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Dancing partners

TRIBUNE PHOTO BY SYDNEY LOCKHART

Moose the Dalmatian dances with trainer Ashley Peltz, who owns Diesel Power Canine Training and Behaviour. She taught him the trick with methods she uses in her classes. See story on pg. 2.

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Dog classes and sport available in the Interlake

By Sydney Lockhart

Local trainer and vet technician Ashley Peltz is offering a new type of classes and wants dog owners to know that you can teach an old dog new tricks.

With summer being extremely hot, lots of people are looking for something fun to do outdoors with their dog, and Peltz has something new to offer.

Diesel Power Canine Training and Behaviour is run out of Warren by Peltz who offers many different types of courses.

"I offer puppy classes for dogs as young as four months old, obedience for older dogs who need some leash manners and I offer reactive dog classes with smaller class sizes to work on barking, leash trouble or a bit of aggression. It's especially good for rescues," said Peltz.

Diesel Power Canine Training and Behaviour's classes run from \$100 to \$150 and span over five to six weeks with one evening class per week.

"The more fun things you do with your dog, the better behaved they become," she said.

Peltz is a newly certified trick trainer who is now offering beginner and advanced trick training for dogs.

When the dogs are able to perform 12 to 15 tricks at each level, they slowly advance upward and it will be recognized by the Canadian Kennel Club (CKC), which primarily recognizes pure-bred dogs. However, the classes are for all dogs and owners just looking to learn something new and have fun.

The classes that Peltz offers her clients are catered to all ages and breeds of dogs so that anyone can participate in them.

After completing a training course with your dog Diesel Power Canine Training and Behaviour holds a mini ceremony to celebrate the dog's achievements.

"Being local, I love to help and see everybody out with their dogs. That's why I do it," said Peltz.

She added that she wants to help dogs learn manners so that there are fewer cases of dogs being rehomed due to bad behaviour.

Ashley's six-year-old son Lachlan started to help her out with classes last week and is enjoying doing tricks with their dalmatian Moose.

To sign a dog up for classes, contact Peltz through the Diesel Power Canine Training and Behaviour Facebook page or call 204-461-4654.

Peltz has two dogs of her own, Moose and Luca, a border collie mix. Peltz also takes Moose to Castle Guard Kennels to dock dive.

Dock diving is a canine sport where a retrievable toy is thrown into a pool and dogs are taught to jump as far in the pool as they



TRIBUNE PHOTO BY SYDNEY LOCKHART
Ashley Peltz trained her dog Luca to jump through her arms after becoming a certified trick trainer.

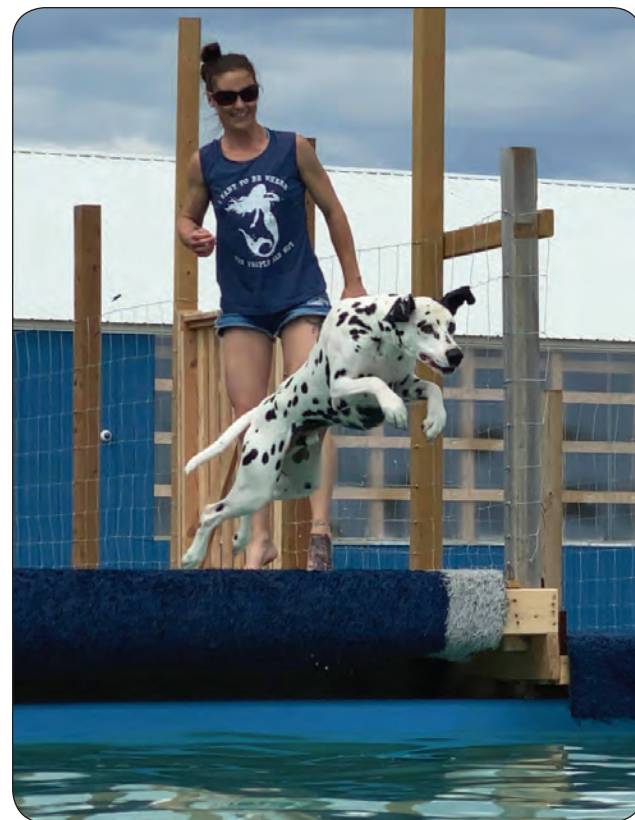
can to get it.

Castle Guard Kennels built their dog pool and docks last year and became the first official North American Diving Dog (NADD) pool in Manitoba.

They offer private lessons and classes for \$40 and private dock time for \$20; however, only dogs who have taken a private lesson and are approved can use the pool.

"NADD is the largest growing sport and organization at the moment," said Megan Ferguson, owner of Castle Guard Kennels, "It's a great sport for you and your dog. There are no breed or age restrictions."

The pool is open in almost any weather, rain or shine. The only time they cannot be open is if lightning is



TRIBUNE PHOTO SUBMITTED
Her Dalmatian Moose uses the Castle Guard Kennel dog pool to practise his dock diving.

seen for the safety of the dogs.

"It is for everybody. If you're looking for something to do with your dog that is safe, it's just you and your dog on the dock," she said, "As long as they're interested in you, a toy or food, that's all they need to be able to do it."

Castle Guard Kennels also has lifejackets available for those who wish to take beginner swimming classes to start out with.

They are located at 1221 Bay Road in St. Andrews. They also provide kennel services and breed border terriers and are hoping to expect their next litter in March of 2021.

To book a private lesson and try something new with your dog in the pool, phone 204-298-4134 or email dogpoolk9@gmail.com.

RCMP investigate numerous fraud complaints

Submitted by RCMP

Due to numerous reports of phone call fraud, Stonewall RCMP wants to remind the public to NOT give out their personal information over the phone.

People have been reporting that phone numbers on their call display look like they are from Manitoba. These calls usually say that some of your personal information has been used for an identity fraud and you have a warrant of arrest.

Some request your personal and your bank information.

Here are some tips if you get a call that you think is a fraud:

- is the call automated? Are you asked to choose a selection?

- Does the operator call you by name? Do they know your middle or maiden name?

- Do they want your social insurance number or bank account information?

If you answered yes to the above, it is a fraud call. HANG UP!

Do not become a victim of fraud. Do not share your personal, banking or credit card information over the phone.

If you have questions on these matters or would like a presentation on fraud, please call Stonewall RCMP at 204-467-5015.

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Ashern woman running Islendingadagurinn's 5K race during a fight for her life

By Patricia Barrett

Talk about a difficult year.

Angel Johnson from Ashern is dealing with thoughts of her own mortality after having been diagnosed with Stage 3 breast cancer, driving hundreds of kilometres across the Interlake for chemotherapy treatments and anticipating a mastectomy and multiple rounds of radiation. Throw the COVID-19 pandemic on top of all that.

But Johnson, who spends a lot of time in Gimli where her boyfriend lives and where she receives chemotherapy at the Gimli hospital, said she's determined to stay strong for her children and not let cancer and COVID completely disrupt her life.

That's why she's decided to take on the challenge of the Icelandic Festival's five-kilometre race, the first time she's participated in the popular running event.

"I have to laugh a little bit. I'm dealing with two teenagers. I'm a single parent. I have cancer and the world has COVID," said Johnson. "Which one's the best today?"

Cancer doesn't discriminate between people who've led a healthy lifestyle and those who are more sedentary, she said. She's led a healthy lifestyle and has always been an active person with a love for running and intense workout programs such as Tony Horton's P90X. She was "floored" when she got the cancer diagnosis.

"It shook me and my family to the core. But being hit with cancer doesn't mean I should lay in bed. I don't know what my future is going to hold and we're praying it's going to be a suc-

cess story," said Johnson, who is 47. "But I'm not going to lay around and wait to find out. I'm trying to make the best of everything and every day we have."

Throughout her chemotherapy treatments, she said she's been keeping up with her running and workouts despite not having as much stamina as she used to have. Being of Icelandic descent, she was excited to see the Icelandic Festival moving ahead with "virtual" runs to get around COVID-imposed public gatherings. Participants will be able to complete a race on their own time using a timing app.

Johnson said she's aiming to complete the 5K run in Gimli next week, a few days before taking her fifth of six chemotherapy treatments, and with a small cheering squad (she has to avoid mingling with people because chemotherapy has compromised her immune system).

Johnson said she detected the lump herself. Within about 12 weeks, it grew from the size of

a pea to eight and a half centimetres when the surgeon cut it out. She also had five lymph nodes removed, four of which contained cancer.

She's appreciates having the opportunity to take her chemotherapy treatments at the Gimli hospital, she said. After that she'll have to undergo a mastectomy and reconstructive surgery then have at least 25 rounds of radiation. Following that, she'll have to take medication for a year to suppress a hormone that accelerates the growth of cancer cells, then other hormones for an additional five to 10 years.



Angel Johnson shaved her head before she started her chemotherapy.

It wasn't easy hearing the diagnosis, she said. She cried for about a month then turned things around after receiving "amazing support" from the community, family, her boyfriend, her two teenagers (13 and 17 years old) and friends, who supplied her with music scores so that she could continue to play guitar. She also drew on her own faith-based beliefs for strength.

"I had decided I was going to shave my head before I lost my hair to the chemo. We watch all those movies where it falls out and it's terrifying. I didn't think I could handle that very well. So my daughter, who's 13, gave me multiple different hair cuts," said Johnson, who became emotional. "I can't imagine how they felt when they heard the news that I have cancer."

During chemotherapy, she said she actually gained some weight because she didn't experience the really terrible side effects such as nausea, vomiting and diarrhea although she did develop bad mouth sores, numbness, fatigue and muscle and joint pain. But she's been fortunate she's been able



PHOTOS SUBMITTED

Johnson is training for the Icelandic Festival's virtual 5K race.

to stay active.

"I didn't think I'd be able to do anything so I'm super excited that I can do this virtual race," said Johnson. "When I look back on this, I want to say I beat cancer, I made it through COVID and I ran a race all in the year 2020."

The Icelandic Festival's virtual races open on July 19. Runners have until Aug. 2 to submit their time. Winners will be announced Aug. 3 on the Icelandic Festival website.

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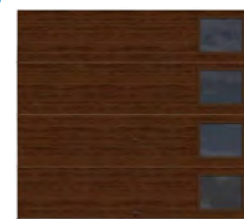
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Kinsmen Lake not offering annual swimming lessons

By Becca Myskiw

Kinsmen Lake has decided to cancel all swimming lessons for the 2020 season.

Aquatics co-ordinator Shae Mulvihill said due to the current pandemic, the team at Kinsmen Lake thought it would be safer for everyone if they didn't go ahead with the anticipated swimming lessons.

"This is obviously an abnormal situation we're in," said Mulvihill. "Pre-cautions have to be taken."

The swimming lessons at Kinsmen Lake usually run in three two-week sessions from July to mid-August. The instructors teach everyone from parents and babies to the bronze level, which is right before lifeguarding.

Levels one and two usually attract the most swimmers as those levels teach the basics and give everyone the skills they need to be in the water.

When they first start up, Mulvihill said they usually have 100 to 150 people in each swim lesson. By the end in August, they have around 60. Swimming lessons go Monday to Friday from 11:15 a.m. until 6:30 p.m.

This year, however, the water will be a little quieter.

On July 6, the beach announced on their Facebook page they would not be going forward with swimming lessons. Mulvihill said it took them a while to decide because they were waiting for the Red Cross and Lifesaving Society to release documents on

how to hold lessons safely.

After going through the papers, she said it came down to being able to sanitize all the equipment properly—if they couldn't, people would have to bring their own, but that was presumptuous, said Mulvihill.

Their swimming lessons for younger children also require parents to be in the water. Mulvihill said some daycares bring the children and one instructor couldn't help five at once while respecting social distancing.

For the higher levels, swimmers wouldn't have been able to practise first-aid or lifesaving techniques. Mulvihill said holding lessons just wasn't feasible.

"We just want everyone to be safe

at the beach," she said. "We obviously didn't want to cancel [swimming lessons] but it was for the safety of the kids and instructors."

So far, she said parents and swimmers have been understanding of the decision, though they're disappointed. Mulvihill said the instructors are disappointed too as they won't get to see a lot of returning faces take their class.

Though COVID-19 has cancelled swimming lessons at Kinsmen Lake and reduced beach capacity, Mulvihill said no lifeguards lost their jobs because of the decision. All instructors are also lifeguards so they're still able to work without teaching.

Manitoba down to one active COVID-19 case Monday

By Lorne Stelmach

Manitoba made it two weeks into July without a single case of COVID-19, according to the public health update on Monday.

With the last reported case having been June 30, the province remained at 325 lab-confirmed positive and probable positive cases this week.

The province started the week with just one active case and 317 recoveries. The death toll remains at seven people.

An additional 798 laboratory tests were performed Friday, 1,149 on Saturday and 573 on Sunday, bringing the total number of tests performed since early February to 71,559.

Noting some reports of larger gatherings and people not following guidelines on distancing, chief provincial public health officer Dr. Brent Roussin continued to caution Manitobans that we're not out of the woods

yet.

"As we loosen things up, it's a tendency to try to revert back to normal, but we certainly are not back to normal at this point," he said. "We need to adhere to the principles that got us here. ... We need to get back to the basics that got us here."

Meanwhile, as the province continues to keep COVID-19 under control in the present, health officials are busy planning ahead for what may come with a potential second wave converging with the annual flu season.

Lanette Siragusa, chief nursing officer with Shared Health, said they have a respiratory virus steering committee in place with representatives from public health, occupational health, infection prevention and control as well as regional health authorities

"We're not just planning for COVID. We're actually planning for influenza

and COVID coming together," she explained.

"One of the priorities that we are considering is the vaccine strategy that we will be initiating, so we'll give more detail on that, but we are looking to increase the uptake on vaccines this year.

"We're also looking at how do we shift resources," she continued. "This gives us an opportunity to look at where our resources, where do we need to shift some of the work and prepare for the future.

"One of the other things with this steering committee is really looking at the robust testing, keeping up with the testing volumes," said Siragusa,

noting they have recently been averaging 700 a day but have a capacity of around 2,000.

She also repeated Roussin's message for Manitobans to remain vigilant.

"We have to get used to seeing COVID numbers in the community, and that's fine as long as we can stay on top of it and manage it," she said.

"Overall, we are feeling like we are in a stable situation. We continue to monitor very closely how we are doing on the indicators, and we will continue to plan for higher volumes, more activity and surge capacity in the coming months."

Karate in the park



TRIBUNE PHOTO SUBMITTED

Stonewall Karate hosted a number of social distancing seminars, instructed by Sensei Clive Hinds 7th degree and chief instructor this past weekend at Quarry Park.

Oak Park Lodge donation



TRIBUNE PHOTO BY MICHELLE CROOKS

Warren Collegiate graduate Jordan Crooks is a member of the Leadership Team at school made a donation to residents at Oak Park Lodge in Woodlands on July 1. Crooks received a Youth in Philanthropy grant for \$1,337 to put towards a COVID-19 initiative. She did some research and the funds have been used to purchase hand sanitizer and equipment for the lodge. Pictured left to right: Hedwig Upgang, Ursula Elskamp, Silver Peltier, Henry Hiebert, Crooks and Lorna Broadfoot.

Cameron celebrating 100 years in the town she was born and raised in

By Sydney Lockhart

Eva Cameron has lived her life in Stonewall for the past century and celebrated her 100th birthday on July 7 with friends and family.

Cameron was born in Stonewall in 1920 and attended school in town. She walked many miles to and from school.

"We walked from the south end up to where Bobby Bend is now four times a day. We walked home to have lunch, no matter what the weather was," she said.

She has seen many changes through her life. Life was very different then than it is today.

"We didn't have bathrooms when I grew up. We had to go down the yard. We used to wash clothes on the scrub board until the machines came in."

With three sisters and one brother growing up, Cameron says they used to make their own fun playing tag in their yard as children.

As Cameron grew up, she began to do housework for people around town to earn money.

She then married her husband Colin Cameron who she raised five kids with: Colin, Bill, Bob, Barry and Sharon.

"We built a house on 4th Avenue off Centre. My daughter was eight years old when we moved in," she said.

While raising her children Cameron would go door to door for a company selling cards and Christmas wrapping paper to keep her busy in the day.

Once her children had grown older, she started working at the Stonewall Hospital managing laundry and linens. She worked there for 20 years.



Colin and Eva Cameron with their first born in 1943.

Cameron's daughter Sharon Salkeld describes her mom as a quiet person. "She doesn't really discuss a lot of things with you. She keeps her thoughts to herself," she said.

Cameron still rises at six in the morning every day to take a walk around the Lions Manor, where she has lived since its opening.

While Cameron says she doesn't remember past pandemics, she said she doesn't remember anything this extreme happening before. Her daughter is getting her groceries for her now, she added.

To celebrate her birthday, Cameron's children that live around the area are going to take her out for dinner and spend some quality time together.



TRIBUNE PHOTOS SUBMITTED

Left to right: sisters Alice and Eva, sister-in-law Bea Taylor and two other sisters Joyce and Gladys. Evan M. Taylor sitting.



Back row, left to right: Barry, Colin, Bob, Bill; front row: Eva and Sharon.

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Is history cyclical?

By Evan Matthews

"Those who forget the past are condemned to repeat it."

It's one of the most famous quotes from Spanish writer and philosopher George Santayana.

Many others have said since, whether we remember history or not, we repeat it anyway. Writers such as former *New York Times* columnist Frank Rich make the point, "history is cyclical, and it would be foolhardy to assume culture wars will never return."

Can both be true? By remembering the past and acknowledging societal flaws, are we as humans capable of altering future outcomes?

Or are we doomed to a perpetuating cycles of human rights abuse?

The 2017 documentary *LA92* attempts to educate us about the past to change the future but unfortunately highlights the fact that — at least in the United States — our society seems doomed to repeat historical human rights atrocities.

The documentary begins in 1965 in the Watts neighbourhood of Los Angeles, Calif. After pulling over Marquette Frye, an African-American man (on parole for robbery at the time), a fight broke out with police. It was alleged police injured a pregnant woman in the altercation, and six days of civil unrest and rioting broke out.

The California National Guard was brought in to help suppress the rioting and unrest. It's reported that the unrest resulted in 34 deaths and over \$40 million in damage.

Flash-forward to 1992, while relying 100 per cent on archival footage, the documentary showcases the '92 L.A.

riots a mere 27 years after the Watts neighbourhood incident.

The events that unfold leading to the riots include the unnecessary shooting of 16-year-old Latasha Harlins by a store clerk, the inhumane beating of Rodney King, and the subsequent acquittal of the four officers who committed the heinous act.

The beating — which involved being struck by kicks or hits from billy club 56 times — was caught on camera and released to the public.

The beating resulted in King suffering a broken right leg, his face badly cut and swollen (with blood vessels in his eyes bursting from being beaten with a billy club), severe bruising on his body, and a burn area to his chest where he had been jolted with a 50,000-volt stun gun.

Not unlike 1965, in 1992, six days of civil unrest broke out when, at one point, 916 active structural fires raged in southwest Los Angeles.

It's reported now that the unrest resulted in 63 deaths, 2,383 injuries, and 12,111 arrests, as well as over \$1 billion in damages. As of 2017, it was the most monetary damage resulting from civil disturbance in American history.

The irony of the documentary? While showcasing the repetitive nature of racism and police brutality in American culture, *LA92* was made in 2017, three years before the murder of George Floyd; before 209 black people were shot by police in the United States in 2018; 235 in 2019; and, so far, 105 in 2020.

Had the documentary been made today, a seamless third chapter could

be added to its finale. Yes, this documentary is American. No, Canada is not immune to its own issues.

There is an over-representation of Indigenous interaction with law enforcement in this country, and subsequently violent interactions as well. Such has been the case for many, many years.

Many Indigenous families recall the Sixties Scoop all too well — Indigenous kids ripped from their homes and placed in white schools and homes — with the last residential school closing its doors in 1996, just 24 years ago.

Yet, the present-day over representation of Indigenous people in Manitoba's Child and Family Services, as well as jails, is staggering. Are Indigenous kids still being taken from their homes? Are Indigenous fathers being ripped away from their kids? In some ways, yes.

Of course, there is nuance to this subject, involving socioeconomic issues, intergenerational trauma, substance abuse, as well as many other types of abuse. But nonetheless, in ways, we see history — and associated issues — repeating cyclically.

What can our society do to write the next chapter with a fresh perspective?

To bring the conversation full circle, those who forget the past are condemned to repeat it, but to avoid altering societal actions moving forward means an unavoidable return to our cyclical history.

It would be foolhardy to assume our cultural issues — or wars — will never return.

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Manitoba supporting recovery of lodges and outfitters

Outfitters say support doesn't meet their needs

By Evan Matthews

The Manitoba government said it's taking steps to help the lodge outfitter sector recover from the COVID-19 pandemic, but outfitters aren't sure how much it's going to help.

"The COVID pandemic and the closure of the Canada-United States border to tourist travel has had a significant effect on the outdoor tourism sector this spring," said Manitoba's Agriculture and Resource Development Minister Blaine Pedersen.

"By taking common-sense steps to ease requirements for our lodge and outfitting operators, and by starting on the road to enhanced and more efficient licensing services for hunting guides, we are working together to position our lodges and outfitters for recovery."

Though the government is acknowledging the sector's biggest issue, Tim Sigfusson, owner of Outland Outfitting, said the provincial announcement does little to address the issue.

Sigfusson said his biggest issue has been that his clientele is typically 100 per cent American. With the Canada-U.S.A. border closure, his business's income has dropped off entirely.

Whether it's the government or the Manitoba Lodges and Outfitters Association, which administers hunting guide licences, has little impact on whether or not his business will recover, Sigfusson said.

"I had 21 hunters booked for this spring. We've completely cancelled our spring hunt," said Sigfusson, who

lives in the RM of Woodlands.

His bear operation is located north the Grand Rapids area. He also runs a whitetail deer operation in the Ashern area.

"I rolled 70 per cent of my bookings into the fall or into spring 2021. But 30 per cent have cancelled completely and have resulted in lost revenue. We had already purchased a lot of bait. I'll have to eat the cost on that, too," he said.

On May 22, the Manitoba government announced it is waiving "big-game utilization requirements" for 2020, ensuring future allocations will not be affected by the loss of the spring season due to the pandemic.

Big-game utilization requirements is the method in which the province supplies licences to outfitters. For example, Sigfusson said if he's given 18 licences (for hunts) per year but only sells 10 licences over three consecutive years, the province would likely cut back his big-game utilization requirement to 10.

"It more or less means they won't judge my business based on how little I sell this year," said Sigfusson.

"But what I'm left wondering about is because I've had to roll 70 per cent of my 2020 bookings into 2021, does that mean I can only book 30 per cent next year? My thought is that I should be allowed to use 2020 and 2021 licences next year," he said, suggesting it as a way of recouping lost revenue.

When asked if the government would consider allowing outfitters to rollover unused licences into 2021, the Provincial Department of Agriculture and Resource Development did not respond by presstime.

Manitoba Conservation and Climate is still asking outfitters to pay their 2020 operational fee and with as few

as five hunts scheduled, and given there is no guarantee of income, Sigfusson said he doesn't think outfitters should have to pay the fee.

The government also said in its statement that it would provide additional black bear hunting opportunities to outfitters in areas with chronic black bear-related damage.

Unfortunately, Sigfusson said such an area won't apply to his operation.

"We don't hunt anywhere near agricultural operations," said Sigfusson. "I've got so much interest in the area we are typically in."

Hunting guides play a critical role in the delivery of outfitted guiding experiences, and the Province said the Guide Licence Program provides those seeking an outfitter a degree of assurance the hired guide has a specific set of knowledge and skill.

The province will transfer the administration of the Guide Licence Program to the Manitoba Lodges and Outfitters Association to expedite licence issuance to hunting guides while reducing government red tape, according to the press release.

"The Manitoba Lodges and Outfitters Association is thrilled to take on the administration of the Hunting Guide Licence Program" said Brian Kotak, executive director for the association.

"In continued collaboration with Manitoba Agriculture and Resource Development, we look forward to enhancing the program to deliver quality training for our existing and new guides, while creating more professional guides who offer world-class service and hunting experiences in Manitoba," he said.

For more information on the Manitoba Lodges and Outfitters Association, visit <https://mloa.com/>.

worship with us > FAITH

Planting Seeds for the Future

Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. (John 12:25-26)

No matter how many times I plant seeds in my garden and water them so they'll grow, I'm still excited and amazed when I see them emerge from the earth. There is something very special about being a co-creator with God in the rhythm of planting, watering, tending and harvesting. The seemingly lifeless seeds, when watered and weeded have the potential to grow and bear fruit. The cells in a seed are simply dormant, waiting for the right conditions to germinate, put down roots and grow.

If we are going to be the planters and tenders of seeds, we need to be able to let go and place their growth in God's hands. We are living through a time in history when we are having to let go and let God, as the saying goes. There are so many things we are having to see with the longer view in mind.

Many of you had special things planned for this time — seeds you had planted with hope they would spring to life. Letting go of them for now is not easy, but there is a hidden blessing to letting seeds die.

While that might not seem like much consolation right now, these days have given us an opportunity. We have the gift of a time to let go of all that is not bearing fruit in our life.

Let's plant seeds for the future in faith, trusting that God will work within us to bring about a harvest of new beginnings. May the soil of our faith be rich, the water of the spirit, life-giving, and the abundance of the faith harvest we grow astound us!

Rev. Mona Denton
Stony Mountain & Lilyfield
United Churches
stonymountainlilyfieldpc@gmail.com
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at Stony Mountain-Lilyfield
Pastoral Charge

Stonewall council approves submission of annexation proposal

Staff

Town of Stonewall council approved the submission of its annexation proposal to the municipal board at its regular meeting on July 8.

The proposal, which provides for expansion of the Town of Stonewall boundaries to the west and south, has been months in development.

"COVID-19 has delayed our time line for submission of the application to the Municipal Board, but we now have it complete and ready to go. Forwarding the proposal to the Municipal Board is the start of securing the future of our community," stated Mayor Clive Hinds.

The next step in the process is to host a series of meetings with local authorities like the Planning District, School Division, Watershed District, as well as land owners and the general public. The town will be engaging in the consultation process over the next number of weeks.

"We look forward to the public input on our proposal. The initiative is crucial to the future of the town, but it needs to be done in consultation with those that are impacted," commented Deputy Mayor Bullivant.

The town has been working very closely with the RM of Rockwood as the proposal to annex eight quarter-

sections of land into the Town of Stonewall has been developed. The two councils have created an ad hoc committee to ensure clear lines of communication and to provide for an amicable arrangement regarding the annexation of land into Stonewall.

"The RM of Rockwood council and Reeve Taplin have been excellent to work with regarding our annexation discussions. Our meetings have been honest and productive because we both want the same thing, success and prosperity for the area, and this proposal will help to achieve that goal," said Hinds.

Advisor with local roots provides philanthropic advice to Hollywood couple

By Jennifer McFee

An advisor with local roots helped create a ripple effect of positive impacts by connecting a Hollywood couple to a leadership program for Indigenous women.

Marie Delorme, a Métis woman who is originally from Grosse Isle, worked with Canadian actor Ryan Reynolds to provide suggestions on how he could best support Canada's Indigenous communities.

Delorme, CEO of The Imagination Group of Companies, serves on the National Indigenous Economic Development Board. She is an advisor to two universities with a PhD and honorary law degree from the University of Calgary and is a member of the Order of Canada.

A chance connection from a dozen years ago helped to put Reynolds in contact with her.

"It was serendipitous and goes back about 12 years when I golfed with one of Canada's Olympic athletes, whose public relations person happens to be a friend of mine in Calgary," said Delorme, who still returns to Grosse Isle to visit her brother Archie.

"When Ryan Reynolds was exploring ways to include Indigenous issues in his philanthropic endeavours, that



Dr. Marie Delorme

social network connected us."

She met with Reynolds to provide some insight on ways to support Canadian Indigenous communities.

"He was quite clear in his family's desire to partner with an organization that was making positive social and economic impacts. The options we explored were ultimately narrowed down to The Coady International Institute's Indigenous Women in Community Leadership program," she

said.

"Subsequent discussions with Coady resulted in the Circle of Abundance and a shared vision for raising the profile of Indigenous women's leadership and voices in Canada and globally."

Reynolds and his wife Blake Lively, also a Hollywood film star, decided to donate \$200,000 towards the Nova Scotia-based institution, which aims to raise \$1 million for its International Centre for Women's Leadership and the centre's Indigenous programming.

"The real story here is about the Coady International Institute's and the alumna from the Indigenous women's leadership program," Delorme said.

"We have over 120 graduates who are each making a difference in their communities through building local economies, in governance, the arts, law and academia. The Ryan Reynolds-Blake Lively support has planted a seed that is growing rapidly through the interest it has generated."

Delorme also offers some sage suggestions for ways that anyone can show support for Indigenous communities.

"A good place to start is to educate oneself to become informed on how

history has impacted current realities. Become familiar with the Truth and Reconciliation 94 Calls to Action. Read the Royal Commission on Aboriginal Peoples Report and the United Nations Declaration on the Rights of Indigenous Peoples. Listen to Indigenous people and become aware of issues," she said.

"Once knowledge is gained, we have a moral and ethical obligation to share that with others, to dispel myths and to see Indigenous peoples not through a deficit lens but with an understanding of the contributions that we have made to this country and the world."

In 2019, the National Indigenous Economic Development Board's report outlined that if Indigenous peoples were full participants in the Canadian economy, the impact would be an additional \$27.7 billion in GDP, she added.

"A good start for anyone wanting to support this goal," she said, "is to contribute to the Coady International Institute's Circle of Abundance campaign."

For more information about the Coady Institute, visit <https://coady.stfx.ca>.



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PHOTO: ALAN POELMAN

A falcon at Hecla-Grindstone Provincial Park.



Arbog Heritage Museum.



PHOTO: BRENNAN HOLEMAN

Gimli Viking Park.

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Engage with nature! Discover more than 400 species of birds, from eagles to songbirds, Canada geese and pelicans that flock to and from the area. Destinations like Oak Hammock Marsh and Hecla Grindstone Provincial Park are top choices to watch some feathered friends. Head to Steep Rock cliffs rising up from Lake Manitoba. Explore the ancient limestone for skeletal imprints of creatures from long ago. Go fishing, boating, swimming and more at this perfect summer destination.

Unearth our heritage at a pioneer village (like the ones in Arborg or Ashern), explore fur trade life with a visit to Lower Fort Garry National Historic Site and delve into the history of notable families that helped build Manitoba with a drive along River Road. Wander through an open field – now an outdoor art gallery as 21 large concrete statues depict artist Armand Lemieux's view of life (head just south of Grahamdale on Hwy 6). Stroll along the longest outdoor gallery over water with a visit to Gimli's Seawall Gallery. The Seawall murals, painted by local artists, depict stories and history of the Interlake.

Embrace our culture. Discover the heart of New Iceland in Gimli. Visit the Viking statue and explore more at the New Iceland Heritage Museum. Delight in the Ukrainian culinary heritage with some authentic favourites, maybe some pyrohy (perogies), pyrizhky (cabbage buns) or even holubtsi (cabbage rolls) at a local restaurant. Selkirk is a hub of Scottish heritage while Métis and Indigenous roots run deep in the region.

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Incredible Creatures: Saluting the Red Admiral Butterfly

By John Gavloski

Nature enthusiasts, it's time to salute the red admiral butterfly — one of the migrating species that in some years can be commonly seen in Manitoba.

This butterfly has some erratic patterns of flight, interesting food choices and territorial males. In this month's Incredible Creatures, we will explore the interesting biology and habits of red admiral butterflies.

Red admirals (*Vanessa atalanta*) have black wings with orange or red bands on the middle of the forewings and the outer edge of the hindwings. There are also white spots on the tips of the forewings. They have a wingspan of about five centimetres. Females are slightly larger than the males.

Adult red admiral butterflies have been seen in Manitoba from early May to late August. Red Admirals are sometimes spotted migrating north with painted lady butterflies during the spring. Red admirals prefer fermenting tree sap, fruit and fresh dung to flower nectar. However, they also

drink nectar from a variety of flowers. They are fond of feeding on nectar at composite flowers, such as milkweed, aster, red clover and alfalfa. They also drink from moist soil.

Often when we see caterpillars, they are crawling or eating. However, red admiral caterpillars like to stay covered. Young caterpillars live in the shelter of folded leaves, while older caterpillars will make a nest of leaves tied together with silk. The caterpillars use silk to bind leaf edges together, constructing a little shelter for themselves. It is usually just one larva in one of these shelters, rather than a communal nest like some caterpillars.

Red admiral caterpillar's primary host plant is stinging nettle, but it can also be found on other nettles and they will also feed on hops. The caterpillars vary in colour and are covered in several rows of branched spines.

Knowing the flight patterns of butterflies can help in finding and identifying them. The flight pattern of red admirals is erratic and rapid. It may include random elements to throw



PHOTO BY J. GAVLOSKI

A red admiral butterfly.

off predators. One description of their flight is that they "dance their way through the skies, never using the same step twice."

Male red admirals are territorial and perch during the afternoon until sunset. Females will only mate with males that hold territory. Only males of exceptional flying ability are able to chase off intruding males and successfully court females. Larger territories are optimal and subject to intrusion by other males more frequently than smaller territories. Territories

tend to be elliptically shaped area ranging between four and 13 metres wide and eight and 24 metres long. Males patrol their territory by flying around the perimeter between seven and 30 times per hour. On average, territory holders interact with intruders 10 to 15 times per hour.

When another male encroaches on a red admiral's territory, the resident chases away the intruder, often in a vertical, helical path to disorient or tire out the intruder while minimizing the horizontal distance it travels from its perch. The red admiral immediately returns to its territory after chasing off encroaching males.

Time spent patrolling increases as the number of intruder interactions increase. Patrolling behaviour is also correlated with warmer air temperatures, so males begin patrolling early and continue later on warmer days.

If you see a red admiral butterfly, take note of its interesting flight behaviour and whether it appears to be guarding a territory. They can be an amusing butterfly to watch.

Household recycling bins go out in Town of Teulon

By Evan Matthews

Teulon residents will have a blue bin show up at their door in the coming days.

Town of Teulon CAO Andrew Glassco said the intent of the bins is for each household in Teulon to have a blue bin in their home — under their sink or at their back door — so residents can bag recyclable materials and put them out to the curb on Fridays.

However, the bags — not the bins themselves — should be placed at the curb on Fridays, according to Glassco. There are also upwards of 12 locations around the community where a recycling bin is next to a garbage bin and can be utilized, he said.

The high school also operates a recycling program, according to Glassco.

The town acquired 1,000 small blue

recycling bins via private donation in the fall of 2019, according to Glassco, meaning there was no cost to the town to receive the bins.

The bins had been stored in the arena over the winter and will now be distributed to each household as a residential initiative courtesy of the Town of Teulon, according to Glassco.

Residents should expect their bin to be placed on their property either at their curb or doorstep with delivery scheduled to take place on or after July 16.

The town is recommending that upon receipt of these bins that residents sanitize the bins.

A more in-depth feature on Teulon's recycling program will come next week, discussing what can be recycled in town, how the Town of Teulon processes its recycling, environment and financial benefits to recycling.



TRIBUNE PHOTO BY ANDREW GLASSCO

Summer seasonal employees Anika Wetherill, left, and Ryan Aikens will be dropping off the bins this week at Teulon residences.

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Woodlands' Walsh celebrates 35 years of service

By Evan Matthews

A former reeve of the RM of Woodlands and now-councillor is celebrating 35 years of service.

Don Walsh was first elected to the RM's council in 1977 and served until 1989, before being elected as reeve in 1993 and serving in that capacity until 2005.

"During my last year as reeve, I had a stroke. I managed to finish the year, but my health was getting to me. I didn't run in the next term," said Walsh.

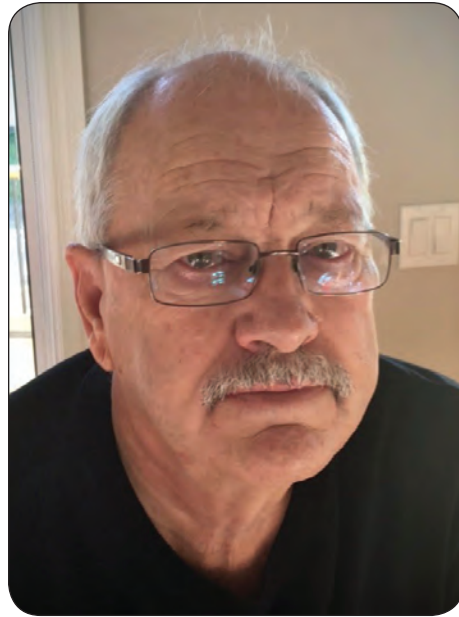
"I had community members ask me to run again, but I didn't want the stress of reeve, so I decided to run again (for council) in 2010."

As much as he enjoys municipal politics, Walsh said his intent has always been to serve and respect the ratepayers.

That notion has come through on the many councils he has been a part of, as he said there has never been any issues relating to discourse.

"I've always felt respected and appreciated by the people I've served and worked with. ... I've always tried to reciprocate that," said Walsh.

"If there was a difference of opinion, we talked it out. Everyone has always gotten along. There was never a rea-



TRIBUNE PHOTO SUBMITTED

Don Walsh said he's relied on ratepayers to identify issues in the RM, which his councils have worked to address.

son to be scared or anyone looking for trouble. It's always been about compromise over all those years."

Of his 35 years, Walsh said some of the things his councils have accomplished and that he's most proud of include the Warren Arena and Mead-

ow Lea Community Centre, items the ratepayers brought forward and councils were able to bring to fruition.

Current Woodlands reeve Lori Schellekens, confirmed Walsh's intent.

"He really is a very good listener. He's very tenacious and passionate," said Schellekens.

"When he gets information, he processes it and uses it to make a good decision. He likes to have all the facts."

Schellekens noted that during the flood of 2011, Walsh's leadership helped to navigate the situation, and his efforts helped mitigate damage to property and promote personal safety.

She added that Walsh was part and parcel of the RM's ability to acquire natural gas locally, which in turn brought economic prosperity to the region and allowed companies like Arrowquip to set up shop in Woodlands.

"That topic can sometimes be controversial among ratepayers, but it needs to be said if he hadn't helped OK everything, it just wouldn't have happened," said Schellekens. "Economically speaking, that helped the RM of Woodlands."

RCMP looking for youth to join the National Advisory Committee

Submitted by RCMP

Canadian residents aged 13 to 21 can now apply to become a part of the RCMP's National Youth Advisory Committee (NYAC).

Applications must be received by Sept. 11. Those who apply by July 31 will be a part of the first selection round and get a better chance of being selected.

This is an online opportunity for youth to connect, have their say and make a difference. NYAC members interact with participants from all over the country and discuss important issues they face in their respective communities. They share their thoughts about youth crime and victimization topics, and help shape RCMP programs and initiatives. NYAC members can also receive reference letters and volunteer hours.

Youth voices matter. For all the details regarding this op-

portunity, visit the RCMP website.

Quick facts

- Youth are a priority for the RCMP. The NYAC helps the RCMP create relevant youth programs and strategies.
- The deadline to apply for the 2020-21 NYAC is Sept. 11.

To request an application form, send an email to RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca.

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

Stonewall Teulon Tribune

WAG & PURR



Tips for road-trips with your pet

Have up-to-date dog tags

Make sure your contact info on their dog tag is up to date in case your dog somehow gets away. Same goes with the contact information associated with their microchip.

Bring a copy of your dog's vaccination record

If you are on your road trip and your dog either gets sick or needs to be boarded for a day, you will need a copy of your dog's vaccination records.

Give them their own dedicated comfortable space in the car

Don't pack your car to the brim to the point where you dog has to squeeze between luggage with barely enough room to lay down. The more room and dedicated space they have, the better behaved they'll be.

Always give your dog access to water

Your dog shouldn't have to wait until you stop for gas to get a drink of water. Get a small stable water bowl that you can put on the floor by your backseat and let them drink at their leisure.

Don't ignore their bathroom needs on long drives

If you have to pee, your dog does too. Even if you are in a hurry to get to your destination, you need to take the few extra minutes whenever you stop to let your dog out to do their business.

Find the local dog park

When you arrive in a new town, an easy way to blow off your dog's steam is to stop by the local dog park. They will be bursting with energy, and it's a good way to socialize them as well.

Bring a collapsable crate for your hotel stays.

A crate is a great tool to help your dog feel safe in a foreign environment. If you are staying in hotels or you simply don't trust your dog to not destroy your car when you are in a restaurant, then consider bringing a crate with you on the road trip. A collapsible crate is best because it won't take up room in your car when you aren't using it.

You'll want to practice with the crate before your road trip (ideally when your dog is a puppy). The key is making the crate feel like their home.

Don't leave your dog in the car on a hot day

The inside of your car gets hot when left in the sun on a summer day. Be aware of this and don't leave your dog sitting unattended in the heat.

Be aware of wildlife.

Have a safe and enjoyable trip!



Drs Luc and Neil Versavel, and Dr Valerie Millette
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It's berry season!

Saskatoon berries have many benefits

Did you know that Saskatoon berries are also known as June berries and Serviceberries? Saskatoon berries have many benefits. They have more protein fibre and minerals than blueberries. The purple colour are

"anthocyanin's" which help keep cells healthy. The name 'Saskatoon' comes from the Cree word "Mis-sask-quah-too-mina"

The Saskatoon bushes produce the most fruit when they are 12 to 15 years

old. When picking be sure to check out the whole tree, berries grow all over the bush so be sure to pick top from to bottom and inside too. Pro pickers attach their ice cream pails to their belt in order to have both hands free for faster berry picking.

When Handling berries it is best to be careful as they are perishable. Place in refrigerator immediately for use within 3 to 7 days. Rinse in colander and enjoy fresh. To freeze Saskatoons place in air tight container or freezer bag. They freeze individually and it is easy to grab a small amount for recipes, smoothies, or cereal topping.

Saskatoon's can be used in any recipe instead of blueberries.

RECIPE IDEAS: Saskatoon & Strawberry Smoothie

2 handfuls frozen Strawberries
2 handfuls frozen Saskatoons
1 handful kale or spinach
Top up blender with milk
Combine in blender and blend.

White Chocolate Saskatoon Muffins

- 1 ¾ Cup flour
 - 3 Tsp baking powder
 - ½ Tsp salt
 - ½ Cup granulated sugar
 - ¼ Cup melted butter
 - 1 Egg
 - ¾ Cup milk
 - 1 Tsp vanilla
 - 1 cup Saskatoon Berries
 - ½ Cup white chocolate chips
1. Whisk together dry ingredients in a large bowl.
 2. Combine milk, beaten egg, vanilla & butter in small bowl.
 3. Pour liquid into the dry ingredients and stir until combined.
 4. Add white chocolate chips and Saskatoons. Stir gently.
 5. Fill 12 lined muffin tins.
 6. Bake @ 400 degrees for 20-25 mins.
 7. Cool & Enjoy



Simple Summer Dessert

(Family Features) Enjoy your summer with fresh fruit like strawberries in this Easy Strawberry Shortcake recipe.

Find more dessert recipes at Culinary.net.

Easy Strawberry Shortcake

Recipe courtesy of Pillsbury

1 can (5-8) Pillsbury flaky buttermilk biscuits
2 tablespoons butter, melted
¼ cup sugar

Strawberry mixture:

3 cups fresh strawberries, sliced
1/3 cup sugar

Whipped cream:

1/2 cup whipping cream
2 tablespoons sugar
1/4 teaspoon vanilla



Heat oven to 375 F.

Separate biscuits. Dip tops and sides of biscuits in melted butter. Dip biscuits, covering tops and sides, in sugar.

Place sugar-side up on ungreased baking sheet. Bake 13-17 minutes, or until golden brown.

To make strawberry mixture: In medium bowl, mix strawberries and sugar. Set aside.

To make whipped cream: In small bowl, beat whipping cream and sugar until soft peaks form. Add vanilla and beat into mixture.

On plate, split biscuits and put dollop of whipped cream mixture on bottom half of biscuit. Add strawberry mixture. Replace biscuit top and dollop with whipping cream.



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Stonewall hosts business meeting

By Jennifer McFee

Members of Stonewall's business community recently gathered for a socially distanced information event.

On Tuesday, June 23, about 18 people gathered at the Heritage Arts Centre to hear some updates and engage in discussion about possible projects.

The event was the town's fourth meeting with the business community, with the last session held in October 2019.

Chief administrative officer Wally Melnyk outlined the town's short-term objectives, which include improvements to administrative efficiency, increased involvement in economic development, completion of strategic plan and funding for a position that would focus on economic development, festivals and events.

Mid-term objectives focus on access to high-speed internet as well as utility infrastructure for the industrial park, while the main long-term objective focuses on space for business ex-

pansion in the industrial park.

Melnik provided an update on the fibre optic installation project. Council approved the plan on June 10. Then on June 17, council approved a bylaw to loan \$250,000 to John Q. Public, the development corporation that is spearheading the project.

Stonewall is working with the internet service provider RFNOW on the initiative, along with five other municipalities — Rockwood, Headingley, Macdonald, Portage la Prairie and Ritchot — to ensure that the project is viable and provides service to areas that need it most.

Melnik estimates that fibre will start to be installed in July.

"We're really hopeful that early next month we will start seeing some work in the ground," he said.

Looking at other short-term goals, Melnyk discussed requests to improve compliance for unsightly properties in the industrial park. He said that bylaw enforcement is taking a

more proactive approach and he's hopeful that everyone will be able to see the progress soon.

The town has also received requests to pave Limestone Bay, and council agrees that it needs to be done. Due to other projects, including fibre installation and a possible low-pressure sewer initiative, the paving will be on hold for another year.

Another topic focused on gauging interest about the potential for installing a low-pressure sewer system in the industrial park. The town requested that Manitoba Water Services Board would cover half the project, which would cost an estimated \$1.5 million to \$2 million. If there is sufficient interest, the town would contribute 25 per cent of the costs up to \$500,000, and property owners in the industrial park would pay for the remaining 25 per cent.

Melnik also noted that COVID-19 had a significant impact on the town's 2020 budget. The town is reliant on user fees, which bottomed out when facilities closed. In total, the town laid off 11 employees during April and May.

Council implemented some measures to limit the impact of COVID-19 on residents, including a zero per cent tax increase for 2020, which is a reassessment year, as well as pushing back the tax due date to Oct. 31 and suspending the tax sale until April 2021.

On the topic of annexation, the last joint meeting between the Town of Stonewall and the RM of Rockwood



Stonewall CAO Wally Melnyk

took place on Jan. 29. Since then, COVID-19 has slowed down the timelines.

The land supply and demand study is complete. Studies on infrastructure capacity and transportation are set to be complete by mid-July. Likely, the application to the Municipal Board will be complete by the end of August and the process should be back on track by September.

Mayor Clive Hinds also addressed the crowd about the potential impacts of a second wave of COVID-19 outbreaks.

"Hopefully if there is a second wave coming, it won't be as catastrophic on our economy as this one was," he said.

"That three months was devastating to a lot of businesses."

The evening wrapped up with a question-and-answer period, as well as some business owners expressing gratitude for the town's continued efforts to engage with them.



TRIBUNE PHOTOS BY JENNIFER MCFEE

Social distancing measures were in place at the Stonewall business meeting.

Interlake summer camps delivered in alternate methods

By Sydney Lockhart

The Prairie Oak Regional Arts Council is running online children's art camps this summer.

Each camp is four days long and \$35, it will take place over a one-hour Zoom meeting each day so kids and the instructor can still see each other and have interactions.

This year the camps are themed World Art Tour. This means all of the art they create is inspired by different places in the world.

"I thought it would be good to do the world tour because we all want to get out of the house and be able to see new things," said summer arts camp co-ordinator Sandra Wiebe.

The first World Art Tour camp explores Africa, South America and across Canada and it takes place July 13 to 17, the second World Art Tour takes place Aug. 10 to 14 and will ex-

plore Australia, India and the Arctic.

These locations will be explored virtually by the camps. There are two different age group camps. One is five to eight years old and the other is eight to 14.

"They will be creating art like animal pictures, drawing and using painting techniques and multimedia," said Wiebe.

Wiebe says the bright side to being online is that there is no risk of art not drying or breaking on its way home from camp.

"This one is safe. We're not trying to bring everyone together. It will be fun with all the different media we're going to be using. They can experiment," she said. "It's not [like] this is the formula and here is how it works. The teacher shows examples but encourages them to make their own art through trial and error."

All needed art supplies will be dropped off or picked up for each child.

To sign up your kids for one of these classes call 204-467-2913.

Oak Hammock Marsh

Oak Hammock Marsh is offering fully outdoor camps this year for children aged six to 14.

These camps are \$36 per child and explore the great outdoors and learn about the wildlife and vegetation that lives there.

They are also offering a Dragonfly Safari on July 18 when people can learn about the different dragonfly species at the marsh.

People can join in to catch and identify dragonflies before releasing them back into their natural habitat.

To sign up for these camps, go to oakhammockmarsh.ca.



TRIBUNE PHOTO SUBMITTED

Sandra Wiebe teaching the Prairie Arts Regional Arts Council kids World Art Tour over Zoom Monday morning.

St. Laurent's 'dictionary ladies' earn academic honour

By Jennifer McFee

A group of St. Laurent ladies has earned an academic honour for their efforts to preserve the Michif French language.

Métis grandmothers and knowledge keepers Lorraine Coutu-Lavallee, June Bruce and Agathe Chartrand recently received honorary doctorates from the University of Winnipeg.

The trio worked together for five years to create the first-ever dictionary of Michif French as it's spoken in St. Laurent. The late Doris Mikolayenko-Leclerc and Patricia Miller-Chartrand were also involved in the project to preserve their language and culture.

Coutu-Lavallee, who now lives in Winnipeg, recalls how the project began.

"One day, I was at home when I got a phone call from one of my girlfriends I grew up with from St. Laurent but I hadn't seen her for years," she said.

"She was talking about our language, Michif French. She said nobody ever wrote it before. She wanted to write it but she needed help."

A group of friends got together and began meeting weekly at a room provided by the Manitoba Metis Federation in St. Laurent.

"I've been going back and forth from Winnipeg every Tuesday since 2011 to do our work," Coutu-Lavallee said.

"It took us five years to write the dictionary and we published it at McNally Robinson. We did it all on our own with no funding and no help from anybody."

The dictionary features Michif French words that are organized alphabetically and by theme, along with a few traditional recipes and prayers.

"That's all we spoke at home. That's all I spoke when I started school, actually. It was never written before. Now the younger generation out there all speak English."

Before COVID-19, the group had taught one language session at St. Laurent School with plans to continue on a regular basis whenever it's safe to get back in the classroom.

"Whenever they let us go back, we'll be going twice a week for kindergarten to Grade 12," Coutu-Lavallee said.



TRIBUNE PHOTO SUBMITTED

From left to right: Lorraine Coutu-Lavallee, president and vice-chancellor Dr. Annette Trimbee, June Bruce and Agathe Chartrand.

They've also been working with the local Head Start program to teach Michif French to preschool kids through games and activities.

"The three- and four-year-olds love it. They catch on fast, these young kids," she said. "There are a couple that can already speak it, but most are all English."

Now the group is working on a second book that will focus on the history of the community, with the help of a few more friends.

"We're still working together," she said. "We also do crafts like 100 per cent wool slippers, mitts, purses, beading and embroidery."

In addition, they're working with Métis poet Suzanne Steele-Gaudry and composer Neil Weisensel to translate the dramatic musical *Riel: Heart of the North* into Michif French.

In recognition of their efforts to keep the culture and language alive, the trio received recognition at

a special graduation acknowledgement ceremony hosted by the Manitoba Metis Federation.

For Coutu-Lavallee, it was a thrilling experience to receive her honorary doctorate.

"It was so exciting," she said. "I never thought it would happen to us."

University of Winnipeg president and vice-chancellor Annette Trimbee said that speaking Indigenous languages is vital to understanding the worldview and customs of Indigenous cultures.

"June, Agathe and Lorraine have voluntarily taken on the role of community educators," said Trimbee.

"Their perseverance and generosity of spirit in keeping Michif language and culture alive and thriving for future generations is the very heart of serving community. We are honoured that they are joining the UWinnipeg family."

Manitoba government further extends state of emergency

Submitted by Manitoba government

The Manitoba government extended the provincewide state of emergency under The Emergency Measures Act to continue to protect the health and safety of all Manitobans and reduce the spread of COVID-19.

The extension takes effect at 4 p.m.

today, Tuesday, July 14 for a period of 30 days.

A state of emergency allows the government to take quick action to support Manitobans when they need it most. The state of emergency was first declared on March 20 by the powers set out in section 10(1) and 10(2) of

The Emergency Measures Act to enable the province to respond to the COVID-19 pandemic. It was further extended on April 18, May 17 and June 15.

For additional information and to view the state of emergency and public health orders, visit www.manitoba.ca/covid19/soe.html.

www.manitoba.ca/covid19/soe.html.

For more information on The Emergency Measures Act and a state of emergency, visit:

<https://web2.gov.mb.ca/laws/statutes/ccsm/e080e.php>.

Stonewall/Headingley RCMP investigate dangerous operation of a motor vehicle

By Stonewall RCMP

On July 14, at about 1:00 a.m., police from Stonewall/Headingley RCMP were on patrol northbound on Hwy. 7 in the RM of Rockwood when they noticed a vehicle travelling at a high rate of speed. Police eventually caught up

to the vehicle near Balmoral, Manitoba where the vehicle was caught travelling in excess of 172 km/h in a 50 km/h zone (see attached photo). Upon arrival a male had exited the vehicle and told police that he had been kidnapped and the driver of the vehicle

had fled into the near by bushes. This was proven false by police at the scene. A 51-year-old male from the RM of Rockwood, Manitoba has been arrested for: Impaired and dangerous operation of a motor vehicle. The male will also be facing charges under the

Highway Traffic Act in Manitoba for: Driving while disqualified, driving an unregistered vehicle and speeding. Police continue to investigate.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

15U Orioles blast Red River in 'AAA' baseball action

By Brian Bowman

The Interlake Orioles 15U "AAA" baseball team picked up their first win of the season last Friday at Transcona Stadium.

And they did it in very impressive fashion.

Interlake played extremely well in blasting Red River 10-0 in five innings.

"It was a good pitching effort and there weren't a lot of hits against us," said Orioles' head coach Dave Myers. "It was a good game. They just played well and we hit the ball so that was good."

Rylan Slatcher earned the complete-game victory on the mound for the Interlake.

"He had good control, for the most part," Myers said. "I think he only walked two kids the whole game. He was making them put the ball in play and our guys were making plays so it was good."

Leading 3-0, the Orioles broke the

game wide open in the top of the fifth inning, scoring seven runs.

Tessa Stewart had a huge hit in that big inning, ripping a bases-loaded double that cleared the bases.

Last Wednesday, Interlake lost 7-1 to the North Winnipeg Pirates in Balmoral. The Orioles were leading 1-0 heading into the bottom of the fifth.

"They tied it up in the fifth and then we made a few mistakes," Myers said. "They scored something like four in the fifth and we made a few errors that cost us some runs. They have to learn not to make those kinds of mistakes."

Interlake, now 1-2, will host the Balmoral Black Sox on Wednesday at 6:45 p.m. in Balmoral.

The Orioles will then visit the St. James A's Friday (6:30 p.m.).

In 13U "AAA" action, Interlake lost 21-14 to the North Winnipeg Pirates last Thursday in Balmoral.

On July 7, the Orioles were defeat-



TRIBUNE PHOTO BY LANA MEIER

Interlake's Matt Good makes the tag on a North Winnipeg player. The Orioles were defeated 7-1.

ed 15-1 by the Bonivital Black Sox in Winnipeg.

Interlake hosted Bonivital this past Tuesday but no score was available at

press time. The Orioles will then play Winnipeg South on Thursday in Balmoral.

18U Orioles slay Elmwood Giants

By Brian Bowman

The Interlake Orioles 18U "AAA" baseball team played a great game against the Elmwood Giants last Friday at Koskie Field in Winnipeg.

Interlake snapped a three-game losing streak with a solid 9-6 comeback win over Elmwood.

"We've had competitive games with them in the past so it was nice to see us get rewarded," said Orioles' head coach Eric Swanson. "Earlier in the week against Winnipeg South, we put

ourselves in positions to win and then shot ourselves in the foot. It was nice to see us get rewarded later."

Interlake definitely deserved to be rewarded.

The Orioles trailed the Giants 5-0 after giving up five runs in the second inning. But Interlake came right back with three runs of their own in the top of the third and then added four in the fifth and two more in the sixth.

"We had three pretty big innings and we gave up a big inning, too,"

Swanson said. "(The comeback) says a lot about our group. We're pretty competitive and it would have been easy for anyone to pack it in at that point but it was nice to see us battle back and get rewarded."

Connor Smith picked up the win on the mound for the Orioles.

On July 7, Interlake lost 13-9 to Winnipeg South in Stonewall.

Interlake (2-4) visited the Bonivital Black Sox (3-3) on Tuesday but no score was available at press time.

The Orioles will battle last-place Elmwood (1-6) again on Sunday at 7 p.m. at Koskie Field.

It's a nice break in the schedule for the Orioles, who played two double-headers in just five days to start the season.

"It definitely helps on our arms," Swanson said. "We can plan our week normally."

Interlake sweeps Elmwood in MJB� Sunday doubleheader

By Brian Bowman

The Interlake Blue Jays had a very good day last Sunday.

Interlake improved its record to 6-3 after sweeping the defending-league champion Elmwood Giants in a Manitoba Junior Baseball League doubleheader on Sunday in Stonewall.

Interlake won games by scores of 7-2 and 11-3.

Last Wednesday, the Blue Jays were

outslugged 13-11 at home by the Altona Bisons.

Interlake, now in a three-way tie for second place with Elmwood and Altona in the eight-team league, will hit the road for four straight games. The Blue Jays will visit the St. James A's on Wednesday (7 p.m.), the Pembina Valley Orioles Sunday (1 p.m. and 4 p.m.), and the Carillon Sultans on July 22 (7 p.m.).

In Winnipeg Senior Baseball League action, the Stonewall Blue Jays were edged 4-3 by the Elmwood Giants last Thursday at Koskie Field.

Stonewall scored single runs in the second, third, and fourth innings. Elmwood scored one in the bottom of the first inning, added two more in the fifth, and then plated the game-winning run in the seventh for the walk-off win.

On July 7, Stonewall pounded the Boni-Vital Brewers 13-5.

The Blue Jays, now 2-1, will host the St. James A's this Thursday (7:30 p.m.) and then play a pair of home games against two different teams on Saturday.

Stonewall will battle the St. Boniface Legionaires at 11 a.m. and then will take on Boni-Vital at 2 p.m.

14U Phillies busy on the ball diamond

By Brian Bowman

The South Interlake Phillies 14U fast-pitch team has been very busy in the Manitoba Ladies Super Softball League.

South Interlake played six games in just four days this past week.

"This was a really tough stretch," said Phillies' manager Lisa Harrisko Sunday evening. "The weather has been so hot and there were six games in four days. Most people would agree that's a bit much but, otherwise, it's been pretty good. We knew going into this that it would be a short but packed season."

The Phillies wrapped their very busy schedule with a doubleheader split with the Thunder last Sunday. No score from either game was known at press time

On Saturday, South Interlake dropped a doubleheader to Westman, losing games by scores of 15-2 and 11-3.

"They're a strong team," Harrisko noted.

Last Thursday, the Phillies split a doubleheader with the Angels at Quarry Park.

South Interlake blasted the Angels

10-2 in Game 1 but the Angels came back to edge the Phillies 11-10 in the second game of the twinbill.

"There were two outs and (an Angels') runner on three that we tried to prevent from coming in but she came in," Harrisko recalled. "They had last bats so that's how they won that game."

South Interlake, now 3-6, will host Smitty's on Wednesday at 7 p.m. at Quarry Park to wrap up a nine-game homestand.

"I feel we have a lot of home games this year," Harrisko said. "There's a lot at Quarry Park and not as much as (John) Blumberg. There's more games this year at Quarry Park than there has ever been."

The Phillies will visit Westman this Saturday with games at noon and 2 p.m.

Harrisko said this season has been an enjoyable one.

"I think it's a great group of girls," she said. "The girls all get along and it's a strong group of girls. We have great coaches that have been super hands on and all of the girls really seem (to listen well to them)."



TRIBUNE PHOTO BY LANA MEIER

South Interlake's Rianna Cassils tags out an Angels' runner as Ella Holm watches the play.

U16 Phillies sweep archrival Angels

By Brian Bowman

The South Interlake Phillies U16 fast-pitch team roughed up some Angels last Thursday at Quarry Park.

South Interlake swept their double-

header, winning the first game 4-3 in a walkoff and then the Phillies completed the sweep with a convincing 7-1 victory.

"We've had three games in a row

where we had three pitchers and each of them has thrown the whole game and we've won (four) in a row here," said Phillies' head coach Ryan Fines. "The pitchers have done a pretty good job here lately."

South Interlake also played well defensively and produced enough offense to win both games, said Fines.

The Phillies started the season 0-3, giving up 36 runs in those three games. Two of those losses, though, came against a very strong Smitty's squad.

"We played some pretty good teams to start off," Fines noted. "We were going in there with three practices under our belts. We had three of our major girls decide they weren't going to play at the last minute so we only had 12 girls. But it worked out OK, we have a girl from town and she pitches and then I found a catcher from Minnedosa. She's been coming out all of the time and she's been doing fantastic, catching pretty much every inning so far. And we found a pitcher in Morden so it has worked out."

Fines likes what he sees with this year's Phillies' team.

"We have a pretty good group and they're all getting along," he said. "We have our core girls that hit the ball really well. As long as they're hitting the ball well and you're older girls are doing their jobs, the younger girls are definitely coming along."

South Interlake has a break in its schedule with no games during an eight-day stretch. But the Phillies will resume action this Saturday when they host Westman in a doubleheader with games starting at noon and 2 p.m. at Quarry Park.

It's the beginning of a brutal stretch that will see South Interlake play 12 games in just 11 days.

"We're going to be very busy during that stretch so I'm taking this weekend to wind down," joked Fines last Sunday. "We don't have a ton of practice time in there unfortunately but playing games is fun as long as you're talking and staying on top of stuff. With everything that has gone down, there's just not enough practice time. And when half your players are (younger) girls, you need that practice time to cement some stuff."



TRIBUNE PHOTO BY LANA MEIER

The Phillies' Grace Fines slides safely back to first base against the Angels.

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ANNIVERSARY



Marg and George Bond

Life is a journey,
And love is what makes that journey worthwhile
Much love to you both on your
60th Wedding Anniversary

-Love,
Myles, Gary, Toni,
Joshua, Nyja,



ANNIVERSARY



Happy 25th Anniversary
Camille and Kurt!

Here's to 25 more!

-Love the Bouskill and Chester families

ANNIVERSARY



Celebrating 50 years on July 18th!
Happy Anniversary

Patrick and Nora McDermid!

Wishing you continued happiness!
-Much love to you,
from your family

OPEN HOUSE - Saturday, July 18th - 1:00 to 3:00 p.m.

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PERMANENT PART-TIME POSITION

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The Administrative/Program Assistant position is for 5 days bi-weekly which will assist the Executive Director with planning programs and administrative duties. Schedule of work is variable.

Required Qualifications:

- Proficient skills in MS Word, Excel, and online platforms
- Embraces technology and willingness to learn
- Solid mathematical skills
- Ability to multi-task and prioritize
- Job duties may include physical requirements
- Certification in First Aid & CPR an asset

For a Full Position Description, Visit:

http://www.si55plus.org/employment_opportunities.html

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Applications accepted by email only: si55plus@mts.net

Only those selected for an interview will be contacted.

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IN MEMORIAM



Carole Good

September 28, 1959 – July 18, 2019

Everyday in some small way,
Memories of you come our way.
Though absent, you are always near,
Still missed, loved and always dear.
We miss you more every passing day.
-Love you always, Kevin,
Trevor, Kayla, Derrick, Tyler and Charlie

IN MEMORIAM



Brian Brindley

March 25, 1952 – July 19, 2018

It's been two years since your passing.
Every day in some small way,
We miss you more than words can say.
In our hearts you will always stay,
Loved and remembered every day.
-Love Bev and family

OBITUARY



Annie Appleyard
1932 – 2020

Annie passed away May 23 at the age of 87.

Annie was born in Ashern, Manitoba, she moved to Inwood, Manitoba in 1964 where she enjoyed farming and raising her family. Annie always enjoyed a good joke, gardening, spending time with friends and loved ones.

She was predeceased by husband Leslie, son Larry and daughter Heather. Survived by sister Tina; children Joanne, Pat (Roy), Terry (Mel) and Gordon and many grandchildren and stepchildren.

A celebration of life gathering will be held at a later date.

OBITUARY



Robert Mollard

Robert Mollard passed peacefully on July 8th, 2020 at Stonewall Hospital. He is survived by stepson Larry (Betty), grandchildren, great-grandchildren and great-great grandchild.

Bob married Lenore December 28th, 1963. Predeceased by wife Lenore (2011); parents Happy and Queenie; brothers, Snookie, Reggie, Mutch, Fred, Roy, Kenny, Hans; sister Ali. Survived by sisters Muriel and Joan; sisters-in-law Lois, Ruth, Lil as well as numerous nieces and nephews.

Bob was 18 in 1945 when he joined the Army. He finished his basic training and started advanced training by then the war was over and he waited for a discharge.

Bob's grandfather was a founding member of branch "52" in 1927. As of this year Bob would have put in 75 years as a member of the Stonewall Legion.

Bob started his career in 1948 with Manitoba Hydro. He became a lineman which took him to construction careers, with MTS, Kitimat, BC, Resolute Bay, NWT. He joined Magellan Aerobatics in 1963, retired in 1989.

In his retirement years Lenore and Bobby enjoyed travelling to Nova Scotia, PEI, Collingwood, ON. They enjoyed travelling in the motorhome to The Narrows, and Thief River Falls. They also enjoyed trips to Oak Hammock Marsh.

In lieu of flowers, if so desired, donations may be made to Salvation Army.

The family extends its deepest gratitude to Dr. Hicks and nursing staff of Stonewall Hospital for their compassion and support.

A private service will be held.

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