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**A safe robbery**

TRIBUNE PHOTO BY DENNIS YOUNG

Two-year-old Kove Dreolini was uncertain about what to do after being taken hostage by the robbers during the Prairie Dog Central Great Turkey Heist of 2024 last Saturday. A group of bandits on horseback targeted the train carrying 300 passengers as it travelled to Grosse Isle. Thankfully, a modest contribution to Helping Hands for Manitobans with Breast Cancer led to Kove being returned to his grandfather, Dennis Young. The donations gathered from the day's journey totalled \$1,416.05.

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# Unique bandanas for your four-legged fashionista

By E Anotnio

Get your dogs, cats or bunnies ready to rock on with a stylish new bandana.

Rock On Bandanas offers reversible bandanas in multiple colours and patterns for animals of all sizes.

Tamara Walld is a young entrepreneur of Woodlands who started her business, Rock On Bandanas, in 2021 in honour of her Jack Russell dog, Rockie.

"I used to call him my Rock, so that is where the name came from," explained Walld.

Rockie used to love wearing bandanas and would refuse to leave the house without wearing one.

"If he didn't have a bandana on, he was sad. He absolutely loved it," Walld added.

Rockie and Walld were best friends for nearly 17 years until his passing. Today, Walld has four other doggy pals to keep her busy at home.

After Rockie passed away, Walld got a new puppy. Baldur, a pitbull, was introduced to Walld's world, and when he first arrived, he could fit Rockie's old bandanas. But he and her other "boys" grew out of them and needed something new.

It was then that Walld had the idea to try making some bandanas of her own. So she called her mom and asked her if she could use her sewing machine to make Baldur some bandanas.

"She put all the stuff together so nicely and she helped me figure out my stitches and all the ways to make the bandanas work," Walld explained.

Walld always looks back on her time with her Mom as she passed away in 2023.



Rockie, the original bandana-loving dog.

"I am actually still sewing on her machine. She was my biggest fan."

Rock On Bandanas is unique as all of the bandanas are reversible, washable and have a safety release snap.

"If they (your pets) are playing, it will come right off if they get caught," said Walld.

Rock On Bandanas has also recently started offering bath wraps for dogs and scrunchies for humans.

The bath wraps are convenient for your furry friend after a bath so they can stay warm and dry. Walld added that the bath wraps also feature safety release snaps.

"The wraps have the snaps so it is a fast on and off. You are not going to be fighting with them after a bath. I do it for convenience," she said.

Rock On Bandanas can be found at local craft shows, including Teulon's Pumpkinfest Farmers Market on Sept. 21. Walld will sell her bandanas alongside KDS Designs, a custom

Continued on page 4



TRIBUNE PHOTOS BY LANA MEIER

Tamara Walld, owner of Rock on Bandanas, offers bandanas for a variety of animals in multiple sizes and colours. Walld will be at Teulon's Pumpkinfest this Saturday.



Walld's four dogs modelling for Rock On Bandanas, left to right: Odin, Thor, Loki and Baldur.

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# Glove Box Gold to perform at sold-out Raise the Roof fundraiser

## Eagles cover band to perform in Stonewall

By E Antonio

Glove Box Gold invites you to take a step back in time with their Take it Easy tour.

The cover band Glove Box Gold, featuring a pool of local musicians, will be hitting the stage in Stonewall on Sept. 21 for a Raise the Roof fundraising concert.

Glove Box Gold — including musicians Scott Hunter (vocals and guitar), Justin Van Alphen (vocals), Danelle Guenther (vocals), Steve Hintz (guitar and vocals) and Terry Ferguson (bass guitar) — will perform their selection of some of the Eagles' greatest hits, along with other popular songs from the era.

Glove Box Gold will start the show at 7:30 p.m. in the Stonewall Parochial Hall, 435-1st Ave. N.

"We are just having fun while we raise funds for the replacement of the roofing on the church," said Stonewall Parochial social events and fundraising co-ordinator Kathy Turner.

The Stonewall Parochial needs to replace its shingles next spring. The church recently received municipal heritage status, and members of the Stonewall Parochial are wanting to re-roof the building in a historical fashion.

"We are all in for a wonderful evening of entertainment. We are very fortunate that they (Glove Box Gold) are able to provide this fundraiser for us," said Turner.

Band manager Lana Hintz shares

how the band came to be.

Hintz was inspired to start up Glove Box Gold when she and her husband saw a cover band in the U.S.

"I was on vacation with my husband visiting my brother and he introduced us to Black Jacket Symphony," explained Hintz. "We said we should try to do something like that — and on our way home, we were talking about making it reality."

A little while later, Glove Box Gold was born to recreate your favourite old-time hits.

The group chooses an artist or band to cover and then they record a two-set album. The first set features an exact set of songs from a specific album and the other focuses on the artists' greatest hits.

"We focus on music that isn't being performed anymore by the original artists," said Hintz.

Since it is their goal to replicate the album as closely as possible, only a few musicians from the 15 artists with Glove Box Gold will be selected to perform at the concert.

The name Glove Box Gold comes from Hintz's memories of the older days.

"Imagine you reach into the glove box of your car and you pull out a cassette or even an eight-track and think you have found gold," described Hintz.

Once Glove Box Gold has selected its cover musicians, they tour Manitoba, performing the songs live again.

While Glove Box Gold's Sept. 21 concert is already sold out of tickets, Turner suggests that you call the church to put your name on a waitlist in case they are able to squeeze in



TRIBUNE PHOTO SUBMITTED

Glove Box Gold's Scott Hunter will be performing at the Raise the Roof sold-out fundraiser at the Parochial Hall this Saturday.

more seats.

You can call or text Kathy Turner at 204-467-5307 or Twylla Gordon at 204-461-4480 to have your name put on a waitlist to see if any more tickets

become available.

In the meantime, you can head on over to Glove Box Gold's Facebook or Instagram page for a listen to the music they produce.



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# Thirty and holding



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The rain didn't dampen the spirits of community members that popped by Quarry Physiotherapy's 30 years in business celebration in the parking lot at 347 Main St. in Stonewall last Friday. As a thank-you to the community for their support throughout the years, the team at Quarry Physio hosted an outdoor complimentary Danny's Whole Hog barbecue and provided live entertainment by Stonewall's Derek Peters and Max. The InMotion Network offers more than just physical therapy services; they include massage therapy, athletic therapy, foot care, acupuncture, osteopath services, chiropractic care and kinesiology, and they have certified dietitians on their team. Pictured top, left to right: Interlake Community Foundation chairperson Bob Beck, CEO of inMotion Network Physiotherapy Clinics and More Scott Allan, CEO Stephanie Roberecki along with their management team members Sherry Scott and Beth Gutkin Roy made a presentation of \$5,000 to the Interlake Community Foundation.



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

**Key Topics include:**

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

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

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

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

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

• **Estate Planning in Blended Families:**

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

• **Providing for Beneficiaries with Disabilities:**

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

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

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

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

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

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

RSVP at [event.deprezandassociates.com](http://event.deprezandassociates.com) or via email to [jaymie.deprez@igpwm.ca](mailto:jaymie.deprez@igpwm.ca). Register early as space is limited.

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## > BANDANAS, FROM PG. 2

paracord pet gear company.

"I love helping dogs and their owners find their favourite colour or pattern. People love to match with their dogs," explained Walld.

Rock On Bandanas is also experimenting with adding a name or saying to the bandanas or a T-shirt with vinyl.

"I am currently learning how to make pet-themed clothing for the pet owners," she added.

If you have a furry friend who would look great in a custom ban-

dana, be sure to visit Walld at the Teulon Pumpkinfest.

Walld also encourages her customers to share photos of their fashionistas with their new bandanas to add to her client picture album.

You can find photos of Rock On Bandanas' offerings on Facebook or Instagram @rockonbandanas. Be sure to follow along so you can add some pictures of stylish pets to your feed and receive updates on which markets the small business will be attending.

# Calling all pollinators Lemonade for sale



TRIBUNE PHOTO BY AMANDA MULLIGAN

Rosser Elementary School students have enjoyed watching their pollinator and fairy garden grow. They have taken pride in watering, tending to the plants and creating homes for their fairies. Thanks to a South Interlake Garden Club grant, the school has beautified their schoolyard. The school purchased all of their items locally, including a garden box, soil and peat moss from Home Hardware in Stonewall. Perennials were purchased at Jasperson's Greenhouse, and fairy garden supplies were bought at Deals for Dollars in Stonewall. Pictured left to right: Lache Monteiro, Abby Hiller, Ayah Ball, Scarlett Campbell, Devon Hueging and Rowyn Findlay.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Three young entrepreneurs — Elliot Insisienmay, Bay Walton and Eva Coutu — set up a lemonade stand on the corner of Jim Mandryk Crescent and Gray Street last Sunday afternoon. Harrison Scrivens, left, and his cousins Nash and Brooks Scrivens stopped by to purchase a refreshing glass of lemonade.



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Jennifer McFee  
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## Farmer's Almanac shares cold and snowy weather prediction

By Jennifer McFee

We've enjoyed a warm and sunny September, but Manitobans know that's not going to last.

The 2025 *Old Farmer's Almanac Canadian Edition* predicts this winter in the Prairies will be colder and snowier than usual.

"When we look across North America, the Prairie region is one of the only places that will have a consistent snow cover," said editor-in-chief Carol Connare.

"That's what we're predicting — just a whole lot of precipitation going on."

Keep your parka and snow shovel handy because the white stuff will likely start to fall within the next two months, according to the Almanac's Prairie weather predictions.

"It's going to be a lot of snow," Connare said. "Things will get going in mid-November, early and late December, early January, mid-February and early March. That's when we're calling for those storms and those snowy times."

Add to that cold snaps expected to coincide with the heavy snowfalls in December, January and February.

"The good news is we're saying spring will be warmer than normal," she said.

"And we're calling it a good grower's summer — cooler and wetter than normal so maybe we won't spend all our time watering. That's a little bright spot."

Founded by Robert B. Thomas in 1792, *The Old Farmer's Almanac* is the oldest continuously published periodical in North America. The publication bases its weather forecasts on a combination of meteorology, climatology and solar radiation.

Besides weather predictions, *The Old Farmer's Almanac Canadian Edition*

touches on many other interesting topics.

"This year, there's a really cool story on heritage breeds of Canadian cows that are making comebacks thanks to farmers," Connare said.

"These kind of heirloom breeds are finding uses again because they are hardy and used to the topography. That's kind of a fun story."

Another must-read, according to Connare, is a story that outlines the Canadian origins of baseball.

"We talk about the first recorded baseball game in 1838 in Ontario and some other Canadian firsts," she said.

"One that really stands out to me is that a Toronto player invented the outfielders' glove. Something I didn't know is that American sensation Babe Ruth hit his first home run at a game in Toronto before he went to the U.S."

Another story highlights the power of tea as a home remedy and shares some of its health benefits.

"There's new data on tea and it's pretty fascinating. Every time I would read it, I would just fix a new cup," Connare said with a laugh. "It's a good way to get through a cold winter."

The Canadian edition also features winners of essay and recipe contests.

"The Almanac has its usual spin. We really concentrate on people who love to grow, so there's a lot of gardening information and stories of people who love to watch the night sky. We update all of that for the coming year," Connare said.

"I think what makes people also love the Almanac is that it's witty. We have trends and fun stories about backyard chickens and how to stay cool without air conditioning — things that might be useful."

The 2025 *Old Farmer's Almanac Ca-*

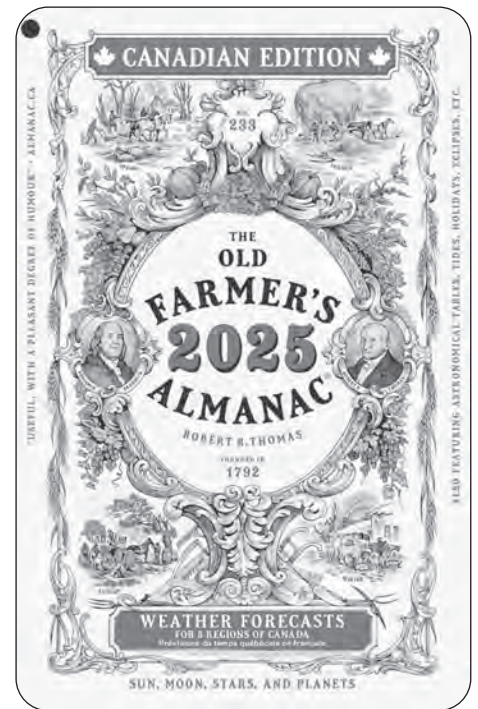


PHOTO SUBMITTED

The 2025 *Old Farmer's Almanac Canadian Edition* predicts this winter in the Prairies will be colder and snowier than usual.

*nadian Edition* is available wherever books and magazines are sold. A list of stores is available at [Almanac.ca/Wheretobuy](http://Almanac.ca/Wheretobuy), and they encourage readers to shop local. Print copies are also available through Amazon, and digital editions can be purchased at [Almanac.ca/Shop](http://Almanac.ca/Shop).

Other popular publications include the annual *Garden Guide*, a digital monthly magazine called *EXTRA!*, *The Old Farmer's Almanac for Kids* and a collection of wall and desk calendars.

The website also offers information on everything from food and history to weather and astronomy.

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TRIBUNE PHOTO BY HALEY CVAR

Stonewall's Kinsmen Lake was the perfect spot to cool off for hundreds of Canada geese on Sunday. Temperatures soared to 28 degrees — which, according to Natalie Hasell, a meteorologist with Environment and Climate Change Canada is eight degrees above average for this time of year. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)

## Manitoba's new chief veterinary officer announced

By Lana Meier

Earlier this month, Agriculture Minister Ron Kostyshyn announced that Dr. Glen Duizer has been selected as the new chief veterinary officer for the Manitoba government.

In this role, Dr. Duizer will oversee the province's initiatives pertaining to animal health, disease prevention and response.

Kostyshyn expressed that the chief veterinary officer is a prominent figure who plays a key role in bridging Manitoba's agricultural and agri-processing industries with animal and human well-being.

"Dr. Duizer's extensive experience and expertise in animal health, emergency planning and response and epidemiology and his strong rela-

tionships with livestock and poultry stakeholders and veterinarians will help guide our work protecting animal and human health, and we are excited to welcome him to this role."

Dr. Duizer graduated as a doctor of veterinary medicine from the University of Prince Edward Island in 1995 and obtained a master of science in epidemiology in 2015. Since 2005, he has been a member of Manitoba Agriculture and has an additional decade of experience working as a clinical veterinarian in both food animal and mixed animal practices.

Manitoba's chief veterinarian, chief veterinary office, provincial veterinarian for animal welfare and other stakeholders work together to protect animals, food and people. The chief

veterinary office is responsible for:

- leading disease planning, prevention, surveillance and response activities,
- supporting biosecurity efforts,
- collaborating in veterinary public health issues,
- overseeing Manitoba's veterinary diagnostic services laboratory,
- maintaining traceability and premises identification systems, and
- connecting farmers, processors and others with information and resources on these issues.

For more information about the work of Manitoba's chief veterinary office, visit: [www.gov.mb.ca/agriculture/animal-health-and-welfare/index.html](http://www.gov.mb.ca/agriculture/animal-health-and-welfare/index.html).

## worship

with us > FAITH

# Promise of Prosperity

*"Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord; I will take joy in the God of my salvation." (Habakkuk 3:17-19)*

There is a deeply unfortunate and profoundly harmful message that is often presented as "Christianity." Perhaps you've heard it. It goes something like this: "God wants you to be rich, and healthy, and successful. All you need to do is have more faith and give money to my ministry and God will bless you beyond your wildest dreams!" It sounds so wonderful, like an incredible burst of hope for someone who needs it. There is one issue with this message though. It is not true.

Jesus, in fact, promised the opposite. He told His followers that in this world they would have trouble, they would face true suffering, but that they could take heart because Jesus' death on the cross was a purchase of eternal victory for those who put their faith in Him, regardless of the circumstances during their years on earth. That is what the words of the verses I began with get at: even if the harvest does not come, the promotion is given to someone else, the diagnosis of cancer comes, the years of trying to have a baby remain unfruitful, the relationship is not healed — even if! — the one who truly knows God can still rejoice.

Christianity is an odd religion. It is, in one sense, very earthy. We believe that now matters! Our lives and decisions on this earth have meaning. But in another sense, it is very heavenly. We can endure hardships here because this is not all there is, and God has promised that for those who come to Him by turning from their sins and putting their faith in Christ for salvation, there will be eternal joy with Him. Note this: God has never promised lives free of suffering, but He has promised that one day all will be made right for those who trust in Him.

Daniel Bredin

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

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

# Still time to buy Save the Kilns 50/50 raffle tickets

By Jennifer McFee

The Save the Kilns project continues to make progress, and a raffle fundraiser will help generate funds towards the goal of restoring the historic structures.

Kelly Kimball, Quarry Park manager, said the foundation of the south kiln is now complete, including a rebuild of the intricate archways that were used as access for removing the processed limestone.

"The remaining levels of the south kiln are being built up daily, and the south kiln is now approximately 50 per cent rebuilt. The timeline for completion of the rebuild — including a roof to keep the elements out for years to come — is approximately late November 2024," she said.

"Once the stones are replaced and the roof completed, the landscaping around the south kiln will be started."

A 50/50 raffle aims to raise money



for the next phase of the kiln restoration project, and Kimball encourages everyone to consider buying a ticket.

"The current pot guarantees a minimum of \$5,000 to the raffle winner," she said.

"The more tickets sold, the higher the pot will go."

Visit [www.rafflebox.ca/raffle/savethekilns](http://www.rafflebox.ca/raffle/savethekilns) to buy your raffle tickets.

The cost is one ticket for \$10, four tickets for \$20, 20 tickets for \$50 or 100 tickets for \$100. The draw date is Oct. 11.



TRIBUNE PHOTOS SUBMITTED

The south kiln's foundation is now complete, including a rebuild of the intricate archways that were used as access for removing the processed limestone

# Woodlands council news in brief: A new Erinview Hall

By Autumn Fehr

Woodlands council accepted Muys Construction's proposal to reconstruct Erinview Hall, increasing the building to 24 feet by 30 feet. The building was destroyed by fire in 2023 and will be replaced through insurance. There should be no direct cost to residents, although residents pay the insurance premiums. The RM hopes to have the building completed by the end of the year but has to confirm a solid date with the contractor.

Council approved the purchase of a 2025 CAT 160-15 AWD grader from Toromont CAT for \$301,606, including trade-in. The RM intends to include a grader purchase in the 2025 financial plan but deems it expedient to commit the funds for the 2025 purchase now due to pricing, availability, trade-in value and delivery schedule. Therefore, the RM has committed to purchasing the grader in 2025, which includes the delivery, trade-in and payment, which will be incorporated in the 2025 budget.

The RM of Woodlands has entered

into a five-year contract with Valley Fiber Ltd. for the provision of fibre internet services to the following locations:

- RM office - \$180/month, 500 mbps
- Public works shop - \$140/month, 150 mbps
- Warren fire hall and multi-purpose building - \$140/month, 150 mbps

These buildings already have internet services; this agreement is simply switching providers and is already included in the budget.

## IN OTHER COUNCIL NEWS:

- Council authorized the West Interlake Watershed District to adjust the second half of the levies to match the confirmed provincial contribution and issue a new invoice for the second payment. The RM pays a levy to be a part of the West Interlake Watershed District. The levy is paid in two halves, once early in the year and another payment later in the year. With confirmed provincial funding, the 2024 levy has been reduced. The

Watershed District asked the RM if they wanted to apply the reduction in levies to one of the programs in the district or use it to reduce their next levy payment instead. Council chose to reduce the next levy payment. The second half of the 2024 levy will be reduced by \$2,098.50.

- Council accepted Reid & Miller Chartered Accountants Inc. proposal for auditor services for 2024-2026. Reid & Miller Chartered Accountants Inc. have been appointed the 2024 auditor for the RM of Woodlands in accordance with section 184 of the Municipal Act. The total cost for the three years is \$46,500. This total does not include the Community Pastures or the CDC audits, which were quoted separately. The draft audited 2023 financial statement for the RM of Woodlands has been received and approved. Once the final audited statement is prepared, it will be made available on the RM of Woodlands website.

- Council accepted the quote from Cypher Environmental for

\$32,025.56 for a road stabilization product. This pilot project will take place on a portion of Road 3W and 76.5N near Warren. The RM hopes to complete the project this fall, but depending on scheduling with the Cypher representative and the RMs own public works schedule, it may need to wait until 2025.

- Council purchased a table at the South West District Palliative Care Inc.'s 2024 Annual Gala Dinner and Dance for \$1,000.

## Al-Anon and AA Meetings Information

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

**Selkirk Red River Al-Anon Family Group**  
Christ Church Anglican  
227 McLean St., Selkirk, MB  
Contact: (204) 482-6287  
Meets every Monday 7-8 PM

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

**Stonewall AA**  
Parochial Hall  
291 1st St. W., Stonewall, MB  
Contact Denis: (204) 981-7747  
Donna (204) 461-0892  
Meets every Sunday 7:30-8:30 PM

**HPV causes cancer in 100 Manitobans each year.**

VACCINE & SCREEN to prevent cervical cancer. PracticePrevention.ca

CancerCare Manitoba  
ActionCancerManitoba  
Brought to you by  
CancerCare Manitoba FOUNDATION  
All funds raised stay in Manitoba.

VACCINE & SCREEN to prevent cervical cancer. PracticePrevention.ca

**Stonewall United Church Christmas Canata**  
*Do you like to Sing? Do you love the Christmas season?*

If you answer "YES" to both those questions, then come join us. We practice on Wednesday nights from 7:00 - 8:30 at Stonewall United Church from September 25 - December 13. Then we perform our Cantata December 14 and 15 in three performances.

**The Cantata this year is called**  
*Let the Whole World Sing.*  
It's a contemporary setting of the traditional Christmas story.

**Come join us!**

Contact Cathy Horbas [cathy.horbas@gmail.com](mailto:cathy.horbas@gmail.com) or 204-232-9926



# MFGA to Host 7th Annual Regenerative Agriculture Conference

By Stephen Burns

Farmers from across Manitoba will meet in Brandon in November to learn about regenerative agriculture's newest practices and innovations.

The 2024 Manitoba Forage and Grassland Association (MFGA) Regenerative Ag Conference will bring speakers from across North America who will share their expertise on the future of farming and how it can be done responsibly.

"We're a regenerative-based pasture management group and focus on protecting grasslands, the environment and renovating pasture," said MFGA chair Michael Duguid, who operates a beef farm based near Arnes.

"This is our seventh conference, and we are a board made up of diverse farmers who share innovative ideas."

The MFGA website says regenerative agriculture is an approach to farm and ranch management that aims to reverse climate change through practices that restore degraded soils. It adds that rebuilding soil's organic material and biodiversity increases the amount of carbon drawn from the atmosphere and improves soil fertility and the water cycle.

Some common practices include no-till or minimum tillage techniques, cover crops, crop rotations, compost and managed grazing.

Duguid says this encourages rest periods for the land and helps distribute manure throughout fields to promote



Cattle graze in a field in Manitoba. Responsible grazing is also good for farm field as it keeps animals healthy and ensures their manure goes back to the land.

plant sustainability and growth.

"We operate with five core principles. Keep the soil covered, keep disturbance of the land low, ensure plant diversity in fields, help the living roots systems in plants and integrate livestock if possible," Duguid says.

"This all helps rejuvenate the soil for the next year and has environmental and economic benefits. You put more carbon in the soil, wildlife can thrive, and you get to protect grasslands."



PHOTOS SUBMITTED

Cover crops are important for fostering wildlife habitats and protecting soil so it regenerates season after season.

This year's conference will welcome speakers close to home from Manitoba and Saskatchewan but also from as far as Bluffton, Ga., and Wolford, N.D., in the United States.

Duguid says this year's lineup will also include speakers from Holistic Management Canada. He says regenerative agriculture and holistic management — a form of regenerative grazing and rangeland management — often go together. There will also

be a round-table panel discussion so experts can answer attendees' questions.

MFGA executive director Duncan Morrison says attendees can expect to learn a lot this year.

"People can expect a whole lot of awesomeness," Morrison says. "They will learn from keynote speakers who work in the same field they do and

Continued on page 10

## Sweet fundraiser for Terry



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Warren Collegiate Leadership Committee successfully raised \$405 during a bake sale held at the school last Friday. They offered homemade treats contributed by staff, students and their families to support the Terry Fox Foundation. At the Varsity Boys' volleyball tournament, Grant Palmer and Carolyn MacKendrick bought baked goods from committee members Colby Darragh, Samantha Boonstra and Charlie Huard.



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# ESCS finished construction on accessible kitchen station

By Becca Myskiw

A new accessible kitchen station was recently completed in Ecole Stonewall Centennial School (ESCS) 's home economics room.

As Amaya Dawson enters Grade 7 at ESCS this year, she faces no boundaries in home ec class. After a motor vehicle collision in 2020 left the now 12-year-old paralyzed from the waist down, she uses a wheelchair in everyday life. The setup in the home ec room at ESCS was not wheelchair accessible, so the school took it upon themselves to change that.

In the accessible kitchen station, there is an oven that opens to the side rather than down, the upper cabinets have pull-down shelves, and everything is at an accessible height for those in wheelchairs.

"It's definitely heartwarming to see it all happening," said Alycia Dawson, Amaya's mom. "[Amaya] is super excited that she actually gets to participate in the same way that her friends do. She's not excluded from anything."

After just having most of their home renovated to add accessibility, Alycia is no stranger to the differences needed for everyday life. They've added a ramp to the front of their house, a ramp to the back and a sidewalk connecting the two. They've also put in a fully functional elevator from the main floor of their house to the basement, changed all flooring to vinyl plank, added electric doors around the house and lowered bathroom counters Amaya can access.



TRIBUNE PHOTO BY JEFF LEVESQUE

Seventh-grade student Amaya Dawson from Ecole Stonewall Centennial School is excited about the opportunity to take sewing classes with home economics teacher Mrs. Fenske in her newly accessible workspace.

"With the school, it's been one thing after the other where they're ready to make necessary changes to make her happy and possible for her to do everything she does," said Alycia, noting that in the school's music room, they've added a lift so Amaya can access each level of the stands.

ESCS vice-principal Jeff Levesque said they strive to increase accessibility, helping Amaya and students in wheelchairs after her. He said having the contractors finish the renovations to the home ec room before the school year started was huge, and the school is beyond happy Amaya could start her Grade 7 year with the accessible kitchen.

"As any student's interests change or they'd like to have access to certain areas ... if we don't have that access, we certainly prioritize opening up that opportunity for students," he said.

As the first half of the year is sewing, Amaya still needs to use the new kitchen station, but the school ordered her a sewing machine she can control with her hands rather than her feet, and she's excited to use it.

The thing Amaya is most excited about, though? Future

students will have all these systems in place when they enter ESCS for the first time.

## > AG, FROM PG. 9

will have a chance to network with other farmers and industry representatives. We focus on bringing in the top minds in regenerative ag."

He says that patience is key to this type of agriculture.

"We encourage farmers to choose their practices and share with others," he continued. "It does take time and there are no silver bullets. If you follow the guiding principles, you will properly position your farm with soil health as a top priority and hopefully profitability to follow."

This is the seventh year the MFGA has put on this conference at the Victoria Inn in Brandon This year's event takes place Nov. 12-13.

In addition to the keynote speakers, Holistic Management Canada will host land and nature-based regenerative agriculture workshops for kids ages 4-12.

To register, visit [mfga.net/regen-ag-conference](http://mfga.net/regen-ag-conference).

### PUBLIC NOTICE

PROPOSED TELECOMMUNICATION TOWER  
19080 Road 94 North, St. Laurent, MB

#### SUBJECT/SUJET:

- Type: 93m guyed tower / Tour haubanée
- Location address: 19080 Road 94 North, St. Laurent, MB
- (Coordinates/ Coordonnés: 50.387917, -97.905127)
- Legal Description / Description légale: ALL THAT PORTION OF FRAC E 1/2 OF 23-16-4 WPM LYING EAST OF THE EASTERN LIMIT OF RLY PLAN 339 WLTO (P DIV) EXC FIRSTLY: PLAN 64277 WLTO
- Facility / Installation: The facility will comprise a proposed 15m x 15m compound. / L'installation comprendra un complexe proposé de 15 mx 15 m.
- Site: The structure will accommodate initial and future loading for all cellular providers, and additional fixed wireless equipment as required. / La structure peut accueillir le chargement initial et futur de tous les fournisseurs de services cellulaires, ainsi que de l'équipement supplémentaire sans fil fixe, au besoin.

Innovation, Science and Economic Development Canada (ISED) is the governing body for this type of installation and can be contacted at: / Innovation, Sciences et Développement économique Canada (ISDE) est l'organisme directeur de ce type d'installation et peut être contacté à l'adresse suivante:

ISED - Manitoba District Office / Bureau de district du Manitoba  
400 St. Mary Avenue, 4th floor, Winnipeg, MB R3C 4K5  
Tel: 1-800-665-3421 or 204-984-4257 Fax: 204-984-6045  
Email: [spectrumwinnipeg-winnipegspectre@ised-isde.gc.ca](mailto:spectrumwinnipeg-winnipegspectre@ised-isde.gc.ca)

**ANY PERSON** may make a written submission to the individuals listed below no later than 5pm (ET) on **Monday, September 23rd, 2024**. Please reference the site code **TOWM042** in your correspondence. / **TOUTE PERSONNE** peut faire une soumission écrite aux personnes mentionnées ci-dessous au plus tard à 17:00 le **lundi 23 septembre 2024**. Veuillez indiquer le code de référence du site, **TOWM042** dans votre correspondance.

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

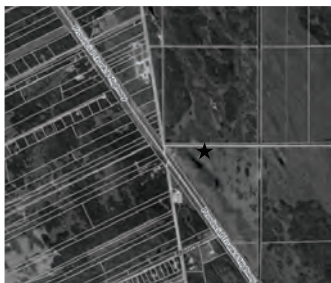
#### APPLICANT CONTACT / CONTACT DU DEMANDEUR

SLI Towers Inc.  
146 Thirtieth Street, Suite 100, Etobicoke, ON, M8W 3C4  
T: (437) 425-3982  
E: [municipal@slitowers.ca](mailto:municipal@slitowers.ca)

#### MUNICIPAL CONTACT / CONTACT MUNICIPAL

**Billie Jean Oliver, CMMA | Chief Administrative Officer**  
Rural Municipality of St. Laurent  
T: (204)646-2259 E: [cao@rmstlaurent.com](mailto:cao@rmstlaurent.com)

#### SITE LOCATION MAP / PLAN DE LOCALISATION DU SITE



Tower location shown with the star / Emplacement de la tour indiqué par l'étoile

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# AMCP a finalist for The Environmental Stewardship Award

By Becca Myskiw

The Association of Manitoba Community Pastures (AMCP) has been named a finalist for The Environmental Stewardship Award (TESA).

After making history as the first non-producer to win the provincial title, AMCP moved on to be named a finalist for the national award. In March of this year, Manitoba Beef Producers gave the organization provincial recognition with the Manitoba TESA award. In August, they attended the Canadian Beef Industry Conference, where the Canadian Cattle Association (CCA) was named the national TESA winner.

TESA started in 1996 and has recognized producers who “go above and beyond standard industry conservation practices.” Nominees show “significant innovation and attention to a wide range of environmental stewardship aspects in their farm operation,” extending to benefit other areas beyond land like water, wildlife and air.

AMCP general manager Barry Ross sees winning the provincial TESA and being a finalist for the national award as recognition for the organization’s hard work recently. AMCP practices rotational grazing, which improves pastures in the long term by encouraging native plants to grow and eliminating forage waste. The organization also introduced fire to help with brush encroachment, keeping the native prairie plants alive and well.

“The award speaks to what we’ve been doing for the last 10 years on Crown land available for the benefit of Manitobans,” he said. “If we take care of the environment, it’ll take care of us.”

Dennis McMahon of the Libau Community Pasture said the association is all about land management and keeping native plants in their natural habitats. He noted rotational grazing

is good for the environment in more than one way.

Rotational grazing allows both plants and soil to recover between grazings, and because the cattle aren’t grazing in the same spot continuously, it reduces methane emissions by evenly distributing the manure. And the benefits aren’t just for the environment — they’re for producers too.

“One of the biggest benefits that I notice is the increase in forage production,” said McMahon. “It’s more quality in your forage, which leads to your cattle doing better.”

Ross noted that Manitoba has more than 350,000 kilometres of natural, protected land, and it is essential to ensure that we take care of it.

“[The award] means a lot to us,” he

said. “The land managers, the riders out there every day ... they have a strong sense of connection with the land. Having other people recognize we’re taking care of this and doing it is rewarding to us.”

Nominated alongside AMCP for the national title was Taylor Ranches in Alberta, Block’s Ranching Ltd. in Saskatchewan, Circle H Farms in Ontario, Ecoboef in Quebec and Holdanca Farms in the Maritimes.

Holdanca Farms won the national TESA award for raising grass-fed beef cattle, sheep, pastured pigs and chickens. The father-daughter duo can custom graze up to 150 head of beef cattle and they manage their land to benefit livestock production and environmental sustainability. Of

Holdanca Farm’s 500 acres, 250 are a managed, biodiverse native woodland and the other 250 are in long-term pasture production.

To learn more about this year’s finalists, go to <https://www.cattle.ca/sustainability/tesa/2024-tesa-nominess>.

## What's *Your* story?

We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out? Please share your story ideas at [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca) Phone 204-467-5836

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**Tribune**

## PUBLIC NOTICE NOTIFICATION DU PUBLIC

### PROPOSED ROGERS 70 METER WIRELESS TELECOMMUNICATIONS GUYED TOWER INSTALLATION

The proposed installation is composed of a 70-meter guyed telecommunication tower.

**Location:** SE 27-13-2 EPM

**Objective:** To improve wireless coverage to the Rockwood community and to meet rising demands for wireless services

**Details:** An equipment shelter will also be installed at the base of the proposed tower and the entire site will be surrounded by a security fence with a locked gated access point.

The public is invited to provide written comments by end of day on **October 19, 2024**, to the contact information shown below. Please include a return address.

**Tower Installation Project:**  
Reference: W6768 Rockwood

**Rogers Communications Inc.**  
c/o Evolve Surface Strategies Inc.  
1640 Rosser Ave,  
Brandon, MB R7A 0M8  
Phone / Téléphone : 1-888-912-2640  
Fax / Télécopieur : 1-403-912-2620  
Email / Courriel : [comments@evolvesurface.com](mailto:comments@evolvesurface.com)

**Land Use Authority contact:**  
**RM of Rockwood**  
Attn. Roberta Van Caeyzeele  
285 Main Street  
Stonewall, Manitoba R0C 2Z0  
Phone / Téléphone : 204-467-2272  
Email / Courriel : [roberta.vancaeyzeele@rockwood.ca](mailto:roberta.vancaeyzeele@rockwood.ca)



### ROGERS PROPOSÉ TÉLÉCOMMUNICATIONS SANS FIL 70 MÈTRES INSTALLATION DE TOUR HAUBANÉE

Le site de télécommunication proposé sera composé d'une tour de type haubanée d'une élévation hors-tout d'environ 70 mètres.

**Lieu :** SE 27-13-2 EPM

**Objectif :** Améliorer la couverture sans fil de la communauté de Rockwood et répondre à la demande croissante de services sans fil.

**Détails :** Un cabinet d'équipements sera aussi aménagé à la base de la tour et l'ensemble du site sera ceinturé d'une clôture de sécurité et d'une entrée verrouillée.

Les citoyens sont invités à soumettre leurs commentaires, avant la fin de journée à la **19 octobre 2024**, soit à l'adresse indiquée (avec une adresse de retour).



### Meadow Lea Hall C.C. Old Tyme Dances for 2024-2025

- Nov. 3/2024.....Gem Stars 1-5pm
- Dec. 1/2024.....Dennis Nykoliotion 1-5pm
- Jan. 5/2025.....Country Pride 1-5pm
- Feb. 2/2025.....Trail Riders 1-5pm
- Mar. 2/2025.....More than Fiddles 1-5pm
- Apr. 6/2025.....Vince Anderson 1-5pm  
Ace Band
- May 4/2025.....Highway 6 Band 1-5pm
- June 1/2025.....Mark Morriseau 1-5pm

Music For Old Time Dance 1-5pm  
First Sunday of every month  
Doors open 1 hour prior to event  
Light lunch provided  
Tickets \$20.00/person  
Contact Carl 204-461-1717

# Interlake in the running for country music awards

By Jennifer McFee

It's clear to see that the Interlake is well represented in Manitoba's country music scene.

Multiple local musicians are nominees for 2024 Manitoba Country Music Association awards.

Derek Peters of Stonewall is gaining attention with three nominations this year.

In the category of Single of the Year, his song "What's Left of the Night" is nominated alongside Catie St. Germain's "High Forever," Kendra Kay's "I'm Good," Nelson Little's "Just Make It Happen," Quinton Blair's "Someday Sunday" and The Sean Taylor Band's "Alberta Sunrise."

In addition, Peters is nominated in the category of Music Video of the Year for "What's Left of the Night," which was produced by Landon Lake. Other nominees are Jesse Bandura for "Hit 'N Done," Nelson Little for "Just Make It Happen," JR Charon for "Killin' Frost," Catie St. Germain for "The Day Gets Too Long" and Leanne Pearson for "The Way He Was Raised."

He also got a nomination nod in the Fay Walker Song of the Year (Songwriters) category for "What's Left of the Night," which he wrote along with Dave Wasyliw, Evan Taplin and Murray Pulver.

"I'm truly honoured to be nominated three times this year, especially since it is my first year as a solo artist. I feel very fortunate to be surrounded by some incredible friends in the industry," Peters said.

"And, of course I can't forget that this wouldn't be possible without the support of my girls at home — Kaitlyn, Hanna and Tenille."

Stonewall's Lachlan McLean is a nominee in the category of All Star Band of the Year – Guitar, up against Brad Moggie, Clinton Giesbrecht, Max Dupas, Rylan Knaggs and Troy Flamand.

"It's always an honour and I'm really grateful," said McLean, who will also be playing guitar with the house band for the MCMA awards event in November. Further ahead, I'll be performing with Don Amero in his Amero Little Christmas show on Dec. 5 at the Burton Cummings Theatre.

Ben Mak of Stony Mountain is vying for an award in the category of All Star Band of the Year – Bass. He's up against Brennan McNabb, Dan Poperechny, Dana Van Aert Pattrosson, Jon Mushaluk and Josh Gareau.

"I am both honoured and excited to be nominated for this category," Mak said. "Music has always been a pas-



Derek Peters has been nominated for Single of the Year, Music Video of the Year and the Fay Walker Song of the Year.

sion, and being recognized is incredibly meaningful."

Until Sept. 27, fans can vote online for their top picks in several categories, including Fan's Choice and Cover/Tribute Artist, Duo or Group of the Year.

In the Cover/Tribute Artist, Duo or Group of the Year, local band Lost in a Small Town is in the running. The band features Trey King of Warren on lead vocals, Colton King of Warren on rhythm guitar and vocals, Garrett Kristjanson of Warren on rhythm guitar and vocals, Craig Keena of Marquette on bass and vocals, Garrett Rattai of Lockport on drums and Cameron Ducharme of St. Laurent on lead guitar, fiddle and vocals.

They're vying against Hearts of Fire, Mandy Ducharme and the Absolute B's, Mike Sacharko Band, Prairieline and Waylon Willie & Cash: A Tribute to the Highwaymen.

"We're very honoured to be nominated for the Cover/Tribute Artist, Duo or Group of the Year. We'd like to congratulate all the other nominees who are with us in this category. We also would like to take the time to thank all our fans — this definitely would not happen without their support and a thank you to our families for supporting us and tagging along to the late-night shows," said Trey King on behalf of the band.

"I also would like to note and thank a group of guys who have helped us out with shows along the way — Trevor King, Gage Millar, Brandin Johnston, Jon Kaus and Ben Loutit. It's always a pleasure having a great group of local musicians who can help you out when needed."

Coming up, Lost in a Small Town is

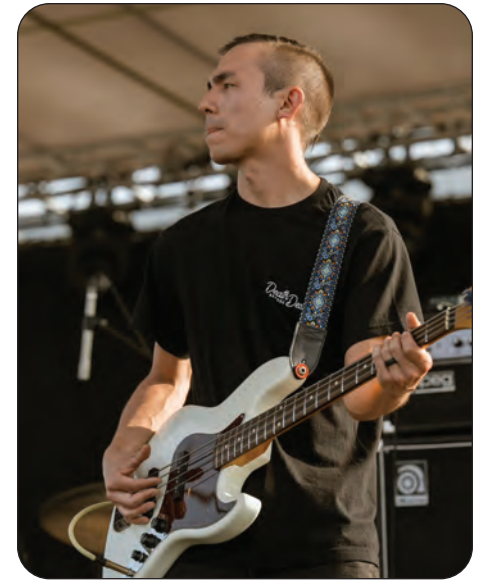


PHOTO SUBMITTED

Local band Lost in a Small Town is nominated for Cover/Tribute Artist, Duo or Group of the Year. Pictured left to right: Colton King, Cameron Ducharme, Trey King, Garrett Rattai, Garrett Kristjanson and Craig Keena.



Stonewall's Lachlan McLean is a nominee in the category of All Star Band of the Year – Guitar.



Ben Mak of Stony Mountain is vying for an award in the category of All Star Band of the Year – Bass.

working towards booking a show at the North Warren Inn in October. Be sure to check their Facebook and Instagram accounts for details.

Another Interlake musician vying for votes for an award is 17-year-old East Selkirk musician Morgan Grace, who has been playing the fiddle since the age of four.

She's nominated in the "Specialty Instrument" category along with Blaine Badiuk, Brad Moggie, Brenton Thorvaldson, Chris Nakonechny and Michael Audette.

The Dauphin Countryfest Festival or Event of the Year nominees are Country Truckin' Hanover Ag Fair, Manito-

ba Stampede & Exhibition, Niverville Fair, Summer Winds Music Festival and Winkler Harvest Festival.

Voting for the Cover/Tribute Artist, Duo or Group of the Year award is open until Sept. 27 at 11:59 p.m. on the Manitoba Country Music Award website at [www.manitobacma.com](http://www.manitobacma.com), where you can also see the full list of nominees in all categories. One vote per IP address is allowed.

Award winners will be announced on Nov. 10 at Club Regent Casino and Event Centre in Winnipeg.

# New produce company offering fresh, chemical-free goods

By Becca Myskiw

A local duo is offering fresh, home-grown produce.

Golden Homestead Produce is a new small produce company in Lake Francis that Pamela Yule and Jeff Selch started. The pair wanted to share the fruits of their labours with the community.

Yule grew up in Lake Francis with gardening in her blood. Her grandma kept a large garden on their family farm nearby, her mom kept numerous greenhouses with hundreds of plants at any given time, and her dad tended to various fruit trees daily. So, upon moving back to the area with Selch, the two planted their large garden to tend to themselves.

"It was such a poor year for gardens because of the spring, but we had a really good garden, so we decided to share and offer our extra for sale," said Selch.

Golden Homestead Produce had a huge radish crop this year — and they weren't just abundant, they were large. They also had a "bounty" of numerous sweet, juicy tomato varieties, making it challenging to keep up with.

Yule and Selch carefully crafted a mix of several soil types and small aggregates in their garden to produce vigorous plants. The blend has dramatically increased their productivity, as evidenced by the 2024 harvest.

Golden Homestead Produce will have more to offer next year. They spent this year not only growing fruits and vegetables but also finding out which ones were best. Through trialling, they found a sweet, tender corn variety they're excited to grow and sell next year.

"Going forward, we would like

to position ourselves to have some unique products that others wouldn't grow or grow easily in their gardens," said Yule. "Next year is going to look like expanding our product offering. But we want to ensure we're offering the best produce, which is why we're trialing."

Along with radishes, tomatoes, and corn, they'll be growing and offering cucumbers and, in the future, possibly asparagus.

Golden Homestead Produce doesn't use fertilizers or chemicals in its produce. Everything is grown with the traditional soil-based method, with the plants getting plenty of sunshine and fresh water. The ground their garden is on is pesticide-free, and they plan to continue that.

"I think local is becoming more important as people want to know where their food is coming from and where it's grown," said Yule. "People deserve choice."

Golden Homestead Produce is growing and will be diversifying every year. Currently, they have no storefront and offer their produce only by ordering. People can contact them through their Facebook page, Golden Homestead Produce.

"I THINK LOCAL IS BECOMING MORE IMPORTANT."



TRIBUNE PHOTO SUBMITTED

Golden Homestead Produce owners Pamela Yule and Jeff Selch will be expanding their options of locally grown vegetables.

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# King Charles III coins at annual Coin Club show Sept. 28 and 29

Fifteen vendors and 28 tables of coinage, bills, historic and foreign coins

Submitted by Larry Dalman

The Manitoba Coin Club will host their annual Coin, Stamp & Collectibles Show on Saturday and Sunday at the Access Centre in West St. Paul on Sept. 28 and 29, with doors opening at 10 a.m. The Royal Canadian Mint will attend from 10 a.m. to 2 p.m. for a coin exchange (2024 Canada \$1 Birth of L. M. Montgomery 150th Anniversary Colourized Loonie Coin Brilliant

Uncirculated).

Make sure to bring your loonies to exchange.

There will be over 15 vendors, with 28 tables of coinage, bills, historic and foreign coins and many other items.

This year will mark one of the greatest changes in Canadian money. We will see a new Monarch, King Charles III, replacing his Mother, Queen Elizabeth II, who reigned for 70 years. The new coins will feature King Charles III.

It was not until 1908 that Canada opened the Royal Canadian Mint in Ottawa and no longer had to rely on its coinage being made in England and sent via ships. The very first coin struck was the 50-cent piece made of 92.5 per cent silver (218,119 minted) and struck by the governor general on the day. This coin today is valued at \$16 to \$5,700, depending on its quality.

In 1975, the Royal Canadian Mint Winnipeg opened and became the supplier of all circulating currency for Canada. The Ottawa branch makes proof, specimen and uncirculated sets and silver and gold collector coins.

Since its opening in 1908, the Royal Canadian Mint has produced coinage and planchets for over 80 countries. As you enter the grounds, those countries' flags are flown at the Royal Canadian Mint in Winnipeg.

Numismatics, the study of coinage and paper currency, has existed for centuries. Millions of individuals from all over the world are involved in this exciting and diverse hobby.

Individuals who attend the show can learn more about our history dating back to the English and French Col-



TRIBUNE PHOTOS SUBMITTED

The Royal Canadian Mint will attend the annual Manitoba Coin, Stamp & Collectible Show in West St. Paul from 10 a.m. to 2 p.m. on Sept. 28 and 29. They will exchange a loonie for an uncirculated L. M. Montgomery 150th Anniversary Colourized Loonie (Brilliant Uncirculated).

onies and the currency used during these periods, including tokens by shopkeepers as currency.

In 1850, the Government of the Province of Canada, as it was known, faced a coin shortage and passed legislation to create its own mint. The British Government rejected this, but it did allow the Province of Canada. In 1858, the first distinctive Canadian coins, denominated in cents, were produced.

However, for the next 50 years, all coinage was still required to be minted by the Royal Mint in England, and some coinage was minted by Ralph Heaton & Sons, a private Birmingham mint when the Royal Mint was too busy. Their coins had a smaller H.

Also, in Canada, four of our provinces had their own coinage: Newfound-

land (1865-1947), New Brunswick (1861-1864), Nova Scotia (1861-1864) and Nova Scotia (1871). Many of these coins had very low mintage and are highly collectible today.

To learn more and enjoy the day, come out and visit with members of the Manitoba Coin Club. You can learn about collections and find items that might surprise you. If you are interested in adding to an existing collection or want to start an adventure looking and learning more about Canadian history through numismatics, members look forward to sharing their knowledge at the Access Centre on 48 Holland Rd. in West St Paul on Sept. 28 and 29. Admission is \$5 and free for kids under 12 years.

## Meadows

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# Teulon Pumpkinfest 2024



## Teulon Pumpkinfest hosts centennial celebration

Teulon Ag Society celebrating 100 years on Sept. 21

By E Antonio

Teulon Pumpkinfest offers a jam-packed day of fun, reminiscing and shopping for all ages, and this year, it is celebrating a special milestone.

The popular community event will celebrate the Teulon Ag Society's 100th anniversary at the Teulon Rockwood Centennial Hall on Sept. 21.

In 1924, the Teulon and District Agricultural Society was created to unite farmers in the community.

"The Ag Society was a way for farmers to come together and share their knowledge with each other," explained Teulon Pumpkinfest organizer Darci Loehmer.

"Pumpkinfest is a fall festival celebrating our rural roots, celebrating our harvest," said Loehmer.

Each year, Pumpkinfest draws thousands of visitors across the province. Loehmer explained that the Ag Society has been hosting the festival for over 30 years, marking it as a "small-town tradition."

The Teulon Ag Society is happy to host the yearly festival as they know it positively impacts the town.

"(We want) to give the community a wonderful experience and to have memories be made," said Loehmer.

You can expect many of your favourite events to be on Teulon's 31st Pumpkinfest schedule.

Saturday morning starts with a delicious pancake breakfast hosted by the Teulon Lion's Club. For \$6, you can indulge in a pancake and sausage breakfast to get you ready for a day of fall-themed fun.

The famous Largest Pumpkin Weigh-Off, hosted at the Charison's Turkey Hatchery Grandstand, starts at 10:30 a.m. and anyone with a large gourd is welcome to enter.

"We have huge pumpkins that come from all over Manitoba," explained Loehmer.

Even the youngest of family members have a chance to be honoured at Teulon Pumpkinfest. If you have a baby under 24 months old, try your luck to see if your child can gain the title of Cutest Baby. Judging for the

Cutest Baby Contest begins at 12:15 p.m. at the Red River Co-op Mainstage. To celebrate the 100th anniversary of the Teulon Ag Society, notable dignitaries will bring greetings and present awards to acknowledge the centennial celebration.

Registration for the Ag Fair takes place from 8:30 to 9:30 a.m. This year's Ag Fair features 45 categories, including fall arrangements, vegetables, canning, photography, multiple pumpkin-related competitions and more. Judging will take place from 10 a.m. to noon, followed by public viewing.

Several new events will be making their Teulon Pumpkinfest debut this year.

"In honour of the 100th anniversary, we have added a heirloom category to the fair competition," Loehmer said.

She explained that the fair competition has been a popular event at the Pumpkinfest for many years and that all items entered must be new.

"This year, we have opened it up to see if anyone will enter something made in the past. Like grandma's old quilt, wedding gowns, beautiful sweaters that someone's grandma would knit ... we want to honour the past."

If you are looking to enter Charison's Turkey Hatchery Pumpkin Weigh-Off this year, you can register and drop off your pumpkins Friday evening or Saturday morning from 8:30 to 9:30 a.m.

The largest pumpkin competition awards \$1,000 for first place, \$500 for second place and \$300 for third place.

The Teulon Pumpkinfest is also excited to host two new and local artisan demonstrations this year.

"Jen Sonnenberg, who won the *Great Canadian Pottery Throw Down*, will be doing live clay demonstrations and will be letting people throw if they wish. LaVerne Tucker from Last Dance Ranch will be doing a looming demonstration," said Loehmer.

She added that Tucker will work on a 100-year-old loom when she holds her demonstration.



TRIBUNE PHOTO SUBMITTED

Teulon Pumpkinfest is back Sept. 21 and is celebrating the Teulon Ag Society's 100th anniversary. Come on by the Teulon Hall for a day of family fun.

The Access Tent, located in the Teulon Elementary School playground, will have activities for the children, including crafts and activities all day. She also added that there is a petting zoo for the family to enjoy.

If you want to shop, the Teulon Pumpkinfest will host its Farmer's Market again this year. There will be a large array of handmade items for sale. The Lavallee Pumpkin Farm will also be open and ready to sell pumpkins of all shapes, colours and sizes.

The Pumpkinfest also has you covered if you want a bite to eat. The Lion's Canteen will serve their meal-time favourites inside the Hall or you can stop by one of the food trucks near the grandstand to satisfy your hunger.

The annual fall festival will also have entertainment for everyone to enjoy. "We have three different ethnic groups coming to perform," added Loehmer.

Fubuki Daiko, a Japanese drumming group, multiple Ukrainian dance groups and the Flying Lion Dance Troupe, a Chinese dance group, will all grace the Main Stage.

"It's a little taste of Folklorama right here in our town celebrating diversity and culture," Loehmer said.

Lori Benn and Garreth McNichol-Briggs will also bring their local talent on Saturday morning.

Pumpkinfest's entertainment will end with an exciting circus act with Sarah Teakle. She will entertain the audience with her eye-catching circus tricks.

Teulon Pumpkinfest runs rain or shine, so dress appropriately for the weather.

Loehmer is looking forward to this year's festival as she knows there is endless fun to be had.

"There is something for everybody to enjoy. Every generation can come together and celebrate the day."

Admission is \$5 per person or \$20 per family and covers most of the events hosted by the Teulon Ag Society. Additional fees may be required for external vendors.

For more information about Teulon Pumpkinfest, including a full schedule, visit [www.teulonpumpkinfest.com](http://www.teulonpumpkinfest.com)

# Teulon Pumpkinfest

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9:00-10:30 am // Pancake  
Breakfast

9:30 am // Singers Lori Benn &  
Garreth McNichol-Briggs

10:00 am // Prairie Wildlife  
Rehabilitation Centre

11:00 am // Fubuki Daiko

12:00 pm // Awards, Speeches &  
Teulon Ag. Society 100th Year  
Acknowledgement

12:15 pm // Cutest Baby Contest

12:30 pm // Ukrainian Dancers

1:15 pm // Flying Lion Dance

Troup

2:15 p

3:00 p

Fabulo

Circus

3:30 p

Annou

## Access Credit Union Activity Tent

9:00 am-4:00 pm // Childrens Crafts

9:30 am // Diamond Disc Dog Show #1

10:00 am-3:00 pm // Face Painters

10:00 am-12:00 pm // Slime Making

11:30 am // Diamond Disc Dog Show #2

1:00 pm // Pie Eating Contest

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# Fun at the fire hall



TRIBUNE PHOTOS BY KRISTINE SARAH PHOTOGRAPHY

The Woodlands Fire Department hosted its largest open house to date last Saturday at the Warren Fire Hall. Over 300 people dropped by the department to meet the crew, learn about fire safety, tour the public education trailer and watch firefighters in action as they performed a vehicle extrication demonstration. Guests enjoyed a complimentary hot dog lunch, visited with Sparky, and the children enjoyed the bouncy castles.

Next up for the department is its recruitment evening on Sept. 19 at 7 p.m. at Woodlands Hall on Railway Avenue. The recruitment evening is an opportunity for the public to come by and learn about serving on the department.



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# Spectacular fall weather for outdoor market



TRIBUNE PHOTOS BY LANA MEIER

Carter's Craft Barn Country Day Market was held a beautiful harvest afternoon with temperatures recorded at 26 degrees C. last Saturday. With over 20 local entrepreneurs showcasing their unique creations, there was something for everyone. Visitors enjoyed exploring an eclectic mix of items perfect for Christmas shopping, from handmade crafts to unique gifts that support local talent. The silent auction and 50/50 proceeds were donated to Ride for a Child's Wish, Make a Wish Canada.

## Winners for the Balmoral Rec Capital Maintenance raffle drawn



TRIBUNE PHOTO BY EMMY BYLE

The Balmoral Recreation Enterprises Capital Maintenance Fund Raffle draw was made last Saturday at the Wes Killbery ball tournament. The winner of the 2024 Polaris Ranger 5700 Northstar, valued at \$28,000, was won by Chelsea Meier of Stonewall. The second prize of a Pit Boss Smoker/BBQ Pro Series II 11 including cover and pellets, valued at \$1,800 was won by Anthony Guarino of Argyle. Both prizes were donated in memory of Tom McCrea. There were a total of 860 tickets sold.

# Recycle your mattress and box spring on Sept. 28

By Jennifer McFee

For anyone looking to part with their mattress and box spring, they can sleep well knowing there's an environmentally responsible disposal option.



TRIBUNE PHOTO SUBMITTED

REACT is encouraging the community to drop off unused or unwanted mattresses and/or box springs on Sept. 28 from 10 a.m. to noon. The cost is by donation.

REACT (Rockwood Environmental Action Community Taskforce) is teaming up with Mother Earth Recycling for the first time to recycle mattresses and box springs — and keep them out of the landfill.

Mother Earth Recycling is an Indigenous-owned work integration social enterprise that provides recycling services while creating jobs and training opportunities. Through Mother Earth Recycling, mattresses and box springs are separated into fabric, foam, metal and wood, which can then all be recycled. This labour-intensive work is undertaken by staff who face barriers to employment as a way to help them get back into the workforce.

All the separated components find a new life through secondary markets. For example, foam can be used for carpet underlay, metal for cans and wood for crafts or firewood.

On Saturday, Sept. 28 from 10 a.m. to noon, mattresses and box springs can be dropped off in Stonewall. The location will be provided to those who contact REACT at [info@reactinc.org](mailto:info@reactinc.org).

Capacity is limited and only available to Stonewall, Teulon and Rockwood residents. To reserve a spot for your mattress and box spring, email [info@reactinc.org](mailto:info@reactinc.org).

The cost is by donation.

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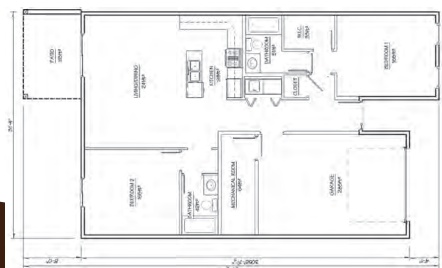
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# I Love You, You're Perfect, Now Change musical coming to Selkirk

Advance tickets on sale now for Sept. 27 and 28

By E Antonio

Are you on the scout for some evening entertainment? If you are looking for a fun and entertaining way to fill your evening, join Interlake Players with their live performance of *I Love You, You're Perfect, Now Change* on Sept. 27 and 28

Interlake Players is a small performing group that first got together in 2016 over their passion for acting.

Mitch Obach, a member of Interlake Players, explained that the group used to tour their shows through different Manitoba communities.

"We would tour different places in the Interlake. We have been to Gimli, Ashern, Selkirk, Teulon, Stonewall and more," said Obach.

Interlake Players began performing *I Love You, You're Perfect, Now Change* in 2019 but had to take a break due to the pandemic.

"This is our first time back on stage in five years," added Obach.

He explained that the group was unsure when they would hit the stage next, but in the spring of 2024 they all felt the urge to perform again.

*I Love You, You're Perfect, Now Change* is a musical featuring five actors who portray 60 different characters who develop through life. The musical is also the second-longest-running off-Broadway show, originally debuting in the 1990s.

"It is a very funny and crowd-pleasing show," Obach explained.

"You see intimacy to first dates to marriage to kids to family life to in-laws to old age. It shows the life and relationship journey by taking a funny look at it."

Obach started acting in high school and now plays around 15 different characters in *I Love You, You're Perfect, Now Change*.

Obach will be joined on stage by his wife, Kendra Obach, and his lifelong friends, Lily Reder, Lindsey Weber and Chris Arms with Paula Kiwill accompanying them on the piano.

The Obach duo resides in Selkirk, and their fellow castmates are from the Interlake. *I Love You, You're Perfect, Now Change* is featuring a ton of home-grown talent.

Interlake Players debuted their 2024 performance of *I Love You, You're Perfect, Now Change* at A-Spire Theatre in Gimli at the end of August, and it was a thrilling success.

"We had such an awesome response in Gimli," said Obach.



Kendra Obach and Lily Reder's characters lament the shortage of dateable men while performing the song "Single Man Drought."



Lindsey Weber and Mitch Obach perform the "Marriage Tango" (with pianist Paula Kirkland in the background).

Interlake Players will perform two performances of *I Love You, You're Perfect, Now Change* at the Selkirk United Church on 202 McLean Ave.

The performances are on Sept. 27 and 28, with showtime beginning at 7 p.m., and will serve as fundraisers for different community groups in Selkirk.

"We try and partner with community groups who might want to make a few bucks," explained Obach.

The Selkirk Community Choir is one of the organizations raising funds by selling tickets for the musical.

"[The choir] always has ongoing costs of buying music, equipment, rental space, etc. We try to keep fees down for singers in whatever ways we can," said Selkirk Community Choir director Kendra Obach.



TRIBUNE PHOTOS BY DEAGHAN MCLEOD

Interlake Players is bringing you *I Love You, You're Perfect, Now Change* to the Selkirk United Church on Sept. 27 and 28. The dynamic musical is sure to fill your evening with fun and laughter. Bride Kendra Obach, groom Chris Armstrong and clergyman Mitch Obach share their emotions on the wedding day.



Lily Reder as Mom and Chris Armstrong as Dad driving each other crazy in the song "On the Highway of Love."

Tickets cost \$25 and can be purchased by contacting Kendra Obach at 204-513 0433 or by emailing klobach@gmail.com. Obach encourages you to buy your tickets in advance, as a limited number of tickets will be sold at the door.

*I Love You, You're Perfect, Now Change* is suited for viewers 14 and older due to its mature content. Obach noted that a cash bar will also be available for their performance at the Selkirk United Church.

If you are interested in fundraising or acting with Interlake Players, Mitch invites you to contact Kendra.

Mitch and the rest of the cast are eagerly awaiting their performance in Selkirk and are excited to provide you with an evening of fun with family and friends.



Mitch Obach and Lily Reder perform the song "Tear Jerk."

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## United miss playoffs in spite of strong finish

By Kieran Reimer

The Manitoba Major Soccer League's playoff picture is almost completely settled now with only a few clubs wrapping up their regular seasons this week.

Division 3 B's Stonewall United knows they won't be making the playoffs.

United's season ended this week after a 1-1 draw against Superbia FC on Thursday and a 3-0 forfeit win over CA River Plate on Monday night.

Though the United finished the season in fifth place with a 7-8-3 record, Division 3, which features an A and B division, only gives playoff berths to the top three clubs in each division, unlike Divisions Premier, 1, 2, 4, and 5, where six teams make the playoffs.

For United, getting into the top three required four more wins as they finished 12 points back of Kildonan Cavaliers who took the final playoff spot.

Early in the season, United held that spot, even holding first place at one point after starting the season 3-0.

As the season progressed into July and August, United's play dipped to the point where they lost six of seven matches and quickly saw their spot in the top three slip away.

United made one final push in September, picking up two draws and a win, but ultimately, it wasn't enough, as they were eliminated from playoff contention two weeks ago.



**TRIBUNE PHOTOS BY JO-ANNE PROCTER**  
Rayden Labelle tracks down an airborne ball against Superbia FC on Thursday, Sept. 12. Labelle helped United to a 7-8-3 record this season to finish fifth in the Manitoba Major Soccer League's Division 3B.



United's Chris Hunter dribbles around a Superbia FC defender on Thursday, Sept. 12. United went on to draw the match 1-1.

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United's Dante Lourenco heads down a ball against Superbia FC on Thursday, Sept. 12. Lourenco was one of United's leading scorers this season with three goals.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Thunder Varsity team staying fresh with intersquad game

By Kieran Reimer

The Crunchers were the only Interlake Thunder club in league action over the weekend.

The Thunder were on the road Saturday at East Side Eagles Football Club, still seeking their first win of the season after last week's one-score loss.

On Saturday the team struggled to play up to last week's level against a well-rounded Eagles Cruncher squad.

The Thunder went on to be shutout 36-0 in the game, as the Eagle's offence was able to break through.

"Our offence struggled against a very strong defence, and our defence kept it somewhat respectable against a very strong offence," said head coach Kyle Kauk.

The Crunchers have seven days off to prepare for next Sunday's game against the Transcona Nationals.

The Thunder will be looking for their first win in what will be their fifth game of the Manitoba Minor Football Association season.

Kick-off will go at 4 p.m. on Sunday, Sept. 22, from Transcona Nationals Field.

### PEEWEE

The Pee wee Thunder (0-4) had their first bye week of the MMFA season.

Their next game will be Saturday, Sept. 21, against the St. Vital Mustangs at 1:30 p.m. at St. Vital Mustangs Field in Winnipeg.

### VARSITY

The Varsity Interlake Thunder (1-0) had the weekend off from league play after last week's dominant 34-12 win over the Falcons Football Club.

Though it may have been a bye



TRIBUNE PHOTO BY LANA MEIER

The Thunder's Levi MacMillan carries the ball, while Lincoln Preun and Landon Girard look on.

## TCl second in preseason



TRIBUNE PHOTO SUBMITTED

The Teulon Collegiate Saints Varsity Girls Volleyball team placed second this past weekend at the DMCI Pre-season Volleyball Tournament. The six-team tournament marked the first games played by the Saints this season as they prepare for the upcoming Manitoba High Schools Athletic Association Season. Pictured left to right, back row: Rod Ledochowski (head coach), Sarah Taylor, Alayna Toth, Monika Stolle, Teagan Price, Alivia Dromerski, Sarah Inglis; front row: Shiloh Nault, Sarah Tyluk, Sheridan Osnach, Avery Reed, Jasmine Fisher and Julia McMahon.

week, the Thunder were still in action Saturday afternoon, playing their first in-season intersquad game. The club is looking to stay game-ready during their weeks off.

Due to multiple injuries the team has sustained over the past few weeks, the team ran the game with one offensive team and one defensive team with an alternate points system and drives starting from the 45-yard line at Stonewall Collegiate Field.

After 18 drives, the Thunder offence was declared the winner by a score of 22-18.

Head coach Christoff Hasselfield said the first of multiple intersquad games this season was a successful use of time where otherwise they would have just run practice as usual.

"I thought it was a very useful event," said Hasselfield. "It gave us an opportunity to get a good look at

our depth as well as some starters playing in different positions than usual. We definitely saw improvement at the areas we highlighted as needing attention after our game last week. I was very impressed with the communication displayed by our defence and I thought running back AJ Nadon, again, was the star of the game turning what should have been negative plays into long runs."

The Thunder return to business as usual this week with two practices ahead of Saturday's 2023 Rural Manitoba Football League championship rematch against the St. Vital Mustangs.

Both teams enter the game 1-0 on the season and will play each other twice this regular season.

Kick-off will be at 4 p.m. on Saturday, Sept. 21, from the St. Vital Mustangs Field.

To see more photos of your favourite Interlake Athletes

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Rams swing past local competition to earn provincial berth

By Kieran Reimer

Stonewall Collegiate Rams golf teams are already winning tournaments two weeks into the school year.

Last Thursday, both the boys and girls teams coached by Cody Benson competed in the Interlake School Division's Zone V Championships at Lakeview Hecla Golf Course and went on to win the tournament, punching their tickets to the Manitoba High Schools Athletic Association provincials.

On the boys' side, all four members of their foursome played dominantly throughout the 18 holes. Nicolas Turner, Cole Swanson, Josh Learmond, and Reese James shot four of the six lowest scores of the day as the Rams ran away with the boys' championship.

James and Turner's scores of 85 led the way for the Rams as their lowest scores on the day.

On the girls' side, Jordyn Chetyrbok, Tasha Thiessen, Shannon Bondnarous and Reese Fidler shot the lowest overall team score on nine holes to win the

girls' championship.

Chetyrbok, the only grade nine on the team, shot the lowest score of the entire girls' championship, 54, to win the individual tournament and help the Rams secure their berth in provincials.

"It meant a lot to win, especially as a ninth grader," said Chetyrbok. "It helped a lot with my confidence and wanting to go further in golf. I was able to perform so well because I was focused. I wanted to win for myself and my team. I practiced a lot by going to the range and playing at many different courses over the summer. I had some lessons and watched videos online to improve my game."

Now, Chetyrbok and the Rams' focus shifts to provincials, which begin on Thursday, Sept. 20 at Minnewasta Golf & Country Club in Morden.

Both the boys' and girls' teams will play 18 holes in the tournament, competing for the coveted MHSAA Provincial Championship Banner.



TRIBUNE PHOTO SUBMITTED

The Stonewall Rams golf teams brought home both the MHSAA Zone V Seniors Boys golf and Senior Girls golf Champions 2024-2025 banners from Hecla. Pictured left to right: Boys Josh Learmond, Nicolas Turner, Cole Swanson, Reese James and girls Jordyn Chetyrbok, Tasha Thiessen, Shannon Bodnarus and Reese Fidler.

## Thanks coach! National Coaches Week Sept. 16-22

By E Antonio

National Coaches Week celebrates the thousands of coaches across Canada who give their time, passion and knowledge to their sport.

National Coaches Week is Sept. 16-22 this year, and the Stonewall and Teulon Skating Club wants to highlight one of their special coaches.

Leigh Nesbitt has been coaching skating teams across Manitoba for over twenty years.

Nesbitt fell in love with the sport when she was a toddler.

"When my parents realized I enjoyed my time on the ice, they signed me up for lessons with Gillam Figure Skating Club. Over the years, I've grown into my role in this big skating family first as a skater, then as a volunteer and now as a coach and mentor to new young coaches," explained Nesbitt.

Over the last two decades, young and old skaters have had the opportunity to be coached by the skating veteran. This year, Nesbitt will be coaching the CanSkate program.

"Our learn-to-skate program is where we work with beginners who are just learning to get up and get moving," she added.

Nesbitt will also coach athletes in the STARSkate program, where she will assist them in further developing their figure skating skills.

Nesbitt's passion for coaching comes from the feeling she gets when connecting with her athletes.

"I love watching skaters master skills that seemed



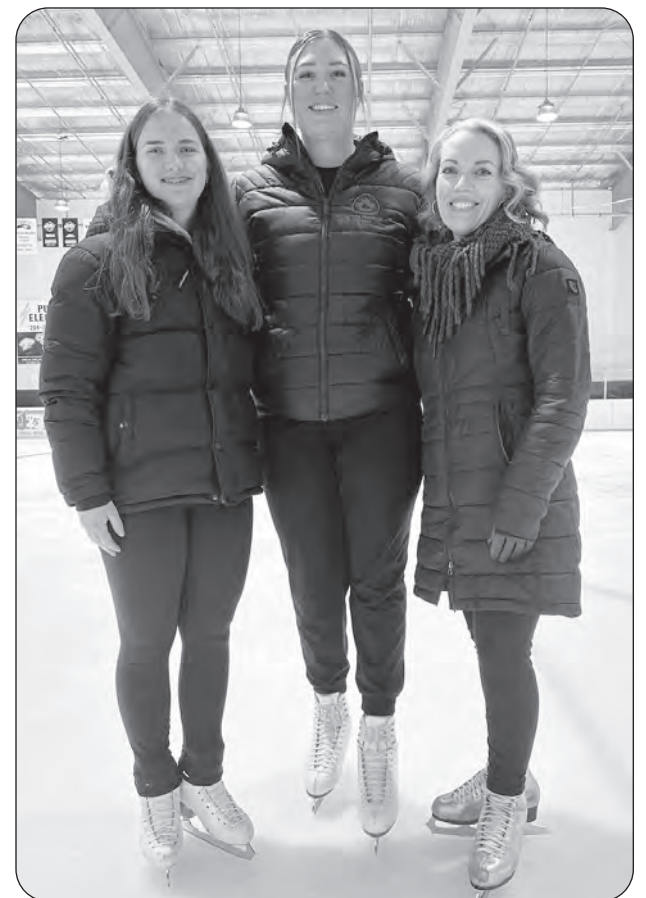
difficult at first like landing a jump for the first time or beating their best competition score."

One of her favourite memories of being a coach happened last year when her daughter stepped into a coaching role and coached skaters in Teulon.

Nesbitt is consistently looking out for her skaters on the rink.

"My goal as a coach has remained steady throughout my years on the ice: to help skaters find a lifelong love of being on the ice," she explained.

Nesbitt is thankful for all the skaters she has met while coaching and looks forward to being a part of future skaters' lives.



TRIBUNE PHOTO SUBMITTED

Stonewall Skating Club 2023-2024 season coaches Katie Roy, Keesha McCutcheon and Leigh Nesbitt.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Cockerill unbelievable at Amgen Irish Open

By Kieran Reimer

Interlake's Aaron Cockerill has placed ninth in the Amgen Irish Open.

Cockerill, 32, shot an even (71) in Sunday's final round at Royal County Down GC to finish the tournament only seven shots back of Denmark's Rasmus Hojgaard who won the tournament.

Cockerill played a very steady tournament shooting 71 on Thursday, Saturday, and Sunday, while carding a 69 on Friday.

Heading into the weekend, Cocker-

ill was in the mix of players within a handful of strokes of the lead that was held by former world number one Rory McIlroy who ended up finishing second.

Cockerill's ninth place finish was his highest finish of the DP World Tour season. He accumulated 101.0 Race to Dubai Points that go to his overall total of 822.34.

He is now 39th in the DP World Tour's Race to Dubai and is ranked 279th in the Official World Golf Ranking.



TRIBUNE PHOTO SUBMITTED

Aaron Cockerill teed off in the final round of the Irish Open last Sunday, tying for ninth with Alex Fitzpatrick and Sami Valimaki.

## U18AAAF Lightning play pair of exhibition tune-ups

By Kieran Reimer

The U18AAA Female Interlake Lightning hit the ice last weekend for their first games of September.

On Friday, the Lightning played an exhibition game at The Rink against RHA.

RHA's offence took over in the game,

winning 7-1, with Chloe Minkus scoring the lone goal for the Lightning in the loss.

The Lightning were back on the road on Saturday for another exhibition game against the Central Plains Capitals at Stride Place in Portage la Prairie.

The Lightning threw 41 shots at the Capitals goaltender as they trailed 2-1 late in the third.

The Capitals added an empty netter to win the game while only recording 12 shots.

The Lightning's lone goal came from rookie Keira Pattie, scoring her first in

a U18 Lightning uniform off a redirected Georgia O'Neill point shot.

Their next game will be Friday, Sept. 20, against the Westman Wildcats at 2 p.m. at Stride Place.

## South Interlake 55 Plus pickleball tourney a smashing success

By Kieran Reimer

South Interlake 55 Plus had another massive showing at their annual pickleball tournament last weekend.

This year, 234 people between the ages of 25 and 79 competed in the three-day tournament at Stonewall Curling Rink to engage in friendly competition and raise money for South Interlake 55 Plus programming.

Emma and Tom Forbes, who co-ordinated the event, said it ran smoothly with the help of over 50 volunteers.

Each participant received a gift basket at the door and was provided with snacks made by volunteers.

"It's the volunteers that really make it a success, we have fantastic volunteers," said Emma Forbes. "This is helping a lot of the seniors in the community with the programs and keeping them active. It's really important."

This year, 63 teams of two were awarded medal certificates following a total of 474 games played over Friday's women's doubles, Saturday's

mixed doubles and Sunday's men's doubles.

Saturday saw the first Stonewall-based team win gold, as Rene Comeault and Katherine Comeault placed first in the mixed doubles 3.0 division.

On Sunday, another Stonewall duo captured gold. Again, Rene Comeault and Jim Shuturma, in the men's doubles division 3.5 (55-64), cruised through the round robin and playoffs on route to victory.

This year's tournament even attracted competitors from as far away as Brandon and Fargo, N.D., which gave participants the opportunity to explore the Interlake during breaks in competition.

"Everyone had a great time," said Emma Forbes. "They all said they were looking forward to next year. Some of them came in and said your restaurants are great, the shopping in the town was great, so it was really good in that way. All the profits went



TRIBUNE PHOTO BY JO-ANNE PROCTER

Theresa Arnott, right, and Kaylin Price-Lewis pickled Michelle Norris and Melanie McGurk, left, 11-0 in the finals of the Women's Division 3.0 of the South Interlake 55 Plus annual Pickleball Tournament on Sept. 6.

to the South Interlake 55 Plus to support senior programs."

# get inspired

> MEAL IDEAS

  
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## Caterpillar Sandwich



Total time: 20 minutes  
 Servings: 1  
 2 slices whole-wheat bread  
 mayonnaise, divided  
 1 slice Kretschmar American Cheese  
 2 slices Kretschmar Off the Bone Ham  
 1 leaf iceberg lettuce  
 1 cherry tomato  
 1 carrot, shaved  
 1 slice Kretschmar Provolone Cheese  
 black decorating gel  
 On two slices whole-wheat bread, spread thin layer of mayonnaise on each.  
 Lay American cheese, ham and lettuce

leaf on one bread slice then top with other bread slice.

Using biscuit cutter, punch four holes into sandwich, removing crust from sandwich, then set aside.

Using toothpick or knife, poke two holes into cherry tomato. Insert small cores of carrot into tomato for “antennae.”

Using pastry tip, cut “eyes” out of provolone cheese. Cut out sliver of provolone cheese for “mouth.”

Dab mayo on back of “eyes” and “mouth” then attach to cherry tomato.

Use black decorating gel to add tiny dots to eyes for pupils; set aside.

Place four mini sandwich circles on plate to form caterpillar body then place cherry tomato face at one end.

## Spiced Pineapple Skewers



Total time: 30 minutes  
 Servings: 4  
 8-10 stainless steel or wooden skewers  
 16 ounces pineapple,  
 1 1/2 pounds Kretschmar Spiced Pineapple Ham  
 1/2 cup Hawaiian-style barbecue sauce  
 1 green bell pepper  
 1 red bell pepper  
 1 small red onion  
 1/4 cup canola oil  
 1 teaspoon salt  
 black pepper, to taste  
 oil, for grates  
 Prepare skewers. If using wooden

skewers, soak in water 30 minutes.

Heat grill to 300 F.

Trim and cut pineapple and ham steak into 1-inch cubes, 1/2-inch thick, and lay on paper towel to pat dry before placing in mixing bowl. Add barbecue sauce to bowl. Toss to combine.

Cut bell peppers and red onion into equal-sized, 1-inch cubes. Place in small bowl and coat with canola oil, salt and black pepper, to taste.

To assemble skewers: Alternate threading ham, pineapple, bell peppers and onion onto skewers then place on baking sheet.

Using paper towel, apply oil to grill grates or grill pan then place skewers on grill uncovered, turning every few minutes until charred, no longer than 6-7 minutes.

## Chicken Spaghetti



Recipe courtesy of “Cookin’ Savvy”  
 Servings: 4  
 2 pounds spaghetti noodles  
 1 box chicken broth  
 water  
 3 cups chopped, cooked chicken  
 2 tablespoons garlic powder  
 1 tablespoon onion powder  
 1 can (10 ounces) cream of celery  
 1 can (10 ounces) diced tomatoes and green chiles

## Why fibre is important during a perimenopausal diet

By Julie Germaine Coram

Each stage of life has significant challenges, but thankfully, there are nutritional ‘cheats’ to ease the physical burden. A high-fibre diet during perimenopause can help combat uncomfortable bloating and digestive issues and even aid women in managing the emotional changes often experienced.

Fibre also supports healthy weight management by controlling appetite and the excretion of excess hormones, such as estrogen. When transitioning through this stage of life, it is incredibly important to include foods such as fresh fruit, oats, a variety of vegetables, whole grains, and high-fibre legumes in your regular diet.

Unfortunately, not addressing dietary issues during perimenopause can result in weight gain, mood disorders, low energy, and ongoing struggles with proper digestion. The latter is a common complaint women make, which can be alleviated by simply incorporating more soluble fibre to promote optimal gut health.

An increase in body fat is usually accepted by women over 40, and some healthcare professionals even encourage them to embrace this. Women are beautiful in every size and shape and should never be unhappy with their bodies, but it is possible to avoid weight gain by maintaining a healthy metabolism. This is accomplished through regular physical activity and a complete, nutritious diet. Once again, fibre plays a key role by keeping you feeling ‘full’ for longer (more satisfied and energized). It can also stabilize potential insulin spikes by slowing digestion overall.

Quality rest is essential for everyone’s well-being, and no one wants to be interrupted by hot flashes in the middle of the night. Interest-



**Julie Germaine Coram**  
 Registered personal trainer

ingly, the fibre content in foods like flaxseed or chia seeds can bind to excess estrogen during digestion, aiding in its removal from the body. This hormone-balancing effect of fibre can help ease the perimenopausal symptoms, promoting a good night’s sleep.

Lastly, cardiovascular health should always be a priority, and the risk of cardiovascular disease rises as estrogen levels decline. Cue fibre once again! Beans are high in fibre and have been proven to lower cholesterol levels, supporting great heart health.

Do you want to discuss your nutrition questions, fitness goals and struggles with me? Visit my website [www.juliegermaine.com](http://www.juliegermaine.com) or schedule a consult by visiting: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

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

salt, to taste  
 pepper, to taste  
 1/2 block pasteurized cheese  
 shredded cheese or Parmesan cheese (optional)

French bread (optional)  
 salad (optional)

In large Dutch oven, cook spaghetti noodles in chicken broth and water. While noodles are cooking, add chicken and let water reduce until almost gone and noodles are moist.

Turn off heat and add garlic powder, onion powder, cream of celery and diced tomatoes with chiles; add salt and

pepper, to taste. Cut cheese into chunks and add to Dutch oven. Mix well and cover Dutch oven with lid, about 5 minutes.

Serve spaghetti with shredded cheese or Parmesan on top, if desired. Serve with French bread and salad, if desired.

Tip: Leftovers can be placed in disposable aluminum pan and covered with foil. Freeze up to 1 month. When ready to eat, heat oven to 350 F and bake 30 minutes with foil on then 5 minutes with foil removed. If dry, add 1/2 cup chicken broth during final 5 minutes.

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Please see the **complete job description** at <http://www.sipd.ca/p/employment-opportunities> for details on the position, including job duties and responsibilities, required skills and qualifications, work location and hours, transportation, training, compensation, and more.

### MINIMUM QUALIFICATIONS:

- Must be legally entitled to work in Canada;
- High School Diploma, GED, or equivalent is required;
- Must possess and maintain a valid full stage Manitoba Class 5 driver's license;
- Minimum of two (2) years of demonstrated work experience in municipal by-law enforcement, policing, private investigation, security, or a related field;
- Post-secondary education and/or training in municipal by-law enforcement, policing, private investigation, security, or a related field is considered a strong asset and may be substituted for one (1) year of work experience;
- Ability to interpret provincial legislation, including but not limited to the Municipal Act, the Planning Act, the Municipal By-law Enforcement Act, and the Freedom of Information and Protection of Privacy Act is considered a strong asset;
- Effective investigation, analytical, negotiation and mediation skills are required;
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- Effective customer service, interpersonal, public relations, and problem/complaint resolution skills;
- Excellent oral and written communications skills (ability to speak Punjabi and/or Hindi considered an asset);
- Demonstrated knowledge of computer software applications including proficiency in Windows-based software, including Microsoft Office Suite;
- Must be a proven team player with strong collaboration skills.

If you are interested in applying for this position, please send or email your cover letter, resume, and three references (a minimum of two references must be work-related) to the General Manager of SIPD by **Friday, October 4, 2024, at 12:00PM CST:**

Eric Shaw, General Manager  
South Interlake Planning District  
Box 1219, Stonewall, MB, R0C 2Z0  
Email address: eric.shaw@sipd.ca

**Please note:** We thank all those for applying, however, only those selected for an interview will be contacted.

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The Interlake Community Foundation (ICF) is looking for a dynamic individual to take on the role of Executive Director. The position will be responsible for the management and organization of the Foundation's activities.

We are looking for someone with a good working knowledge of accounting, computers, social media and general office and accounting software including Quickbooks and WordPress.

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The position is a hybrid position and will entail 25 - 35 hours per week shared between home and our office location.

Starting salary will depend on experience and qualifications.

Please forward resumes to:  
Interlake Community Foundation  
PO Box 1575  
Stonewall, MB R0C 2Z0  
Or: info@interlakefoundation.ca

Deadline for applications is Friday, September 27, 2024

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**FLEA MARKET SALE!!! FIVE DAYS OF MADNESS!!** Funky, Frugal, Fabulous Finds! 9 a.m. - 6 p.m. **SEPTEMBER 19th - 23rd;** Thursday, Friday, Saturday, Sunday, Monday. **LUCIEL Creations** - BOHO handmade bags, scarves, jewelry, accessories. **Granny's Crochet Corner** - handmade crochet clothing, hats, scarves, blankets etc. **FunkyTown Furniture & Home Décor** - wide selection of unique restored furniture and home décor, wall art. **VINTAGE Collection** - wide variety of vintage and retro. Variety of new and gently used items; linens, dishes, pet supplies, dog kennels, planters, too many to list! Located **INSIDE Winnipeg Perimeter** on Mollard Rd & Summit Rd. (Follow signs off Highway 6, onto Paterston Drive). 20 minutes from Stonewall. Next to **Oatway Farms**. Pin drop: 49.978108, -97.298143 (Call or text: 204-298-6784).

### HEALTH

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### CARD OF THANKS

Thank you to the many friends, neighbours and family members for the good wishes, prayers, cards, hospital/home visits, phone calls/ messages and "goodies" during my recent hospitalization and recovery. Your genuine expression of concern is special to me and it will not be forgotten. God Bless you all.  
-Barrie Carman

### CARD OF THANKS

The South Interlake Rockwood Ag Society wishes to acknowledge the Rockwood Quarry Producers for providing sponsorship to our Country Music Night on August 23rd at our Ag grounds featuring the music of Gethen Jenkins. A huge thanks to Merle Balsillie from Standard Quarries for bringing this opportunity to our organization. The fundraising event was well attended and the evening was perfect. Thank you to Consbec Inc, Austin Powder, Big Block Auto and Agassizi Aggregates for sponsoring the awesome display or fireworks provided by Canfire Pyrotechnics and to Lana and the staff at the Stonewall Teulon Tribune for donating the advertising. Again, thanks to all.

### ANNIVERSARY



The family of **Ben and Diane Blue** invite you to a "Casual Come and Go" celebration in honor of their parent's **60th Wedding Anniversary** to be held **Sunday, September 29th** at the **Red Barn, 6018 Rd. 75N off Hwy 236, Stonewall** 2 to 4 p.m. Refreshments 3 p.m. Hope you will join us.

### ANNIVERSARY



**Happy 65th Anniversary to Joan and Russell Maxwell 1959 - September 19 - 2024** We would like to wish our parents, grandparents, and great-grandparents **Joan and Russ a Happy 65th Anniversary!** -With lots of love, all your family **XOXOXO**

### HELP WANTED

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Email: Winnipeglivestocksales@gmail.com  
Phone: Dylan 204-228-4754 or Belinda 204-894-5447

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### NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF WOODLANDS

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **9th day of October, 2024**, at the hour of **06:00 PM**, at Rural Municipality of Woodlands, 57 Railway Ave, Woodlands, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
84730	LOT 7 BLOCK 1 PLAN 19934 WLTO IN NORTH 1/2 22-14-2 WPM - 304 PARKER STREET, WOODLANDS	L - \$30,700 B - \$158,800	\$15,847.39

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

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

Dated this 30th day of August, 2024.

Managed by:



Kaitlyn Griffith  
Chief Administrative Officer  
RURAL MUNICIPALITY OF WOODLANDS  
Phone: (204) 383-5679  
Fax: (204) 383-5169

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**Express your Thanks with a message in the Tribune**

Stonewall Teulon **Call 204-467-5836** or email **igraphic@mts.net**

### NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES TOWN OF TEULON

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **16th day of October, 2024**, at the hour of **11:00 AM**, at Town of Teulon, 44 - 4th Avenue SE, Teulon, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
6600	LOT 3 BLOCK 5 PLAN 1155 WLTO IN E 1/2 21-16-2 EPM - 146 MAIN ST., TEULON	L - \$18,200	\$2,781.27
6700	LOTS 4 AND 5 BLOCK 5 PLAN 1155 WLTO EXC OUT OF BOTH OF SAID LOTS ALL MINES AND MINERALS AND THE RIGHT TO WORK SAME AS MORE FULLY SET FORTH IN INSTRUMENT NO. 460015 WLTO IN E 1/2 21-16-2 EPM - 152 MAIN ST., TEULON	L - \$36,300 B - \$165,600	\$9,378.01
34900	LOT 1 PLAN 2371 WLTO EXC ELY 60 FEET IN NE 1/4 21-16-2 EPM - 55 FIFTH AVE SE, TEULON	L - \$30,900	\$3,504.42

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

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

Dated this 10th day of September, 2024.

Managed by:



Chris Yuen  
Chief Administrative Officer  
Town Of Teulon  
Phone: (204) 886-2314  
Fax: (204) 886-3918

# Announcements



**IN MEMORIAM**



**Clayton Frederick Tully**  
 June 24, 1983 – September 19, 2000  
 Not until you've lost a child  
 do you know how it feels to be  
 sad every single day....  
 even when you experience joy.  
 We will love you forever  
 We will miss you always  
 As long as we live  
 Our son and brother you will be.

-Love Mom,  
 Garrett, Elaine, Sierra, Wyatt,  
 Elliott, Grace, Brooklyn and Eli

**IN MEMORIAM**



**Roger George Griffin**  
 May 11, 1942 – Sept 16, 2020  
 The moment that you left me  
 My heart split in two  
 One side filled with memories  
 The other side died with you.  
 I often lay awake at night  
 When the world is fast asleep  
 And take a walk down memory lane  
 With tears upon my cheek  
 Remembering you is easy  
 I do it every day  
 But missing you is a heartache  
 That never goes away.  
 I hold you tightly within my heart  
 And there you will remain  
 As my life goes on without you  
 But will never be the same.

*"My Soulmate & My Man –  
 Forever in my Heart"*  
 - Claudette

**IN MEMORIAM**



**Judith Marlene Willey**  
 In loving memory of  
 my wife, our mother and grandmother  
 who passed away  
 September 22, 2017  
 Remembering you is easy,  
 We do it every day;  
 But missing you is the heartache,  
 That never goes away.  
 If memories bring us closer,  
 We are never far apart;  
 For you are always in our thoughts,  
 And forever in our hearts.  
 -Always loved and deeply missed by  
 her husband Blaine,  
 children Damon, Kari, Ryan and Christine,  
 and grandchildren Nathan and Keira

**IN MEMORIAM**



**Shirley Fleury**  
 October 4, 1952 – September 14, 2009  
 You Are Missed  
 Mom  
 Those we love don't ever go away,  
 They walk beside us every day;  
 Unseen, unheard and always near,  
 Still loved, still missed and always dear.  
 -Lovingly remembered by  
 Carl, Mike, Melanie and Melissa

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

**OBITUARY**



**Shirley Rurak (nee Popowich)**  
 The family of Shirley Rurak (nee Popowich) announces with deep sorrow of her sudden passing on Wednesday, September 4, 2024, at the age of 76.  
 She leaves behind her two daughters Tammy and Shawna; grandchildren Dylan (Kayla), Daryl, Emalia and Lillian; great-grandchildren Avery and Rowyn; brother Stanley (Annette) Popowich; sister Donna Thomson; sister-in-law Diane Rurak (Clarence Borys); nieces and nephews Debra (Bill) Zeleny, Cheryl (Jeff) Untereiner, Bryan (Paulette) Patchin, Jason (Verena) Popowich, Marla (Nolan) Efford, Meghan and Owen Thomson and her beloved cat Molly.  
 Shirley was predeceased by her loving husband Merv, parents, Bill and Olga Popowich (nee Furman).  
 A funeral service will be held on Saturday, September 21 at 10:00 a.m. at Cropo Funeral Chapel, 1442 Main Street with viewing commencing at 9:30 a.m.



Tributes: [www.cropeo.com](http://www.cropeo.com)

**OBITUARY**

**Forbes Stewart**  
 Forbes Stewart passed away unexpectedly on September 10, 2024 at his home in Warren, MB. A longer notice will follow.  
 Service is planned for October 17, from 2-4 at the Warren Hall.

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



**OBITUARY**



**Gordon Johnson**  
 May 26, 1957 – August 29, 2024  
 Gordon Johnson, age 68 of Teulon, passed on August 29, 2024 at HSC. He was born on May 26, 1957 to Sam and Pat Johnson of Winnipeg. He attended school firstly in Winnipeg then Stony Mountain and completed in Stonewall. He resided in Stony Mountain for his teen years. He moved to Teulon in his later years and worked for the Town of Teulon for a number of years until his retirement. Gordon was an avid fisherman and a good jokester. Gordon bought a beautiful Harley Davidson for his 60th birthday, his pride and joy. He loved to ride until he no longer could due to medical problems.  
 Gordon is survived by his two children, Melissa and Jason; his brothers Ed (Val), Gerald (Darlene), Kelly (Mary Ann); sisters Barb (Ed), Cathy (Rod), Lori (Ernesto), Janice (Gee); many nieces and nephews; very good friends and cousins, Reg and Ali.  
 Gordon was preceded in death by his parents Pat and Sam and brother Michael.  
 Cremation has taken place. There will be a Celebration of Life at Gord's place on September 21, 2024 at 2 p.m.

**OBITUARY**



**Robert Charles Gavine**  
 It is with deep sorrow that we said good bye to our beloved husband, father, grandfather and papa Bob at Stonewall Hospital on September 4, 2024. Bob was born on November 27, 1929.  
 He is survived by his loving wife of 69 years Joan and sister-in-law Sandy and daughters Tracy (Tom, Jason, Michelle and Brad), Margaret (Gary, Sarah, (Alicia) Dale, Heather (Eric, Jason, Charlie and Theo) and Trevor.  
 He was predeceased by his parents Ebba (Charlie) Russ (Sue) and much loved daughter Jo-Ann, as well as many other relatives and friends.  
 We would like to extend our heartfelt thanks to the doctors and staff at Stonewall Hospital for the excellent care provided during his stay. Thanks also to Michelle at Home Care and the aides and nurses who gave excellent care to Bob over the years. Thanks are also extended to the doctors and health care professionals at CancerCare who gave excellent care to our Bob for over 25 years. He appreciated you all.  
 Funeral Service will be held on Saturday, September 21st at 6:00 p.m. at New Life Church, Stonewall, Manitoba.



204-886-0404

# Announcements



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## OBITUARY



**April Gail Gage**  
March 28, 1981 – July 3, 2024

April Gail Gage (Vicente), passed away unexpectedly on July 3, 2024 at the age of 43 years old. Her family is deeply saddened by her sudden death.

April is survived by her sons Carter (Sarah) and Charlie; her husband James; her mother Christine (Darroch) Carson and stepfather Dale Slater; her father Jorge Vicente and stepmother Eileen and The Carson family. Forever remembered by her siblings Ingrid (Vicente) Kerkhof and husband Cory; nephews Grayson, Tristan and niece Claire; brother Jess Carson as well as many aunts, uncles, cousins, friends and colleagues who loved her dearly. Also left to mourn her loss are Jamie's parents, Ross and Maureen Gage and sister, Shannon Gage.

April was predeceased by her grandparents Ingrid and Jack Darroch, as well Aurinda and Humberto Vicente.

Growing up in Charleswood and graduating from Oak Park High School; April went on to pursue her dream career of becoming a registered nurse. After completing her Bachelor of Nursing, April furthered her education to receive a Masters of Nursing. We were all beyond proud of her achievements. April was a bright and spirited soul who lived each day to its fullest. Her humorous nature was unmatched as she always saw the funny side of life and made everyone she met, laugh. Second to the love of her children, her passion was her work. April loved nursing, her clients and community. She cared so deeply for people around her, putting everyone first without asking for anything in return. She was a beautiful person inside and out, a great wife, mother, daughter, sister, friend and colleague who made an impact on many lives. April will be forever missed. Until we meet again, our sweet angel girl.

In lieu of flowers, donations can be made to a charity of your choosing in April's name.

Please join us in celebrating April's life on Friday, September 27, 2024 – anytime between 3:00 p.m. and 7:00 p.m. at The Red Barn – Stonewall, MB Road 75 North & MB 236.

## OBITUARY



**Barry Nicholas Andreциw**  
September 21, 1951 – September 1, 2024

It is with heavy hearts we announce the peaceful passing of Barry Nicholas Andreциw in the Health Sciences Centre on September 1, 2024 at the age of 72 years with family by his side.

He will be sadly missed by his sister Beverly Lesko (Arnold), his nephews Scott Lesko, Mathew Lesko (Jesse), nieces Brittany Meijer (Sean), Angela Lesko, his great nieces Rylee, Callie, Rowan and Bentley, his great nephew Logan and his little furry friend Harvey, as well as many of his cousins and friends.

Barry was predeceased by his mother Mary Andreциw in 2018 and his father Nicholas Andreциw in 1970, and many aunts, uncles, cousins and friends.

Barry got his first full-time job at Canadian Linen where he went to school and got his Engineering License. After he received his license, he worked at the Convention Centre for many years. Barry then went on to work at the Winnipeg Winter Club as Chief Engineer for many years and then came to work for our family business Garry Radiators (1991) Ltd. And then West End Radiator and finally he went back to the Winnipeg Winter Club as Chief Engineer where he retired from.

Barry loved visits from his nieces and nephews, especially when his great nieces and great nephew came to visit; Barry would just light up.

We would like to thank the doctors and nurses at the Health Sciences Centre for taking such good care of Barry in his short time there. We also would like to thank Ken Loehmer for his help and care after Barry passed away.

A funeral service will take place on Saturday, September 28, 2024 at 11 am at the Komarno Hall in Komarno, MB.

Rest in Peace  
Vichnaya Pamyat



204-886-0404

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Brad Baziniak, Riverton.....\$699.00	Noreen Barkman, Arborg.....\$679.00	Vera Osborne, Arborg.....\$279.00
Allan Porter, Peguis.....\$1,698.00	Mark Bayliss, Arborg.....\$19.95	Ashley Prince, Peguis.....\$20.00
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Zenith Poole, Arborg.....\$1,849.00	Jim & Wanda Brandson, Lundar.....\$916.00	Rick Weins, Arborg.....\$649.00
Kevin & Lisa Klyn, Arborg.....\$179.00	Paul & Linda Buus, East Selkirk.....\$338.00	Cornelius Weins, Arborg.....\$59.00
Joan Hudson, Hodgson.....\$979.00	Richard & Doris Dueck, Arborg.....\$59.90	Roger and Christine Abuda, Arborg.....\$849.00
Leonard & Joyce Jackson, Gimli.....\$2,427.00	Henry T. Friesen, Arborg.....\$1727.95	Wilf and Shelly Ashley, Arborg.....\$193.98
Amanda Rundie, Riverton.....\$258.00	Jocelyn & Tony Hayka, Arnes.....\$749.00	Darryl and Doris Bear, Peguis.....\$2,647.00
Kay Bergman, Arborg.....\$2,229.00	Carl Johnson, Riverton.....\$499.00	Dwight Dilts, Stonewall.....\$1,828.00
William & Ethel Brown, Gimli.....\$5,000.00	Darryl & Jeanette Lazarok, Poplarfield.....\$599.00	Lil Firman, Gimli.....\$2,068.00
Leona Cochrane, Koostatak.....\$499.00	Jason Loewen, Arborg.....\$59.90	Ruth Kennedy, Arborg.....\$64.99
Ivan & Christine Fridfinnson, Arborg.....\$737.10	Janet Porth, Gimli.....\$1759.00	Chris and Jennifer Kristjansson, Gimli.....\$919.00
Jocelyn & Tony Hayka, Arnes.....\$949.00	Candace Sigurdson, Riverton.....\$499.00	Bjarni and Elaine Marsteinson, Riverton.....\$399.00
John Hudyma, Fraserwood.....\$599.00	Tracy Sigvaldason, Arborg.....\$299.00	Bruce and Candace McKinnon, Eriksdale.....\$1,669.00
Alex Klimchuk, FisherBranch.....\$575.00	Della Sinclair, Koostatak.....\$1599.00	Stephen and Liz Murdoch, Koostatak.....\$70.00
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Claudia Krawchuk, Fraserwood.....\$499.00	Cynthia Webster, Gimli.....\$449.00	Faye Stevenson, Peguis.....\$1,173.95
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Frank Reimer, Arborg.....\$658.00	Luwana Brandt, Riverton.....\$1,799.00	Kurtis and Iris Stansell, Arborg.....\$239.00
Dave & Eileen Shott, Arborg.....\$98.00	Linda Williams, Peguis.....\$339.00	Stephen & Liz Murdoch, Koostatak.....\$841.00
Fern & Philip Sinclair, Peguis.....\$279.00	Ida Jean Buck, Hodgson.....\$26.75	Ian and Carla Christiansen, Gimli.....\$2,257.99
Philip Thorkeison, Arborg.....\$599.00	Glen & Phyllis Stevenson, Peguis.....\$977.00	Duane Loewen, Arborg.....\$199.59
Stanley Wallach, Poplarfield.....\$399.00	Don & Betty Johnson, Arborg.....\$1,299.00	Matthew Smith, Eriksdale.....\$2,297.00
Simonetta DeSante, Riverton.....\$529.00	Patricia McCallum, Gimli.....\$569.00	Sharon McLeod, Gimli.....\$1385.97
Danielle & John Weedon, Riverton.....\$1,799.00	Joyce Bielik, Riverton.....\$29.95	George and Mary Lywak, Koostatak.....\$629.00
Bev Webb, Fisher Branch.....\$129.00	Marvin Olson, Arborg.....\$29.95	Lorna Friesen, Arborg.....\$599.00
Alan McKay, Arborg.....\$349.00	Jeroline Smith, Peguis.....\$1227.00	Teddy Ferkel, Sandy Hook.....\$699.00
Zenith Poole, Arborg.....\$848.00	Sandra Jonasson, Arborg.....\$549.00	Darrell and Donna Thaddeus, Koostatak.....\$138.00
Barb & Menno Friesen, Riverton.....\$559.00	Melissa & Jeff Abuda, Arborg.....\$33.39	Joyce and Glenn Peden, Gimli.....\$1,019.00
Pat Dudrak, Arborg.....\$499.00	John Paul Avison, Arborg.....\$679.00	Lilja Macaulay, Gimli.....\$829.00
Mary Dunlop, Gimli.....\$1,109.00	Carol & Dan Beauchemin, Inwood.....\$1,329.00	Dennis & Marlene Riehl - Arnes.....\$899.00
Jean Harrison, Arborg.....\$1,988.00	Jim Dingwall, CampMorton.....\$1,038.00	Ruth & Steve Macduff - Gimli.....\$868.00
Roxanne Roche, Arborg.....\$1,868.00	Jason Hudson, Riverton.....\$1,278.00	Christine Loff - Riverton.....\$399.00
Ernie & Lucille Stabner, Eriksdale.....\$1,349.00	Darlene Jonsson, Gimli.....\$359.00	Thomas Pardocki - Stonewall.....\$399.00
Nancy Woychyszyn, Arborg.....\$499.00	Ruth Kennedy, Arborg.....\$549.00	Cindy & Derek Grimoltsen - Riverton.....\$749.00
Donna & Ray Andert, Gimli.....\$899.00	Benita Muzyka, Arborg.....\$388.00	Louise Barylski - Arborg.....\$1,128.00
Wilf Ashley, Arborg.....\$479.00	Arnold & Shirley Jonasson - Arborg.....\$969.00	Eric & Stella Funk - Gimli.....\$889.00
Jake Barkman, Riverton.....\$619.00	Amanda Unger, Riverton.....\$799.00	Lorna Dolphin - Arnes.....\$515.65
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Keith Poleschuk, Arborg.....\$2082.00	Dave Crate, Koostatak.....\$529.00	Donna Kirby - Eriksdale.....\$728.00
Curtis Spence, Hodgson.....\$479.00	Frank Dziedzic, Stonewall.....\$859.00	Daphne Grier - Riverton.....\$949.00
Tanya & Lyle Thorngilsson, Lundar.....\$329.00	Heather Fedorchuk, Gimli.....\$1,119.00	William Whiteway - Arnes.....\$1899.00
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Bruce Reimer, Arborg.....\$1,308.00	Rosemarie Kawalenko, Arnes.....\$1,929.00	Elma & Ron White - Arborg.....\$799.00

**A NOTE TO OUR CUSTOMERS**

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

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

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

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

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

Larry Kornelsen  
Smitty's

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**SALE RULES**

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

**GRAND TOTAL TO DATE \$323,765.66**



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