approximately \$900, but with donations of supplies and materials, the Sleep in Heavenly Peace

Continued on page 25

10 AM

50th Anniversary!

LIVE BIDDING AND
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- > Machinery
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Peaceful Easy Evening

GLOVE BOX GOLD BAND

Hits from the 70's & 80's

Saturday, September 21

7:30 pm

Parochial Hall, Stonewall
Coffee & Sweets

To order tickets for table of 8 or
individual for \$25 per ticket

Phone Twylla 204-461-4480

Kathy 204-467-5307

> NATURAL MOVEMENT, FROM PG. 6

and it doesn't involve a lot of space. We can easily set up an exercise in any space."

Natural movement can be done indoors and outdoors, allowing you to conserve energy wisely.

"It helps you pay attention to what is going on in your body. The align-

ment, breathing and body positioning ... it is a lifelong journey," explained Siggelkow.

Siggelkow is currently co-ordinating with other nearby businesses to offer a retreat in 2025 that integrates natural movement. In her most recent adventure, she led a class on natural

Yard of the Week honours



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall's Communities in Bloom final Yard of the Week for the season was awarded to Julie and Mike Clarke at 10 Thunderhill Dr. The Clarkes and their seven-and-a-half-year-old wire fox terrier Basil have been at Thunderhill Drive for two years. Although the yard is still maturing, beautiful perennials are in place. In the front flower bed, among antique yard art and a water feature, is Karl Foerster grasses, weigela, daisies, a yellow rose and a dwarf Korean lilac. In front of the house are hydrangeas, lupins, liatris, a stella d'oro lily, a dinner plate of dahlia and orange marigolds. Recipients of Yard of the Week receive a \$25 gift certificate from Stonewall Home Hardware and bragging rights.

movement at the Take Root Festival in Thalberg.

"It was such a great experience and it lines up very, very well with what I teach. It is about sharing your knowledge about living a more natural life. Being a part of the community of sharing your skill was an awesome experience to be a part of," said Siggelkow.

If you want to add natural movement into your exercise routine, you can visit www.rebemvmt.com to contact Siggelkow, or you can send her a message on social media.

For those who are looking to add a group fitness class into your fall schedule, Siggelkow is excited to an-

nounce that she will be leading several groups at the new 310 Wellness studio in Stonewall.

"I will be teaching classes varying from weight, strength and mobility, balance and natural movement," Siggelkow added.

You can register for one of Re:Be Mvmt's group classes and view the schedule on the 310 Wellness website www.310wellness.ca.

Whether you prefer to exercise in a group or on your own with a personal trainer, be sure to check out what Re:Be Mvmt has to offer so you can add some natural movement into your everyday routine.

IG PRIVATE WEALTH MANAGEMENT DEPREZ & ASSOCIATES

is a second-generation financial planning practice, serving clients across the prairies, with a focus on Winnipeg and the Interlake. With a team-based approach that instills

our values of honesty, integrity and an unwavering commitment to multi-generational comprehensive financial planning we help affluent families, professionals, and business owners in the areas of comprehensive financial planning.

Join us for an Estate Planning Seminar, with two options available, on September 26th from 7pm - 8pm or September 27th from 2pm - 3pm, tailored specifically for individuals aged 45 and up. It is located at the Stonewall Curling Club with doors opening 30 minutes before the session. Appetizers and refreshments will be provided.

Key Topics include:

- **The Importance of Wills, Powers of Attorney (POA), and Medical Directives:**

Understand why these essential documents are the cornerstones of any effective estate plan. We'll discuss how they ensure your assets are managed according to your wishes and how they provide guidance for your care if you're unable to do so.

- **Beneficiary Assignments: When They Do and Don't Make Sense:**

Learn the advantages and potential drawbacks of using beneficiary designations. We'll explore scenarios where beneficiary assignments align with your goals and when other strategies might be more appropriate.

- **Passing Cherished Assets to Loved Ones:**

Explore methods to ensure your most treasured assets are passed down in a way that reflects your values and maintains family harmony.

- **Estate Planning in Blended Families:**

Discover strategies for creating a fair and balanced plan that addresses the unique challenges of blended families, ensuring that all loved ones are considered and provided for.

- **Providing for Beneficiaries with Disabilities:**

Delve into specialized planning techniques to protect the financial future of loved ones with disabilities while preserving their eligibility for essential benefits.

- **Estate Taxes and Capital Gains Changes:**

Stay informed about the latest changes in taxes and capital gains, and understand how these changes could impact your estate plan.

- **The Role of Life Insurance in Estate Planning:**

Consider how life insurance can be a powerful tool in your estate plan, from covering estate taxes to providing liquidity for your heirs.

This seminar is ideal for pre-retirees, retirees, and anyone interested in ensuring their estate is properly structured to meet their family's needs.

RSVP at event.deprezandassociates.com or via email to jaymie.deprez@igpwm.ca. Register early as space is limited.

IG PRIVATE WEALTH MANAGEMENT

Deprez & Associates

Free Seminar ESTATE PLANNING

Thursday September 26th at 7pm-8pm
Or Friday September 27th at 2pm-3pm
Doors open 30 minutes prior to presentation
APPETIZERS & REFRESHMENTS PROVIDED

Stonewall Curling Club
500 Main St, Stonewall MB

REGISTRATION LINK:
EVENT.DEPREZANDASSOCIATES.COM

JAYMIE DEPREZ, CFP, RRC
Executive Financial Consultant

204-489-4640 deprezandassociates.com

CHAD DEPREZ, CFP, RRC
Executive Financial Consultant

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Want to learn to fly?

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



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

LS AIRWAYS
FLIGHT ACADEMY

FALL & WINTER ACTIVITIES & registration section *2024-2025*

Five workshops and classes your family can do together

Participating in workshops and classes together as a family strengthens bonds and creates shared experiences and lifelong memories. Here are five enriching activities that your family can enjoy together:

- **Cooking classes.** Cooking classes provide a fun and interactive way for families to learn new recipes and skills while spending quality time together in the kitchen. Cooking together encourages teamwork, creativity

and healthy eating habits, making it a rewarding and enjoyable activity for the whole family.

- **Art workshops.** Whether painting, pottery or crafting, art workshops offer a creative outlet for self-expression and imagination. Working on art projects as a family encourages collaboration, communication and problem-solving while allowing each member to showcase their unique talents.





UKRAINIAN DANCE CLUB

REGISTRATION

Saturday, September 7th, 2024
11:00am to 1:00pm
Green Acres Art Centre, Teulon, MB

Everyone is welcome: Kids / Teens / Adults
No experience necessary!

Come have fun and learn Ukrainian and Contemporary dances!
Lessons begin Sunday, September 29th

For more info: 204-886-2983 / tudc14@gmail.com



ONLINE REGISTRATION OPENS SEPT. 3RD

We offer Women's, Men's, Open, Seniors and Stick Leagues


We offer Junior Programs for ages 5-17

We offer Adult Clinics throughout the season, email us to get on the contact list

Check out our website for all notices and details

Stonewall Curling Club
www.stonewallcurling.com
info@stonewallcurling.com


COME DANCE WITH US!



CLASSES START SEPTEMBER 9

HAPPY THOUGHT SCHOOL EAST SELKIRK

NO EXPERIENCE REQUIRED AGES 3 TO ADULT



DANCING SINCE 1971

FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT:
WWW.SELKIRKDISTRICTUKRAINIANSCHOOLOFDANCE.COM

- **Outdoor adventure classes.** Explore the great outdoors as a family by joining adventure classes such as hiking, camping or nature photography workshops. These classes provide opportunities for physical activity and exploration and promote environmental awareness and appreciation.

- **Gardening workshops.** Learning about plants, gardening techniques and sustainable practices promotes environmental stewardship, responsibility and patience. Moreover, it yields delicious fruits, vegetables and flowers for the whole family to enjoy.

- **Yoga and mindfulness classes.** Yoga or meditation classes promote physical health, mental well-being and stress relief while teaching valuable self-care and emotional management techniques.

Look for available workshops and classes in your community and embark on a journey of learning, creativity and exploration together as a family.

REGISTRATION NIGHT
SEPTEMBER 11, 6-8 PM
STONEWALL CURLING CLUB

FALL & WINTER ACTIVITIES & registration section 2024-2025

Discover a new passion

Do you want to sign up for an activity or class? If you don't know what to choose but are set on trying something new, here's an overview of activities that may interest you.

Creative arts

Cooking, sewing, painting, taking pictures, writing, sculpting and other creative activities can help you improve your concentration and develop your self-confidence. These activities allow you to live in the moment and connect with your innermost self.

Team and individual sports

There are many sports you can try. Both team sports, like basketball, hockey, soccer and volleyball, and individual sports, like skating, cycling and swimming, are great for letting off steam and staying fit.

Performing arts

Performing arts like singing, dancing and acting are excellent for fostering openness and a sense of accomplishment. These activities can also help you learn how to manage your



stress and deal with the pressure to perform.

To find courses in your area, contact your local municipal office and nearby schools.



Warren Power Skating 2024-2025

- 4:30-5:15 - Learn to Skate (3-6 years)
- 5:15-6:00 - Learn to Skate (4-6 years)
- 6:00-6:45 - Level 1 (6-8 years)
- 6:45-7:30 - Level 2 & 3 (8-12 years)

(Groups are a guideline, skaters will be evaluated at first class)

Wednesday Evenings

Oct. 16 - Dec. 18, 2024, Jan. 8 - Mar. 12, 2025

\$335 for 20 weeks (45 minute classes)

Cash, cheque or e-transfer (warrenpowerskating@gmail.com)



REGISTRATION

Wednesday, Sept 11 6-8 pm at the Stonewall Curling Club

For more information please email warrenpowerskating@gmail.com

Sticks and helmets with a mask are mandatory for this program

Stonewall Into the Future

Shaping Tomorrow, Together



The Town of Stonewall is growing, and with that growth comes an exciting opportunity to shape our future. Together, we can create a long-term vision for vibrant neighborhoods, parks and recreation spaces, and places to work and shop.

We want to hear from you!

We want to continue building a community where families can flourish, businesses can thrive, and everyone can enjoy the best of what Stonewall has to offer.

To share your ideas and learn more about how you can contribute to Stonewall's bright future:



Stop by our information table at The Stonewall Teulon Tribune Fall Registration

Wednesday, September 11, 2024

6:00 - 8:00 PM

Access Curling Rink | 500 Main Street



Take the online survey

www.stonewall.ca | Available September 11 to 30, 2024

For more information, please contact the Town of Stonewall at 204-467-7979 or info@stonewall.ca

Prairie North Dance

Prairie North Dance is a technique and skills-based dance and creative movement program located in the town of Stonewall, MB, with its instructional foundation rooted in Safe Dance Practice and Brain-Compatible Dance Education for dancers from age 5 to 100! Students at Prairie North Dance have the opportunity to learn a mixture of traditional, modern and performative Irish Dance and creative movement in our classes.

The following classes will be offered throughout the 2024-2025 Dance Season:

All Adult Dance Classes on Friday Evenings:

- (1) Adult Beginner Irish Dance from 8-9pm
- (2) Advanced/Competitive Adult Irish Dance from 9-10pm.

All Children's Dance Classes on Sunday Afternoons:

- (1) Beginner Irish Dance (Ages 5-9) at 3-4pm
- (2) Beginner/Novice Irish Dance (Ages 10-17) at 4-5pm.

Registration for Prairie North Dance's 2024 Fall Dance Session is now open!



SCAN ME

For more information about Prairie North Dance and to register for classes, please visit our website <https://prairienorthdance.ca>

FALL & WINTER ACTIVITIES & registration section **2024-2025**

**REGISTRATION NIGHT SEPTEMBER 11,
6-8 PM STONEWALL CURLING CLUB**

Keyboard Ventures
Music Centre
 Exercise your mind, coordination, Concentration and motor skills.

ONSITE OR ONLINE
 Music Lessons for Children, Adults & Seniors
 • Piano • Keyboard • Voice

**Join Us Wed. Sept 11th 6-8 pm
 Registration Night at Stonewall Curling Club**

**6 Week Introductory Offer - \$109
 Free use of Keyboard**

BBB Call Terry: 204-955-5428 | terry@keyboardventures.com
 www.keyboardventures.com 307 Main Street • Stonewall

Jansen School of Dance

Jazz
 Acro
 Hip Hop
 Tap
 Pre-School
 Lyrical
 Ballet

Ages 3-Adult
 Registration for 2024-2025
 Wednesday,
 September 11, 2024
 6:00 - 8:00 pm
 Stonewall Curling Club
 Classes run Saturdays
 from October to May
 Year End Recital

**For information
 Call 204-471-2345
 patsynewman@gmail.com
 www.jansenschoolofdance.com**

*Under the direction
 of Patsy Newman*

Six courses to build your creativity

Did you know that creative practices boost your sense of identity and self-esteem? They can also help you develop initiative, problem-solving skills and imagination. Here are a few ideas for courses you can take to enhance your creativity.

1. Photography. Self-renewal requires experimentation, whether it be in subject matter or technique. Among its many benefits, photography enables you to anchor yourself in the present moment, explore your surroundings and experience relaxation.

2. Writing. Writing workshops, whether for poetry, humour, short stories or some other genre, can awaken your intellectual curiosity and stimulate your inventiveness.

3. Rhythmic gymnastics. In addition to flexibility and dexterity, this practice helps you develop your creativity as you explore unique movements with an object like a ball, hoop or ribbon combined with choreography.

4. Music. Like all art forms, music enhances creativity and encourages self-expression, whether through piano, violin or singing. It also teaches discipline and perseverance and can help improve your memory and concentration.

5. Figure skating. Focusing on creativity and interpretation, this sport appeals to the artistic



sense and allows for emotional expression with the body. Skating is also ideal for improving balance, co-ordination and muscular strength.

6. Theatre. Embodying another character can awaken the artist within you and enable you to discover different aspects of your personality. Drama is also an excellent practice for overcoming shyness and building self-confidence.

Drawing, synchronized swimming, painting, circus performance, cheerleading and pottery — the list of artistic disciplines is endless. Which will you choose?

BALMORAL JUDO CLUB

**REGISTRATION:
 STONEWALL CURLING CLUB
 Wednesday, September 11
 • 6:00 - 8:00 pm
 Classes TBA early October**

Ages 7 years and up

**For further information please contact:
 Milton Good 467-8854 or Jason Rogowsky 230-7296**

STONEWALL SCOUTING

Meets @ New Life Church Weekly
 Beavers (Co-Ed ages 5-7) Meet Mondays 6:30-7:30
 Cubs (Co-Ed ages 8-10) Meet Mondays 6:30-8:00
 Scouts (Co-Ed ages 11-13) Meet Mondays 6:30-8:30

REGISTRATION NIGHT

**Fall Registration Wednesday, September 11th, 2024
 6:00 - 8:00 p.m. - Stonewall Curling Club**

FALL & WINTER ACTIVITIES & registration section 2024-2025

Four reasons to take up taekwondo

Taekwondo is a Korean martial art that emphasizes kicking techniques. It was developed shortly after the Second World War and can be practised by children and adults alike. Here are four reasons to take up taekwondo.

1. TO IMPROVE PHYSICAL FITNESS

Practising this martial art provides a full-body workout. In order to deliver strong blows and hold your own against an opponent, you need muscular strength and cardiovascular endurance. Many of the kicks and hand attacks involve jumping or spinning and need to be executed with precision.

2. TO ENHANCE CO-ORDINATION

Taekwondo requires balance, flexibility and agility. As you master different techniques, you'll develop quicker reflexes and learn how to respond to physical instability. These skills also reduce the risk of injury in your daily life.

3. TO BOOST SELF-ESTEEM

Martial arts training teaches you how to overcome adversity and face challenges with confidence. As you progress in taekwondo, you'll be rewarded with a series of belts that demonstrate your achievements.

4. TO HELP RELIEVE STRESS

Taekwondo requires concentration and discipline. To achieve this, you have to set aside personal and professional worries when you step onto the mat. This sport is a healthy outlet for

stress and allows you to blow off steam.

If you're looking for a fun way to stay active or you want to sign your child up for a new sport, consider taekwondo. Some studios even offer family classes.

Soar the skies with 301 Air Cadets.

Air Cadets are for youth 12 to 18 years of age. The cadet program helps develop skills that will help youth transition into adulthood, from good citizenship, leadership, and a focus on physical fitness. Cadets have experiences that you don't find anywhere else. Air Cadets focus on aviation related activities including flying, gliding and studies in aerospace.



Join us on Thursday nights from 6:15 to 9:30 pm at the Stonewall Legion Hall starting 5 September 2024. There is no registration fee and uniforms are provided at no cost. If you would like more information, check us out at 301aircadets.ca, call 204-515-7418, or come on down Thursday nights.

REGISTER ONLINE

www.cadets.ca > Join the Cadets > Submit Application
or register in person starting 5 Sept 2024 at Stonewall Legion.



Visit the following advertisers
at our FALL REGISTRATION NIGHT
WEDNESDAY SEPTEMBER 11th 6:00pm-8:00pm
at the Stonewall Curling Rink

- Quarry Lanes
- Green Acres Art Centre
- 301 Squadron - Air Cadets
- Stonewall Curling Club
- Balmoral Rec Hockey
- Jansen School of Dance
- Skate Stony Mountain
- Heather McDermid Yoga
- Stonewall Scouts
- Balmoral Judo
- Stonewall Skating Club
- Balmoral Powerskating
- Stonewall Powerskating
- Warren Powerskating
- Keyboard Ventures
- Girl Guides of Canada
- Town of Stonewall
- Stonewall Karate
- Prairie North Dance

STRIKE UP THE FUN!

Youth League
Saturdays at Noon

See us at
Registration
Night for
more info!



204-467-8218

Learn to skate with the Skate Stony Mountain



Offering Skate
Canada programs:
* CanSkate, Parent & Tot,
PowerSkate, Figure Skating,
and Synchro



Dates to remember:

- * September 9th - Figure Skating season starts
 - * September 13th - Synchro starts
 - * September 30th - Come Try Out CanSkate, Figure Skating, and PowerSkate Day
 - * September 30th - CanSkate and PowerSkate starts
- We look forward to seeing you out on the ice!**



Stonewall
Skating Club

Stonewall Skating Club Registration 2024-2025 Season

All programs are taught by certified professional coaches
Learn to Skate Sessions run October to March

CanSkate:

- Provides kids with the best foundation for figure skating, hockey, speed skating and ringette
 - Introduces a healthy, lifelong activity at an early age
 - Promotes fun, fitness and participation
- CSA approved helmets and mittens are required.



Canskate Mondays & Thursdays 6:30-7:15	Oct. 7-Dec 19/24	Fall \$285.00
	Jan 6-Mar 20/25	Winter \$285.00



Would your child like to learn figure skating?
Join the Skate Canada STARSkate Program.

Junior STARSkate Mondays & Thursdays 4:15-5:30	Sept 23-Dec 19/24	Fall \$515.00
	Jan 6-Mar 27/25	Winter \$515.00
STARSkate Mondays & Thursdays 4:15-6:00	Sept 23-Dec 19/24	Fall \$545.00
	Jan 6-Mar 27/25	Winter \$545.00

All programs are held at VMSC
ONLINE REGISTRATION AVAILABLE SEPTEMBER 2/24 AT
<https://stonewallskatingclub.uplifterinc.com>



FALL & WINTER ACTIVITIES & registration section **2024-2025**

Four activities to tone your back

STONEWALL AREA
SPARKS ages 5-6
EMBER ages 7-8
GUIDES ages 9-11
PATHFINDERS ages 12-14
RANGERS ages 15-17
TEULON (UNDER CONSTRUCTION)
SPARKS ages 5-6/**EMBERS** 7-8

Girl Guides Sign up today at girlguides.ca/register

Toning your deltoid, trapezius and other back muscles can help you prevent or limit a variety of aches and pains. Here are four activities to help you strengthen your back.

1. **Swimming** is a low-impact sport that allows you to gently tone your back and shoulder muscles. Get advice from a trainer or swimming instructor to improve your skills in the water.

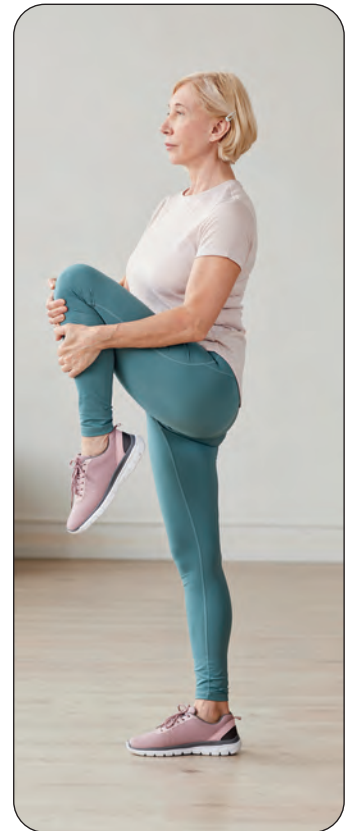
2. **Yoga** is an excellent activity for gently

strengthening your back muscles and improving your posture. However, check with your doctor to find out if there are poses you should avoid.

3. **Dancing** combines core-strengthening and flexibility exercises to help you improve your posture and relieve pain.

4. **Stretching** exercises can help you increase your range of motion and relieve pain caused by muscle tightness and inflammation.

If you suffer from back problems or have a medical condition, consult your doctor before starting a new exercise routine.



MUSIC THEATRE DANCE
GREEN ACRES ART CENTRE @ GAAC

NEW - JAM BAND PROGRAM

PIANO	ROBERT MUNSCH	BALLET
GUITAR	INTRO THEATRE	LYRICAL
BASS GUITAR	CREATIVE THEATRE	TAP
DRUMS		HIP HOP
BANJO		JAZZ
VOCAL COACHING		PRE-DANCE
		LITTLE STARS

*Membership Fees Waived
 Questions and Registration: greenacresartcentre.ca
info@greenacresartcentre.ca

In Person Registration Saturday, September 7 from 11-2 at the GreenAcres Art Centre

Power Skaters Wanted

Are you interested in becoming a powerful, agile skater?

Registration Night Wednesday, September 11th
 6:00-8:00 p.m. at Stonewall Curling Rink
 Session to run October 15 to December 17, 2024 and January 7 to March 11, 2025 (Total of 20 weeks)

BEGINNER • INTERMEDIATE • ADVANCED LEVELS

TUESDAYS

- Level 1...** 4:00 to 4:45 (6, 7 & 8 yrs)
- Level 2...** 4:45 to 5:30 (8, 9 & 10 yrs)
- Level 3...** 5:45 to 6:30 (9 & 10 yrs)
- Level 4...** 6:30 to 7:15 (11 & 12 yrs)

*ages are only a guideline, skaters are evaluated & classed on ability
Cost: \$335 for 20 weeks / \$250 for 10 weeks

Powerskating teaches skaters how to change direction quickly, maneuver easily and sustain their energy during the game.

HELMETS (WITH MASKS) & STICKS ARE REQUIRED FOR THIS PROGRAM
Questions: Contact Brock Couch at brockcouch@gmail.com

BALMORAL REC HOCKEY PROGRAM

Open to Boys & Girls – Birth Years 2007 - 2019
 \$230 per player.
 One hour once a week in Balmoral.

Starting mid October and ending in mid March.

Jersey & Pinnies Ordering

Looking for full time goalies please inquire at email below.

For more information email recbalmoralhockey@gmail.com
 Registration Night Wednesday, Sept 11 6-8 pm
 Stonewall Curling Rink

FALL & WINTER ACTIVITIES & registration section 2024-2025



Rediscover the joy of ice skating

If you've never experienced the joy of gliding across a frozen lake or simply haven't ice skated in years, consider making time for this activity during the winter months.

Ice skating is a fun and affordable pastime, and since it's a low-impact sport that's gentle on the joints, it can be suitable for people of all ages. What's more, most people can master the basics in less than an hour.

Furthermore, ice skating is great aerobic workout that can improve your balance and cardiovascular endurance, strengthen your abdominal and leg muscles and fine-tune your motor skills.

If you want to go ice skating this year, there are plenty of places you can lace up your skates, including indoor and outdoor rinks, forest trails and certain lakes, ponds and rivers.

Five things to consider when choosing a cooking class

Do you want to sign up for a cooking class? Are you hoping to perfect your skills in the kitchen or discover new recipes? If so, here are five things to consider when choosing a class.

1. Your skills

A beginner will have different needs than someone who's already handy in the kitchen. To get the most out of taking a cooking class, make sure you choose one that's suitable for your skill level.

2. The theme

Cooking classes that cover international cuisine, fine dining, culinary techniques and an array of other themes are available in most places. Therefore, make sure you choose the option that best matches your in-

terests.

3. The timing

Make sure the cooking class fits with your schedule. For example, find out how many classes there are, how long each session is and how many times you have to attend per week.

4. The cost

It's important to choose a cooking class that you can afford. It would be unfortunate to have to drop out because the course is too expensive.

5. Your tastes

If you take a cooking class, it's more fun if you can taste your own creations. Therefore, make sure to choose a type of cuisine that you're open to trying.

Once you've figured out these five cooking-class criteria, all that's left to do is register.


BALMORAL POWER SKATING

SATURDAYS

9:00 a.m. - Learn to skate (3-5 year olds)
9:45 a.m. - Level 1 power skating (6, 7 and 8 year olds)
10:30 a.m. - Level 2 power skating (9, 10 and 11 year olds)

\$335 - 20 weeks / \$250 - 10 weeks
Balmoral Recreation Centre
October 19, 2024 to December 21, 2024 (10 weeks)
January 11, 2025 - March 15, 2025 (10 weeks)
A stick and helmet with a mask are required for this program.

To register text 204-791-9856 or email
balmoralpowerskating@gmail.com
Registration Wednesday, September 11 at Stonewall Curling Club 6:00-8 p.m.



Stonewall Karate


Veterans Memorial Club
 (White Stucco Building beside the soccer fields)
 Stonewall, MB
 Contact: Sensei Deborah Hinds
 Phone: 467-5787

Benefits:

- Physical Conditioning – endurance, strength, speed, flexibility
- Mental – concentration, stress control, perseverance
- Social – friendly supportive approach

Shotokan Karate: family oriented, lifetime activity non-contact, men, women, boys, girls, all ages {8-65}

Regular Classes ongoing year round
Tuesday & Thursday evenings



Little Tigers - Tuesday

Classes start September 17th

Girls & Boys ages 4-7

More information provided

Call Debbie 204-467-5787



Finding a place for the family through rodeo

By Emma McGill

For a long time, Johnny Bartsch dreamed of riding bareback broncs and participating in rodeos across the prairies. Bartsch grew up in a Mennonite community in northern Mexico and moved to Carman with his wife, Anna, in 2014, where they started raising a family and continue to reside.

When they first moved to Carman, Bartsch got a farm job and began riding horses bareback in the Heartland Rodeo Association across Manitoba. He had heard that Heartland, through which people buy memberships and participate in rodeos, was a good association to ride through and he got his chance to enter his first rodeo.

Bartsch has been competing in and around Teulon and across Manitoba and Saskatchewan for 10 years. Though he has since moved on from bareback bronc riding, he has picked up team roping and riding ranch broncs, an event where you use an everyday working saddle on a bucking horse. He most recently competed in this year's Teulon rodeo.

Bartsch has also figured out how to make a living off of doing what he loves: after being around the rodeo for a while, he began working with some colts and troubled horses for friends.

He left his farm job in 2018 to work full-time with horses needing help.

"I learned so much so fast and my wonderful wife always has my back and supports me every step of the way," said Bartsch.

They now have a property they've worked in to suit their business, Homegrown Horsemanship. Here, they keep 20 to 30 horses, including both their own and client horses. They buy, train, and then sell their horses across Canada from British Columbia to Ontario.

The business really is a family affair; their three kids help out a lot with the chores, including catching and releasing horses, feeding and watering them, and cleaning up the barn. The family often goes on trail rides together, and, in the spring, they join a custom branding crew in Saskatchewan, where the kids get to learn a lot about working and doctoring cows and take their horses out to round up big herds of cows.

Bartsch most recently competed in this year's Teulon rodeo; he rode in the Rach Bronc shootout on Friday night, a new event this year where 12 riders got on two horses each, and he ended up winning second place. He also competed in the team roping



TRIBUNE PHOTOS BY CHRISTY BROWN

Johnny Bartsch, right, with son Marcelo getting ready to take on another rodeo.

event on Saturday afternoon, making a clean run with his partner, Lane Derksen.

"Although it's hard work and you

run into different situations doing this, we are very blessed to make a living this way," shared Bartsch.





Coffeehouse to End Cancer raises over \$25,000



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The 14th annual Coffeehouse to End Cancer held at the Grosse Isle Heritage Site last Wednesday was a huge success, raising over \$25,000 for the CancerCare Manitoba Foundation. Funds were raised through donations as well by the talented performers at the popular outdoor fundraising concert. Vendors who attended also contributed through their sales. Left photo, Lakeside MLA Trevor King presented CoffeeHouse to End Cancer founder Paige Procter with a Meritorious Service Decoration lapel pin conferred by Gov.-Gen. Mary Simon. The award recognizes Canadians for exceptional deeds accomplished over a limited time that bring honour to our country. Procter has raised over \$265,000 for CancerCare Manitoba Foundation. In the middle photo, Stonewall's Jamie Yeo opened the evening with two of her favourite Taylor Swift songs. Right photo: special guests Two Crows for Comfort closed the show after an encore. The local duo of Cory Sulyma and Erin Corbin raised \$750 and were awarded the Grandpa Jim Top Fundraiser Award. Pictured with Two Crows for Comfort is Paige Procter and co-hosts Elizabeth Codville and Brett Lawrence. Other performers included Justin Anderson, Lost in a Small Town band members Trey King and Trevor King, Apple Fire, Alyssa Christensen and Braden Lussier, Lexi and Daisy, Teagan Sheppard and Kaitlyn Greigson. As a guest speaker, author Erika Willows shared her story about how her family navigated grief after the loss of her sister's courageous battle with cancer.

Warren
TOWN HALL
HOSTED BY MP JAMES BEZAN WITH
SPECIAL GUEST: MLA TREVOR KING

Warren Memorial Hall
Thursday, Sept 12th
7:30 - 9:00 PM

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Stony Mountain Métis Local presents
EVERY CHILD MATTERS
60'S SCOOP
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Saturday
Sept, 21
2024, 3:30pm
Stony Mountain Rec Centre 117 School Road
Join us for a time of ceremony, activity, entertainment
and a meal to acknowledge and honour the youth
and inspire reconciliation

MC: Gene Gaudry
Norman Chief Memorial Dancers 4 p.m.
Dinner 5p.m.
Darren Lavalee- Country Junktion Band 6p.m.
Children's rock painting
Candy scramble
50/50
Silent Auction

To Purchase tickets, call Larry Flett 204-781-2607
(if ride required to event may be arranged) **Ticket for \$10**

> HOPE IN THE INTERLAKE, FROM PG. 14

program is able to cut that cost in half.

Fjeld came across this initiative after hearing of Winnipeg's chapter doing a build day. Following suit, a group of her friends also donated to the cause.

"Someone mentioned that they were making quilts and donating them to Sleep in Heavenly Peace," said Fjeld.

After several phone calls with Sleep in Heavenly Peace Canadian offices, Fjeld is finally ready to start a chapter of her own.

"I need a core of people so that I am not doing everything myself," she said.

Fjeld is seeking individuals who are able to assist with various tasks such

as fundraising, volunteer co-ordination, fund management, social media management and online system management.

"Once we are set up, everything is done online," said Fjeld.

She explained that everyone will use www.shpbeds.ca to donate, volunteer and request a bed.

When Fjeld fills the executive committee positions, the team will then travel to Fort Saskatchewan in Alberta for training.

"The training is absolutely free," Fjeld said.

"We will walk away knowing how to build the beds, how to use the

bookkeeping system and learn about each other and how to work together for this opportunity."

If you choose to join Gimli's Sleep in Heavenly Peace executive committee, Fjeld anticipates a monthly commitment of around 10 to 15 hours.

By simply sharing about this initiative on social media, the community has already shown overwhelming support.

"I have received a tremendous amount of support. I already have a whole group of quilters have committed to making quilts," said Fjeld.

She also added that this initiation is great for philanthropy groups and

human ecology school programs.

"There is a lot of great opportunities for everyone in the community."

Fjeld hopes to form an executive committee as quickly as possible as she would love to organize a build day prior to the first snow fall.

"It would be very rewarding to have a small build under our belt," she said.

To get involved with Sleep in Heavenly Peace Gimli, you can contact Fjeld directly at 204-641-5297 or via email at diandharv@gmail.com.

> OPT OUT, FROM PG. 13

ley, Macdonald, Ritchot, Rockwood, Rosser, Springfield, St. Andrews, St. Clements, St. François Xavier, Tache and West St. Paul.

The NDP government said last week it will introduce legislation to allow municipalities the "freedom to choose" whether they want to be part of the region.

"This is about giving municipalities the freedom to make their own planning decisions, rather than force them into a planning region that isn't working," said Premier Wab Kinew in an Aug. 21 news release. "We've heard what municipalities have to say and that's why we're moving forward with legislation to make membership in Plan 20-50 voluntary. We're working with communities like Selkirk, Niverville and Stonewall to grow the economy, and build more housing in a way that makes sense for them."

The government's move comes after some municipalities publicly protested against being forcibly included in the WMR and residents raised concerns about how it could override the authority of their local governments to make land-use decisions.

The WMR released a yet-to-be-adopted 30-year blueprint for land-use planning titled Plan20-50: A Regional Plan for the Winnipeg Metropolitan Region. The plan — a bylaw that has passed first reading by the WMR board — contains development policies for areas such as housing, community expansion, transportation, agriculture and water and wastewater. Details of what those policies will entail are unknown because they haven't either been written or released.

The City of Selkirk said it was pleased the province announced it will introduce legislation to make municipal inclusion in the WMR vol-

untary. Selkirk had earlier stated publicly that it had been forced to join the WMR.

Selkirk Mayor Larry Johannson said he and council "applaud" Premier Wab Kinew and the government for listening to Selkirk and other municipalities that expressed concern with the "undemocratic creation" of the planning region and the "sweeping powers" provided to it to control development and municipal services.

"We thank Premier Kinew for his announcement and for the government's efforts to restore our city's authority to make its own choice. In our efforts to correct the forced and inappropriate inclusion of Selkirk into the region, we have emphasized that local governments should have the choice to join or not. At election time we are given a mandate to lead our community, and Bill 37 took that away in many ways," said Johannson in an Aug. 21 news release. "Not only will this new legislation create that opportunity, it also demonstrates respect for local governments."

Selkirk Coun. John Buffie, who was appointed to sit on the WMR board, said in the news release that Selkirk is more regionally aligned with municipalities close to it than it is to the wider WMR. And Selkirk is committed to demonstrating excellence in urban planning, infrastructure asset management and regional thinking.

Buffie said Selkirk's region is the Triple S region, which is made up of St. Andrews, St. Clements and Selkirk. And its extended region includes the Interlake and eastern Manitoba. According to Statistics Canada's data, 30 per cent of St. Andrews' residents work in Selkirk and 23 per cent of St. Clements' residents work in Selkirk. The majority of Selkirk's working residents work in Selkirk. Therefore, services should be tailored to the needs of that region.

"Getting out of the Winnipeg Metro Region will allow us to focus on our true region," Buffie added. "Being a regional service hub is part of our community strategic plan, and we've demonstrated that we can work with our neighbouring municipalities to deliver for our shared citizens."

The RM of St. Andrews council issued an official response to Plan20-50, saying that Mayor Joy Sul always had concerns as to how it would impact the RM's "autonomy as decision-makers," and that she and council believe that residents could "lose their voice" in municipal matters.

Development in St. Andrews is currently guided by zoning bylaws and secondary plans, and the RM is a member of the Red River Planning District.

"A decision will be made regionally at a higher level and the impact will be felt at the local level," said St. Andrew's chief administrative officer Brent Olynyk, referring to the policies that will be set by the WMR and which will affect all the member municipalities whether it makes sense for them or not.

Although St. Andrews supports the concept of a regional plan, the statement says Mayor Sul wants to see the public better informed about Plan20-50 "before it can be finalized" and that the RM does not support the plan as it's currently written.

"Plan20-50 needs to go back to the public to have that consultation process, in the same way that all other legislative decisions have been approved in the past," says the statement.

The RM of West Paul said in a news release that it believes Plan20-50 "subjugates the authority of local governments" and it supports "further consultation" with the leaders of the 18 municipalities before the plan receives final approval.

"The RM of West St. Paul supports the concept of a regional planning model for the region to support economic growth and success for all but has concerns with Plan 20-50," states the release. "Mayor and Council believe the plan subjugates the authority of local governments and eliminates their ability to determine the scale and nature of development in their communities. West St. Paul believes that further consultation with local governments is needed prior to finalizing Plan 20-50 to ensure that local influence over development is not lost."

Dunnottar Ratepayers Association president Ed Strauman said he as a taxpayer is not in favour of Plan20-50 and thinks the Village of Dunnottar shouldn't be part of it. He sent an email to the chief administrative officer and a council member, saying it should pull out as "mass development" is not in keeping with Dunnottar's rural setting.

"I am totally against this plan and I urge the village council to pull out of it immediately. Other municipalities are already getting out of this 20-50 plan. The Village of Dunnottar is a resort area," said Strauman in his email to the village. "I have spoken to Mayor [Rick] Gamble and Councillor [Jim] Kotowich at the family day event this past Saturday. If other municipalities [want] to stay in this so be it, but as a taxpayer I say no to this plan."

As mandated under the legislation that created it, the WMR has to hold two public meetings on Plan20-50. It held the first meeting in Winnipeg in July but had to cancel a second meeting on Aug. 8 at the Niverville Heritage Centre after hundreds of Manitobans showed up and pushed capacity of the hall over the limit.

The WMR has yet to announce the date of the second public meeting.

Activities for Seniors in Your Area



Activity Centre
374 1st Street West, Stonewall
204-467-2582 si55plus@mymts.net
Tuesday-Friday: 8:30am-4:00pm

2024 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR

To renew or become a new member, check out our website at www.si55plus.org to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).
- **You do not have to be 55 + to become a member!**
- Payments can be made by cash, cheque or E-transfer to si55info@gmail.com



Arthritis Presentation

A free presentation on Living with and Managing Arthritis
Thursday, September 12 at 1:00 pm
Please call to register by Tuesday, September 19

September 18 Luncheon

Lasagna, Caesar Salad and Garlic Toast
Tickets: \$13.00 ADVANCE TICKETS ONLY
Tickets available at the South Interlake 55 Plus Office
Deadline to purchase tickets: Friday, September 13

Outlet Mall Shopping

Thursday, September 26
Registration deadline:
September 24
Members \$20 / Non-members \$25

Mook Fabrics Shopping and Boston Pizza

Friday, September 27
Registration deadline: September 25
Members \$20 / Non-members \$25

Winnipeg Art Gallery - Sunday, October 6

Lunch to follow at Red Lobster (at your own expense)
Deadline to register and pay is Thursday, September 19
Members: \$45 / Non-members \$50

Karen's Quilted Creations

This 4 session class will teach you to create a Christmas table runner.
October 8, 15, 22, 29 - 1:00-3:30pm
Registration deadline: Friday, October 4
Cost: \$50 (supplies at your own expense)

Canada Pension Plan & Old Age Security Presentation

Tuesday, October 8 - 6:30pm
Please call to register for this FREE presentation by Thursday, October 3

WEEKLY ACTIVITIES

Cards	Quilting	Ukulele Club
Line Dancing	Craft n' Coffee	Virtual Chat
Pickleball	Men's Chat	Exercise Programs

VOLUNTEER OPPORTUNITIES

We are a volunteer-based organization and we are always looking for volunteers whether it is to facilitate a program, serve at our luncheons, provide dainties or volunteer at a fundraiser. We are always looking for new volunteers. Feel free to contact the office!

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

SOUTH INTERLAKE SENIORS RESOURCE

Support Services for Seniors • Driver/Escort Program
• Equipment Lending Service • Meals on Wheels • Lifeline
• ERIK and ICE Programs • Handy Helper/Housekeeping Program
• Friendly Visiting and Telecheck (phone buddy)
• Home Hair Care Service • Resource information/Form Assistance
Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.
204-467-2719 www.sisrc.ca

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



Looking for something to do in your spare time? Or are you needing volunteer hours come the school year? Whatever the reason, volunteering with South Interlake Seniors Resource might just be for you!
Feel free to give us a call at (204) 467-2719 for more information about the volunteer opportunities available!
We look forward to adding you to our team of dedicated volunteers.

Supports to Seniors in Group Living (SSGL)

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

Care Partner Skills Workshop

Learn more about dementia through experiential activities in this hands-on workshop. Gain tips and strategies to enhance the daily care of those impacted by the disease.

All are welcome to join but please note that this workshop is geared towards individuals caring for those living with dementia.

Thursday Sept. 26th, 2024 1:30 - 3:00 pm

Lions Manor (Entrance 4)

622 Centre Ave, Stonewall

Presented by Samantha Holland, First Link® Regional Team Lead
Call Seniors Resource to Register by Sept 25th @ 204-467-2719

For more information call 204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

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

PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • DRIVER ESCORT
 - INFORMATION/FORM ASSISTANCE
 - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
 - MEDICAL EQUIPMENT LOANS
- REGULAR OFFICE HOURS: 8:30AM-4:30PM**

St. Laurent Seniors Resource Council Inc.
"SENIORS IN ACTION"

55+ and people living with disabilities

Support Services in the RM of St. Laurent and Oak Point

Office: St. Laurent Community Health Centre

51 Parish Lane, Please call: 204-646-2504 ext. 3

Free E.R.I.K. Emergency Response Information Kit,

Free on loan mobility aids, Resource information, Monthly Birthday Club,

Fundraising activities throughout the year. Fee for Service such as,

Foot Care Clinic, Victoria Lifeline, housecleaning and more.

Free use of Exercise Equipment, Free Adult Bikes on loan,

Free Community Volunteer Income Tax Program

Annual Seniors Summer Feast in August -Entertainment-Supper-Resources

Office Hours: Tuesday to Thursday: 10:00AM-4:00PM stlsrc@mymts.net

> ROCKWOOD, FROM PG. 13

transfer of 0.02 acres of private land to the public road Winfield Way. Council defeated the request.

- Council conditionally approved a permit for Delta 9 to sell cannabis at a mobile cannabis store at the Real Love Summerfest, which took place on July 26 and 27 at a rural retreat and events centre on Road 3E.

- Heidelberg Materials approached council with a request to reroute the Rockwood Rail Trail with an alternate path between roads 78N and 79N to be able to mine through the rail line. The municipality plans to enter into a lease agreement with the company for that portion of the Rockwood Rail Trail. The municipality bought the CP Rail Line in 2016.

- Council defeated a resolution to authorize one team to participate in the 5th Annual Community Golf Tournament hosted by the Stonewall-Headingley RCMP on Aug. 9 at the Teulon

Golf and Country Club.

- The RM of Rockwood is entering into a lease agreement with the Town of Stonewall for a new proposed building for the Stonewall and Area Mobility Services.

- Council approved a request from the owners of a Dufferin Drive property to amend the building design for their project. They had previously applied for and received conditional approval to build another six units onto an existing four-unit complex.

- Rockwood council considered a conditional use request to classify an existing single-family home as a detached secondary suite in order to build a new main dwelling on the same lot.

The 79.23-acre property is located at Provincial Road 229 and Road 11E, just south of the boundary between the rural municipalities of Rockwood and Armstrong. The proposed 4,892-square-foot main dwelling would be on the east side of the

The Stonewall Teulon Tribune

property, about 1,353 feet southeast of the proposed 1,350 secondary suite, which is a ready-to-move home that was built last year. It would be difficult to build it closer due to swampy conditions. Family friends would live in each of the abodes.

South Interlake Planning District had no significant concerns with the request, although they recognized the large separation distance between the proposed secondary suite and main dwelling.

The same applicant also requested an increase to the maximum floor area requirement for detached ground-level secondary suites to 1,365 square feet from the 1,000-square-foot maximum. Council approved the request.

- A Rockwood couple requested permission to place a 1,736-square-foot temporary mobile home on a property on Road 7E for their daughter and her children.

The main reason is because they are aging and need more help due to

Thursday, September 5, 2024 **27**
health issues. At the same time, their widowed daughter has three children with special needs who need consistent care and homeschooling, and the grandparents would be able to help out.

South Interlake Planning District had no significant concerns, and council approved the request.

- Council heard a request from a resident hoping to vary the minimum site area for a proposed subdivision residential lot to 35 acres from the minimum 80 acres. South Interlake Planning District had no significant concerns, and council approved the request.

- The Sept. 11 Rockwood council meeting has been changed to Sept. 18.

- Check out the Rockwood Rural Municipality Facebook page to see videos from a community project that show residents' favourite parts about living in their communities. Featured communities include Stony Mountain, Grosse Isle,

get inspired

> MEAL IDEAS

FamilyFoods
Phone 467-5553



Peanut Butter Cottage Cheese Cheesecake

olate

1/2 cup roughly chopped peanuts
1 pinch sea salt

To make crust: In food processor, pulse pretzels, wafer-style cookies and peanuts until chopped but not powdery.

In skillet, melt butter. Add pretzel mixture until combined with butter.

Spray pie pan with nonstick cooking spray and spread mixture on bottom of pan and slightly up sides; press down until even.

To make filling: In bowl using hand mixer, whip cottage cheese until lumps are smoother, 3-4 minutes.

In separate bowl, use hand mixer to whip heavy cream and sugar until stiff peaks form.

Add cottage cheese and peanut butter to heavy cream mixture; whip until combined, about 1 minute.

Top pie with chopped chocolate and peanuts and freeze 2 hours. Remove from freezer 15 minutes before ready to serve.

Before serving, sprinkle with sea salt.

Recipe courtesy of Parker's Plate on behalf of the Georgia Peanut Commission

Prep time: 25 minutes

Cook time: 2 hours

Servings: 8 (1 slice each)

Crust:

2 cups pretzels

1 1/2 cups vanilla-flavored wafer-style cookies

1/2 cup peanuts

12 tablespoons unsalted butter

nonstick cooking spray

Filling:

1/2 cup cottage cheese

1 cup heavy whipping cream

3 tablespoons sugar

3 tablespoons creamy peanut butter

1/2 cup roughly chopped dark choc-

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Today, I aim to convince you that building a strong relationship with your doctor is worth the effort. Let's see if I'm any good at this, yes?

When I moved to the U.K. from Stonewall, I had to start from scratch with my medical team. Of course, the priority was a new General Practitioner (G.P.), as they are the 'in' to every other specialty.

The first GP I saw had to decipher the 600+ page manual that is my medical history. I packed it as precious cargo on the plane. I liked Dr. D, but I found him a bit hot and cold, rushing some days and relaxing others. At least I had his fascination with Canada going for me. Then, he got ill and left.

I switched to Dr. Jones, whom I still see eight years later. I won't lie; she seemed a bit guarded at first, and I had come from a G.P. in Canada who comforted me with hugs. I realize now that Dr. Jones needed to grow to

trust me, trust that my file was not a manuscript of hypochondria and that I took my health seriously.

Slowly, as I always attended appointments, showed up on time, went in prepared, and proved I was in tune with my body and symptoms, I earned her trust. (The positive bad test results helped her belief, too.)

Here's where the proof in the sugar-free pudding comes in. At my last appointment, I had a list of four minor talking points – blood results, etc., and we celebrated my great diabetes results and much-improved cholesterol together as she gave a cheer. Then, as I stood to go, she said, "But how is your gastroparesis doing?"

I hadn't needed to burden her with more of the same bad news as the last time I saw her since, with drastic measures, I was managing. She looked sad and asked if my gastroenterologist had been replaced yet since he moved to the U.S., and I said, "No, not yet."

"Well, maybe it will help if I send a letter saying you need attention." We then went on to discuss a few possible improvements to my regime.

So yeah, the time it took to build our relationship is worth it. I have a doctor willing to run over my schedule and go the extra mile to get me the care I need.

So how'd I do? Do you believe me yet?

Less health stress, yes? A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: The Quest For Less Health Stress

Do you have a Health or Wellness Business?

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stony Mountain Run returns to Quarry Trail after one-year hiatus

By Kieran Reimer

The Stony Mountain Run made a triumphant return to the Quarry Trail last Saturday, with 151 racers competing in eight renditions of the event.

This year's run marked a return after not happening in 2023 for the first time since the race began in 2016 due to having no race director.

This year, Stony Mountain Community Association's Tony Hoess stepped into the role of race director.

Hoess, a runner himself, wanted to bring back the event to Stony Mountain's 2.5-kilometre quarry loop to help provide runners with a scenic and hilly running experience that can't be found in most parts of the province, along with raising money for the SMCA's new memory garden they intend on building.

"It's a great feeling, a feeling of accomplishment," said Hoess. "It's great to be part of the team that did it. There is a lot of great volunteers. A lot of the money we raise goes toward the SMCA events. We're building a memory garden this year, so the money we raise will go toward that. It's great being part of the team and the community, supporting runners and fitness. It was a great experience."

Hoess said he had around 10 volunteers help out with the race, doing everything from food setup to course management, registration and clean-up.



The money raised from the Stony Mountain Run will be put toward the SMCA's new memory garden in Centennial Park.

Hoess spent most of the time leading up to the event promoting it and settling all the registration and setup kinks.

This year's event had the second-highest total of runners since the first run in 2016.

The run began with the 10km starting at 10 a.m. on Saturday, followed by the 5km and 2.5km runs 15 minutes after each other. This allowed all the runners to conclude their race around the same time, so the awards ceremony could happen with everyone in attendance following the race.

This year's first-place winners were Colin Gamble in the male 2.5km, Maeve Millard-Hales in the female



TRIBUNE PHOTOS SUBMITTED

Stony Mountain Run race director Tony Hoess accepts a \$500 donation from Access Credit Union's Leonard McKnight. The proceeds will be put toward the SMCA's new Memory Garden in Centennial Park.

2.5km, Darcey Harder in the male 5km, Renata Doerksen in the female 5km, Jonas Pazer in the male 10km, and Candace Kosack in the female 10km.

Hoess said he received plenty of positive feedback from race participants.

"It's been very positive; everybody really liked the event," said Hoess. "It was a little hot and humid on Saturday but what can you do. Otherwise,

people really liked the course and the event and I got a lot of compliments saying if we have it again next year they will be back."

Hoess confirmed he plans to return as race director in 2025. He said he would pay attention to other races going on in Manitoba at the time but would aim to hold it again in late August.

United fall short to Pescara in a high-scoring affair

By Kieran Reimer

A high-scoring affair on Thursday night saw Stonewall United lose 5-4 to Pescara in heartbreaking fashion.

The loss sets United back after picking up three points last week

in a forfeit win.

United holds a 6-8-1 record, which puts them fifth in Division 3B of the Manitoba Major Soccer League.

With only three games remaining, the club will need to win if

they want to crack the top four in the standings, a spot United had hoped to finish in only a few weeks ago.

The road will not be easy for the club, as two of the matches are against WSP FC and Superbia FC,

the two clubs sitting right behind them in sixth and seventh place, respectively.

United will conclude the regular season on Monday, Sept. 16, when they take on fourth-place CA River Plate in a match that could potentially determine who finishes fourth and fifth.

This week, United will play WSP FC on Tuesday night in Stonewall.

WSP FC won the lone contest between the clubs this season on July 8, shutting out United 2-0.

United will look to even up the season series and gain an important three points as they make their final push this regular season.

The kickoff on Tuesday, Sept. 3 was at 6:15 p.m. from Stonewall Veterans Memorial Complex. Due to our press schedule, the score was unavailable.

To see more photos of your favourite Interlake Athletes

GO TO

Stonewall Teulon Tribune | flickr

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall Jets Fundraising Gala returning in October

By Kieran Reimer

The Stonewall Jets Annual Fundraising Gala is returning this October.

The event will take place Saturday, Oct. 19 at Quarry Heritage Arts Centre and is the major fundraiser for the local Manitoba Major Junior Hockey League club.

"It's been an annual evening taking place in the community for years and we really count on the community to support us," said Jets president Matt Figur.

"To run the team in a season is getting close to \$100,000 right now so the night helps us run the organization and keep junior hockey alive in Stonewall."

Phil Aubrey of 92 Citi FM is returning as emcee of the gala this year while comedians Tim Gray and Kelly Taylor will provide the comic relief for the evening.

Gray, a Stonewall local will open on the mic with Taylor capping off the evening. Taylor of Prince Albert, Sask., is well known for his appear-

ances on hit-comedy Just For Laughs and is the former Canadian College Comedian of the Year.

"He has a great sense of humour. He's going to bring so many laughs to the evening. It's guaranteed to be a great time," said Figur.

Dinner will also be provided along with an open bar included in with the ticket price. Food from R.W. Catering will be served, with each table being waited on by a player from the Jets.

Attendees will also have to opportunity to participate in live auctions with an auctioneer along with progressive auctions with sports memorabilia prizes.

The event will begin with cocktails at 5:30 p.m. followed by dinner at 6:30 p.m.

Figur encourages buying tickets fast as the capacity is set at 180 people for the evening.

Each ticket costs \$150 and tables of eight are \$1,200. To purchase tickets, you can reach out to Jets treasurer/secretary Shaun Dalglish at 204-290-



Annual Fundraising Gala
Saturday, October 19th, 2024
 Quarry Park Heritage Arts Centre
 166 Main St., Stonewall, MB
 Dinner catered by RW Catering (Chelsea Coulter)

Cocktails 5:30 pm
Dinner 6:30 pm
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TRIBUNE PHOTO SUBMITTED

The Stonewall Jets Annual Fundraising Gala is returning this October.

6064 or jetstreasurer@stonewalljets.com

The Jets season gets underway with training camp next week. You can get your first look at the team at their

home opener against the St. Boniface Riels on Thursday, Oct. 3 at 8 p.m. at Stonewall Veterans Memorial Complex.

Team Kerri Einarson continues its MMF partnership

By Becca Myskiw

Team Kerri Einarson continues its partnership with the Manitoba Métis Federation (MMF) by using specially designed curling brooms.

Last year, Kerri Einarson and her team decided to do something special in honour of her Métis background. Thinking it would be cool to have a Métis artist design their brooms, the curling team reached out to MMF, and they soon received a design of a sleek black curling broom with the outline of flowers showcasing the vibrant and decorative culture of the Métis. The flowers, the MMF logo and the words "Red River Métis" adorn the bottom pad of the broom, and the MMF logo and "Team Einarson" sit on the top of the handle.

The brooms double as an awareness piece and a fundraiser for the MMF youth program, which delivers child and family services, justice, housing, youth, education, human resources, economic development and natural resources. Not only does the team use these brooms, but they're available for the public to purchase, with proceeds

going back to the MMF Youth Sports Programming to provide Métis youth with the opportunity to participate in sports and recreation programs across the province.

Since Hardline Curling sponsors Team Kerri Einarson, the brooms are available for purchase through the supply company. It retails for \$199 and can be purchased at <https://hardlinecurling.com/en/mmf-team-einarson-brooms>.

"It's just amazing to see youth in sports and seeing them grow and create friendships," said Einarson. "I was into sports since I was a little girl, and I just want to pass that along to my children and other children."

Team Kerri Einarson has continued the partnership for 2024, dawnning the same brooms in the upcoming curling season. They've also added the floral design to their team uniforms, honouring Einarson's Métis roots in more ways than one.

Einarson doesn't know how many brooms have been sold, but she guesses more than 4,000.

"It's pretty amazing to see that it's



TRIBUNE PHOTO SUBMITTED

Team Kerri Einarson is continuing their partnership with MMF and Hardline. The Hardline Curling brooms represent MMF and proceeds from these brooms will be donated to MMF Youth Sports Programming.

doing well," she said. "It's an absolutely amazing cause. And I think if we can promote it in any way possible to make our sport more known, the better."

Team Kerri Einarson uses brooms at all curling games, and the entire

design is shown on national television and across the country all season long. The team won the Curling Canada championships in 2020, 2021, 2022 and 2023, which are live on TSN yearly.

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

THE RURAL MUNICIPALITY OF ROCKWOOD



PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Regular Meeting of Council has been changed:

From: Wednesday, September 11, 2024 starting at 9:00 a.m.

To: Wednesday, September 18, 2024 starting at 9:00 a.m.

At the Administration Office, 285 Main Street, Stonewall, MB

Council, Rural Municipality of Rockwood

THE RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC NOTICE

BOARD OF REVISION for 2024 SUPPLEMENTAL TAXES

Public Notice is hereby given that the 2024 Supplemental Taxes for the Rural Municipality of Armstrong has been delivered to the Municipal Office at Inwood, Manitoba. The Board of Revision will sit on Tuesday, October 22, 2024 at 2:00 P.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 Tuesday October 3, 2024

Nancy Howell, Secretary Board of Revision
Rural Municipality of Armstrong
Box 69, 1094 Hwy #17
Inwood, Manitoba R0C 1P0
Phone: (204)-278-3377
Fax: (204)-278-3437
Email: cao@rmofarmstrong.com

TOWN OF STONEWALL



NOTICE OF BOARD OF REVISION

General Assessment & Personal Property Assessment 2025 and 2024 Supplemental Property Taxes

Public Notice is hereby given that the 2025 General Assessment and Personal Property Assessment Rolls for the Town of Stonewall have been delivered to the Town Office at 293 Main Street, Stonewall, Manitoba and are open for public inspection during the regular business hours.

The Board of Revision shall sit to hear applications respecting assessment on Thursday, October 10th, 2024 at the hour of 6:30 P.M. in the Council Chambers of the Town Hall, 293 Main Street, Stonewall, Manitoba.

Applications for revision of assessment shall be made in accordance with Sections 42 and 43 of the 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, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- 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 made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred above in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by
 - i) delivering it or causing it to be delivered to the office of the Town of Stonewall, Box 250, 293 Main Street, Stonewall, Manitoba, R0C 2Z0, or
 - ii) serving it upon the Secretary of the Board of Revision

The final date on which applications shall be received by the Secretary of the Board of Revision is **Tuesday, September 24th, 2024.**

Dated this 31st day of August A.D., 2024 at the Town of Stonewall in the Province of Manitoba.

Diane Allan, Secretary
Board of Revision
Town of Stonewall
Box 250
293 Main Street
Stonewall, MB R0C 2Z0
Email: dallan@stonewall.ca

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RURAL MUNICIPALITY OF ROSSER
THE RURAL MUNICIPALITY OF
ROSSER PUBLIC NOTICE
BOARD OF REVISION
(2025 Assessment)

PUBLIC NOTICE is hereby given that the 2025 Assessment Rolls for the Rural Municipality of Rosser has been delivered to the Municipal Office at 0 077E PR 221, Box 131, Rosser, MB and are open for public inspection during regular office hours.

THE BOARD OF REVISION shall sit to hear appeals on **Thursday, November 7th, 2024, at 9:00 a.m.** in the Municipal Council Chambers in Rosser, Manitoba.

ANY PERSON, including the assessor, who believes that an assessment ought to be revised may make application for revision of an Assessment Roll 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 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 made in writing
 - b) set out the roll number and legal description of the assessable property for which a 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 indicated in the public notice given under subsection 41(2), or
 - ii) serving it upon the secretary,

at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

Applications for revisions must be received by 4:30 p.m. Tuesday October 22, 2024, no late exceptions will be allowed. Applications should be mailed: **Secretary, Board of Revision Box 131 Rosser, Manitoba, R0H 1E0** or delivered: **0 077E PR 221 Rosser, Manitoba** or emailed: **admin@rmofrosser.com** or faxed: **204-467-5958**. Applicants will be notified, in writing, of the date and time of the hearing of their application.

Applications which do not include the above information may not be considered by the Board. Applicants who fail to attend the Board may have their Application for Revision dismissed without a hearing. Dismissing an application without a hearing ends the Appeal Process for the Applicant.

Before filing an application against the amount of the assessment, liability to taxation, or classification of the property, applicants should:

- a) examine Municipal Assessment Rolls for comparable properties.
- b) select comparable properties from the rolls; and
- c) discuss the matter with the Municipal Assessment Branch, Portage la Prairie, Manitoba (204) 239-3332 or Toll Free 1-866-401-8986.

DATED this 27th day of August 2024 at the Village of Rosser, in the Province of Manitoba.

Larry Wandowich, Secretary
Board of Revision
Rural Municipality of Rosser
Box 131, 0 077E PR 221
Rosser, Manitoba R0H 1E0

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THE RURAL MUNICIPALITY OF
ROSSER **NOTICE OF PUBLIC AUCTION**
SALE OF LANDS FOR ARREARS OF TAXES
RURAL MUNICIPALITY OF ROSSER

Pursuant to subsection 367(7) of *The Municipal Act*, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **2nd day of October, 2024**, at the hour of **10:00 AM**, at Rural Municipality of Rosser, 0 077E PR 221, Rosser, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
91562	LOT 7 PLAN 68592 WLTO IN SW 1/4 34-11-2 EPM - 138 GOLDENROD DRIVE	L -\$754,200	\$43,658.97

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality exercises its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the RURAL MUNICIPALITY OF ROSSER as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 15th day of August, 2024.

Managed by:



Larry Wandowich
Chief Administrative Officer
RURAL MUNICIPALITY OF ROSSER
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Announcements

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ANNIVERSARY



Happy 60th Anniversary to
Edwin and Linda Dodd
1964 - September 5 - 2024

We would like to wish our loving parents, grandparents and great-grandparents,
Edwin and Linda, a very Happy 60th Anniversary.

Thank you for your example of love, commitment and dedication.

-Love Blair and Dale, Gary and Ember,
Leanne, Rich, Noah and Laurny
and Kyle, Janessa, Raelynn,
Alaina and Karina
xoxo

OBITUARY

Carol Anne Lavallee
December 4, 1948-August 27, 2024

It is with great sadness that we announce the passing of our beloved Mom and Grandmother at her home in Narcisse, MB.

She will be sadly missed by her children Colette, Philip and grandson Lincoln.

A memorial service will be held on Monday, September 9, at 1:00 p.m.
at the Eriksdale Rec Centre.

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OBITUARY

Wayne Brent Cathers
May 5, 1963 - August 15, 2024

It is with profound sadness that we announce the passing of Wayne Brent Cathers, with family by his side, after a long and courageous battle with cancer.

Wayne was born in Winnipeg and lived in Grosse Isle his entire life. His interest in mechanical operations and all things old started at a young age. As a boy, he delighted in dismantling many items including his father's pocket watch which he successfully repaired more than 50 years later. Wayne was always building and creating and as a 4H member, he continued to hone these skills. During his father's illness, he spent many treasured times on the Brad farm, but the loss of his father in 1969 significantly impacted Wayne throughout his life. Walter Holm joined his family as his stepfather in 1971 and nourished Wayne's love and desire to fix and repair



anything. There were many fun-filled hours working on cars, small engines, farm machinery, and tractors throughout his life.

Wayne began working early in life with a paper route, then various jobs throughout his young adult life, including farming, road construction, and building construction. After graduating from Warren Collegiate, Wayne attended Red River College for Machinist/Tool & Die apprentice training and achieved his Journeyman's Red Seal in 1986. His career began with NSW where he was responsible for many injection mold designs. During his time with NSW, Otto mentored Wayne's interest in watch and clock repair, which he continued with until recently. Wayne was a lifetime learner and took every opportunity to expand his skills and knowledge for work and his own personal interests. He loved to read any book, pleasure or technical, and one was never far from reach. Wayne enjoyed mentoring those who shared his thirst for knowledge.

In August 1991 he began his 29-year career in aviation with AeroRecip, fulfilling a variety of positions. Wayne enjoyed travelling and meeting many individuals in Canada and US during business trips and training sessions, both as a participant and instructor. Throughout this time, he successfully completed his pilot training to the solo level - his first solo flight was May 16, 2018. Following his retirement, he continued to consult as Technical Advisor and Trainer for AeroRecip until his hospitalization.

Wayne married his life partner, Cheryl Marie Buchanan on June 29, 1985, and celebrated 39 wonderful years of marriage. He was a very proud Dad of two amazing children, Erin and David. He took joy in their every achievement and always supported them through their challenges. There were many camping trips, fishing trips, hunting trips, old time harvesting days, antique tractor and car projects; only a few of the many memories shared with our children, family and friends.

Although Wayne had so many interests including reading, piano tuning, blacksmithing, leathercraft, watch and clock repair, antique machinery and vehicles, his prize project was his 1929 Ford Model A Tudor. Purchased in September 2020, he spent the following months meticulously satisfying the mechanical requirements for its successful licensing in March 2021. He never missed taking the "A" for a spin every month since, including winter months. He loved that car!

Wayne was a loyal, loving, generous, dedicated and genuine quiet soul. He believed in helping wherever and whenever he could, whether that was building, welding, overhauling vehicle engines, or helping to haul cattle. He was conscientious, demanding of himself and humble in his abilities. He valued and treasured each and every friendship. To some, he was affectionately known as "Cowboy". He loved to visit and share stories, with his most loved stories told during many musical performances. His stories on stage were always fun, tasteful and some may have even been based on true events.

Music held a special place in Wayne's heart, bringing him joy throughout his life. From a toddler sitting in front of the record player (so his mom knew he wasn't taking things apart!), he absorbed music. He felt the music, often playing by ear and many tunes would bring him to tears. Walter, his stepfather and Laura James, his music teacher fostered his love of music and encouraged him to learn to play multiple instruments. Playing piano in the Festival and the organ for church and Sunday school in his youth helped him realize his love of making music and performing. Along with playing music, he loved to dance and enjoyed attending many old-time dances throughout Manitoba. He formed the Wayne Cathers' Band and his bandmates willingly accommodated his love to play throughout the Interlake. He enjoyed being part of the Stonewall United Church Choir and participating in the Cantata for several years.

Manitoba Old Tyme and Bluegrass (MOBS) was a highlight in Wayne's musical adventures, enjoying many jams and campouts. He volunteered on the executive, holding the President's position for several years. Bands were formed from the jams and friendships, and he was dedicated to improving his guitar and fiddle playing to support his fellow jammers and bandmates. Being part of Gateway Express created many fond memories for Wayne, especially recording their EP and their "Saskatchewan Tour." CSI will forever be the "family" band that made so many special memories. The many friendships were held dear to Wayne and continue to be a support for his family.

Wayne was predeceased by his parents, Kenneth Cathers and Frances Holm; his stepfather, Walter Holm; and stepbrother, Brian Holm, stepsister-in-law, Wendy Holm and stepbrother-in-law Bruce Hudson.

Wayne will forever be missed by his wife Cheryl, daughter Erin, son David; brother Ross (Carissa); stepbrother Gerry (Jean); stepsister Marilyn (Terry); numerous nieces and nephews; and many other family members and close friends.

Wayne's family would especially like to thank: the Selkirk Cancer Care nurses for the exceptional care during his treatment journey - he referred to them as the "Cheers gang - where they always know your name"; Cancer Care Navigation for their continued support; HSC GH4 nurses, doctors and staff for their care during his short stay; and all the health professionals who supported him at various times throughout his journey.

A Celebration of Life will be held at the Grosse Isle Community Centre on Saturday, September 14 at 2:00 p.m.

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Announcements

CARD OF THANKS

The Interlake Girl Guides would like to thank all the Interlake communities for all the support given to our group of 13 youth and three leaders who travelled to Churchill, MB. July 22 – 30, 2024. This trip was in the planning and fundraising mode for over three years. Without the communities support in buying Girl Guide cookies, to supporting the extra fundraisers over the three years, some of the girls would not have been able to go on a trip of this magnitude. We finally made it to Churchill, MB. We thank you all for the awesome support we received. This was a trip of a lifetime and will be remembered for years to come. Thanks again.

-Leaders

Lynn Nolden of Clandeboye,
Kyra Thiele of Warren and
Danelle Hanchar of Stony Mountain

IN MEMORIAM

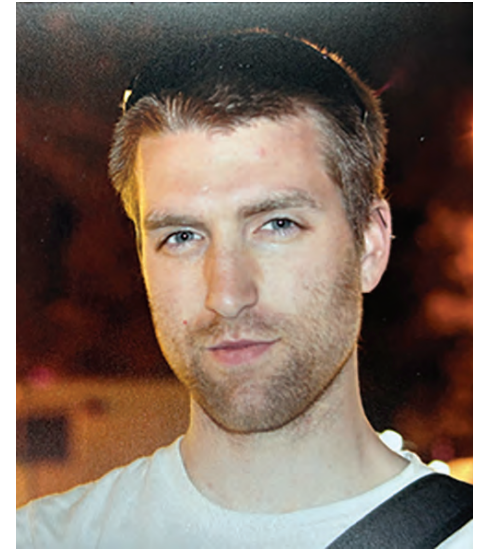


Bradley Cody James Jackson (Allan)
February 9, 1997 - September 8, 2018

We remember his smiling face and happiness, his enthusiasm and unbridled joy. Even at a young age he was kind to everyone he met. Bradley, we long to see you again and wrap our arms around you. One day I will hold your hand when I join you in a better place, better than this world.

-Love you always and forever bud.
Mom, Shay-Lee and Grandma

IN MEMORIAM



In Loving Memory
Matthew MacIntyre

December 18, 1984 – September 6, 2012

Twelve years have gone by.

Our hearts forever ache in the sadness

As secret tears still flow we cry.

What it meant to lose you

No one will ever know.

“Wish you were here,” is the cry of the heart

Treasured memories keep us from being far apart.

Dearly loved and so sadly missed

“His absence is the sky, spread all over everything.”

-Love Mom, Dad and Tracey



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Scott McDougall, Ashern.....\$369.00	Donna Votour, Arborg.....\$69.00	Melissa Markusson, Gimli.....\$399.00
John Harper, Hodgson.....\$799.00	Richard & Judith Werner, Arnes.....\$419.00	Stacy Markusson, Gimli.....\$2,637.00
Robert & Delores Jacobson, Arborg.....\$279.00	Don Barkman, Arborg.....\$279.00	Darrin Mitcheel, Riverton.....\$1,703.95
Brad Baziatk, Riverton.....\$699.00	Noreen Barkman, Arborg.....\$679.00	Vera Osborne, Arborg.....\$279.00
Allan Porter, Peguis.....\$1,699.00	Mark Bayliss, Arborg.....\$19.95	Ashley Prince, Peguis.....\$20.00
Peter & Verna Bodnar, Arborg.....\$1,028.00	Melvin & Carol Bilinski, Fisher Branch.....\$999.00	Glen Tamoto, Sandy Hook.....\$1,179.00
Zenith Poole, Arborg.....\$1,849.00	Jim & Wanda Brandson, Lundar.....\$916.00	Rick Weins, Arborg.....\$649.00
Kevin & Lisa Klyn, Arborg.....\$179.00	Paul & Linda Buus, East Selkirk.....\$338.00	Cornelius Weins, Arborg.....\$59.00
Joan Hudson, Hodgson.....\$979.00	Richard & Doris Dueck, Arborg.....\$59.90	Roger and Christine Abuda, Arborg.....\$849.00
Leonard & Joyce Jackson, Gimli.....\$2,427.00	Henry T. Friesen, Arborg.....\$1727.95	Wilf and Shelly Ashley, Arborg.....\$193.98
Amanda Rundie, Riverton.....\$258.00	Jocelyn & Tony Hayka, Arnes.....\$749.00	Darryl and Doris Bear, Peguis.....\$2,647.00
Kay Bergman, Arborg.....\$2,229.00	Carl Johnson, Riverton.....\$499.00	Dwight Dilts, Stonewall.....\$1,828.00
William & Ethel Brown, Gimli.....\$5,000.00	Darryl & Jeanette Lazarok, Poplarfield.....\$599.00	Lil Firman, Gimli.....\$2,068.00
Leona Cochran, Koostatak.....\$499.00	Jason Loewen, Arborg.....\$59.90	Ruth Kennedy, Arborg.....\$64.99
Ivan & Christine Fridfinnson, Arborg.....\$737.10	Janet Porth, Gimli.....\$1,759.00	Chris and Jennifer Kristjansson, Gimli.....\$919.00
Jocelyn & Tony Hayka, Arnes.....\$949.00	Candace Sigurdson, Riverton.....\$499.00	Bjarni and Elaine Marsteinson, Riverton.....\$399.00
John Hudyma, Fraserwood.....\$599.00	Tracy Sigvaldason, Arborg.....\$299.00	Bruce and Candace McKinnon, Eriksdale.....\$1,669.00
Alex Klimchuk, FisherBranch.....\$575.00	Della Sinclair, Koostatak.....\$1,599.00	Stephen and Liz Murdoch, Koostatak.....\$70.00
Kevin & Lisa Klyn, Arborg.....\$1,484.00	Isabel Jtoy, Lundar.....\$469.00	Lorne and Susan Smith, Gimli.....\$929.00
Claudia Krawchuk, Fraserwood.....\$499.00	Cynthia Webster, Gimli.....\$449.00	Faye Stevenson, Peguis.....\$1,173.95
David & Judy McDougall, Ashern.....\$399.00	George & Maria Wiebe.....\$51.00	Walter and Charlene Stevenson, Peguis.....\$154.98
Tammie McQuoid, Arborg.....\$1,049.00	Debbie & Adrian Zelenitsky, Gimli.....\$858.00	Renate Van Der Molen, Eriksdale.....\$1,632.10
John Miller, Broad Valley.....\$69.95	Doreen Steg, Camp Morton.....\$1,474.50	Al and Gloria Wiebe, Poplarfield.....\$152.94
Ronald Plett, Arborg.....\$499.00	Darlene Jonsson, Gimli.....\$529.00	Irene Zazulinski, Fraserwood.....\$279.00
Frank Reimer, Arborg.....\$658.00	Luwana Brandt, Riverton.....\$1,799.00	Kurtis and Iris Stansell, Arborg.....\$239.00
Dave & Eileen Shott, Arborg.....\$98.00	Linda Williams, Peguis.....\$339.00	Stephen & Liz Murdoch, Koostatak.....\$841.00
Fern & Philip Sinclair, Peguis.....\$279.00	Ida Jean Buck, Hodgson.....\$26.75	Ian and Carla Christiansen, Gimli.....\$2,257.99
Philip Thorkeison, Arborg.....\$599.00	Clair & Phyllis Stevenson, Peguis.....\$977.00	Duane Loewen, Arborg.....\$199.59
Stanley Walkach, Poplarfield.....\$399.00	Don & Betty Johnson, Arborg.....\$1,299.00	Matthew Smith, Eriksdale.....\$2,297.00
Simonetta DeSante, Riverton.....\$529.00	Patricia McCallum, Gimli.....\$569.00	Sharon McLeod, Gimli.....\$1385.97
Danielle & John Weedon, Riverton.....\$1,799.00	Joyce Bielik, Riverton.....\$29.95	George and Mary Lywak, Koostatak.....\$629.00
Bev Webb, Fisher Branch.....\$129.00	Marvin Olson, Arborg.....\$29.95	Lorna Friesen, Arborg.....\$599.00
Alan McKay, Arborg.....\$349.00	Jeroline Smith, Peguis.....\$1227.00	Teddy Ferkel, Sandy Hook.....\$699.00
Zenith Poole, Arborg.....\$848.00	Sandra Jonasson, Arborg.....\$549.00	Darrell and Donna Thaddeus, Koostatak.....\$138.00
Barb & Menno Friesen, Riverton.....\$559.00	Melissa & Jeff Abuda, Arborg.....\$33.39	Joyce and Glenn Peden, Gimli.....\$1,019.00
Pat Dudrak, Arborg.....\$499.00	John Paul Avison, Arborg.....\$679.00	Lilja Macaulay, Gimli.....\$829.00
Mary Dunlop, Gimli.....\$1,019.00	Carol & Dan Beauchemin, Inwood.....\$1,329.00	Dennis & Marlene Riehl - Arnes.....\$899.00
Jean Harrison, Arborg.....\$1,988.00	Jim Dingwall, CampMorton.....\$1,038.00	Ruth & Steve Macduff - Gimli.....\$868.00
Roxanne Roche, Arborg.....\$1,868.00	Jason Hudson, Riverton.....\$1,278.00	Christine Loft - Riverton.....\$399.00
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Darlene Jonsson, Gimli.....\$359.00	Thomas Pardocki - Stonewall.....\$399.00
Nancy Woychyszyn, Arborg.....\$499.00	Ruth Kennedy, Arborg.....\$549.00	Cindy & Derek Grimoltsen - Riverton.....\$749.00
Donna & Ray Andert, Gimli.....\$899.00	Benita Muzyka, Arborg.....\$388.00	Louise Barylski - Arborg.....\$1,128.00
Wilf Ashley, Arborg.....\$479.00	Arnold & Shirley Jonasson - Arborg.....\$969.00	Eric & Stella Funk - Gimli.....\$889.00
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Mike & Thelma Blahay, Arborg.....\$557.00	Evelyn Wallach, Poplarfield.....\$899.00	Maureen Blandford - Arborg.....\$79.00
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Keith Poleschuk, Arborg.....\$2,082.00	Dave Crate, Koostatak.....\$529.00	Donna Kirby - Eriksdale.....\$728.00
Curtis Spence, Hodgson.....\$479.00	Frank Dziedzic, Stonewall.....\$859.00	Daphne Grier - Riverton.....\$949.00
Tanya & Lyle Thorngilsson, Lundar.....\$329.00	Heather Fedorchuk, Gimli.....\$1,119.00	William Whiteway - Arnes.....\$1,899.00
Nancy Woychyszyn, Arborg.....\$766.00	Ilean Halidane, Winnipeg Beach.....\$1,979.00	Fred Finson - Rinausa.....\$319.00
Mathew & Gemma Avison, Arborg.....\$399.00	Susan & Greg Brown, Lundar.....\$1,713.00	Dawn & David Sul - Arborg.....\$2,118.00
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A NOTE TO OUR CUSTOMERS

Due to the nature of this sale, we felt a brief explanation is essential.

At closing, 5 p.m. Sat. Sept. 28th we will tally the 20 days of paid sales and divide by 20 to get the average daily sale. The day which is closest to this daily average, without going over it, will be the day which ALL qualifying purchasers will receive their purchase amount back, taxes excluded.

In the case of credit card (Smitty's, Visa, Mastercard) purchases, we will issue a credit immediately.

Every item in stock will be included in the sale. No exceptions - clearance, damaged, discontinued, even new arrivals: furniture and appliances.

We would like to thank you for your support, especially in these challenging times. This is our opportunity to give back by awarding one whole day for free.

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SALE RULES

- All sales must be paid in full to qualify for this sale.
- Visa, Mastercard or Smitty's Credit Cards accepted.
- Sale Starts 9 a.m. Tues., Sept. 3rd and ends Sat., Sept. 28th, 5p.m.
- All purchasers on free day will be notified and receive their full refund by Friday, Oct. 4, 6p.m.
- All sales tallies and free day will be verified.
- Commercial sales excluded in tallies and free day.
- All taxes excluded in tallies and refunds.
- No returns or cancellations.

GRAND TOTAL TO DATE \$323,765.66



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