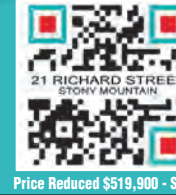
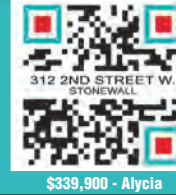


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VOLUME 13  
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# Stonewall Teulon Tribune

THURSDAY,  
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TRIBUNE PHOTO BY RAYME THOMSON

Ty Clearsky attempts to distract the bull after the rider was thrown at the Teulon Rodeo last weekend.

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# Warren business focuses on lashes and brows

By Jennifer McFee

You won't believe your eyes when you see the lash and brow transformations a Warren-based beauty business offers.

Magnolia Beauty Barn was launched on Feb. 1, 2020, by owner and operator Angela Moore.

"It was the unforeseen worst timing ever due to COVID. I was open on and off since then because of regulations, but now I'm open full time again," she said.

"I offer lash extensions and lift and tints, which is like a perm for your lashes to curl them and tint them darker."

She also recently added brow services, such as tinting and henna, as well as brow and lip waxing.

"My lash clients were asking when I would add this because they always had to go somewhere else," she said.

"Now they just can get it all done here without having to worry about making a second stop."

For Moore, the best part of operating her home-based business is that she can be close at hand for her five-year-old daughter and nine-year-old son.

"I really appreciate my flexibility of being able to do what I need for my

family but also being able to earn an income," she said. "I like being able to make my own schedule."

Moore's business is proving successful since her clients come from near and far for her services.

"I've had people come as far as Inwood and Selkirk and St. Laurent. It's a good central location," she said.

"I enjoy meeting new people. My clients can chat with me if they want, but if they want to have a nap, they're more than welcome to. Everybody who leaves here is very happy, which is my goal because they're my walking advertisements."

To learn more about Magnolia Beauty Barn, check out the business on Facebook (@magnoliabeautybarn) and Instagram (@magnolia\_beautybarn).



TRIBUNE PHOTO SUBMITTED

Magnolia Beauty Barn launched in February 2020 in Warren.

## Armstrong resident to gauge interest in establishing 4-H club

By Patricia Barrett

An Armstrong resident will be holding a public meeting to gauge residents' interest in establishing a 4-H club that will give youth an opportunity to develop life skills.

Kate Basford said she thinks there

may be enough interest in the community to start a 4-H variety club.

"I'll be outlining what is required to start a variety club and the expectations," said Basford, who has served as a 4-H leader in the past. "I want to see if youth and volunteer leaders are interested in participating. When you have a variety club, you can open it up to have any project members want."

4-H, which stands for head, heart, hands and health, is an international youth development program that

helps youth learn by doing and in the process develop life skills. It provides youth with resources and activities to build self-confidence, communication and leadership skills while learning about a hands-on topic of their choice. Manitoba has over 130 clubs for youth aged 6 to 25 years.

Basford said kids who've taken part in 4-H clubs can develop financial, business, presentation and leadership

Continued on page 10

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# Komarno husky fights back, living with degenerative myelopathy

By Autumn Fehr

Jack is a nine-year-old dog living with an incurable disease.

He has a rare disease that only 0.19 per cent of dogs will be diagnosed with in their lifetime, according to Ethos Veterinary Health in July 2022.

Degenerative myelopathy (DM) in dogs is a disease that affects the spinal cord, which over time results in a slow, progressive hind limb weakness and eventually paralysis. It is similar to human amyotrophic lateral sclerosis (ALS) in some forms.

It's one of the biggest diseases impacting pet mobility.

Overall, it impacts a dog's ability to walk and stand independently. A dog can show signs of DM between the ages of eight and nine.

Mychel Randall adopted Jack in 2013 for her son Jarrett Golka when he was 13 years old, as he kept on insisting he wanted a husky after they moved to Komarno from Alberta.

"He's just been a wonderful dog ever since then. ... He's the kind of dog that doesn't jump at the windows or slobber all over the car. He just lays down and goes to sleep every time he gets in the car," said Randall.

Jack is a husky cross, born to a family of nine pups, from a sled dog.

For the first almost-decade of his life, Jack lived like any other dog.

This is because, in the earliest stages of DM, it's very difficult to diagnose, which can be why many dogs aren't

diagnosed with it right away.

The disease can also be mistaken for natural signs of aging or arthritis.

The physical symptoms of DM at this stage are some loss of muscle mass and slight clumsiness when walking.

It wasn't until the winter of 2021 that the family started to notice that there was something wrong with Jack.

This is when Jack reached the early to mid-stage of the disease, where it became much more apparent and easier to see.

The family started to notice that Jack was constantly licking his back paws.

Come springtime, around April, every time they took him for a walk, he started dragging his back nails and scraping them along the concrete.

**"HE DOESN'T SEEM TO BE IN ANY PAIN WITH IT. HE STILL MANAGES TO GET AROUND A LITTLE BIT."**

After they started noticing this, they took him to the vet and the doctor said it was advanced arthritis. When they were told the news, they started taking Jack in for monthly cortisone shots.

"We still took him to get the shots, hoping it would get better, but it

just started getting worse. He started to get weaker," said Randall.

In December, she went online determined to find out what it was.

"I cried for three hours when I found out," said Randall.

In the late mid-stage of DM, the dog's condition only continues to worsen, as it becomes harder for them to stand up from a laying down posi-



TRIBUNE PHOTO BY LUCY KOWALCHUK

Mychel Randall with her dog Jack from Komarno.

tion or do things like go up stairs on their own.

At this stage, some symptoms are that they will begin scraping their nails more often when they walk, becoming constant, they will trip or

stumble due to faulty foot placement, and their rear legs may begin to cross as they weaken and lose sensation in that area.

Continued on page 5



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# All Farm Herbs focuses on traditional healing

By Tammy Karatchuk

It's a traditional herb business with a mission.

All Farm Herbs in Stonewall tailors to people experiencing mental illness, depression, anxiety and chronic pain. Prior to the business, Lianne Sigurdur's herbs stemmed from her garden.

"I have grown eatables and medicinal herbs ... for seven or eight years prior to starting this company," said Sigurdur. "Mostly eatables. I had been growing simple medicinals like echinacea and chamomile and calendula ... that was more because there's a lot of mental illness in my family like anxiety and anxiety disorders and trouble sleeping, insomnia. I was looking for some alternatives from pharmaceuticals."

To combat sleeping and anxiety issues, Sigurdur's daughter would make tea from chamomile and calendula. Echinacea isn't for mood disorders, rather symptoms of a "cold or a sore throat."

"There's a ton of studies out there about echinacea being able to boost your immune system."

However in 2017, Sigurdur's passion for growing herbs became personal when her son, Lane, became ill. At the time, he was taking a sound recording program at the Art Institute of Vancouver.

"He had been diagnosed with schizoaffective disorder," said Sigurdur. "After he graduated, we had to fly him back (to Manitoba) because he

ended up being hospitalized at University of British Columbia Hospital."

Schizoaffective disorder is the most serious mental illness a person can develop. There are two types of schizoaffective disorders. One is a combination of schizophrenia plus bipolar disorder and depression. The other is schizophrenia with severe depression. Lane had schizophrenia and bipolar disorder, plus depression and anxiety. The lifelong disorder is treated with medications. But most have severe side effects, according to Sigurdur.

"(I) started looking into some alternatives because the big issue with my son was the side effects from the medications that they were prescribing," said Sigurdur. "The other issue is they (the medical professionals) haven't figured out what medications work. When you develop a disease like this, of the mind ... this is a lifetime. You never get better. There's no cure. The pharmaceuticals ... have some really adverse and severe side effects. And that was the issue with my son and they kept experimenting, giving him different, I would call it, concoctions of medications to try to help him to relieve his symptoms of the disease. But the side effects, he just could not handle it."

According to Sigurdur, her son stopped his medications several times because of those side effects, forcing Sigurdur to take legal action and placing Lane on a forced order to continue his pills. Prior to Lane's illness, Sigurdur was researching alternatives to pharmaceuticals for mental illness, which she mentioned to her



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Lianne Sigurdur and her business partner Stephanie Zmavc continue to support and share their passion of growing traditional and medicinal herbs at All Farm Herbs in Stonewall.

Sigurdur prefers the term "traditional" to "alternative" for medicinal herbs because the plants are natural and they've been rooted for thousands of years. According to Sigurdur, "90 per cent of our pharmaceuticals are just synthesized concentrated versions of herbal plants."

Sigurdur retired early to care for her son and to start the business, which Lane named All Farm Herbs. Sigurdur had a 30-year career with the Interlake-Eastern Regional Health Authority, primarily co-ordinating home care.

"I knew my son was not getting better," said Sigurdur. "The mental health system here in Manitoba had a lot of gaps ... and there's just not enough pharmaceuticals to manage the disease."

Sigurdur started looking into medicinal herbs to help Lane, and she told her son to "just bear with us ... we want to do research." Lane was an integral part of All Farm Herbs, and he was set to travel with his aunt to India and China, searching for medicinal herbs.

"That's where traditional healing with traditional herbs has been common place for thousands of years," said Sigurdur.

Sigurdur immersed herself into research and "the more I researched, the more I realized how many herbs there were that could potentially help him and anybody else that was suffering from anxiety, depression and of these disorders that are just rampant out

Continued on page 12

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# A lock on success – St. Laurent artist design chosen for national call

By Tammy Karatchuk

When Ruby Bruce or Zhaawenoodin (Southern Wind) was eight years old, she entered a contest to design her elementary school's emblem. She won.

"It's kind of neat," said Bruce. "It's a wolf, and it's still used today."

Another long-standing success awaited the artist from St. Laurent in the future when Bruce's bike lock design was chosen from entries across Canada.

Yorkton, Sask., received a Healthy Communities Initiative Grant from the Government of Canada. The city of 19,000 people issued a call for Indigenous artists from coast to coast to submit design concepts. Bruce, who is Métis, drew on her deep roots from St. Laurent as inspiration.

"There's a lot of symbolism in my design," said Bruce, a university student.

The result was a bike lock with deer, branches, bear tracks, Saskatoon berries and a bicycle."

The bear represents good health and the deer symbolizes vigilance. St. Laurent, and the Interlake region, are known for Saskatoon berries.

"I also loved riding my bike on the backroads," said Bruce, explaining the design called "Fruit of the Tree of Many Branches."

Bruce learned in February that her submission was chosen.



The bike locks are symbolic of Indigenous culture with Saskatoon berries, deer, bear tracks and branches.

"I received an email. I was shocked," said Bruce. "I was excited. How does someone in the middle of nowhere get chosen for this bike lock station?"

There are 25 bike locks installed throughout the city. On June 27, 2022, a special ribbon-cutting ceremony was held by the city for Bruce and her design.

Bruce is pursuing a bachelor of education, and she's self-taught in the arts. She also holds an educational assistant diploma. While the obvious career path would be an art teacher, Bruce is also considering history as well. She works at the art gallery at the University of Manitoba.

"I've always been known as an artist. I was in Grade 2 and kids, they'd



TRIBUNE PHOTOS SUBMITTED

The City of Yorkton Mayor Mitch Hipsley cuts the ceremonial ribbon for artist Ruby Bruce. Her bike lock design submission was chosen from artists across Canada.

always be like, 'Teach me how to draw.'"

Bruce laughed and said, "A teacher asked me to design a tattoo for him."

For a small village like St. Laurent, opportunities are limited — for now — before Bruce left for Winnipeg.

"My parents owned a farmers' market and they didn't want me to go to the university or college or move to the city or anything," said Bruce. "My dad wanted me to stay in St. Laurent and create something for St. Laurent." Bruce, who said she grew up "low

income," didn't have the necessary tools to hone her talent.

"There was no way for me to practise my skills," said Bruce, adding her parents would give her supplies at Christmas and birthdays.

Bruce's parents didn't want her leave, but now they're asking "What are you going to do next?" Her dad is especially excited about her future.

"I think I'm going places," said Bruce.

## > HUSKY, FROM PG. 3

Jack's symptoms became worse over the winter and he got weaker, but he was still walking in the spring until about three months ago, said Randall.

When Jack could no longer walk, Randall got her hands on support for Jack in his everyday life.

The support is a rear lift that straps around his back legs. One strap goes underneath his stomach, so it lifts his butt and legs off the ground. It is particular to the disease and has a variable axle, so as the DM progresses, and his front part gets weaker, he moves the wheels to help support the weight differently.

Randall has met a few people that have had dogs that have had this disease and they just put them down.

They didn't know a wheelchair would make a difference.

"I also have the benefit of not working so I am here with him all the time," said Randall.

Since the family first discovered Jack's disease, he has been living with it for almost a year.

"He doesn't seem to be in any pain with it. He still manages to get around a little bit, but he just can't go upstairs or up his wheelchair ramp," said Randall.

There is no cure for this disease. Eventually, it progresses up to the spinal cord until it can paralyze his front legs or shut down his organs.

"They say it progresses quite quickly, but I'm hoping he won't have to go through that," said Randall.

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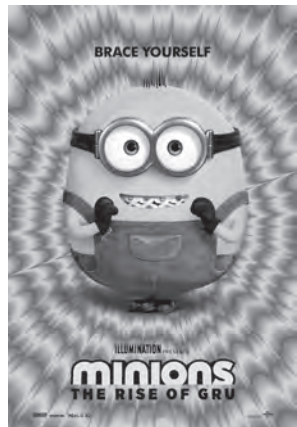
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# getheard

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NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

## COVID infections jump again; bivalent vaccine targeting BA.1 (omicron) approved



Jennifer McFee  
204-461-5352  
jen@stonewallteulontribune.ca

By Patricia Barrett

COVID-19 infections have been on a steady upwards trajectory over the past month or so, and a dozen outbreaks were declared in long-term care facilities and hospitals near the end of August.

The provincial government's COVID surveillance report for the period Aug. 21-27 (reporting Week 34) shows 622 new laboratory-confirmed infections, up by 149 infections over the previous week's infection count of 473. The last two reporting periods showed 455 and 347 new infections respectively.

The true extent of COVID circulating in communities is unknown because the government's data are an undercount; only some Manitobans are granted access to PCR tests. Rapid antigen test results aren't tracked.

New hospital admissions also jumped to 67 during the above period, up seven from the previous week, and nine of those people required treatment in the intensive care unit.

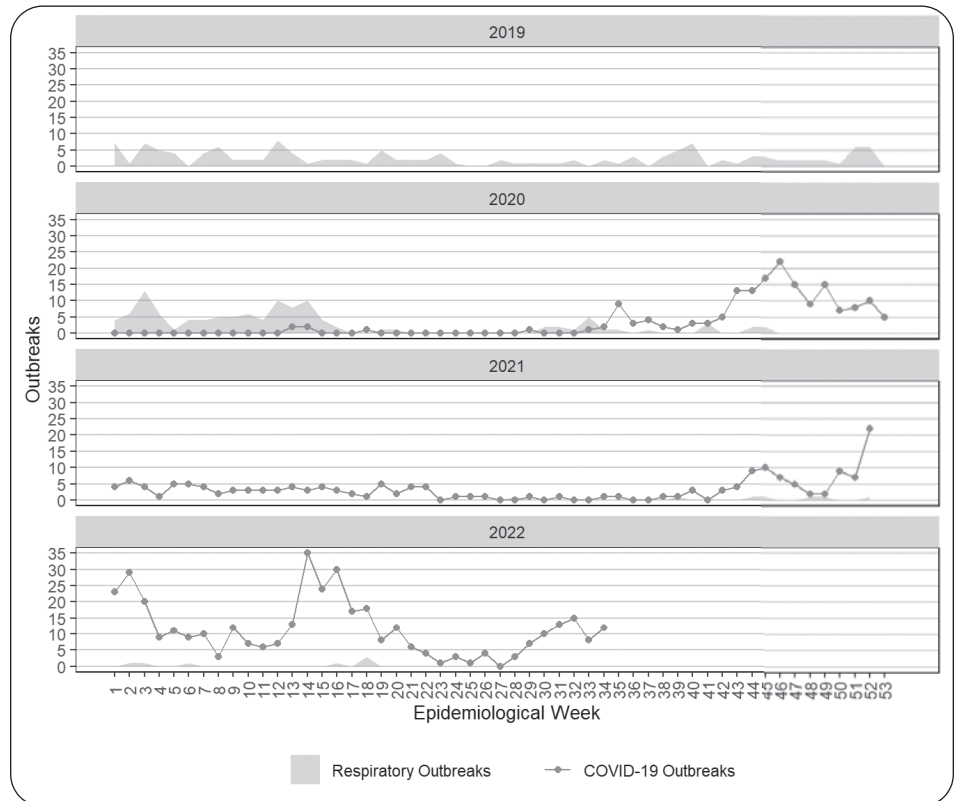
Manitoba's death toll now stands at 2,115, up an additional 10 deaths over the previous report's tally of 2,105.

There were 12 new COVID outbreaks in long-term care facilities and hospital across the province, according to the list for Week 34.

Other health news:

- The Interlake-Eastern Regional Health Authority's medical officer of health declared on Sept. 1 a COVID outbreak on Medicine Unit 2 at the Selkirk Regional Health Centre.

Visits to the ward are restricted, but the emergency room, other medical services and day programs haven't



**MANITOBA GOVERNMENT**

Government data on COVID outbreaks show their rise and fall over the course of each week of the year, including the most recent reporting period of Aug. 21-27 (Week 34). The graph also shows generally elevated numbers of outbreaks this year compared to 2021 and 2020, possibly because of a low third-dose uptake of a COVID vaccine, new variants able to evade frontline immune responses and a general lack of public health measures to prevent infection spread.

been affected.

"Appointments for surgeries and hospital programs such as day surgery, dialysis, diagnostic imaging, lab and the community cancer program are proceeding as usual with no disruption to service delivery as a result of the outbreak," states the IERHA in a notice.

- Diagnostic services at Eriksdale's

E.M. Crowe Memorial Hospital have been temporarily interrupted, according to a notice from Manitoba's Shared Health organization posted on the IERHA's Twitter site.

Lab, X-ray and ECG services will not be available on Sept. 1, 6, 8, 9, 12, 14, 19, 23, 28 and 29. And on Sept. 16 and

Continued on page 7

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# get informed

NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS



TRIBUNE DRONE PHOTO BY GVENO CHICOVENE

Harvest was in full swing last week for farmers, including Rutherford Farms. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [weather@stonewallteulontribune.ca](mailto:weather@stonewallteulontribune.ca).

## > COVID, FROM PG. 6

26, diagnostic services will have reduced hours of availability, from 8:30 a.m. to 4 p.m. only.

Shared Health doesn't say what's causing the service disruptions.

- For the second time this year, Pine Falls Hospital's emergency room has closed. The IERHA said ER services have been "temporarily suspended" and that it is addressing staffing shortages.

The IERHA's ER schedule, which is posted in advance on its website, shows Pine Falls' ER temporarily suspended for the period Sept. 1- 15.

The IERHA gives no indication of when that ER could re-open.

- Health Canada announced Sept. 1 that it approved a bivalent COVID vaccine made by Moderna. The Spikevax Bivalent vaccine targets the original strain of COVID that emerged in late 2019 and the mutated omicron variant, which is also called BA.1.

The BA.1-targeting vaccine, which is labelled mRNA-1273.214, has been approved as booster dose for people aged 18 and older.

"It's safety and effectiveness in younger people has not yet been es-

tablished," states Health Canada's website.

The federal department says clinical trials show mRNA-1273.214 increasing the immune response against the omicron BA.1 variant, and that it is "expected" to offer protection against this variant.

No clinical trial data, etc., about the vaccine's effectiveness against infection, hospitalization and death are provided.

Moderna said in a June 8 news release that preliminary data on mRNA-1273.214 showed it had a "superior neutralizing antibody response ... against the omicron variant one month after administration when compared to the original mRNA-1273 vaccine."

BA.4 and BA.5 have been classed as subvariants of omicron and are even more contagious than omicron because of mutations that are better at evading the body's defences. BA.5 was responsible for fuelling COVID waves this summer in Canada.

The provincial government's weekly COVID surveillance report provides no information about what COVID strains are circulating in the province.

But Dr. Brent Roussin, the province's chief public health officer, told media in July that BA.5 accounted for half of Manitoba's COVID cases and was expected to grow.

It's unclear what level of protection Moderna's BA.1-targeting vaccine will provide against BA.5.

The vaccine can be given at least four months after completion of the primary series or after a booster dose.

The Manitoba government is initially restricting access to booster doses of the bivalent vaccine. Those currently eligible are people aged 65 years and older, Indigenous people 18 years and older, health-care workers, people with "higher-risk" medical conditions, the immunocompromised and people living in long-term care facilities and other group settings, according to the government's Protect MB webpage.

- Health Canada reported an increase of 61 new cases of monkeypox between Aug. 24 and Sept. 2. There has now been a total of 1,289 cases of the virus reported across nine provinces/territories, as well as 35 hospitalizations. Manitoba has reported one case.

# worship

with us > FAITH

## Generosity



Generosity is a word that may have you grabbing for your wallet or looking the other way, hoping no one will expect anything extra

from you. A number of years ago I was given the advice to always err on the side of generosity. Now there was a whole conversation and context the individual was specifically speaking to, but her point was being generous with others is a heart attitude, not just a dollar amount. While we pay attention to and are responsible for what we have, erring on the side of generosity comes from a generous heart attitude. There is a story in the Bible of a poor widow who, along with many others, was giving money at the temple. Jesus was watching and said to his disciples, "This poor widow put more in the offering box than all the others. For the others put in what they had to spare of their riches; but she, poor as she is, put in all she had," Mark 12:43-44. The dollar amount isn't what's significant to God; it's our heart attitude when we give.

Whether we think we have a lot or a little, God can multiply whatever amount we give, but He's wants us to give with a generous heart attitude. While not everyone has the same amount of disposable income to be generous with, perhaps our generous attitude can flow into other areas of our lives as well. Perhaps we can also be generous with our time, making time for others and doing a few extras to help someone out. Perhaps we can also be generous with our words, offering genuine compliments and words of encouragement to brighten someone's day. Generosity is more than just a dollar amount; it's an attitude. May we choose to look around and find ways to be generous with others, always erring on the side of generosity.

Pastor Jo-Ann Porterfield  
Alive Family Church  
Stonewall, MB  
[alivefamilychurch.ca](http://alivefamilychurch.ca)

## Manitoba families most in need to benefit from \$87-million Family Affordability Package

### Submitted by Manitoba government

As part of the Manitoba government's ongoing effort to help families make ends meet, Premier Heather Stefanson unveiled an \$87-million Family Affordability Package to immediately provide families with children, seniors living on a fixed income, and Manitobans who are hurting the most, with benefits to help ease the burden of rising costs and high inflation.

"We know that many Manitobans are hurting right now and having a hard time making ends meet," said Stefanson. "Not only are we recovering from the pandemic, but we are also facing the burden of the new federal carbon tax along with soaring utility bills and rising prices on everything from gasoline to groceries. Manitobans need help right now and we're taking action."

### Help for Families with Children

As part of the new Family Affordability Package, Manitoba families with children and a household income of less than \$175,000 in 2021 will receive a Family Affordability benefit cheque of \$250 for the first child and \$200 for each additional child. An estimated 145,000 families with approximately 282,000 children will benefit with an average cheque of approximately \$440 per family, totalling \$63 million in benefits.

### Help for Low Income Seniors

In addition, seniors with less than \$40,000 in family income, who claimed an Education Property Tax Credit in 2021, will each receive a Family Affordability benefit cheque of \$300 to help ease the burden of rising costs. This \$16-million initiative will help approximately 52,500 senior households living on fixed incomes.

### Help for Manitobans Most in Need

Manitobans receiving Employment and Income Assistance (EIA) will benefit from a long-overdue increase to the basic needs rate starting in October 2022 for the month of November. EIA general assistance clients without dependent children will receive an extra \$50 per adult each month. All EIA disability clients will receive an additional \$25 per household each month.

Additionally, to help feed even more struggling families who are turning to food banks to help make ends meet, the premier said help is also on the way with a temporary grant program called the Food Security Fund, which will support community organizations grappling with growing demands.

Stefanson noted historic tax relief measures were also part of Budget 2022 with the \$2,020 Tax Rollback Guarantee, which has now exceeded

to \$2,400 or \$4,800 for a two-income family. Some of these initiatives include:

- expanding the child-care subsidy program;
- phasing out of education property taxes;
- introducing a new residential renters tax credit; and
- providing rebate cheques to vehicle owners through Manitoba Public Insurance.

"This phase of the Family Affordability Package is our way of standing with Manitobans by providing immediate benefits and help for those who need it most," said the premier. "But there is more help on the way as we work to provide benefits to Manitobans, not just with one cheque but with ongoing benefits."

To find out more about the Family Affordability Package, visit [www.manitoba.ca/familyaffordability](http://www.manitoba.ca/familyaffordability).

## Public engagement meetings to improve apprenticeship system

### Submitted by Manitoba government

The Manitoba government invites the public to participate in the development of the Apprenticeship and Certification Board five-year strategic plan and share its views on the province's apprenticeship and certification system and workforce development, Advanced Education, Skills and Immigration Minister Jon Reyes announced last week.

"Our government recognizes the importance of effective apprenticeship and certification processes, so we welcome public input on how we can best provide a system that ensures a smoother path to employment for individuals and a stronger workforce for all Manitobans," said Reyes. "The anticipated insights will be invaluable as we continue to develop a five-

year strategic plan for 2023 to 2028 on the key areas of training, employment and professional development."

The Manitoba Apprenticeship and Certification Board (ACB) is hosting a series of engagement opportunities to help inform and develop a strategic plan slated for completion in early 2023. Public engagement will help identify the priorities of the next five years so the apprenticeship training and certification system continues to provide the skilled workforce Manitoba needs while delivering service excellence to industry, apprentices and all key stakeholders, the minister noted.

"The ACB provides leadership in the development and co-ordination of a relevant, accessible and responsive apprenticeship and certification

system in Manitoba," said Harvey Miller, board chair, ACB. "We are listening to stakeholders and adapting to industry needs to deliver training that meets the evolving needs of employers and apprentices to ensure we attract and retain workers for the skilled trades in Manitoba."

The board will host five in-person public meetings and two virtual meetings. Manitobans are also invited to complete the survey on <https://EngageMB.ca> until Sept. 30.

Meetings will be held throughout September including:

- Sept. 7 in Winnipeg from 9 a.m. to 12:30 p.m. at the Norwood Hotel, 112 Marion St.;
- Sept. 8 in Brandon from 9 a.m. to 12:30 p.m. at the Victoria Inn Hotel & Convention Centre, 2550 Victoria

Ave.;

- Sept. 22 in Thompson from 9 a.m. to 12:30 p.m. at the Best Western Thompson Hotel & Suites, 205 Mystery Lake Rd.;
- Sept. 27 in Winnipeg from 12:30 to 4 p.m. at the Norwood Hotel, 112 Marion St.; and
- Sept. 28 in Winkler from 9 a.m. to 12:30 p.m. at the Quality Inn & Suites, 851 Main St.

Virtual meetings will be held in the month of September on:

- Sept. 9 from 12:30 to 4 p.m.; and
  - Sept. 29 from 9 a.m. to 12:30 p.m.
- To complete the survey and to register to attend a meeting, visit <https://engagemb.ca/apprenticeship-certification-board-strategic-plan-consultation>.

## letter to the editor

Letters to the Editor:

[letters@stonewallteulontribune.ca](mailto:letters@stonewallteulontribune.ca)

### Pigs in town is hogwash

Really, pigs in the Town of Stonewall !!!

When I began to read Jennifer McFee's article in the Aug. 25 edition of the *Stonewall Teulon Tribune*, the first thing I did was check the calendar, assuming this was an "April Fools" spoof article that they sometimes write at that time of year. But no, it turned out to be of the serious nature. Stonewall has a farm animal, a

pig, living in town, very temporarily I hope.

We are fortunate to live in a land that has zoning bylaws that dictate what types of activities can be conducted in different zoning areas. The housing of pigs is permitted in those areas zoned for agricultural purposes, and such an area is not found in the Town of Stonewall. The solution is very simple: if you want to keep pigs, then select the proper zoning site in which to live that allows such!

One of the many benefits of zoning is to create predictability and stability for property owners by outlin-

ing what kinds of activities can take place on adjacent properties, therefore offering protection to one's substantial investment. Imagine when a property owner wishes to sell their property, probably the single largest investment in their lives, and the real estate agent pulls up in their vehicle with a prospective buyer, and there's a pig walking on the street? Bye-bye sale, and probably bye-bye Stonewall. All of a sudden, Oakbank or Oak Bluff seems to be a wiser choice! Will the Town of Stonewall step up and willingly pay the landowner market value for his or her property?

For whatever reasons, the majority of our population today would identify as being anxious and depressed. I'm sure that people who love their horses feel wonderful when they are with them. What's next, back yard stables in town?

There are 5,045 people's rights to consider here, not just one!

I hope our elected officials get it right when they cast their vote.

- Sincerely,  
Cal Turner



# Teulon recruits volunteers after spring flooding

By Tammy Karatchuk

On Aug. 23 a public information session was held in Teulon to discuss the summer overland flooding and to recruit volunteers for the town's Emergency Management Program.

Some Teulon residents were perplexed that a state of local emergency wasn't called during the late spring flooding. The high waters left farmers' fields underwater for weeks, delaying seeding, and water pumps were draining basements for days.

However, residents had a chance to learn declaring a state of emergency doesn't arrive with either financial or outside assistance.

The Town of Teulon hosted the information meeting at the Teulon-Rock-

wood Centennial Centre that was attended by 17 community members. Prior to the information session, many residents made their concerns known in person and by calling Teulon's municipal office, according to Teulon's CAO Andrew Glassco.

"When the event's (flooding) happened, everyone's calling, wanting to understand why certain decisions are made," said Glassco.

"We thought there'd be more," he said about the turnout, "but we were pleased with 17. They have the opportunity to learn how our program works and what types of decisions have to be made when these types of situations occur."

Glassco noted, besides the residents,

all members of Teulon's council were at the session, including Mayor Anna Pazdzierski.

Pazdzierski and Shelley Napier, the municipal emergency co-ordinator, stressed the importance of planning for emergencies and the role of volunteers for the Emergencies Management Program.

Napier wants to train volunteers to open an evacuation centre, a command post for emergencies.

"We would want this team to help register them (residents), greet them as they got off the bus or out of their cars, prepare food and help make decisions with council how we're going to take care of them in the event they're going to be gone for a while

from their homes," Napier said.

At the end of the session, 13 residents volunteered for the program — a 76 per cent success rate.

"We'll be following up with them so that we can build our team and be able to manage any emergency Mother Nature throws at us," said Glassco. "That process will begin late September or early October with training and education so that we can hopefully build a more resilient emergency program."

If anyone reading would like to volunteer for the Emergencies Management Program, please contact the Town of Teulon office at 204-886-3918.

# Government supports First Nations Police Service financially

Submitted by Manitoba government

The Manitoba government is supporting law enforcement partners by providing \$155,100 through the Criminal Property Forfeiture Fund (CPFF) to the Manitoba First Nations Police Service (MFNPS) to purchase equipment and undergo training that will enhance human resource capacity, investigative capabilities and service delivery, Justice Minister Kelvin Goertzen announced recently.

"Our government remains committed to improving law enforcement services around the province to enhance public confidence in law enforcement and the justice system, and to help keep Manitobans safe in their communities," said Goertzen. "This funding will help the MFNPS enhance its ability to conduct its important work in the communities they are proud to serve while contributing to the further modernization of our province's criminal justice system."

The support from the CPFF will assist MFNPS in purchasing equipment and providing staff training in several important aspects of law enforcement including:

- intoxicilyzer/breathalyzer technician training;
- forensic analysis;
- use of drones in investigations; and
- software and training for front-line staff.

MFNPS will also use CPFF support to develop gang reduction strategies, assist in drug- and crime-related investigations and provide integrated approaches to interpersonal violence and abuse.

"\$155,100 goes a long way to support the work of the MFNPS to ensure community safety and well-being," said Doug Palson, police chief, MFNPS. "Further, it represents a significant commitment on the part of Manitoba Justice towards the advancement of First Nations policing in our

province as this funding will be dedicated to initiatives that otherwise would not be possible, at least not this year."

The minister noted Manitoba has continuously advocated for consistent, equitable and sustainable long-term funding for First Nations policing in Manitoba from the federal government. This includes sending a letter in July to the federal minister of public safety Marco Mendicino, asking to receive an equitable distribution of total funding from the federal government based on Manitoba's on-reserve First Nations population. Currently, Manitoba receives only eight per cent of the total annual First Nations and Inuit Policing Program (FNIPP) funding, despite having the largest per-capita Indigenous population including 19 per cent of the total on-reserve population. Under the current funding formula, 45 of 63 First Nations in Manitoba do not receive any dedicated, in-community policing services under the FNIPP.

First Nations communities in Manitoba experience some of the highest violent crime rates in Canada, and several northern Manitoba First Nations are in remote and isolated locations without full-time police presence. First Nations policing is an essential service and the Manitoba government calls on the federal government to expand the FNIPP to fund all Manitoba First Nations policing services.

Since its inception in 2009, the Criminal Property Forfeiture Fund has distributed more than \$20 million back to communities throughout the province. The program seizes and liquidates criminal assets, and redirects funding to projects and initiatives designed to protect Manitobans and enhance public safety. The funds are provided to organizations across Manitoba whose important initiatives continue to build community, invest in youth and support victims of crime, noted the minister.

For more information about criminal property forfeiture, visit: <https://gov.mb.ca/justice/commsafe/cpf/index.html>.



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


**Clubroom Events for the Week of September 5**  
**Wednesday 4-10 Chase the Queen Draw at 8:30**  
**Thursday 4-10**  
**Friday 4-close BBQ 5:30 Meat Draw 6:30**  
**Saturday 2-close**  
**All are welcome - Support your local legion!**  
**Save the Date - Members Night Saturday September 24th**



is hosting a  
**COUNTRY DAY MARKET**  
**Saturday, September 17, 2022**  
**3-7 pm on 85N Woodlands, MB**  
 (Great directional signage)

- 20 plus Vendors/Crafters • BBQ
- Silent Auction with proceeds going to Ride for a Child's Wish (Make a Wish Canada) Cash & Etransfers only

Plenty of Parking & Porta Potty onsite  
**Great place to start your Christmas shopping!**  
 See us on Facebook



**Ralph R. Eichler,**  
**MLA for Lakeside**  
**Constituency Office**  
 319 Main St. Box 1845  
 Stonewall, Manitoba R0C 2Z0  
 Tel: (204) 467-9482  
 Website: [www.ralpheichler.com](http://www.ralpheichler.com)



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

**MacKenzie**  
 FUNERAL HOME  
 204-467-2525 • [info@mackenziefh.com](mailto:info@mackenziefh.com)

# Lace Up Your Way next month for Diabetes Canada

By Lorne Stelmach

Like many people, there is a personal motivation for Stephanie Klassen to get involved with Diabetes Canada.

Hailing from Winkler but now in Steinbach, Klassen has lived with diabetes for 30 years since being diagnosed at age four.

In addition, her sister and boyfriend are also diabetic, and her oldest son was just diagnosed in June, so she is participating in the Lace Up Your Way fundraising challenge for them as well as herself.

"My family in Winkler is going to have a team as well, and my company also has a team in it," Klassen said as she sought to promote the event that takes place through the month of September.

People are encouraged to challenge themselves or rally a team to #LaceUpYourWay and raise funds by choosing the activity and pace, with every distance and dollar helping to make a difference in the lives of people living with diabetes or pre-diabetes.

The goals for Manitoba and Sas-

katchewan are to have 276 participants and \$77,000 in raised funds.

Lace Up Your Way originated in Manitoba, and the 2020 event nation-wide had 450 participants who raised about \$150,000. Those totals jumped to almost 1,200 people who raised about \$450,000 last year.

"It was quite a significant increase in one year ... and we had 386 communities across the country participate last year," said Kelly Lambkin, senior manager of community fundraising and events for the prairies region.

"We have a pretty passionate diabetes community," she said, noting as well over 40 per cent of people who sign up are there in support of someone close to them. "I think that is incredibly powerful as a community as a whole that we support one another."

"I think it's nice that we are able to have something across Canada that can bring small communities together," agreed Amy Peters, who works with fundraising and events as well as social media for the organization.

"An event like Lace Up brings diabetes to the forefront," she said. "It's

one of those diseases where you don't see it, and a lot of people don't talk about it because of the care that goes into it."

It is estimated about 11.7 million Canadians have diabetes, including around 412,000 Manitobans with diabetes and pre-diabetes.

Type 1 diabetes makes up about 10 per cent of the population nationally and Type 2 about 90 per cent.

For Klassen, she is thankful about how far things have come in terms of treating and managing the disease, especially now that she is helping her son with it.

"Going to all the appointments with him, everything is so different from when I was a teenager ... just night and day difference, so it's interesting to walk through this journey with him. Diabetes management has changed like crazy since I was diagnosed," she continued.

"I have an insulin pump. I've been on that for about four or five years and that's been life-changing for me. It's great how much further we've come in our knowledge of diabetes

and how we can manage it so much better."

Lambkin noted Lace Up Your Way is not only important in terms of fundraising but in bringing people together around a common cause.

"Really, over COVID, it was probably a really significant time to come together and support one another, not just with diabetes but all people with chronic disease in the community as a whole," she suggested.

"The most powerful thing for me is with story telling ... you get to know a lot of people who really wanted to share their stories and their personal journey," she said. "And Lace Up allows you to support your wellness journey no matter your activity level."

"There's no limitations as far as what you want to do," said Peters. "Whatever you're comfortable with that will challenge you. It's about the follow through more than anything else."

You can find more information online at [www.diabetes.ca](http://www.diabetes.ca).

## Registration Night 2022 in Stonewall Sept. 15

By Autumn Fehr

Keeping children active, whether its sports or arts, helps with physical fitness, learning and social skills.

Stonewall's registration night on Thursday, Sept. 15 will have something for everyone all under one roof.

There will be over 20 community organizations represented with people available to answer questions as well as take registrations on Sept. 15 from 6 to 8 p.m. at the Sunova Curling Club in Stonewall.

"I think it is important to keep children involved in these activities because it gives them an opportunity to try something new, meet new friends, and it's great for both physical and mental health, as long as they are en-

joying it," said Laura Platt, one of the organizers of the evening.

Having children involved in sports programs helps promote a healthy lifestyle, while they also learn the importance of sportsmanship, time-management skills and teamwork.

On the other hand, you can't go wrong with signing your kids up for other types of activities like art and music if they aren't into sports.

Among many benefits that kids can gain from being involved in art and music are improving their language and reading skills, improving their social skills, enhancing their creativity, building confidence and instilling discipline.

Above all else, though, all these

activities are fun and give kids the chance to make new friends that could last them a lifetime.

From Ukrainian dance to Scouts, karate and competitive sports, there is a variety of sports and other activities for families to sign up for during the registration evening to keep their children active and involved within the community.

The organizations taking part in Registration Night 2022 range from a variety of sports and other activities, including Stonewall Jiu-Jitsu, Balmoral Rec Hockey, Keyboard Ventures, Jansen School of Dance, Ecole RW Bobby Bend parent Advisory, Stonewall Scouts, Stonewall Curling Club, Stonewall Karate, Stonewall

Power Skating, Balmoral Power Skating, Warren Power Skating, Heather McDermid Yoga, Rosedale Ukrainian Dance, Selkirk & District Ukrainian Dance, Green Acres Art Centre, Balmoral Judo Club, Lord Selkirk School Division Continuing Education.

"I believe these programs bring the community together by connecting families with each other, and it also encourages young couples to want to raise their families in an active community. I feel it also supports local businesses when families are out and about," said Platt.

The doors open at 6 p.m. on Sept. 15. See the *Tribune* for a full listing.

### > 4-H CLUB, FROM PG. 2

skills. She saw first-hand how kids with 4-H experience typically excel in post-secondary study at the University of Manitoba where she facilitates presentations from students in farm management.

A 4-H variety club can facilitate an endless range of skills-based projects that could focus on topics such as cattle, horses, chickens, rabbits, photography, sewing, woodwork and weld-

ing, she said. Youth can also come up with their own project, outline what they want to accomplish and find a leader to help facilitate it.

She had a 4-H member in the past who wanted to do a project on the responsibilities of owning a dog, she said, and it went on to earn a spot at a provincial display.

"The 4-H program really gives children confidence. Our children are our next generation of leaders and we should give them the skills to succeed," she said.

Basford said she is willing to serve as club leader or as co-head leader. Police checks are required for people working with youth as well as a training program on keeping children safe. There's also a policy requiring two adults to supervise children.

"That's a really good thing but it requires more volunteers," she said.

Basford said being a leader requires CPR accreditation and a food handler's certificate, which she has earned.

Should there not be enough interest

in forming a 4-H variety club, Basford said she may go forward with sheep and goat 4-H club.

"I know I have enough people to form a small sheep and goat 4-H club," said Basford, who raises purebred and commercial-grade sheep for breeding, meat and fibre and has served as executive director on the Manitoba Sheep Association.

The meeting will take place on Sept. 14 at 6:30 p.m. at the Fraserwood Hall. Contact Kate Basford at 204-572-0572 for more information.

# Quit Smoking with your Manitoba pharmacist



Tim Smith, Pharmacy Practice Advisor with Pharmacists Manitoba.

Smoking remains a major public health concern. Each year, approximately 2,000 Manitobans die from causes related to smoking. This is a comparable number to those that have died in our province to date from the COVID-19 pandemic. In fact, cigarette smoking remains the leading cause of preventable death in Manitoba and cigarettes are the only consumer product that causes disease, disability and death when used exactly as intended.

Most people who use smoking products are aware of the health risks associated with their addiction but struggle to quit. Since April 1, 2022, pharmacists across Manitoba who have completed additional training in smoking cessation are participating in a new program to help Manitobans finally quit smoking for good.

Pharmacists Manitoba is pleased to partner with the Government of Manitoba on Quit Smoking With Your Manitoba Pharmacist, a three-year program providing comprehensive quit smoking support to 4,500 Manitobans in all corners of the province.

Studies show smokers are most successful with quitting when they receive a combination of counselling from a health-care provider alongside effective medication assistance. Pharmacists have training and expertise in smoking cessation and behaviour change and are the medication experts. As the most accessible health-care providers, pharmacists are available to help people who smoke cigarettes in communities across our province.

Manitobans who enrol in this program will receive comprehensive support from their local pharmacist

to quit smoking cigarettes. When you enrol in the program, your pharmacist will conduct a comprehensive health and medication assessment and create a personalized quit plan for you that considers your individual history with cigarettes and unique smoking triggers.

Pharmacists will be able to prescribe you proven, evidence-based treatment, such as oral medications or nicotine replacement therapy like the nicotine patch or gum, to help with cravings and withdrawal symptoms.

To help make this the last quit attempt you need, your pharmacist will follow up with you for up to one year, helping to troubleshoot challenges, address setbacks, help you be accountable to your goals, and ensure that medication treatment is effective and well-tolerated.

The program is funded through an innovative social financing tool called a social impact bond, allowing the services to be provided to Manitobans with no upfront costs. A \$100 subsidy is available to help participants with any out-of-pocket costs they may face for medications used as part of their quit attempt.

Each year, our province incurs \$244 million in smoking-related health costs. As with the ongoing campaigns to vaccinate Manitobans against COVID-19 and influenza, pharmacists stand ready to play an important role in improving both outcomes in our healthcare system and its fiscal sustainability.

At Pharmacists Manitoba, we are excited because this project is an opportunity for pharmacists across the province to further demonstrate their capability to meaningfully address a vital public health need.

Most of all, as health-care professionals, we are thrilled for the opportunity to help Manitobans break free from nicotine addiction and live healthier, longer lives.

As of this writing, almost 200 pharmacies across the province have signed up and will be helping Manitobans quit smoking. For more information on the program, a collection of helpful quit smoking resources, and to find a list of participating pharmacies, check out our new website for this program at [QuitSmokingMB.ca](http://QuitSmokingMB.ca).

If you or someone you care about needs help to quit smoking, talk to your local Manitoba pharmacist.

*Tim Smith is a pharmacy practice advisor with Pharmacists Manitoba. A certified tobacco educator and practising pharmacist, he is also the co-founder of Simplicity Wellness, a metabolic health coaching practice*



that helps busy people lose weight and improve their health through simple but powerful lifestyle interventions. While Tim is a former cigarette smoker, he now sits on the

board of directors for MANTRA, the Manitoba Tobacco Reduction Alliance, and supports initiatives for a smoke-free Manitoba.

Attention Residents of the Rural Municipality of Woodlands

## Share Your Views

concerning the proposed expansion of a pig operation  
Boonstra Farms Ltd. (TRC-095)

The Manitoba government has received a proposal from Boonstra Farms Ltd. to expand its operation at SW 06-13-01W from 1200 Animal Units to 4000 Animal Units by increasing milking cows and associated livestock from 600 to 2000 animals.

If you would like to share your opinion concerning this proposal, you are invited to contact the Manitoba government by sending either an email or letter with your name clearly identified to [TRC@gov.mb.ca](mailto:TRC@gov.mb.ca) specifically referencing **TRC-095** no later than **October 11, 2022**. After this date, the Livestock Technical Review Committee will complete its assessment of the proposal.



Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry.

**For more information**

Please visit [http://www.gov.mb.ca/mr/livestock/public\\_registries.html](http://www.gov.mb.ca/mr/livestock/public_registries.html) or the Rural Municipality of Woodlands at 57 Railway Avenue, Woodlands, Manitoba, R0C 3H0.

**Technical Review Co-ordination Unit**

Municipal Relations  
604-800 Portage Avenue  
Winnipeg, MB R3G 0N4  
Fax: (204) 948-4042



# Almost \$70 million for upgrades announced for PR Hwy. 227

## Staff

As part of ongoing strategic infrastructure investments to the provincial highway network, the Manitoba government is committing almost \$70 million for upgrades to Provincial Road (PR) 227, Transportation and Infrastructure Minister Doyle Piwniuk announced last week.

"Building and maintaining a robust grid of reliable highways supports the efficient intra-provincial, inter-provincial and international movement of goods, which is integral to Manitoba's economic prosperity," said Piwniuk. "This significant investment will support pavement upgrades and three bridge projects on PR 227, so this strategic east-west corridor can accommodate heavy commercial loading."

The minister noted the government is investing \$60 million to upgrade approximately 72 kilometres of PR 227 between Provincial Trunk Highway (PTH) 16 and PTH 6 so the entire route has a paved surface. The multi-year projects in the rural municipalities (RM) of Portage la Prairie and Woodlands are expected to be completed within the next five years, the minister said.

Nearly \$10 million will also be invested in the three bridge projects along the route.

"On behalf of everyone in the RM of Portage la Prairie, we welcome today's significant infrastructure announcement," said Kam Blight, reeve, Rural Municipality of Portage la Prairie and president of the Association of Manitoba Municipalities. "This investment is about safety and growing the economy. The upgrades to PR 227 will improve safety for everyone travelling this route. The investment will also strengthen the east-west trade route for goods and services on a reliable, efficient transportation grid."

"The RM of Woodlands is thrilled to see this tremendous investment in our municipality and our province," said Lorna Broadfoot, deputy reeve, Ru-

ral Municipality of Woodlands. "We greatly appreciate all the hard work by Transportation and Infrastructure Minister Doyle Piwniuk in making this happen."

Observing daily traffic and heavy truck use continually increase and degrade the condition of the road, which sees minimal maintenance, local residents convened once again as a working group in 2020 to gather public support and meet with then Minister of Infrastructure Ron Schuler. The group's presentation emphasized four criteria that clearly outline a framework for surfacing requirements. This includes daily traffic counts, heavy truck traffic, health and safety, and public support.

Area resident Kristen MacMillan presented the data showing that daily traffic counts have increased and have been above the threshold for paving consideration since 1989.

Peak counts are between 550 and 600 vehicles per day, and heavy truck traffic is likely 20-40 per cent of that. Anyone who travels the road understands the impact of truck traffic, whether it's dust, washboard or potholes. MacMillan said area residents are all too familiar with safety concerns, citing numerous accidents that occur along the road.

She also points out that while Manitoba does not, many neighbouring jurisdictions have policy frameworks for road surfacing and maintenance, which makes decision making clearer and more transparent.

MacMillan and other area residents met government officials in August 2020. She said MLA Schuler was receptive and gave the group a firm indication that PR 227 would be paved. He said the Conservative government was prioritizing infrastructure. Members of the working group were satisfied but hesitant to share the news.

The working group continued to reach out to government officials including Lakeside MLA Ralph Eichler



TRIBUNE PHOTO BY DEAGHAN MCLEOD

From left to right, Lorna Broadfoot (RM of Woodlands deputy reeve), Kam Blight (RM of Portage La Prairie reeve and president of the Association of Manitoba Municipalities), Ian Wishart (MLA for Portage la Prairie), Doyle Piwniuk (Minister of Transportation and Infrastructure) and Ralph Eichler (MLA for Lakeside).

and Portage la Prairie MLA Ian Wishart.

MacMillan believes traffic data and public support was met with a broader government priority for improving highway infrastructure. She is hopeful with the provincial government commitment of nearly \$70 million for pavement upgrades to PR 227 and three bridge upgrades.

"These upgrades to PR 227 are part of our government's Trade and Commerce Grid initiative," said Piwniuk. "An expanded grid of highways that can accommodate heavy commercial loading will attract new industrial activity, reduce transportation costs and optimize supply chain efficiency, which will benefit all Manitobans."

The Manitoba government introduced a strategy to improve Manitoba's highway network in Budget 2022. The three-year plan invests over \$1.5 billion and annually provides a minimum commitment of \$500 million in highway capital.

Numerous area residents who attended the announcement were excited to see this major public commitment. A number of concerns were raised including increased traffic and skepticism that the government would not follow through on the project following the next election.

Minister Piwniuk responded citing that the project has been allocated in the five-year budget beginning next year. The work plan announced by the Minister indicated that construction would begin in 2024 from PTH 16 to PR 430 with the second phase from PR 430 to PTH 6 in 2025.

Residents are also inquiring as to why construction wouldn't begin west of PR 248 to PR 430, which is the most densely populated and busiest gravel section of PR 227.

MacMillan said the local working group is following up with the minister's office on the work plan and will keep in touch with the project status, continuing to lobby if necessary.

## > ALL FARM HERBS, FROM PG. 4

there. It's just like an epidemic happening."

Sigurdur was looking at the "effective side" of the herbs — the side effects and effectiveness — what she calls the "dangerous side to mental illness."

However, the side effects of Lane's illness proved too much. He ended his life on July 26, 2020, at the age of 23, six weeks before his 24th birthday.

"There has to be choices rather than

pharma," said Sigurdur. "I'm not telling you not to take the pharmaceuticals, but I'm just saying there are alternatives."

Sigurdur is carrying on, and she's learning to grow hydroponics in the basement.

"St. John's Wart has to be grown outside because it's poisonous," said Sigurdur. The starflower (borage) is digestible, and she says her family "puts it into our salad."

"It's a bit of a learning curve," said Sigurdur. "It's not like potatoes, where you just throw them into the ground."

Sigurdur and her business partner Stephanie Zmavc have a booth at the Arnes Farmers Market, and people visit them for their Sun Infusions, a herb smoothie, derived from lemon bomb, orange mint and calendula. The Arnes Farmers Market is 20 minutes north of Gimli on Highway 9.

"People really liked it," said Sigurdur. "There's no sugar. It doesn't have a chemical taste. We had customers

come back from last year."

The business also makes a topical inflammatory for arthritis. Sigurdur says, "It's not a cure, but it certainly has helped a lot of people. It's pain relief. This is what people are struggling with. We've been programmed to go down to the pharmacy and pick up a pill and we'll be fine."

Since the loss of her son, Sigurdur's dedication to traditional herbs is a "lifetime commitment."

"This company is dedicated in the name of my son. ... If I can help one (person), it'll be worth it."

# Interlake-Eastern RHA supports World's Alzheimer's Month

By Ty Dilello

September marks World Alzheimer's Month, and the Alzheimer's Society of Manitoba wants to remind everyone that community changes everything for those living with dementia and their families.

"World Alzheimer's Month is a time to talk about dementia," said Samantha Holland, Interlake-Eastern regional co-ordinator for the Alzheimer's Society of Manitoba. "Of course, this is nothing new for us at the Alzheimer Society, but it is a global effort to bring the conversation to your homes — not only conversation about dementia and how it impacts people but what impact our Society in Manitoba can have on these individuals and families."

This month, the Alzheimer's Society is highlighting its programs and services, new and returning, as they head back into a busy fall season. The Society has a calendar full of online and in-person family education sessions, community programs like Minds in Motion, and a research forum that focuses on dispelling the myths in today's dementia headlines.

Programs in the Interlake-Eastern region are going to be in full swing this September, with monthly support groups for care partners in both Selkirk and Gimli and registration open for an early Minds in Motion start date of Sept. 28. Minds in Motion is a fun-filled eight-week program that provides stimulating activities and social time to individuals with early-moderate signs of dementia and a partner.

"We are also receiving presentation requests from various community groups, so please don't hesitate to reach out if this is something your group would benefit from. Though we don't have one big event for World Alzheimer's Month in the region, we are a part of a globally co-ordinated effort to raise awareness at all levels and connect people to the services they need."

Support group details are as follows:

Selkirk – first Wednesday evening of every month



TRIBUNE PHOTO SUBMITTED

The Alzheimer's Society of Manitoba has a lot on the agenda this month in the Interlake for World Alzheimer's Month.

at 7 p.m. (Gordon Howard Centre). Call Samantha Holland to register at 204-268-4752 or email [alzne@alzheimer.mb.ca](mailto:alzne@alzheimer.mb.ca).

Gimli – third Monday of every month at 1 p.m. (New Horizons). Call Samantha Holland to register (same as above).

Minds in Motion – 8 weeks beginning Wednesday, Sept. 28, from 1-3 p.m. (Gordon Howard Centre). \$65 per pair, spaces are limited. Call Gordon Howard Centre directly to register at 204-785-2092.

The Society encourages people who want to learn more about dementia and Alzheimer's disease to visit [alzheimer.mb.ca](http://alzheimer.mb.ca). Another great place to find information is the national resource library through the Alzheimer Society of Canada (<https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library>).

"Whether you are looking for general information, a presentation for a group you are a part of, or

have concerns about yourself or someone close to you, we are here to help," said Holland.

Often the first thing that comes to mind when people think of dementia is memory loss, but the warning signs can be so much more than that. For some, it could mean changes to judgment and reasoning skills, changes in mood and behaviour, or difficulty performing familiar tasks. Others may misplace things, experience problems with language and abstract thinking, or exhibit a loss of initiative.

"If you are noticing changes in yourself, a family member or friend, please don't hesitate to give us a call. We can walk you through the 10 common warning signs and discuss potential next steps, such as a trip to the doctors or community assessment through Mental Health. We hope to be the first link for people as they navigate their dementia journeys, from the first signs of change and as needed throughout."

## Parkinson Canada offering virtual support service starting Sept. 12

By Patricia Barrett

Parkinson Canada will be providing a virtual support service to Interlake-Eastern Regional Health Authority residents living with Parkinson's disease.

Programs and services co-ordinator Alice Germann said prior to COVID the organization ran support groups in Gimli and in Lac du Bonnet. But the region now lacks facilitators. So Parkinson Canada decided to launch a virtual Interlake-Eastern support group that will be held online via Zoom on the second Monday of each month.

"Members can join on a computer or device, and there is also the option of joining by telephone by calling a toll-free Zoom phone number," said Germann. "Support group meetings are generally an hour and a half to two hours long."

The sessions will be facilitated by a trained Parkinson Canada volunteer, she said, and the facilitator for the Interlake-Eastern group has a lot of experience.

Parkinson's disease is a progressive brain disease that causes tremors, impairments in balance and co-ordination, muscle stiffness, sleep disruption, depression, fatigue and other symptoms. Over 100,000 Canadians live with the disease.

Germann said the virtual meetings will allow participants and their partner or caregiver to talk about their progression through the disease and also focus on specific topics, such as working with a care team, what to expect, how to manage changes in the disease and caregiving tips.

"During these meetings, members have the opportunity to discuss and share where they are in their journey, share tips and offer encouragement. Support groups are key as so many with Parkinson's feel alone. Attending a support group can help ease that feeling and empower participants to live a fulfilling life with Parkinson's," said Germann. "This is also true for care partners. This group is for both the care partner and the person living with Parkinson's to attend and gain support."

Interlake-Eastern Regional Health Authority staff and community-based seniors resource finders have been helpful getting the word out about the virtual support group and Parkinson Canada's information and referral team, which is available on weekdays to help patients with symptom management, answer questions and provide informational materials, said Germann.

The sessions will be held on the second Monday of each month from 6 to 7 p.m. The first session starts on Monday, Sept. 12. People can use Zoom software on their computers or cell phones or obtain a toll-free dial-in number to join by telephone.

To register, contact Parkinson Canada's Information & Referral team at 1-800-565-3000 or by email at [information.referral@parkinson.ca](mailto:information.referral@parkinson.ca)

Prior to the first meeting, the facilitator will contact participants with instructions on how to join the meeting.

# Roping and racing for a good time

By Autumn Fehr

Last weekend competitors saddled up for the most anticipated event in the area.

On Aug. 27 and 28, the annual Teulon Rodeo was welcomed back with a bang, seeing its largest attendance since the rodeo started in 2014.

The Teulon Rodeo Club is a volunteer-led club that has been putting on the rodeo for almost a decade within the community.

"There's not a lot of larger events that go on in a lot of communities, especially ours. ... I think it's great to put something affordable on for the local people and anybody else who wants to come from far and near to have a day or weekend to get out and just enjoy themselves," said Fran Dziatek, the sponsorship co-ordinator for the event who has been volunteering with the rodeo since it started.

New this year to the rodeo was the stock dog competition, where the



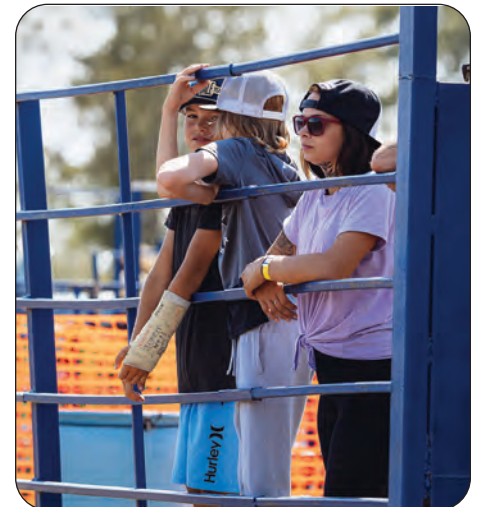
handler and the dogs manoeuvre three head of cattle, which had open classes and different levels that people could compete at.

The top three finalists demonstrat-

Continued on page 15



TRIBUNE PHOTOS BY RAYME THOMSON



## > ROPING AND RACING, FROM PG. 14

ed during the intermission of the rodeo, after the pancake breakfast and before the rodeo officially started for the day.

All other regular events continued again this year: bareback bronc riding, ranch saddle bronc, junior steel riding, goat tying, different levels of barrel racing for different age levels, tie-down roping, team roping, break-away roping, deer ruffling and bull riding were all available to compete in and to watch.

This year, there were 260 competitors.

There were approximately 11,000 people at this year's rodeo, meaning that the rodeo's attendance was close to double their best year in the past, said Dziadek.

"The attendance was the most we've ever had, probably due to post-

COVID," she said.

The only Teulon Rodeo Club member who competed this year was club president David Tarko in tie-down roping.

Day passes for Saturday or Sunday for adults were \$10, and children 12 and under were free.

"We always get comments about the cost. They can't believe that we charge \$10 to get in. ... It's a family-friendly event, which is why it was created. It was something for a whole family to enjoy and not have to spend a fortune to go," said Dziadek.

"We always hope to go bigger and better every year, so we hope to continue on that track with next year's rodeo, hoping even more people come out and we can top this year's numbers."



# Local riders compete in rockin' successful charity barrel race

By Autumn Fehr

A waterlogged competition ring forced an unexpected move, but it couldn't dampen the success of the Rick Wiebe Memorial Charity Barrel Race last weekend.

The races were supposed to be held at the Rocking W Ranch off Highway 3 on Sunday, but the aftermath of the torrential rain a few days earlier forced organizers to move the whole shebang to Carman.

The last-minute change didn't prove a deterrent to the riders and spectators who came out in droves to the event, which raised a whopping \$28,939 for South Central Cancer Resource (SCCR).

"The last year that we had it, we raised something like \$18,000," said Dusty van der Steen, who organized this year's competition in memory of her late father.

"I was hoping we'd beat \$18,000, maybe hit \$20,000. We were quite shocked when we added it all up. I think that the biggest thing for us is that we were getting to a point where we were knowing lots of people that had been affected by cancer, and I think most of us have someone in our life, whether it's a friend or family

member, who has been affected by cancer."

The SCCR is a non-profit organization based out of Morden that provides hope, education and support to individuals with cancer and their families that are going through the journey with them but has riders from all over the province who attend.

Local riders — including Diane Allan, Michelle Hollands and Sheena Marks — came from Stonewall and area to race in the fundraiser.

Competitors competed in barrel racing for money and prizes, but to compete, competitors had to collect a minimum of \$100 in pledges for the SCCR.

All together, there were almost 120 competitors, in the open, youth and pee wee divisions.

There was also a canteen and a silent auction, with all the funds raised going to charity.

"I think it's a good race because it's a charity race, so all the money raised at it goes to a good cause," said Allan.

It was Allan's second year participating in the race and she said she intends on continuing to participate in years to come to support the good cause.



TRIBUNE PHOTO BY RICK HIEBERT

Stonewall's Diane Allan competed in the Rocking W's annual charity barrel race last month. Competitors raised \$28,939 for South Central Cancer Resource.

YOUNG LOCAL ARTISTS PERFORMING FOR CHANGE

## COFFEEHOUSE TO END CANCER

WHEN: THURSDAY SEPTEMBER 8TH 2022

WHERE: GROSSE ISLE HERITAGE SITE, GROSSE ISLE MANITOBA

TIME: 7:00PM TO 10:30PM

ADMISSION: CASH OR CHEQUE DONATION AT THE EVENT

Join us at Teulon's 29th Annual

# PUMPKINFEST

Where we celebrate fall and all that is Pumpkin!

Saturday, September 17

9 am - 4 pm

Teulon Hall, 14 Main St, Teulon MB

**Largest Pumpkin Competition**

1 <sup>ST</sup> PLACE	2 <sup>ND</sup> PLACE	3 <sup>RD</sup> PLACE
\$1000	\$500	\$300

Drop off Saturday 8:30-10:00 am, Weigh off starts at 10:30 am

**Fair Competition**

45 Categories to Win

1st \$5 2nd \$3 3rd \$2

\$25 Prize for best in class

- Pumpkins
- Fall Arrangements
- Carved / Created Pumpkins
- Baking with Pumpkin
- Vegetables
- Canning
- Photography

Entries can be dropped off  
Fri 7-8 pm Sat 8:30-9:30 am

For a complete list of categories go to  
[www.teulonpumpkinfest.com](http://www.teulonpumpkinfest.com)  
Contact Ashley at 204-886-7970  
In the hall Judging 10-12  
Doors open at 12 for viewing

**MB Hydro Inside Stage**

10:30 - Mark Morriseau fiddle band  
12:00 - Summer Bear Dance Troupe  
1:00 - Rosedale Ukrainian Dancers  
1:15 - Cutest Baby Contest  
2:00 - Growing Gigantic Pumpkin presentation  
3:00 - Teakle Family Circus

**All Day Activities**

- Farmers Market
- Petting Zoo - with over 30 animals
- Gigantic Games
- Fall Family Photos
- Lions Canteen & Food Trucks
- Pumpkin Carver
- Silent Auction

**Access Credit Union Kids Tent**

10-2 - Crafts and Face Painting  
10-1 - Old Fashioned/Carnival Games  
10-3 - Lions Train  
11 am - Xtreme Dogs Agility Show  
1 pm - Pie Eating Contest  
2:30 - Whitehouse Art Make and Take Watercolor Class

[www.teulonpumpkinfest.com](http://www.teulonpumpkinfest.com)  
for more information

The Teulon & District Museum will be open 11-3 in the Green Acres Park. Free to attend!

*Admission*  
**\$5 Each Family \$20**  
Children Under 2 FREE





# fall registration 2022-2023

Stonewall Community Registration Evening, Thursday, September 15, 2022, 6-8 p.m. at the Sunova Curling Rink

## Outdoor activities that are perfect for seniors

The great outdoors beckons people of all ages. Fresh air can be hard to resist and the benefits of spending time outdoors are so numerous that it behooves anyone, including seniors, to answer the call of nature.

Human beings benefit both physically and psychologically from spending time in nature. Such experiences can reduce stress and help lower heart rates, potentially decreasing individuals' risk for cardiovascular disease. In addition, the Forest Service notes that spending time outside in green spaces has been linked to a lower risk of depression.

Seniors who are retired or even ag-

ing empty-nesters who are still in the workforce can make great use of their free time by venturing into the great outdoors. The following are a handful of senior-friendly outdoor activities that provide a great reason to get off the couch and take in all that Mother Nature has to offer.

· Hiking: Hiking provides a great workout and an ideal opportunity to spend time in an idyllic setting. The National Park Service notes that hiking helps individuals build stronger muscles and bones, improves their sense of balance, has a positive effect on heart health, and can decrease the risk of certain respiratory problems.

Hiking is an especially attractive outdoor activity for seniors, as many parks feature trails with varying degrees of difficulty, ensuring there's a trail for seniors whether they're seasoned or novice hikers.

· Water aerobics: The Centers for Disease Control and Prevention notes that water-based exercises can be especially helpful individuals with chronic diseases, a category many seniors fall into. The CDC notes that one study published in the journal Arthritis & Rheumatology found that improves the use of joints affected by arthritis without worsening symptoms. The U.S. Department of Health and

Human Services also notes that swimming can lead to improved health for people with diabetes and heart disease. Seniors can reap these benefits by going for a dip in their own backyard pools or a local body of water, such as a lake or ocean. Many swim clubs also offer discounted memberships to seniors, making these another great and affordable way to reap the benefits of swimming.

· Fishing: Of course not all outdoor activities need to make seniors huff and puff. Fishing provides a great reason to get outdoors, and many in-

Continued on page 18



## STONEWALL SCOUTING

**Beavers (Co-Ed ages 5-7) Meet Wednesdays 6:30-7:30**  
**Cubs (Co-Ed ages 8-10) Meet Mondays 6:30-8:00**  
**Scouts (Co-Ed ages 11-13) Meet Tuesdays 6:30-8:30**

---

### REGISTRATION NIGHT

Fall Registration Thursday, September 15th, 2022  
 6:00 - 8:00 p.m. - Sunova Curling Club

### BRINGING YOU THE NEW NORMAL IN MUSIC INSTRUCTION

**6 Week Introductory Offer - \$99**  
 Free use of Keyboard

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**ONSITE OR ONLINE** Music Lessons for Children, Adults & Seniors

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 We sell... Keyboards, Guitars, Ukuleles Music accessories, etc.

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Join Us  
 Thurs. Sept 15th 6-8 pm  
 Registration Night  
 at Sunova Curling Club

## BALMORAL JUDO CLUB



**REGISTRATION:**  
**SUNOVA CURLING CLUB**  
 Thursday, September 15 • 6:00 - 8:00 pm  
 Classes will start September 19

**Ages 7 years and up**

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

## BALMORAL REC HOCKEY PROGRAM



Open to Boys & Girls – Birth Years 2005 - 2017  
 \$200 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**  
**[rechalmoralhockey@gmail.com](mailto:rechalmoralhockey@gmail.com)**

Registration Night Thurs, Sept 15 6-8 pm  
 Sunova Curling Rink







# fall registration 2022-2023

**Stonewall Community Registration Evening, Thursday, September 15, 2022, 6-8 p.m. at the Sunova Curling Rink**

## > TRAINING OPTIONS, FROM PG. 19

cialist with Children's Health An-

## COME DANCE WITH US



## CLASSES START SEPTEMBER 12

**HAPPY THOUGHT SCHOOL  
EAST SELKIRK  
NO EXPERIENCE REQUIRED  
AGES 3 TO ADULT**



FOR MORE INFORMATION AND TO REGISTER PLEASE VISIT:  
[WWW.SDUKRAINIANDANCE.COM](http://WWW.SDUKRAINIANDANCE.COM)

draws Institute Sports Performance, says focusing on one sport all year can lead to overuse injuries. Opt for a new workout that's different from your in-season workout routine. Doing so can strengthen other areas of the body and reduce risk for overuse injuries.

- Focus on new interests to avoid mental burnout. Young athletes can get stuck in a competitive groove, feeling that they have to win to be successful. The off-season can be used to provide a mental rest during which athletes can focus on interests other than sports.

- Emphasize aerobic training. The IYCA reports that most young athletes do not realize the vital role aerobics play in building the stamina that powers high-intensity work intervals sports play often requires. Taxing the cardiovascular system helps deliver oxygen to working muscles and



boosts performance. Athletes can spend the off-season cycling, running and swimming to benefit their bodies and give some muscles a break.

When it is time to return to competitive play, athletes won't need as much time to return to in-season status if they continue training during the offseason. According to Sports Fitness Advisor, when a training stimulus is removed, physiological adaptations begin to revert to pre-training levels. By maintaining a fitness level training schedule that's between 50 and 60 per cent of their in-season regimen, athletes can return to their sports with much less effort than if they were to start from scratch.

The off-season gives athletes a chance to back off of intense competition and training, but continue a fitness regimen that helps them get back into game shape more quickly when play resumes.

## 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)**

**\$300 - 20 weeks / \$200 - 10 weeks  
Balmoral Recreation Centre**

**October 15, 2022 to December 17, 2022 (10 weeks)  
January 7, 2023 - March 11, 2023 (10 weeks)**

**A stick and helmet with a mask are required for this program.**

**To register phone or text  
Kelly Farmer @ 204-791-9856  
Registration Thursday, September 15  
at VMSC 6:00-8 p.m.**

**Yoga** Restore the body  
Calm the mind  
Renew the spirit

with  
**Heather McDermid**

**Fall Session starting soon**  
**Classes for all levels!**  
**Daytime and Evening Classes**

Register at  
[www.heathermcdermidyoga.com](http://www.heathermcdermidyoga.com)  
or Call 204-467-7949

## STONEWALL JIU-JITSU

Kids class 5 – 8 yrs. old and 9 – 12 yrs. old, every Sunday. 6-6:40pm  
First class is FREE to try. 1 month, 3 month and 6-month registration options.  
13 yrs + class. Monday and Wednesday from 6 to 7pm.  
First class is FREE to try.  
Punch Pass system. Only pay for classes you use.  
Drop-in, 5, 10 and 20 pass options available.  
No previous experience needed. Just bring your water and sandals/floppy floppies.

[@stonewall\\_bjj](https://www.instagram.com/stonewall_bjj)  
[@stonewalljiujitsu](https://www.facebook.com/stonewalljiujitsu)

**Contact Chris for more information 204-307-0410**

## IT'S TIME TO START CURLING AGAIN

## DID YOU KNOW

**ONLINE REGISTRATION IS NOW OPEN**

We offer an Adult Learn to Curl Program

We offer Junior Programs ages 5-17

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

Details can be found on our website

**Stonewall Curling Club**  
[www.stonewallcurling.com](http://www.stonewallcurling.com)



Stonewall Community Registration Evening, Thursday, September 15, 2022, 6-8 p.m. at the Sunova Curling Rink

# Gifts to get kids off the couch

Devices can be hard to ignore. Seemingly always within arm's length, devices such as tablets and smartphones are as popular as ever. In a survey designed to gauge smartphone ownership, the Pew Research Center found that 85 percent of Americans owned a smartphone in 2021. That reflects a significant increase since 2011, when 35 percent of Americans owned a smartphone.

Adults may recognize the potential pitfalls of spending too much time on their devices, but those pitfalls are not nearly as apparent to children. For instance, a 2021 study published in the journal *Frontiers in Psychiatry* found that excessive smartphone use is associated with various health problems in adolescents and young adults. Such issues include psychiatric, cognitive, emotional, medical and brain changes. A separate 2021 study published in the *International Journal of Eating Disorders* found that children have a 62 per cent greater risk of developing a binge-eating disorder for each additional hour they spend on social media.

Parents know that getting kids to put down their devices is no small task. However, the holiday season can be the perfect time to find fun gifts for kids that have nothing to do with screens and encourage kids to be more physically active.

• Lessons: Whether it's surfing, boating or music lessons, various courses do not require devices or even allow them to be used during sessions. Parents and loved ones of children can look for lessons that inspire young-

sters to pursue a new passion that promotes physical activity and encourages kids to get up and go.


• Trampoline: Aunts and uncles should definitely clear this one with mom and dad before purchasing it. However, no kid, including tweens and newly minted teenagers, can resist a good trampoline. Modern trampolines are safer than yesterday's models, especially when shoppers

choose ones with enclosures that prevent kids from falling off the trampoline and onto the hard ground below.

• Sports equipment: Organized sports instill lessons about sportsmanship, hard work, overcoming adversity, and the value of working as a team, all the while promoting physical activity. Young children who haven't yet participated in organized sports may be compelled to do so if a new baseball mitt or basketball hoop is waiting under the tree this holiday season.

• Kites: Kites can be perfect for kids who don't take to sports or those who simply need a break from competition. Kites can help young children develop their gross motor skills and instill in them a love of the great outdoors that lasts a lifetime.

Getting kids to put down their devices is no small task. But parents and loved ones can do their best by giving gifts that encourage kids to get off the couch and be more physically active.



## Stonewall Skating Club

### Registration 2022-2023 Season

All programs are taught by certified **professional coaches**

**Can Skate** Learn to Skate Sessions run October to March  
(For children ages 4 and up)

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.

<b>CanSkate</b> Mondays & Thursdays <b>45 mins. sessions</b>	Oct 13-Dec 22/22 Jan 9-Mar 20/23 6:30 - 7:15 PM	Fall/Winter <b>20 sessions</b>  Winter/Spring <b>20 sessions</b>
--	---	--

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

<b>Junior Star Skaters</b> Mondays Thursdays	Sept 26 - Dec 22/22 Jan 9/23 - Mar 23/23 4:45-6:00PM	Program Details available at Registration or email the Club
<b>Star Skaters</b> Mondays Thursdays	Sep 26 - Dec 22/22. Jan 9/23 - Mar 23/23 4:15-6:00 PM	Program Details available at Registration or email the Club

Registration Fee information for Star Skaters is available from your coach or email [stonewallskatingclub@gmail.com](mailto:stonewallskatingclub@gmail.com).

**The Stonewall Skating club offers a safe, positive environment where your child can thrive.**

**ONLINE REGISTRATION AVAILABLE SEPTEMBER 2/22 AT**  
<https://stonewallskatingclub.uplifterinc.com>  
Programs may be cancelled if registration does not meet minimum

### Warren Power Skating 2022-2023

4:30-5:15 - Learn to Skate  
5:15-6:00 - Learn to Skate  
6:00-6:45 - Level 1  
6:45-7:30 - Level 2 & 3  
(Groups are a guideline, skaters will be evaluated at first class)

**Wednesday Evenings**  
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\$300 for 20 weeks (45 minute classes)  
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**Thursday, Sept 15 6-8 pm at the Stonewall Sunova Curling Club**  
For more information please email [warrenpowerskating@gmail.com](mailto:warrenpowerskating@gmail.com)  
*Sticks and helmets with a mask are mandatory for this program*



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September 10 • 10:00 am - 1:00 pm  
September 13 • 5:00 pm - 7:30 pm  
Stonewall • Curling Club • September 15 - 6:00-8:00 pm  
Registration forms & Details available on website  
Payments - cash, cheque or etransfer  
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CONSEIL DES ARTS DU MANITOBA ARTS COUNCIL

# Woodlands 32nd annual Ride for Child's Wish returns after two-year hiatus

By Autumn Fehr

After a two-year hiatus due to COVID-19, the Woodlands Ride for Child's Wish fundraiser was back Aug. 27, ready to continue making wishes come true for children with cancer.

The well-known annual event, hosted on Silver and Gary Peltier's farm on Highway 6 helps raise money for the Make-A-Wish Foundation, which provides children with cancer, the opportunity to have any wish they want to be granted.

"It went surprisingly well after not doing it for two years. ...The day of the event, everything was great," said Silver.

Since the Peltiers started their fundraiser in 1988, it has grown a lot, especially in the first five to 10 years.

The fundraiser held a 10-mile horse trail ride behind the farm, a motorcycle ride, a Wish Auction, delicious barbecue, and much more — including kids' entertainment and a musical performance from local band Lost in a Small Town during the barn dance.

This year, they raised \$43,799, with more still coming in the next few weeks with pledges, and a craft sale on Sept. 17 with money being donated back to the cause, said Silver.

She hopes to make at least \$44,000 or an even \$45,000, she said.

Out of the money raised, 95 per cent of it will go to the children for their wishes, and the other five per cent will cover some of the costs of the event that came out of pocket.

The event had 63 horse riders, eight wagons with 30 people, 30 motorcycle riders and 574 for supper in the evening.

Supper included four market-sized hogs, 900 pieces of chicken, 80 dozen corn on the cob, baked potatoes, and a chef that came to make the beans all day, said Gary.

"We couldn't do it without the volunteers that come, and all the guys in the kitchen. There's a crew in there that all we had to do was phone them and they said 'yup, we're coming' sort of thing. Without those guys, the meal wouldn't happen," said Gary.

To date, the ride along with the Peltiers and their volunteers has raised a little over \$1.6 million for the Make-A-Wish Foundation.

"There are always children getting sick, whether it's cancer or organ related. They suffer enough when they have to go to the hospital with chemo and transfusions, needles and everything else that happens at the hospital. They are on their own," said Gary.

The fundraiser is a volunteer-led event, organized by the Peltiers and their committee.



Linda Finnbogason with her grandson Athan Appleyard enjoyed the 32nd annual Ride for Child's Wish.



TRIBUNE PHOTOS BY LANA MEIER

It was all hands on deck to cook and feed 574 for supper. The kitchen crew, left to right, Mitch Bedry, Mike Cavers, Numi Broadfoot, Bob Thiessen, Luke Hueging, Trevor Fryer, Kyle Mohr and Bill McDonald.

committee members to help organize it.

If you want to be a part of this life-changing event next year and help make a difference in children's lives, contact Silver at 204-461-0640.



Fred West of Inwood, Calvin Stanley of Oak Point and Gordon and Gladys Mason of Killarney were the breeders and donators of the Buckskin mare that was raffled and won by Frank Ingribelli.



# Continuing Terry Fox's dream over 40 years later

By Autumn Fehr

In 1980 a Canadian hero began his journey to raise money for cancer research.

At 18 years old, Terry Fox, an athlete, humanitarian and cancer research activist, was diagnosed with osteosarcoma.

After he lost his leg due to cancer, he started his Marathon of Hope to run across Canada, one marathon a day, to find a cure for cancer.

Before Terry died, he ran 5,373 kilometres in total, which was an average of 42 kilometres a day, for 143 days straight.

Although he wasn't able to reach his dream before he died, Canadians carry on his legacy by hosting annual Terry Fox runs of their own each year.

"It continues to amaze me when I think of what Terry did in his Marathon of Hope. He ran a marathon every day for 143 days. He was a true hero. He has touched so many lives. We can never let his dream end. We need to continue his Marathon of Hope in our community," said Cathy Goresky, chair of the Terry Fox committee in Stonewall and member for 20-plus years.

On Sunday, Sept. 18, Stonewall will host its annual Terry Fox run starting at the Heritage Arts Centre in Quarry Park.

The full-length run is five kilometres, but there is a four-kilometre option for those who want to cut it a little short. The run follows a backstreet route through town.

Registration for the run starts at noon or participants can register for the run beforehand online.

The run officially starts at 1 p.m. in the parking lot with a warm-up led by physiotherapists from Quarry Physiotherapy in Stonewall. The physiotherapists are also there to monitor people during the event.

Stonewall's run provides access to

those who want to cycle, rollerblade or that need to have access to a wheelchair to participate in the run in those ways as an alternative to running or walking.

"It's a very unique run in that it is open to everyone. It's non-competitive and inclusive," said Goresky.

The run is put together by the Terry Fox committee in Stonewall and would not be possible without them. The organizers include Pat Moldowan, Mary Beck, Holly McCauley, Lil Branscombe and Brenda Bawdon. Lil Branscombe and Holly McCauley are both a part of Terry's Team, which means they are cancer survivors.

"It's a dedicated run towards cancer research, and I think cancer has touched so many people and just about everybody has affected, one way or another, either immediate family or friends in their lives. The more we can do to decrease cancer and find cures for it, the better it is for all of us," said Goresky.

To date, the movement that Fox created to raise funds for cancer research has created 1,300 research projects, 10,000 events and 4 million supporters, while raising \$850 million. More information on these research projects can be found at [terryfox.org](http://terryfox.org).

Terry Fox T-shirts will also be for sale during the run, with proceeds also going to cancer research.

"It's not a big run, but it's defiantly one that people participate in because they feel they need to and because they feel they want to. It's a fun way to get together with family and friends to support Terry's cause. Terry's dream was special to so many of us and I think that's why we are still here, and we want to share this dream with everyone," said Goresky.

For a list of current donations within the community, and to donate towards the community's goal to



TRIBUNE PHOTO SUBMITTED

Terry Fox volunteers from Stonewall's run in 2019.

raise \$4,000, visit [run.terryfox.ca](http://run.terryfox.ca) and search Stonewall by location.

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# get inspired

> MEAL IDEAS



Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans  
 Cook time: 10 hours, 30 minutes  
 Servings: 8  
 1 slab beef chuck short ribs (about 4 pounds)  
 2 tablespoons kosher salt  
 2 tablespoons coarse black pepper  
 1/4 cup cider vinegar  
 1 cup water  
 Preheat smoker or pellet grill to 275 F.  
 Pat ribs dry with paper towel; remove moisture on surface.



## Smoked Chuck Beef Ribs

Combine salt and pepper. Rub beef ribs well on all sides and ends with seasoning, coating generously.

Place ribs in smoker and close lid. Cook 5-6 hours.

In spray bottle, combine cider vinegar and water. Lightly spritz ribs every 30 minutes for first 4 hours of cooking.

Ribs are ready when completely probe tender. If parts still feel tough, continue cooking.

Once completely tender, remove ribs from smoker then wrap tightly in butcher's paper and place in small cooler to rest 30 minutes.

To serve, slice ribs between bones.



Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans  
 Cook time: 1 hour, 15 minutes  
 Servings: 15  
 1/2 cup tortilla chips, crushed  
 3/4 cup milk  
 2 pounds ground beef  
 3 fresh jalapenos, seeded and finely diced  
 1 block (8 ounces) cheddar cheese, finely diced  
 1 tablespoon paprika  
 2 teaspoons garlic powder  
 2 teaspoons kosher salt  
 Place crushed tortilla chips in large

## Grilled Jalapeno Cheddar Meatballs

bowl. Add milk and allow chips to soften about 10 minutes.

After milk is absorbed, add beef, jalapenos, cheese, paprika, garlic and salt. Mix well to combine then scoop approximately 1/3-1/2 cup of mixture to form meatball; repeat with remaining mixture.

Place meatballs on plate or tray and refrigerate 30 minutes to firm.

Heat grill to medium for two zone cooking.

Place meatballs on indirect heat side of grill away from coals or lit burner; close lid. Grill 25-35 minutes, or until meatballs reach 165 F internal temperature on meat thermometer.

Remove meatballs from grill and cool slightly before serving.



## Szechuan Skirt Steak with Crispy Rice

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans  
 Total time: 35 minutes

Servings: 2  
 2 teaspoons Szechuan peppercorns  
 1 teaspoon five spice powder  
 1 teaspoon kosher salt  
 1 skirt steak or bavette steak (about 1

## Expert patient here to help!



Susie Schwartz

By Susie Schwartz

"Always pack snacks."

That was the best advice I've ever been given. I mean, my friend Beth should have known me better. I don't even go out to my back garden without snacks. Anyway, headed to Sweden, food prices were high. I appreciated the packing tip. And when travelling with health issues, tips can be helpful.

Pack smart.

I can't even imagine, but I've heard of people with diabetes putting insulin in their checked luggage. Can we say 'separation anxiety?' I did make a rookie mistake myself, though. In a rough patch with deadly low blood sugars, especially dangerous because my Gastroparesis was playing up and my stomach wouldn't do its job of digestion and getting sugar into my system, I hadn't brought my emergency injection kit in case I went unconscious onto a flight. As I sat and shook from both fear and hypoglycemia, all I could do was keep scanning my CGM and watch the straight down arrow take me into

the depths of the red zone. Unless someone had syrup or honey to put under my tongue, or my liver kicked in and kicked out sugar, if I went unconscious, it could mean death. Great. So I would be one of those dead people duct-taped to a seat and traumatized all the children until the plane landed? Oops. Anyway, I'd say, 'Clearly, I didn't die because I'm writing this,' but my editor wouldn't appreciate using extra words.

My carry-on always has my insulin, insulin pump supplies, glucose tabs, medication, batteries and food, leaving room only for a scarf and a pair of pants. (The British kind. That's underwear. Short for 'panties.' Okay, you get it.) So for all of you who say, "All you need is a couple of bikinis and a pair of flip-flops," when I am headed to Greece, you can flip-flop yourself out of my face.

The point is this: always stockpile food (Ooo...and toilet paper! You never know) and don't let those meds out of your grip, er, sight. Keep the essentials with you when you fly. Do you know how they announce over the intercom at the airport never to leave your bags unattended? That has nothing to do with drug trafficking or bombs. It's, so their on-site paramedics don't have their coffee go cold in case of a kneecap rash emergency. So always keep that medicated cream safe and accessible, people.

And snacks. Always pack snacks.

Less health stress, yes?

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

pound)

1/4 cup vegetable oil, divided  
 2 teaspoons milk or cream  
 2 cups cooked white rice  
 sesame seeds (optional)  
 scallions, thinly sliced (optional)  
 cucumber, sliced (optional)  
 cilantro leaves (optional)

In skillet over low heat, toast peppercorns until fragrant, swirling in pan to keep from burning, about 2 minutes. Allow peppercorns to cool slightly then add to spice grinder or mortar and pestle with five spice and salt. Crush until fine powder forms.

Pat skirt steak with paper towel to remove moisture then season well with Szechuan salt on both sides.

Place skillet over high heat then add 1 tablespoon oil. When skillet is hot, add skirt steak and cook 5 minutes per side for medium-rare or medium doneness

(135-150 F), turning occasionally. Remove steak from skillet then tent with foil to rest 3 minutes. Temperature will rise about 10-15 F to reach 145 F for medium-rare; 160 F for medium.

Lower heat to medium-high then add remaining oil and milk or cream. Add rice, pressing down gently with large spoon to form large, flat disc covering entire base of pan. Season with Szechuan salt, if desired, then lower heat to medium and cook 10 minutes until grains begin to turn brown and become crisp on bottom. Break up rice in pan to mix soft and crispy grains.

Slice skirt steak across grain.

To serve, place rice in two bowls. Layer with sliced skirt steak. Sprinkle with sesame seeds and chopped scallions then place cucumber and cilantro on top, if desired.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Woods scores historic goal at Canada Summer Games

By Brian Bowman

A goal had not been scored in male box lacrosse at the Canada Summer Games in 37 years.

But Stonewall's Ty Woods changed that.

Woods tallied the first goal of this year's Summer Games as his Team Manitoba squad played to a 4-4 tie with Saskatchewan.

The last box lacrosse game played at the Summer Games was in 1985.

"I got to sign the game ball and the president of Manitoba Lacrosse is ordering a new jersey and they're going to hang that up as well in the Lacrosse Canada Hall of Fame," said Woods last week.

Woods is really proud of the fact that he is in a Hall of Fame. He never dreamed that would be a possibility.

"It's cool," he said. "Pretty crazy."

Woods really enjoyed competing in the Canada Summer Games. Manitoba sent a very talented team to southern Ontario.

"Some of the teams were really good and some were not as good," he said.

Manitoba defeated Saskatchewan 9-7 in a seventh-place game on the final day.

"The win over Saskatchewan was good," Woods

said. "(It was nice) to finish off with a win. We had the lead the whole game."

Team Manitoba was earlier edged 4-3 by New Brunswick in a consolation game.

Manitoba was also defeated 8-3 by Alberta in a quarter-final game.

Team Manitoba finished preliminary Pool B action with a 3-0-1 record and seven points to place first overall.

After starting the tournament with the tie against Saskatchewan, Manitoba defeated New Brunswick 5-3 and Prince Edward Island 13-1 before beating Quebec 6-2 on Thursday.

Giving up just 10 goals in four games is really good in lacrosse.

"We were scoring lots and our defence was playing pretty good," Woods recalled.

PHOTO SUBMITTED

Stonewall's Ty Woods scored the first box lacrosse goal at the Canada Summer Games since 1985 last month. Box lacrosse made a return to the Games after a 37-year absence.



## Blue Jays' Harris, Norquay compete at baseball nationals



TRIBUNE FILE PHOTO

Stonewall's Scott Harris pitched very well against Ontario at the baseball nationals in Nova Scotia.

By Brian Bowman

Scott Harris is used to playing against the Elmwood Giants.

But he recently had an opportunity to play with them.

Harris, a Stonewall Blue Jay, was picked up by the Elmwood Giants along with teammate Chris Norquay, for the 2022 Senior Men's Canadian Baseball Championship in Sydney, N.S.

"It was different. I've probably played against (Elmwood) 12 or 15 years and this was my first time playing with them," said Harris, who lives in Stonewall. "They're a pretty good group of guys and we all got along good. It was fun, a lot of different competition out there than there is around here."

For the 33 year old Harris, it was a great experience competing at his first ever national tournament.

"Every team had a lineup one through nine that could all swing the bat and hit well," he said. "They all had pitchers throwing really hard and they had off-speed pitches. It was a lot different experience than what I'm used to playing against — a lot tougher. I was happy to get the invite because I don't know how many more years I'll be playing."

Harris' lone appearance at nationals was in relief against Ontario on Aug. 27. He threw five complete innings, allowing just two earned runs while striking out a pair, in a 9-2 Elmwood loss.

Ontario scored six runs in the top of the first inning off of the Giants' starter, paving the way for Harris.

"It was exciting," Harris said. "I faced the team that ended up winning the national championship so I faced the best team that there was. They all came to the plate looking to swing. I came in in the third inning and I think they only had one extra-base hit off of me. They really didn't hit me all that hard. I was pretty happy with how I threw."

The Giants were later defeated 5-0 by New Brunswick in the bronze-medal game.

Elmwood started play with a 1-0 win over Nova Scotia as Norquay belted a solo home run in the bottom of the seventh inning.

"I've had walk-off hits before in my life but I've never had a walk-off home run," said Norquay, 33, who grew up in Selkirk and has played in several national tournaments. "So, to have that happen at nationals was a pretty surreal experience. Going in there against what we thought was one of the better teams, to win that way was incredible."

The Giants suffered losses to Alberta (5-1) and Ontario (9-2) to slip to 1-2.

The Giants then edged British Columbia 4-3 in 11 innings in a quarter-final game before dropping an 11-1 decision to Ontario in the semifinals.

Meanwhile, the Blue Jays have advanced to the best-of-five Winnipeg Senior Baseball League final against the Carillon Sultans. Carillon defeated Elmwood 12-4 last Thursday to win the best-of-three semifinal series in three games.

The schedule for the WSBL A final series had not been released at press time.

# Fines in goal for MJHL expansion team in Niverville

By Ty Dilello

Local 20-year-old netminder from Stonewall Chris Fines is set to become the main goaltender for the expansion Niverville Nighthawks of the MJHL.

Fines was born in Winnipeg but grew up in Stonewall. He started playing hockey at the early age of five and was a player until he decided to make the full-time switch to goalie at 12 years old.

It turned out to be a good decision as Fines became a fixture in goal for the Interlake Lightning's AAA program, playing for their U15, U17 and U18 teams.

After coming up through the Lightning's AAA program, Fines progressed to the point of playing Junior A hockey, where he has spent the past two seasons in the MJHL with the Portage Terriers. A multi-sport athlete, Fines also plays a lot of baseball competitively in the summer months.

In the recent 2021-22 campaign, the 6'3" Fines finished with a 5-10-1 re-

cord in 20 games with a 3.62 goals against average, and a .892 save percentage. To date, his favourite moment in hockey was winning his first MJHL game, making 50 saves in the process for an overtime win.

On July 26, Fines was traded by Portage to the expansion Niverville Nighthawks for future considerations.

Playing with the Portage Terriers was a good experience for Fines, but unfortunately, he could never break through as the team's starting netminder. Coming to a new team in Niverville now, Fines has all the makings to become the main guy in goal and is hopeful that he has a big season upcoming.

"I am very excited to join this new organization, and I feel like it will be a very exciting place to play," said Fines. "This is the place where I wanted to go, and I feel that I have a lot left to prove."



TRIBUNE PHOTO SUBMITTED

Chris Fines is hopeful that he will be the starting netminder this season for the MJHL's expansion Niverville Nighthawks.

## Jets' training camp begins

Staff

The Stonewall Jets' training camp began this past Tuesday at the Veterans Memorial Sports Complex.

The Jets will also be on the ice this Wednesday and Thursday at 8:45 p.m. and Saturday at 4 p.m.

Additional ice for those players that qualify will be on Sept. 13, 14 and 15.

The Jets' first exhibition game will be on Sept. 16 at 7:30 p.m. at the VMSC in Stonewall.

## Local badminton players a smash hit



TRIBUNE PHOTOS SUBMITTED

Stonewall's Ashley Woods, left, Chris Wiebe, middle, and Emelia Sinclair have successfully qualified for Manitoba's badminton team for the upcoming Canada Winter Games. The Games will be occurring Feb. 27 to March 5 in Charlottetown, P.E.I. Chris will compete in male doubles, Emelia in female doubles, and Ashley in female singles.

# To see more photos of your favourite Interlake Athletes

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# United kicking opponents this season

By Brian Bowman

The Stonewall United continues to play some great soccer this season.

Stonewall continued its stellar play with an impressive 2-0 victory over SCM Academy in Manitoba Major Soccer League 5th Division action on Aug. 31 at the Ralph Cantafio Soccer Complex.

Stonewall goals were scored by Kevin Penner and Chris Thompson while David Deroche posted the shutout.

"We played really well and we actually changed up how our forwards have been playing," said United goalkeeper Jason Ferris. "We put some of the younger kids up front and they have been scoring goals and that's really nice to see."

With the win, the United is now 11-2-2 and has 35 points to occupy third place in the 10-team division.

Stonewall trails only Southside FC (40 points) and SCM Academy (39) with a game in hand on both teams.

It's going to be a real battle to see which top two teams get a promotion to the MMSL's 4th Division for next season.

"The only thing with moving up is I've been telling these guys that we'll have to start practicing," joked Ferris, noting that the United finished third at a Kenora tournament earlier this summer.

The key for the United this season has been their strong defensive play. Stonewall has allowed just 16 goals in 15 games this season. Remarkably, seven of those goals came in a loss to Southside FC back in early July.

Stonewall's offence has been pretty good, too, with 40 goals scored. That was fourth best in the division at press time.

Stonewall played Southside FC this past Tuesday but no score was available. The United will then battle the ninth-place Tri-S Strike Force on Sunday (5:30 p.m.) at the Selkirk Recreation Complex.

There are some valuable points up for grabs for the United.

"(That) game (on Aug. 31) was key for us," Ferris said. "Winning that game was basically the turning point ... so hopefully we can keep it going and get a couple of more 'Ws' here."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall United goalkeeper Jason Ferris makes a nice save during MMSL 5th Division action earlier this season. The United have been stellar defensively this season, allowing a league-low 16 goals in 15 games.

# Competitive season underway for local curlers

By Ty Dilello

The 2022-23 World Curling Tour season is officially underway, with events beginning to take place all around the world.

Winnipeg Beach's Colton Lott has joined the Matt Dunstone men's rink as second for this next Olympic cycle. Rounding out the team are Gimli's B.J. Neufeld at third and Ryan Harnden (formerly with Brad Jacobs) at lead.

Team Dunstone will kick off their season at the ATB Okotoks Classic in Alberta from Sept. 15 to 18, followed by the PointsBet Canada Invitational from Sept. 21 to 25 in Fredericton, N.B.

Lott will also still be competing in mixed doubles and continues to be one of the country's top teams with

now-wife Kadriana Lott.

"It's going to be a very busy year, but I am very excited for the challenge," said Colton Lott.

"Playing with Team Dunstone is sure to be a great experience, and I just can't wait to get going at our first event together."

One of Lott's teammates from last year, second-man Kyle Doering of East St. Paul, also has a new team. And it's one that has him playing for a new province.

Doering has joined the Karsten Sturmey rink out of Alberta. Sturmey has been one of the top U30 teams in Canada, winning a pair of University Nationals in recent years. However, they haven't broken through and advanced to the Tim Horton's Brier yet. With Doering now coming in to play

second, the Sturmey rink is looking to reach new heights.

"It's a really good squad for me," said Doering. "After my team broke up after last year, I didn't really know where or who I'd be playing with. I thought I might have had a chance to stay and play in Manitoba for a team, but that didn't end up working out, so when Karsten gave me a call about potentially playing in Alberta, we got to talking, and I really liked the opportunity."

Doering's first event with Sturmey was two weeks ago at the Curling Stadium Alberta Curling Series event in Leduc, Alta. Sturmey ran through the event going 4-0 in the round robin and winning their semi-final quite handily.

In the finals, Sturmey went up

against Alberta rival Aaron Sluchinski and appeared to be in control of the game. Sturmey led 6-4 going into the last end, but a few misses resulted in Sluchinski cracking a four-ender with his final shot to win the final 8-6.

Sturmey picked up some cash and ranking points on the weekend and will now look forward to competing again in Leduc next weekend at the Curling Stadium Alberta Curling Series Major.

"It was great just to be out there competing with the new team," said Doering. "We ended up having a really good first event together. Yes, we would have liked that final end of the championship final back. But overall, it was a very successful weekend, and we will take it. It gives us lots of confidence going into the rest of the year."

# Thunder down Sabres in high-scoring affair

By Brian Bowman

The Interlake Thunder Varsity team had a wild start to their Rural Manitoba Football League regular season.

Interlake scored 30 second-half points in a high-scoring 58-43 road win over the Souris Sabres last Friday.

"It was a great win for us," said Thunder head coach Mitch Obach. "Last year, that was one team that had our number so going out on the road to start the season against a team that took us twice and, quite frankly, embarrassed us the last time that we were there, was a huge (win) for us."

Interlake's offence was rolling all game while putting up 616 yards.

"I think we only had one drive where we didn't score," Obach said. "They were just flying. We have a great group of a lot of Grade 12s, a lot of returning guys on offence, so the chemistry is there. They're ahead of schedule for Week 1. They were really moving the ball nicely and we hope that we can keep doing that going into this week."

The Thunder did a really good job mixing up their offence with throws and runs. But Interlake ran the ball

more in the second half.

"That was just an adjustment to what they were doing on defence," Obach said. "They seemed to be more concerned about the pass in the second half and we kept it on the ground. I think that helped us control the flow of the second half better."

Some of the Thunder's offensive highlights included quarterback Tucker Knutson with three rushing touchdowns and a passing TD. Running back Lucas Kmet had two rushing majors while receiver Matthew Houston finished the game with a

rushing and receiving TD. Quarterback Ben Cook had a short yardage rushing touchdown.

Interlake will travel to Moosomin this Friday and then will visit Dauphin on Sept. 17.

It's odd to have a football team play three consecutive games on the road to begin a season.

"I don't know if I have ever done that before," Obach said. "It's a grueling way to start and that's part of the reason that was such a big win for us in Week 1."

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## TOWN OF STONEWALL

### NOTICE OF BOARD OF REVISION

#### General Assessment & Personal Property Assessment 2023 and 2022 Supplemental Property Taxes

Public Notice is hereby given that the 2023 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 13th, 2022 at the hour of 6:30 P.M.** in the Sunova Room at the Quarry Park Heritage Arts Centre, 166 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 27th, 2022.**

Dated this 31st day of August A.D., 2022 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

#### METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

#### SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

#### LOT FOR SALE

Vacant building lot for sale. Gunton - Residential building lot, \$59,900. Also Teulon residential lot, back onto fair grounds, \$64,900. Ph 204-467-8537 or 204-955-2068, Stonewall.

#### BUILDING FOR SALE

24 X 28 building, 2x6 construction, fully insulated, wired & drywalled, baseboard heat, panel box, no plumbing. On I-beams ready to move. Would make good addition or cabin, or a good office building, \$24,900. Ph. 204-467-8537 or 204-955-2068 Stonewall.

#### BUSINESS OPPORTUNITY

Grocery store with liquor and large living quarters. Excellent sales. Listed at 1.2 million. [smallerealty@mts.net](mailto:smallerealty@mts.net) 204-339-1665

#### FARMLAND FOR SALE

Private Sale by owner - 160 Acres of land with mineral rights, 9 miles South of Arborg off of Hwy. #7. Older house (930 sq. ft.) with laminate floor and newer roof and cute gazebo attached to the house, 2 car garage, and 2 out buildings, \$275,000. For more information Please call Albert 204-671-3335 or Lori 204-651-0034 or 204-643-5750.

#### PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

#### ANTIQU & COLLECTABLE SALE

Don't miss the big annual JunkWagon Antiques & Collectables Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled & so much more. Saturday, Sept. 10th. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

#### GARAGE SALE

Anglican Church Garage Sal, Sat., Sept. 24, 2022 from 8:30 a.m. - 12:30 p.m. at 1st. St. W & 1st Ave. N, Stonewall. Donation drop off: Thurs., Sept. 22 5:00 - 8:00 p.m. and Fri., Sept. 23 12:00 - 8:00 p.m.

#### HELP WANTED

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

Teulon Esso full time and part time. Send resume or in person attention Dave or Anne 204-886-3777 or email [7service@mts.net](mailto:7service@mts.net)

Full-time & part-time Class 1 drivers needed in Winnipeg (full time position is scheduled). Need 3 years experience and non-smoker. Please call 204-782-8105.

**Need to Promote Your Business?**  
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## RURAL MUNICIPALITY OF ROSSER NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days: September 14th, 15th, 16th, 19th and 20th of 2022

between the hours of 8:30 am to 4:30 pm at the Rural Municipality of Rosser office, 77 E PR 221, Rosser, Manitoba, nominations will be received for the offices of:

Reeve and four Councillors of the aforesaid Local Authority.

**The nomination deadline is September 20th, 2022 at 4:30 p.m.** Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

**Nomination papers not accompanied by the required documents and not properly filed shall be rejected.**

Local Authority telephone number - 204-467-5711

Dated at Rosser, Manitoba on August 24th, 2022.

Ernie Epp  
Senior Election Official (S.E.O.)  
Rural Municipality of Rosser

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Stonewall Teulon  
**Tribune**

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**HELP WANTED**

Teulon Day Care is looking for a new team member! Monday-Friday 2:30-5:30p.m Additional subbing hours available. Position to start immediately. We are also looking for casual substitutes. Send resume to [teulondc@mymts.net](mailto:teulondc@mymts.net) or pop by the centre.

Wanted reliable, motivated individuals. Must have a valid driver's license. Various positions, warehouse/yard person, data installers, opportunity for fibre technicians. Training provided for successful candidates. Call Jon 204-794-6014.

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes evenings and weekends. P/T office staff for sale days. Every Friday, 1st and 3rd Weds of each month and the odd Monday. Ph. Melissa at 204-299-7509 or email [msobey@hotmail.com](mailto:msobey@hotmail.com)

**WANTED**

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

**UPCOMING EVENTS**

Cluck & Quack Poultry Club Annual Sale - Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, 10 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: [bhartmann@xplornet.com](mailto:bhartmann@xplornet.com)

**Need to Promote Your Business?**

Call 204-467-5836 or Email [igraphic@mts.net](mailto:igraphic@mts.net)

REMEMBER YOUR LOVED ONES WITH A MESSAGE IN THE TRIBUNE

**TENDER**

**Request for Quotation (RFQ) CLEANING SERVICES**

South Interlake Regional Library is seeking quotations for a three-year cleaning services contract for the Stonewall Library Branch.  
419 Main Street,  
Stonewall, Manitoba  
Details at: [www.sirlibrary.com](http://www.sirlibrary.com)

**EMPLOYMENT**

**ACCOUNTANT FULL TIME POSITION FOR LOCAL RETAIL COMPANY**

We require an energetic and experienced accountant to be responsible for all aspects of accounting, up to and including financial statement preparation.

**Requirements:**

5 years experience, knowledgeable in MS excel, Simply Accounting, Minimum completion level 2 CGA or CMA. program, Business administration or business accounting program equivalent. Retail experience would be an asset.

**Salary:** 45,000 - 60,000 (depending on qualifications)

Own Transportation required

Please apply by email to: [email@pratts.ca](mailto:email@pratts.ca)

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**Call Today! 204-467-5836**



Prairie Rose School Division  
**ANNUAL PUBLIC NOTICE**  
ADDITIONS TO THE VOTERS LIST AND/OR  
PERSONAL SECURITY PROTECTION REQUESTS

Notice is hereby given that a copy of the VOTERS LIST may be revised at: **45 Main St. S., Carman, MB** between the hours of 8:00 a.m. and 4:00 p.m. Monday - Friday

At this time the Senior Election Official (S.E.O) will be available to update the voters list by:

1. adding the names of voters who are entitled to have their names on the list;
2. deleting the names of persons who are not entitled to have their names on the list;
3. making such other corrections of errors to the list as required.

**VOTER ELIGIBILITY**

A person is eligible to have his or her name added to the Voters List if they are:

- i. A Canadian citizen at least 18 years of age on election day; and
- ii. A resident of the Division for at least 6 months prior to election day, OR a registered owner of land in the municipality for at least six months prior to election day.

**APPLICATION FOR PERSONAL SECURITY PROTECTION:**

A voter may apply in writing to the S.E.O. (at the address/fax below) no later than **September 20, 2022**, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail, or fax, and must include your name, address, and include proof of identity.

**All changes to the voters list must be completed on or before September 20, 2022.**

Dated at Carman in the Province of Manitoba, on August 30, 2022

**Prairie Rose School Division**  
Rhonda Smith  
Senior Election Official (S.E.O.)  
Box 1510, 45 Main Street South  
Carman, MB R0G 0J0  
Phone: 204-745-2003 or Fax: 204-745-3699

The Next General Election takes place on October 26, 2022.



**EMPLOYMENT OPPORTUNITY**

The Town of Teulon is accepting applications for the part-time position of:

**• Recreation Administrator**

Applicants are invited to submit a cover letter, a resume, plus 3 references.

Direct Applications To:

Attention: Andrew Glassco, CAO  
Box 69

Teulon, Manitoba R0C 3B0  
or via email to [info@teulon.ca](mailto:info@teulon.ca)

Interested applicants may view the specific Job Description online at [www.teulon.ca](http://www.teulon.ca) Under "Career Opportunities"

Applications Deadline: September 16, 2022 at 4:00 p.m.



**TOWN OF STONEWALL**

**EMPLOYMENT OPPORTUNITY**

**QUARRY PARK MANAGER**

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

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

Annual salary will commensurate with education, qualifications and experience. This position includes an excellent employee benefit package.

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

A detailed job description can be obtained on the Town of Stonewall website at [www.stonewall.ca](http://www.stonewall.ca) or by email at [info@stonewall.ca](mailto:info@stonewall.ca).

**Procedure for Applying:**

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

Town of Stonewall  
**Attention: Wally Melyk**  
293 Main Street, Box 250  
Stonewall, Manitoba  
Email: [ashley@m@stonewall.ca](mailto:ashley@m@stonewall.ca)

**Deadline for applications:**

Wednesday, September 14, 2022 @ 12:00 PM.

**Start date:** as soon as possible

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

Ad booking deadline is Monday's before 4pm



# Classifieds

Book Your Classified Ad or Announcement Today -  
Call 204-467-5836 or  
Email [classifieds@stonewallteulontribune.ca](mailto:classifieds@stonewallteulontribune.ca)



## THE RURAL MUNICIPALITY OF WOODLANDS NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days: September 14th, 15th, 16th, 19th, and 20th, 2022

between the hours of 8:30 a.m. to 4:30 p.m. at the Rural Municipality of Woodlands office, 57 Railway Avenue, Woodlands, Manitoba, nominations will be received for the offices of:

Reeve and six Councillors of the aforesaid Local Authority; and Three Members of the LUD of Warren, Manitoba.

The nomination deadline is September 20, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Local Authority telephone number - 204-383-5679

Dated at Woodlands, Manitoba on August 24th, 2022

Ernie Epp  
Senior Election Official (S.E.O.)  
Rural Municipality of Woodlands

### LAKESIDE FLIGHT ACADEMY

Want to learn how 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. Lakeside Flight Academy 204-642-4799.

**HAVE A NEWS TIP OR AN INTERESTING STORY??**  
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Water softeners. All sizes. 5 stage reverse osmosis systems, \$268. E-coli ultraviolet systems. Greensand iron/odour/ manganese removal filters. 10" & 20" Polyspun. String wound. Carbon replacement water filters. Delivery avail. All Seasons Furnishings 204-661-8581.

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### NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a Fall Supper or event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

### NOTICES

NOW ACCEPTING FALL AND WINTER CLASSIFIED NEWS-PAPER ADVERTISING! Book ahead to plan success! Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging out and be seen WEEKLY in over 368,000 homes in Manitoba! Hiring? Selling something? Having an AGM? Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

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### FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 [www.firstandsecondmortgages.ca](http://www.firstandsecondmortgages.ca)

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## FISHER ARMSTRONG PLANNING DISTRICT UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

**RM of Armstrong Zoning By-law No. 10/2022  
Being an AMENDMENT to the RM of Armstrong  
ZONING BY-LAW NO. 6/04 (AS AMENDED)**

**HEARING LOCATION:** RM of Armstrong Council Chambers  
Lot 55 Highway 17, Inwood, MB

**DATE & TIME:** Tuesday, October 11, 2022, at 1:00 PM

**GENERAL INTENT:** To:  
1. Add definition for "Secondary Suite"; and  
2. Add regulations for "Secondary Suite"; and  
3. Allow "Secondary Suite" as a Conditional Use in the "GD" General Development Zoning District, in the "AL" Agricultural Limited Zoning District, in the "AG" Agricultural General Zoning District and the "RR" Rural Residential Zoning District".  
4. Allow "Secondary Suite" as a Permitted Use in the "AI" Agricultural Intensive Zoning District.

**FOR INFORMATION CONTACT:** Corlie Larsen, CAO  
RM of Armstrong  
Lot 55 Hwy 17 Inwood, MB R0C 1P0  
Phone: 204-278-3377  
Email: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)

A copy of the above by-law and supporting material may be inspected at the Rural Municipality Armstrong Municipal Office, Lot 55 Highway 17, Inwood, Manitoba during normal office hours (8:30 AM to 4:30 PM), Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

Note : Property owners are responsible for notifying lessee.



## RURAL MUNICIPALITY OF ARMSTRONG EMPLOYMENT OPPORTUNITY VOTING OFFICIALS

The Municipality of Armstrong is now accepting applications to fill the positions of Voting Officials for the upcoming Municipal Election on October 26th, 2022 and Advanced Poll October 13th, 2022.

Mandatory 2-hour training session will take place in September 2022.

In order to be eligible to work in a temporary election position, you must fit the following criteria:

- 18 years of age or older;
- Legally entitled to work in Canada;
- Fluent in English;
- Applicants cannot be a direct relative of a candidate running in the October 26th, 2022 Election;
- Customer Service and/or experience in managing large groups and public relations;
- Ability to work well both independently and as a team;
- Access to reliable transportation;
- Availability to attend a mandatory 2-hour training session held during the last week in September 2022;
- Experience as a voting official in a previous election considered an asset.

Interested candidates should email [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com) or mail to:

RM of Armstrong; Box 69; Inwood, MB; R0C 1P0  
Attention: Assistant Senior Election Officials

Resumes will be accepted until all positions are filled. We thank all those who apply. Only those selected will be contacted.

Corlie Larsen, Assistant SEO  
RM of Armstrong  
Box 69  
Inwood, MB R0C 1P0  
Tel: 204-278-3377 Fax: 204-278-3437  
Email: [cao@rmofarmstrong.com](mailto:cao@rmofarmstrong.com)

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## HAY FOR SALE

Large round hard-care bales of alfalfa & brome grass. Call 204-461-0722.

## FARM MACHINERY

Haying package all in exc. working condition. 966 IHC tractor, Case/IH DCX131 disc bine, 13 ft. hay conditioner, Buhler 9 wheel hay rake. \$36,000. Also Sokal gooseneck stock trailer, new tires, \$5800. Ph 204-467-8537 or 204-955-2068, Stonewall.



## ROYAL CANADIAN LEGION STONEWALL BRANCH - 467-2261

Lic #418

### THANK-YOU

Thank you to all of the volunteers that came out to make Quarry Days a successful weekend - from the people that showed up to set up and tear down to the people working the gate, liquor tickets, beer garden, pancake breakfast and 50-50 - your efforts are greatly appreciated!

Special thanks to the committee heads Bonnie Brennan, Gord Goresky, Teresa Taplin and Christie Williams and to Terry MacDonald for all her help in the office.

Executive Royal Canadian Legion Branch 52

**Teulon Game and Fish would like to invite you to the Playground Grand Opening!**  
September 11th at 11am  
(Rain date Sept 25th)

**Norris Lake Provincial Park**  
For more information call  
Ron Muir 204-886-7378 or  
Rod Courtney 204-886-3666

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## NOTICE OF NOMINATIONS

### INTERLAKE SCHOOL DIVISION FOR SCHOOL TRUSTEE

NOTICE IS HEREBY GIVEN that nominations for Trustees to serve on the Board of the Interlake School Division will be received by the Senior Elections Officer at the Interlake School Division Office at 192-2nd Avenue North (PTH #67), in the Town of Stonewall, Manitoba on the following days, Wednesday, September 14, Thursday, September 15, Friday, September 16, Monday, September 19, and Tuesday, September 20, A.D. 2022 between the hours of 8:30 a.m. and 4:30 p.m.

I will receive School Trustee nominations for:

- WARD I GROSSE ISLE, MARQUETTE, ROSSER, WARREN, WOODLANDS (Two Trustees to be Elected)**
- WARD II ARGYLE, BALMORAL, TOWN OF STONEWALL, STONEWALL (Rural) (Three Trustees to be Elected)**
- WARD III GUNTON, KOMARNO, TEULON (One Trustee to be Elected)**
- WARD IV STONY MOUNTAIN (One Trustee to be Elected)**

**ALL TERMS FOUR (4) YEARS COMMENCING, October 26, 2022**

Each School Trustee Nomination shall be accompanied by a written acceptance that he or she is a Canadian Citizen, and of the full age of 18 years, that he or she is an actual resident elector as of April 26, 2022 of any ward of the Interlake School Division and not subject to any disqualifications as per P.S.A. Section 22.

All School Trustee nominations shall be made in writing and shall be signed,

By at least 25 Electors of the Ward, or Not less than One Percent of Electors of the Ward, Whichever is the lesser, example: 1,000 Electors need 10 signatures

**Nomination papers not accompanied by the required documents and not properly filed shall be rejected.**

**ALLEN W. LEIMAN  
SENIOR ELECTIONS OFFICER (S.E.O.)  
Interlake School Division**

Telephone Number: 204-467-3017

Fax Number: 204-467-8334

Dated at Stonewall on August 24th, 2022



## TOWN OF STONEWALL

### EMPLOYMENT OPPORTUNITY

#### CORPORATE/LEGISLATIVE SERVICES COORDINATOR

The Town of Stonewall is seeking applications from qualified individuals for the position of Corporate/Legislative Services Coordinator.

Under direct supervision of the Corporate Services Manager, the Corporate/Legislative Services Coordinator shall be responsible for providing administration and communication support for the Chief Administrative Officer (CAO) and Council of the Town of Stonewall.

Annual salary will be commensurate with education, qualifications and experience. This position includes an excellent employee benefit package

The preferred applicant must be detail oriented, will have excellent interpersonal and organizational skills, be self-motivated, and be proficient in Microsoft Word and Excel. Applicants must have the ability to balance personal initiative with a willingness to follow the directions of the CAO, Corporate Services Manager, Council and/or the Municipal Act. Graduation from an Administration Assistant Certificate or Diploma Program or equivalent is required. Graduation from, or enrolment in, the Four Year Municipal Administration Certificate Program would be considered an asset.

A detailed job description can be obtained by email at [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca).

#### Procedure for Applying:

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

Town of Stonewall  
**Attention: Marilisa Voth**  
293 Main Street, Box 250  
Stonewall, Manitoba  
Email: [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca)

#### Deadline for applications:

4:00 PM on Wednesday, September 14, 2022

**Start date:** as soon as possible

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

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## Stony Mountain Community Centre Recreation Facility Technician

**Term Position October 2022 – January 31, 2023**

Under the supervision of the Facilities Manager this position will gain skills in the day to day management and running of a multi recreational facility.

Duties include:

- Learning the fundamentals of ice making and ice maintenance
- Assisting with the day to day running and maintenance of the facility
- Maintaining and upgrading booking, inventory and supply systems

Must be willing to work, evenings and weekends.

Wage \$16 an hour.

Please submit resume to: SMCC, PO Box 40, Stony Mountain, ROC 3A0 or to [stonyrec@mymts.net](mailto:stonyrec@mymts.net).

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## THE RURAL MUNICIPALITY OF ROCKWOOD UTILITY OPERATOR

**CASUAL / PART-TIME / WEEKENDS**

Under direction of the Utility Manager, the casual/ part-time/ weekend Utility Operator will assist in the operation of modern Class II Reverse Osmosis Water Treatment System, Class II Water Distribution System, Class II Wastewater Collection System and Class II Wastewater Treatment Plant. The part-time Utility Operator is expected to conduct necessary weekend water analysis to ensure Canadian drinking water quality guidelines are met, and to participate in the work schedule in effect as established by the Utility Manager.

The successful candidate must possess the following:

- Directly related experience in operation of a Reverse Osmosis process would be an asset
- Demonstrated ability to apply knowledge of the principles and concepts of water treatment
- Excellent computer skills and familiarity with SCADA control, Microsoft Word and Excel are a definite asset
- Ability to work with a minimum of supervision or alone
- Ability to work with the public, employees, and external stakeholders
- Class II in Water Treatment, or willing to obtain
- Class II in Water Distribution, or willing to obtain
- Class II in Wastewater Collection, or willing to obtain
- Class II in Wastewater Treatment, or willing to obtain

Duties to commence as soon as possible.

Applicants who do not meet the above qualifications will be welcomed, providing they are willing to obtain certification in the future.

Salary shall commensurate with experience.

Interested candidates should submit a cover letter and a complete resume outlining education, experience, and three references, and should be submitted in a sealed envelope marked:

“Application Part-Time Utility Operator” on the outside and mailed or delivered to the Attention of Alan Schick, Utility Manager, The Rural Municipality of Rockwood, Box 902, 285 Main Street, Stonewall MB ROC 2Z0, or via email: [info@rockwood.ca](mailto:info@rockwood.ca) or Fax: 204-467-5329.

The deadline for application submissions is open until filled.

For further information on this position, please contact Alan Schick, Utility Manager 204-467-2272.

The Rural Municipality of Rockwood would like to thank all the applicants for their interest, however, only those selected for an interview will be contacted.

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## THE RURAL MUNICIPALITY OF ROCKWOOD NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:  
September 14th, 15th, 16th, 19th and 20th of 2022

between the hours of 8:30 a.m. to 4:30 p.m. at the Rural Municipality of Rockwood office, 285 Main Street, Stonewall, Manitoba, nominations will be received for the offices of:

Reeve and six Councillors of the aforesaid Local Authority.

The nomination deadline is September 20th, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Local Authority telephone number – 204-467-2272

Dated at Stonewall, Manitoba on August 31st, 2022.

Ernie Epp  
Senior Election Official (S.E.O.)  
Rural Municipality of Rockwood  
Box 902, Stonewall, MB, ROC 2Z0



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## CELEBRATION OF LIFE



**Robert Keith Ryan**  
February 24, 1931 – January 1, 2021



**Herbert Edward Ryan**  
October 10, 1936 – December 24, 2020

On Saturday September 10, 2022, from 2:00 p.m. to 4:00 p.m., the Ryan family will be holding a remembrance and celebration of the lives of our father Keith Ryan and uncle Herb Ryan, at the home of Chris and Renee Ryan, Rosser, MB. If directions are needed, please contact Nancy Ryan-Arbez at 204-253-5019.

NOTE: Our event will be in a partially enclosed area. While all are welcome, we ask that you wear a mask while in the enclosed area.

## OBITUARY



**Alice Frances Setterland**  
(nee Pankiw)

January 16, 1949 – August 29, 2022

It is with great sadness we announce the passing of our dear mother, sister and friend, Alice Setterland.

Alice was predeceased by her parents Nick and Frances Pankiw. Alice is survived by her son, Nick and daughter Estelle (Jeremy); grandchildren Cody, Hailey, Jenna and Jared. Also her sisters Doreen (Ray), Tanya; and Bernice, Mark, Tammy and Dale and their spouses and children, as well as her best friend Doreen Tomchak who was always there for her. Alice is also survived by numerous family and friends.

Alice lived and worked in the Teulon area most of her life. She loved her children and grandchildren dearly. She also loved her "girls" (pet cats) as she would say. They gave her lots of entertainment and companionship. She was a great arm wrestler and enjoyed coaching slow pitch baseball.

Though she struggled with numerous health issues, she tried to remain positive and always enjoyed a great laugh. She will always be remembered and not forgotten. Rest in Peace Alice, Your spirit lives within us.

Cremation has taken place, and at Mom's request there will be a private family interment at a later date.

We would like to thank the numerous doctors and nursing staff at the Teulon Hunter Memorial Hospital that have helped her over the years, as well as the Surgical ICU teams at the Health Sciences Centre. Also thank-you to Ken Loehmer for his care and compassion in taking care of arrangements.

*kl*  
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## CELEBRATION OF LIFE



**Peter Louis**

Celebration of Life for Peter Louis will be held on Saturday, September 24, 2022 at 1:00 p.m. in the Teulon Green Acres Park located at 8 Ave SE Teulon, MB. Lunch will be served after.

*There is a link death  
cannot sever,  
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Barb & Menno Friesen, Riverton.....\$559.00	Glen & Phyllis Stevensons, Peguis.....\$877.00	Irene Zazulinski, Fraserwood.....\$279.00
Pat Dudrak, Arborg.....\$499.00	Don & Betty Johnson, Arborg.....\$1,299.00	Kurtis and Iris Stansell, Arborg.....\$239.00
Mary Dunlop, Gimli.....\$109.00	Patricia McCallum, Gimli.....\$569.00	Stephen & Liz Murdock, Koostatak.....\$841.00
Jean Harrison, Arborg.....\$1,988.00	Marce Bielik, Riverton.....\$29.95	Ian and Carla Christiansen, Gimli.....\$2,257.99
Roxanne Roche, Arborg.....\$1,868.00	Joan Olson, Arborg.....\$229.95	Duane Loewen, Arborg.....\$199.59
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Jeroline Smith, Peguis.....\$1227.00	Matthew Smith, Eriksdale.....\$2,297.00
Nancy Woychshyn, Arborg.....\$499.00	Sandra Jonasson, Arborg.....\$549.00	Sharon McLeod, Gimli.....\$1385.97
Donna & Ray Andert, Gimli.....\$899.00	Melissa & Jeff Abuda, Arborg.....\$3,339.00	George and Mary Lywak, Koostatak.....\$629.00
Will Ashley, Arborg.....\$479.00	John Paul Avison, Arborg.....\$679.00	Lorna Friesen, Arborg.....\$599.00
Jake Barkman, Riverton.....\$619.00	Carol & Dan Beauchemin, Inwood.....\$1,129.00	Teddy Ferkel, Sandy Hook.....\$699.00
Mike & Thelma Blahay, Arborg.....\$557.00	Jim Dingwall, Camp Morton.....\$1,038.00	Darrell and Donna Thaddeus, Koostatak.....\$138.00
Elaine Bolter / Geoff Crew, Sandy Hook.....\$999.00	Eugene Feschuk, Gimli.....\$698.00	Joyce and Glenn Peden, Gimli.....\$1,019.00
Karen Dzaid, Arborg.....\$499.00	Jason Hudson, Riverton.....\$1,278.00	Lilja Macaulay, Gimli.....\$829.00
Natalia & Roger Eyoifson, Riverton.....\$1638.00	Darlene Jonsson, Gimli.....\$359.00	Dennis & Marlene Riehl - Arnes.....\$899.00
Randy & Glenda Forster, Hodgson.....\$1898.00	Ruth Kennedy, Arborg.....\$549.00	Ruth & Steve Macduff - Gimli.....\$868.00
Perry & Genni Hibbert, Arborg.....\$479.00	Benita Muzyka, Arborg.....\$388.00	Christine Loft - Riverton.....\$399.00
Kris & Begga Johanneson, Riverton.....\$939.00	Archie Thompson, Arborg.....\$549.00	Thomas Pardoski - Stonewall.....\$399.00
Rick & Sheila Johnson, Arborg.....\$349.00	Amanda Unger, Riverton.....\$799.00	Cindy & Derek Grimolton - Riverton.....\$749.00
Bertha Jonasson, Arnes.....\$769.00	Evelyn Wallach, Poplarfield.....\$899.00	Louise Baryfski - Arborg.....\$1,128.00
Donna Jonasson, Arnes.....\$399.00	Judy Wells, GrandePointe.....\$119.00	Arnold & Shirley Jonasson - Arborg.....\$969.00
Jeannette Kist, Gimli.....\$121.87	Lynn Bear, Peguis.....\$239.00	Eric & Stella Funk - Gimli.....\$889.00
Kevin & Lisa Klym, Arborg.....\$774.00	Hazel Brunen, Eriksdale.....\$729.00	Donna Dolphin - Arnes.....\$515.65
John & Tina Kornelson, Arborg.....\$689.00	David Chudy, Fisher Branch.....\$1,499.00	Maureen Blandford - Arborg.....\$79.00
Ken & Helena Kostshyn, Lundar.....\$639.80	Susie and Brian Eyoifson, Riverton.....\$528.00	Christina Asham - Peguis.....\$2,007.00
Thomas Kowalchuk, Fraserwood.....\$499.00	Nelson Hudson, Koostatak.....\$629.00	Julia Penny - Winnipeg.....\$549.00
Layne & Holly Kulbacki, Arborg.....\$599.00	Larry and Valerie Kornelsen, Arborg.....\$799.00	Rita Kirkness - Koostatak.....\$2,897.00
Edward Penner, Arborg.....\$619.00	Jason Loewen, Arborg.....\$859.00	Kassidy Brooks - Peguis.....\$668.00
Keith Poleschuk, Arborg.....\$2082.00	Rita Milne, Gimli.....\$1,327.43	Crystal & Aaron Magnusson - Riverton.....\$999.00
Curtis Spence, Hodgson.....\$479.00	Minerva Ladies Aid, Gimli.....\$659.00	Barry McKay - Fisher River.....\$399.00
Tanya & Lyle Thorgilsson, Lundar.....\$329.00	Sheila Murdock, Koostatak.....\$1,018.00	Doris & Tom Trottier - Arnes.....\$4898.00
Nancy Woychshyn, Arborg.....\$768.00	Ruth Otto, Ashern.....\$1,829.00	Leonard & Donna Gulay - Arborg.....\$669.00
Mathew & Gemma Avison, Arborg.....\$219.00	Gwen Adams, Matlock.....\$1499.00	John & Carol Petkau - Arborg.....\$49.99
Raymond Bazinet, Eriksdale.....\$389.00	Buddy Chudy, Fisher Branch.....\$1298.00	Jan Lardner - Sandy Hook.....\$2478.00
Lynn Bear, Peguis.....\$1,044.00	Dave and Mary Grate, Koostatak.....\$529.00	Adrian & Allan Koblum - Arborg.....\$53.00
Ken & Linda Cherepak, Arborg.....\$49.01	Frank Dziedzie, Stonewall.....\$859.00	Linda Arneson - Gimli.....\$69.99
Debbie Deveau, Eriksdale.....\$249.00	Heather Fedorchuk, Gimli.....\$1119.00	Olga Persoage - Teulon.....\$54.99
Dorothy Dubchak, Gimli.....\$899.00	Ilean Haldane, Winnipeg Beach.....\$1979.00	Donna Kirby - Eriksdale.....\$728.00
Sid & Beatrice Dueck, Arborg.....\$569.00	Catalina Janzen, Arborg.....\$709.00	Daphne Grier - Riverton.....\$949.00
Don Firman, Arborg.....\$529.00	Joan Krulicki, Arborg.....\$1126.99	William Whiteway - Arnes.....\$1899.00
Leslie Gislason, Riverton.....\$699.00	John Logan, Teulon.....\$439.00	Fred Finsson - Hnausa.....\$319.00
Heather Hamberg, Teulon.....\$749.00	Todd and Lisa Mazur, Fisher Branch.....\$72.40	Dawn & David Sul - Arborg.....\$2118.00

**A NOTE TO OUR CUSTOMERS**  
Due to the nature of this sale, we felt a brief explanation is essential.  
At closing, 6 p.m. Sat. Oct. 1st 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.  
Larry Kornelsen  
Smitty's

**ALL REMAINING**  
DeFehr Furniture  
PRICED  
TO CLEAR

**ALL PURCHASES PAID IN FULL QUALIFY!**  
• Furniture  
• Appliances  
• Clearance Items

**Reclining Chairs**  
starting at  
**\$599**

**Sofas**  
STARTING AS LOW AS  
**\$799**

**PLUS**  
**DON'T PAY FOR 3 MONTHS INTEREST ON EVERYTHING O.A.C.! FURNITURE, APPLIANCES**

**Frigidaire Chest Freezers**  
5 cu. ft.  
**\$299**

**BEDS, BEDS, BEDS,**  
17 Models on Display  
From  
**\$499-\$2499**

**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. 6th and ends Sat., Oct. 1st, 6p.m.  
• All purchasers on free day will be notified and receive their full refund by Friday, Oct. 8, 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 \$298,170.80**



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**HOURS: 9 - 6 TUES. - SAT.**

