

APRIL 2023

NEIGHBOURS of Stonewall



MEET BREN & WALLY

*April Maintenance Checklist • 60 Second Homeworks • Maximize Profits • Featured Business • Seller's Consultation
Pets & Health • 55+ Programs • Blue Cross Wellness • Efficiency MB • Featured Properties • Picture This*

BREN MURRAY & WALLY MELNYK

Bren Murray and Wally Melnyk moved to Balmoral in the summer of 2021. Originally from the Parkland Region of the province (Russell) both were looking to move closer to Winnipeg for personal and professional reasons. While closer proximity to the city was the plan they still wanted to maintain their rural roots by living in a smaller community; and Balmoral fit that bill. Wally is the CAO for the Town of Stonewall, a position he has held since 2017 while Bren continues to operate her successful skin care business, Bren's Skin Care.

Bren is an internationally trained esthetician having received training from some of the most respected instructors in the profession and can provide real long term solutions for her clients skin care needs. With extensive training and decades of experience Bren can assess individual requirements and create a unique treatment regime using a holistic approach. With access to some of the most desirable and exclusive medical grade product lines, like Biologique Recherche, Bren's has the ability to make a difference. Bren is especially proud of the fact that her business means that people no longer need to travel to the city to obtain high quality skin care products and treatments; they are available at Bren's Skin Care in Balmoral.

Bren and Wally have raised 2 children. Their son Parker attended the University of Manitoba and is now a pharmacist in Winnipeg and their daughter Quinn went to Brandon University and now teaches in Carberry.

Active curlers Bren and Wally can be seen on occasion at the Stonewall and Balmoral curling clubs where they still enjoy the social aspect of the game. They also enjoy working outdoors and the natural beauty enjoyed out one's back door in rural Manitoba. With destinations like Quarry Park and Oak Hammock Marsh as well as the beauty of the inland seas, the Interlake, Stonewall and Balmoral became major draws for relocation.

While the transition hasn't been without challenges Bren and Wally are enjoying their time and getting to know new friends and neighbours.



WE WANT TO *Feature* YOUR FAMILY OR BUSINESS

visit: bemyneighbour.ca or scan the QR code to view previous editions and to register your family or business to be featured in our next publication!



April

HOME MAINTENANCE CHECKLIST

IN THE KITCHEN

- Empty the fridge and wipe down all the shelves
- Defrost the freezer and toss any freezer-burned food
- Wipe down your microwave, stovetop & any other small appliances

IN THE LIVING ROOM

- Dust ceiling fans & light fixtures
- Vacuum or dry clean curtains and clean window blinds
- Wipe down baseboards & clear corners of dust bunnies and cobwebs

IN THE BATHROOM

- Toss out expired makeup, toiletries & return expired medicines to pharmacist
- Wash the shower curtain and floor mats
- Clean grout or re-grout if needed

IN THE BEDROOM

- Clean out drawers & closets (and donate gently used items)
- Wash comforters, shams, and blankets
- Rotate and or flip your mattress

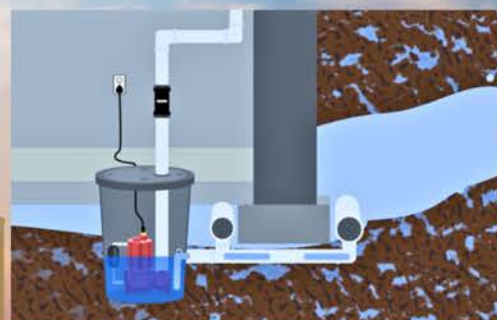


HOMeworks

with Brandt McKillop



**SPRING IS HERE!
WHICH MEANS IT'S
SUMP PUMP SEASON!!**



Learn more about sump pumps, your home and its other various mechanical & electronic systems with our informative video series! Scan the QR code above or visit www.mckillop.ca/videos

Maximize Your Home Sale Profit

Our top tips for selling your house at the best price.

TIP 01

Prep it well

If you want top dollar, you've got to be willing to do some work upfront to get your home looking its best. Minor repairs, major decluttering, and fresh paint go a long way.

TIP 02

Price it well

The market has been all over the place recently, so it's critical to pull as much data as possible when settling on a price. Too high? Buyers won't bite. Too low? Sellers leave money on the table. I want my sellers to feel good about their listing price, but it has to be backed by the data.

TIP 03

Promote it well

Starting with those listing photos. Your home's first showing is online - and there's no better way to set your home apart from the rest than with professional listing photos. It's a small investment for a huge return.

Questions about selling a home?



We're here to help. Shoot us a message or call and let's chat!

info@mckillop.ca or 204-467-8000

A big business starts small.



Let's promote some small businesses in our community! What are your favourite local businesses we should all check out? Tell us at: www.bemyneighbour.ca

Business OF THE MONTH



Dirt Road Creations opened in 2020 in Stonewall and 2021 in Teulon. It is owned and operated by Tanya Swanarchuk with Tanya's father as a silent partner. They sell a variety of eclectic and unique custom gifts such as custom apparel and drink ware with custom printing. They also sell other Manitoba vendors products, kids toys, boutique clothing, jewellery, purses, totes and wallets, snacks and goodies, and brumate. Their quality products are fun, artistic and affordable.

They began organizing local craft/vendor sales in 2019 with free admission, coffee, and Santa/Easter bunny pictures with proceeds going to the Teulon Food Bank. They also travel western Canada attending different events. The first craft sale for Stonewall is planned for April 2023 with proceeds from the 50/50 and silent auction supporting Magic for Amaya. During the month of April 2023 Dirt Road Creations will be having different promotions to celebrate their anniversary month. So please come out and check out all the unique gifts and products they have to offer.

They are located at 411 Main St, Stonewall with operating hours Monday and Wednesday 10-2, Thursday 10-6 and every second Saturday 10-4. The Teulon store is located at 43 Main Street in Teulon with operating hours of Monday, Wednesday and Friday. Show your support & mention you saw this article in Neighbours of Stonewall when you visit them! Visit Dirt Road Creations online: facebook.com/dirtroadcreationsteulon & www.dirtroads.ca

What Does A Seller's Consultation Look Like?

First, plan on answering lots of questions so we can get to know you and your property.

- Why are you moving? How soon will you need to move?
- What do you love about your home? What would you change?
- What is most important to you: getting the highest price or selling quickly? (We can likely achieve both!)

We'll also talk about...

Preparing to list, staging, pricing, and marketing. If it sounds like a lot, don't worry! You just show up, and we'll handle the rest.

Ready to get started? Message us!

info@mckillop.ca or 204-467-8000



Let us send you our Free Seller's Guide and find a time to connect with you today!



THE *Health* BENEFITS OF PET OWNERSHIP



Pet ownership can have numerous health benefits for humans. One of the most significant benefits is the emotional support that pets provide. Pets, especially dogs and cats, have been shown to reduce stress and anxiety levels in their owners. Studies have demonstrated that interacting with pets can lead to decreased levels of cortisol, a hormone associated with stress. Additionally, owning a pet can provide a sense of companionship and alleviate feelings of loneliness, especially for those who live alone.

Another significant health benefit of pet ownership is the potential for increased physical activity. Dogs, in particular, require regular exercise, which often means that their owners must get up and move around more. This increased physical activity can have numerous health benefits, including weight loss, improved cardiovascular health, and decreased risk of chronic diseases such as diabetes.

Pets can also have a positive impact on mental health. For example, studies have shown that petting a dog or cat can lead to an increase in levels of oxytocin, a hormone associated with bonding and happiness. Additionally, owning a pet can provide a sense of purpose and meaning, which can be especially important for individuals who may be struggling with mental health issues.

Quarry Pets
317 Main St. Stonewall
204-467-2083



Stonewall Vet Clinic
4 Dolomite Ave.
204-467-2481



Equi-Tech Veterinary
Road 79N & Hwy #7
204-467-2083



Woodlands Vet Clinic
45 Railway Ave.
204-383-5065

CHECK OUT THESE *Weekly* 55+ PROGRAMS IN APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	12) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	13) 9:00 Steppin'Up 9:30 Yoga 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	14) 9:00 Steppin' Up 10:15 Yoga 5:15 Zumba	15) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 3:00 Cabin Fever Reliever 5:30 F.I.T.	16) 9:00 Steppin'Up 9:00 Yoga	17) 9:00 Steppin'Up
18)	19) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	20) 9:00 Steppin'Up 9:30 Yoga 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	21) 9:00 Steppin' Up 10:15 Yoga 5:15 Zumba	22) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 3:00 Virtual Chat  5:30 F.I.T.	23) 9:00 Steppin'Up 9:00 Yoga 11:00 Quilter's Corner	24) 9:00 Steppin'Up
25)	26) 9:00 Steppin'Up 4:30 Body Blast 5:30 Dynamic Yoga	27) 9:00 Steppin'Up 9:30 Yoga 11:00 Line Dancing 1:00 Yoga Dance Fusion 4:30 Pilates	28) 9:00 Steppin' Up 10:15 Yoga 1:00 Painting with Gail 5:15 Zumba	29) 9:00 Steppin'Up 9:00 Yin Yoga 11:00 Line Dancing 3:00 Cabin Fever Reliever 5:30 F.I.T.	30) 9:00 Steppin'Up 9:00 Yoga	

This is just a little taste of what the South Interlake 55 Plus Centre offers our community. Visit their website to see all other programs and upcoming events!
 Active Wellness Club Spring Session: April 10 - June 16 | Call: 204-467-2582 for info & registration | www.si55plus.org



You don't need to be a Blue Cross member!

Did you know that Wellness Solutions by Manitoba Blue Cross offers a variety of health and wellness programs to help you achieve your best self? From personalized coaching to group challenges, their programs are designed to meet your unique needs and goals. You don't need to be a Blue Cross member to access these! With their innovative online platform, you can track your progress, earn rewards, and connect with a community of like-minded individuals. Whether you want to improve your nutrition, increase your physical activity, or reduce stress, Wellness Solutions has something for everyone. Sign-up today and start your journey towards a healthier & happier you!

Visit: wellness.mb.bluecross.ca



Efficiency Manitoba's "My Home" program is a fantastic resource for homeowners looking to reduce their

energy consumption and lower their utility bills. This online platform offers a wealth of information on energy-efficient upgrades and improvements that can be made to your home, as well as access to valuable rebates and incentives. With step-by-step guides, interactive tools, and personalized recommendations, My Home makes it easy for you to take control of your energy usage and make your home more comfortable and cost-effective. Whether you're interested in upgrading your insulation, installing a smart thermostat, or switching to energy-efficient lighting, the resources available through My Home can help you achieve your goals and save money in the process.



Visit: efficiencymb.ca/my-home



OUR *Property* SHOWCASE

\$599,900



4 Beds
 2.5 Baths
 2065 sqft

Coming Soon! - Stonewall



"Stunning Family Home With Modern Elegance"

Listing Agent: Brandt McKillop
brandt@mckillop.ca
 204-782-8869



\$549,900



5 Beds
 3 Baths
 1655 sqft

Just Listed! - Balmoral



"Quality, Style and Functionality In A Perfect Blend"

Listing Agent: Brandt McKillop
brandt@mckillop.ca
 204-782-8869



\$449,900



3 Beds
 2 Baths
 1830 sqft

Just Listed! - Balmoral



"Stunning 11.6 Acres with Beautiful Peace & Privacy"

Listing Agent: Alycia Dawson
alyciadawson@remaxinterlake.ca
 204-461-3225



\$334,900



3 Beds
 1 Bath
 1177 sqft

Just Listed! - Stonewall



"The Perfect Family Home In The Heart Of Stonewall"

Listing Agent: Matt McKillop
mattmckillop@remaxinterlake.ca
 204-770-2354



Picture This: VIRTUAL STAGING REVOLUTIONIZES REAL ESTATE MARKETING!

Virtual staging is a game-changing technology that is transforming the way you and I envision our dream homes. With this high-tech tool, you can picture yourself inside the home of your dreams before it even exists! Whether you're looking to purchase a new property or sell an existing one, our in-house digital virtual staging technology can help you visualize the potential of a space in any home and bring it to life in a way that traditional staging simply cannot. By using our cutting edge technology, potential buyers can explore a property and see how it would look with different furnishings and decor, allowing them to truly envision themselves in the space. This technology enables real estate agents and sellers to showcase a property in a way that is both visually stunning and incredibly practical, helping potential buyers to make informed decisions about whether a property is right for them. Reach out to us today and let's re-envision your home! info@mckillop.ca -or- 204-467-8000



✓ Welcome TO OUR SERVICES

We are dedicated to delivering exceptional results that exceed your expectations. Our focus on performance means that we prioritize the quality and effectiveness of our work, ensuring that every home we sell achieves the goal of getting your house sold at a price that makes you happy. With our expertise, experience and commitment to excellence, you can trust that our service will impress and add value to your property and achieve the optimum price. We believe selling your home should be exciting and easy. We ensure results that will impress. Let us check all the boxes on your to-do list and show you why people choose The McKillop Team.



✓ Free Market Evaluation



✓ Property Specific Marketing



✓ Professional Property Photos & Videos



✓ Area & Property Drone Photos & Videos



✓ Interactive 3D Tours & Floor Plans



✓ Property Brochures & Print Advertising



✓ Virtual Interior & Exterior Staging



✓ 24/7 Concierge Services

MEET THE TEAM



Susan McKillop
Broker/Owner/Marketing



Brandt McKillop
Team Leader/Owner



Lynn Warkentin
Administrator



Tim Woodman
Media Producer

All of our listings have 24/7 office-front visibility on Main Street in Stonewall with our high-tech displays. Stop in and grab a property brochure!

