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# Stonewall Teulon Tribune

THURSDAY,  
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TRIBUNE PHOTO BY LANA MEIER

Members of the Rossmore Ukrainian Dance Club, Kolsen Jira and Jasper Marmillod, perform the junior hopak during a social at the Stonewall Legion on Saturday night.

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# Rossmore dancers kick off a new year in style



TRIBUNE PHOTOS BY LANA MEIER

Members of the Rossmore Ukrainian Dance Club perform during a social at the Stonewall Legion on Saturday night, with live music by Budmo keeping guests dancing throughout the evening.

## Snow day adventure

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TRIBUNE PHOTO BY DANNY STEWART

Reese Stewart gives a thumbs up while snowmobiling with her dad, Danny Stewart, near Stonewall on Saturday. Temperatures hovered around -7 C with a low of -20 C, while strong wind gusts reaching 65 km/h made it feel closer to -25. About five centimetres of snow fell steadily through the day, creating ideal riding conditions. Help the Tribune record the weather of the day and send in your friends and family enjoying the outdoors, email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)

# Manitoba Merv predicts six more weeks of winter

By Lana Meier

Manitobans may need to keep their winter gear handy a little longer.

Manitoba Merv emerged on Groundhog Day Sunday and saw his shadow, signalling six more weeks of winter according to the annual tradition.

Merv made his prediction from a viewing platform at Oak Hammock Marsh, just north of Stonewall.

The forecast aligns with classic folklore, which holds that a shadow sighting means winter conditions will linger, while the absence of a shadow points to an early spring.



TRIBUNE PHOTO SUBMITTED

Manitoba Merv, the province's Groundhog Day mascot, sits on the viewing platform at Oak Hammock Marsh near Stonewall on Feb. 2 during the annual Groundhog Day celebration. Merv saw his shadow, signalling six more weeks of winter according to tradition.

Despite the light-hearted nature of the prediction, Manitoba Merv's annual appearance has become a familiar winter tradition, offering a moment of fun — and a reminder that prairie winters are not quite ready to loosen their grip.

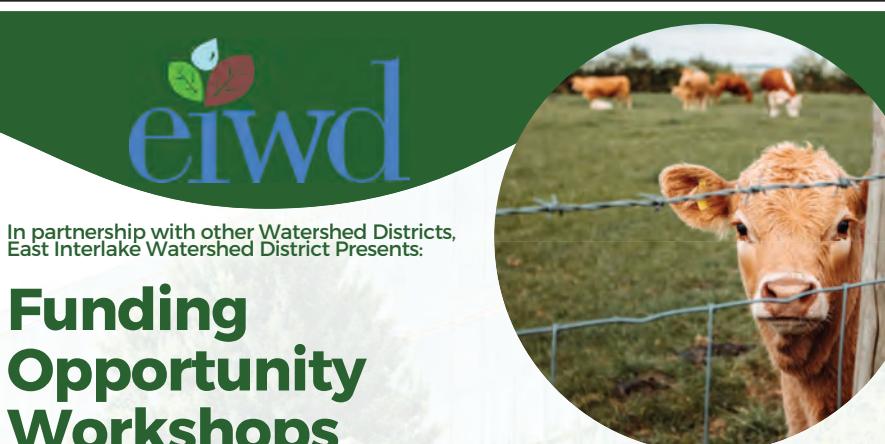
In Manitoba in 2026, the astronomical first day of spring — the vernal equinox — falls on Friday, March 20, 2026. That's the moment when day and night are nearly equal in length, marking the start of spring in the Northern Hemisphere.

## Campbell Meets Carney



TRIBUNE PHOTO SUBMITTED

Alan Campbell met with Prime Minister Mark Carney during the Prime Minister's Teaching Awards event in Ottawa on Dec. 11. Campbell was a member of the awards selection panel through his role as president of the Canadian School Boards Association.



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# Snow sculptor brings winter art to Stony Mountain

By E. Antonio

People are slowing their steps outside the Stony Mountain Community Centre this winter, drawn to a completed hockey scene carved from packed snow.

The large-scale sculpture, created by local artist Jordan LeSage from a 4-by-11-by-8-foot block of snow, has already begun attracting attention from residents passing through the area.

"It's an impressive piece," said Donna Tarashchuk, noting the number of people who have stopped to admire the finished work.

Now in his eighth year of snow sculpting, LeSage said creativity has always been part of who he is. As a student, art was one of his favourite outlets, though it took years — and a few unexpected influences — before he returned to it in a serious way.

Before beginning his full-time career with Manitoba Hydro, LeSage travelled frequently to Mexico and the Caribbean, where he encountered young artists making a living from their work.

"Not too many people my age do that (art) for a living," he said. "That's what really got me fired up about pursuing art again."

That spark eventually followed him north to Gillam, where LeSage lived for several years. One winter, a neighbour built a snow sculpture, and LeSage asked to learn the basics. He soon put those skills to use when his father came to visit.

Despite frigid temperatures and less-than-ideal snow conditions, the pair packed snow bricks using cardboard boxes and carved a snowman standing more than five feet tall.

"It turned out to be the most perfect snowman after carving," LeSage said. "We received a ton of compliments, and that made me wonder — what more can I create?"

Since then, LeSage has carved one sculpture each winter, including a polar bear, a sphinx, an Easter Island head, the Colosseum, the Taj Mahal and the Eiffel Tower. After moving back to Stony Mountain this past summer to be closer to family, he felt the pull to carve again — this time at home.

With approval from the town, LeSage chose the Stony Mountain Community Centre as his canvas, citing both its steady foot traffic and the shelter it provides from direct sunlight.

"It is the absolute perfect space," he said.

Unlike previous projects that focused on architectural forms, this year's sculpture marks a shift. LeSage challenged himself to carve a scene — a hockey moment frozen in time — rather than a standalone structure.



LeSage and his father, Larry, pose with the first snow sculpture they created in Gillam eight years ago.



TRIBUNE PHOTOS SUBMITTED

Stony Mountain artist Jordan LeSage stands beside the hockey-themed snow sculpture he carved outside the Stony Mountain Community Centre. His son is pictured with him.



LeSage's snow sculpture of the Colosseum, the iconic ancient amphitheatre in Rome, Italy, is one of several international landmarks he has recreated.



LeSage poses with his wife, Yansiri Alejandro Gonzalez, and their son in front of his snow sculpture recreating the Eiffel Tower in Paris, France.

## Interlake-Eastern RHA welcomes pediatricians

By Jennifer McFee

Three new pediatricians in the Interlake-Eastern health region are currently accepting referrals.

Dr. Wail Seleem started in December 2025 and is based in Selkirk and Eriksdale. Dr. Hammam Akil started in October 2024 and is in Selkirk and Pine Falls. Dr. Carla Bowes is a developmental pediatrician who started in October

2025 and is working in Gimli and Arborg.

All three pediatricians are working as part of a team to serve communities within the Interlake-Eastern Regional Health Authority. Contact your primary care provider to schedule a referral.

"For years, families in our region had no local pediatric specialists," said Dr. Scott Gregoire, vice-presi-

dent of medical services and chief medical officer for Interlake-Eastern RHA.

"Having three pediatricians now serving our communities is a major step forward that will improve care for children and reduce the need for families to travel for essential services."

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**Stonewall Teulon Tribune**

# letter to the editor

Letters to the Editor:  
news@stonewallteulontribune.ca

## A senior moment — the 'aha'

I believe everyone has an "aha" moment at some point in their life — a sudden realization of what is happening and why.

I had mine at 75 years old. A little late, perhaps, but still pretty amazing that I had one at all.

Mine was about emotions — or more accurately, the absence of them. I realized that although I go through each day grateful and trying to live the best life I can, something wasn't right. It finally hit me: I no longer show my emotions or say what's on my mind. Somewhere along the way, I buried all of that.

That was my aha moment.

After thinking about why this happened, I came to a few conclusions. After years of being let down, disappointed, and afraid to share my opinions for fear of causing a nasty reaction, I pulled back. Now I smile and avoid conversations that might risk misunderstanding or hurt feelings. It's about self-protection

and staying away from negativity.

I no longer feel the need to apologize for who I am today. I am a 75-year-old woman with a different brain and different abilities, some of which are slowly failing me — something I need to accept. But just as importantly, I need to accept this version of myself and stop trying so hard to be everything I once was. I need to protect myself and make the time I have now count.

Life changes. We change. Minds and bodies change. We don't like it, but that's life.

Now, in my "golden" years, I am retired — which means I choose my time, my projects and my outings. No explanation required. I will always be there for my family and friends, always offer a helping hand or a shoulder to cry on. They are the most important part of who I am.

I am blessed with the most amazing children. They are wonderful people who make me proud every minute of every day. No matter what life has thrown at them, they rally, push through, and become even stronger. Their strength gives me peace.

## Students thank community for local ECE program

As the Early Childhood Educator Program — which has been running out of Stonewall's Old Post Office building on Main Street since September 2024 — comes to an end, we, the students, would like to express our appreciation for the community-based college education provided to us.

First and foremost, having access to education in our chosen field has allowed us to succeed in a college program and develop essential skills as early childhood educators. We are all looking forward to the successful completion of this program and becoming eligible for ECE II certification with the Province of Manitoba. Having the program available in Stonewall has brought significant benefits to our personal and professional lives.

Those of us who are parents benefitted from being closer to our families and feeling confident that we could return home — or to our children's school — if needed. We take pride in being role models for our children as we participate in post-secondary education. Being close to home also meant shorter commutes for all students, saving on fuel costs and allowing more time for family responsibilities and appointments. The smaller class size and familiar environment fostered a strong sense of belonging.

Professionally, many of us are already taking on increased responsibilities at work, including mentoring new staff and students or serving as room supervisors. Completion of the

program has also opened doors to expanded educational opportunities. Some students are considering further studies at the University of Winnipeg in Developmental Studies, while others may pursue additional certificate programs following successful completion of the ECE diploma.

Our centres are already benefitting from the education and experience gained through this program. Throughout our studies, we have brought classroom activities and learning back to our workplaces to apply and strengthen our skills. As noted, our centres can expect us to take on greater responsibilities now that we have completed the program. We are equipped to be effective mentors and advocates for children and families, with a strong understanding of emotional regulation, self-regulation, development and identity. This knowledge allows us to support and empower individuals of all ages. In addition, our centres are better positioned to meet provincial staffing requirements with more trained educators on staff.

Families and communities are strengthened when early childhood educators are employed in local programs. ECEs make meaningful contributions to the childcare sector, working to empower young people by offering real choices and opportunities to discover who they are and who they want to become.

On behalf of all of us, thank you for recognizing early childhood educators as essential, valuing our work, and advocating for more educators in our communities.

Seniors are often overlooked, forgotten or ignored. That's partly because life today is so busy — work, kids and responsibilities take time and energy. While we may sometimes wish for more, we need to remember that we have made a place in someone's heart, and that our lives were once full of love, fun and laughter. Being sad won't erase those memories. We need to bring them back to the surface and live with them.

Our journeys have had many ups and downs, but how lucky we are to still be here — remembering and treasuring the past.

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## Manitoba pilots 24/7 snow clearing on Perimeter Highway

By Lana Meier

The Manitoba government is piloting round-the-clock snow clearing on Winnipeg's Perimeter Highway in a move aimed at improving safety and keeping traffic moving during major winter storms.

The province and the Manitoba Government and General Employees' Union have signed a memorandum of agreement allowing 24-7 winter maintenance operations on Provincial Trunk Highways 100 and 101, known collectively as the Perimeter Highway.

Transportation and Infrastructure Minister Lisa Naylor said the agreement will allow crews to respond more quickly when severe winter weather creates a significant public safety risk.

"This agreement is about keeping Manitobans safe and moving when winter weather hits," Naylor said. "Bringing back 24-7 snow clearing on the Perimeter Highway means crews can respond faster during major storms and provide a higher level of service when our communities need it most."

According to a provincial spokesperson, when the province is aware of a forecast major winter event — such as a blizzard or heavy snowfall — maintenance crews would be scheduled in advance to provide 24-hour coverage.

The goal, the spokesperson said, is to reduce both the frequency and duration of highway closures during extreme weather events.

While the province oversees winter maintenance, road closures are initiated



TRIBUNE PHOTO BY LANA MEIER

Blowing snow and drifting reduced travel to a single lane along Winnipeg's Perimeter Highway during a recent winter storm. The province is piloting 24-hour snow clearing on the Perimeter to improve safety and reduce closures during major weather events.

ed by the RCMP and can be triggered by several factors, including poor visibility or motor vehicle collisions. The spokesperson said the RCMP would have more detailed information on the specific parameters used to close highways.

The agreement took effect Jan. 22 and allows the Department of Transportation and Infrastructure to activate continuous snow clearing on an as-needed basis when major storms are forecast or already underway. Operations would be carried out using two 12-hour shifts to provide around-the-clock coverage.

MGEU president Kyle Ross said the agreement recognizes the demanding and often dangerous conditions faced

by highway maintenance workers.

"MGEU members work hard to keep our roads safe and clear," Ross said. "This agreement supports 24-7 snow removal when it's needed, helping keep the Perimeter Highway open for those who rely on it."

The province noted that, since the agreement was signed, there has not yet been a snowfall significant enough to require activation of continuous snow removal.

Officials said the pilot project is expected to reduce weather-related disruptions on one of Manitoba's busiest transportation corridors and improve overall winter driving conditions during extreme events.

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## Talbot & Associates ready to welcome clients in new location

By Jennifer McFee

A local accounting firm is ready to welcome clients in its new location in the heart of Stonewall — just down the street from its previous hub.

In August, Talbot & Associates CPA moved from 278 Main St. to its new location at 380 Main St., known around town as the former Quarry Furnishings shop.

Founded in Manitoba, the bilingual firm offers professional financial services for both individuals and businesses. They specialize in personal and corporate income tax preparation, bookkeeping services, financial statement preparation, and tax planning and consulting. They also assist with specialized areas such as agricultural accounting, estate tax preparation, succession planning and workshops or presentations on tax-related topics.

"With multiple offices across Manitoba and Ontario, Talbot & Associates focuses on providing personalized, clear and practical advice to help clients simplify complex tax matters and achieve their financial goals," said Brittany Sandberg of Talbot & Associates.

"We took over EPR Stonewall's book of clients in 2020. Several of the current staff that worked for EPR Stonewall still work for us to this day. We've enjoyed building meaningful relationships with these clients and have the privilege of building new ones along the way."

The new location allowed the business to bolster its team with additional staff members.

"We wanted to truly invest in the community and plant roots here to serve the flourishing town of Stonewall, to have more space to hire more staff and provide them with career opportunities, and to serve more clients in the surrounding area," Sandberg said.

"Leading up to the move, we began hiring new staff knowing we'd be able to expand and have since hired two new employees after moving."

The larger space further enhances the business and its offerings.

"The new location has a large boardroom to host bigger groups of clients or families as well as our team meetings," Sandberg said.

"It also has a kitchenette which the staff really enjoy for making our lunches, and we're looking forward to being able to have more space to



TRIBUNE PHOTO BY JO-ANNE PROCTER

Staff with Talbot & Associates pose outside the firm's new Stonewall location at 380 Main St. From left: Jen Obsniuk, Krysta Hillyer, Claire Vigier, Atlas Mason, Ayyah Trippier, Kiana Jeannotte, Brittany Sandberg and Sheri Melsted.

make our potluck suppers during tax season. We also have four additional workspaces than we did previously."

The building is also adorned with an eye-catching mural, which the new owners plan to keep.

"We know the mural is special to the previous owners of Quarry Furnishings, and we're proud to be able to showcase it on our building since it seems to be a landmark on Main Street," she said.

"It clearly has a special place in many people's hearts because we were asked many times 'Are you keeping the mural?' and I would say 'Of course, why would I want to get rid of it?' It shows a lot of the history of the town as well. It's really beautiful."

Barbara Barnes commissioned the mural after her husband Edward's

death in 2005. Their son Sean said he has an informal agreement with Talbot & Associates to maintain the mural going forward at his own expense. (Please see separate story entitled "Long-standing mural continues to honour memory of local man.")

With tax season already underway, Talbot & Associates looks forward to serving the community.

"We're really looking forward to seeing all of our clients again during the busy tax season approaching and to have them also experience our new space," Sandberg said. "We hope to see some new faces as well as we continue to expand and grow our business."

To learn more about Talbot & Associates and the services it offers, visit talbotcpa.ca or call 204-467-5566.

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God provides what we need when we need it. Wrong choices in life can leave us with consequences that are hard to bear but it's the only way to learn from our mistakes.

When the Israelites were freed from slavery they wandered in the wilderness for 40 years. They had to depend on God to provide their daily bread and He did. But when they first saw it, they said, "What is it?", and Moses had to tell them, "It is the bread that the Lord has given you to eat." Exodus 16:15 Could God be providing for you in a way right now that causes you to say, "What is it"? When you call out to God for help, he hears and he provides but it may not always be in a way that is recognizable at first.

Maybe it's also why the disciples didn't see what he meant when Jesus said, "I am the bread of life." In John 6... "If anyone eats of this bread he will live forever and the bread I will give for the life of the world is my flesh." Verse 15.

Bread is consumed and our body is nourished. Jesus was saying he is the spiritual food necessary to live well forever. How do we consume spiritual food? Jesus said through his words in 6:63 His words when received are ingested into the heart and soul through the work of the Spirit and bring new life. Only because he would bear the sin of the world upon his flesh when he died. 2Corinthians 5:17 His followers did not see him accomplish it yet and could not understand this saying. The challenge was for them was to trust in his words and know that one day they would.

The challenge for us is the same today. Believe in God and trust in his saving power. "The Father gives you the true bread from heaven," 6:32. He sent bread from heaven to meet the physical needs of the people in the wilderness he also has sent bread from heaven to meet our spiritual needs through the work of Jesus Christ. "For the bread of God is he who comes down from heaven and gives life to the world." John 6:33

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STONEWALL

# Stonewall's mayor highlights year of growth in 2025

By Jennifer McFee

Stonewall's mayor paints a positive picture when reflecting on the town's progress last year.

Mayor Sandra Smith says 2025 closed out with an extensive slate of community improvements, capital upgrades and long-term planning milestones that could shape the community for years to come.

"This year was about responsible investment and strengthening the services that residents rely on," Smith said. "Council has been focused on practical, meaningful upgrades that improve safety, accessibility and quality of life across Stonewall."

She said one of the most noticeable improvements in 2025 was the completion of the Limestone Bay paving program within the industrial park.

"With smoother, safer road access now in place, the upgrades are intended to support both current business activity and future growth in an area that plays a key role in the town's economic landscape," Smith said.

"This work was complemented by the completion of the sidewalk along 3rd Avenue North, connecting Main Street to 4th Street East. The new walkway adds another link to Stonewall's expanding active transportation network, which aims to improve mobility options and encourage walking within the community."

Progress continued at Quarry Park campground, where the town advanced to Phase 2 of a multi-year electrical upgrade project.

"When the project is complete, every site within the campground will be serviced with 50-amp power—an increasingly important expectation for modern campers," Smith said.

"The upgrades are being funded through future campground fees rather than tax revenue, ensuring long-term sustainability for one of Stonewall's most visited recreational amenities."

Throughout the year, the town continued to prioritize efforts to improve accessibility and to modernize key facilities.

Accessibility approved base material was installed at several playground areas, making it easier for more residents—including those with mobility challenges—to enjoy parks and outdoor spaces. The Heritage Arts Centre Auditorium received upgraded lighting to enhance both visibility and energy efficiency," Smith said.

"At the same time, new flooring was installed in the Veterans Memorial Sports Complex arena and in the curling club lounge, improving comfort and safety for users. The soccer pitches also received new portable bleachers to support growing participation

and improve spectator experiences."

A major milestone in 2025 was the advancement of the age-in-place campus project, Smith added.

"Council approved the final design late in the year, setting the stage for major infrastructure work in 2026. That work will include roads, water, sewer and land drainage installations. Once complete, the municipal services will not only support the age-in-place campus project but also provide a fully serviced site for the long planned personal care home," she said.

The town, its partner municipalities and community advocates continue to work together in support of the much-needed 143-bed PCH facility."

It's also clear to see the impact of regional collaboration through the progress made by the Stonewall & Area Mobility Service (SAMS).

"New charging stations were installed throughout partner municipalities in preparation for the purchase of electric and hybrid vehicles in 2026," Smith said.

"Construction is also underway on a new garage and administrative office, which will provide SAMS with a permanent home and help modernize the essential transportation service."

Smith stressed the positive impact of these partnerships both in town and



Town of Stonewall Mayor Sandra Smith

beyond.

"The progress we've made this year reflects the strength of our partnerships—both within Stonewall and across the region," she said. "These investments position our community for long-term growth while ensuring we continue providing reliable services for everyone."

On behalf of town officials, Smith expressed appreciation to residents, staff, volunteers and regional partners for their ongoing support at the close of 2025.

"The accomplishments of 2025 set a strong foundation for continued development and community improvements in the years ahead."

## Catan national qualifier in Winkler Feb. 14-15

By Ashleigh Viverois

Calling all Catan fans—Louis Riel

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

HPV causes cancer in 100 Manitobans each year.

VACCINE & SCREEN to prevent cervical cancer. PracticePrevention.ca

Day weekend is your chance to compete on a bigger stage.

Sixteen13 Ministry is hosting its second Manitoba Catan Tournament on Saturday, Feb. 14 and Sunday, Feb. 15 at The Bunker in Winkler.

"This is a qualifier for the Catan National Championship," said

organizer Harold Espinosa, noting the only other Manitoba qualifier currently planned is in Brandon.

The winner of the Winkler event will have airfare and hotel covered to attend the Canadian championship in Toronto, expected to take place in late spring. The ministry last hosted the tournament in 2024, when Morden's Natasha Kroeker-Ortiz advanced to the national semi-finals.

"We had almost 40 people out last time," Espinosa said. "I'm hoping for 100 this time around."

Each registered player is guaranteed

six games, running from 10 a.m. to 4 p.m. Saturday and 1 p.m. to 4 p.m. Sunday, followed by playoffs Sunday evening. The \$50 registration fee includes lunch Saturday and supper Sunday. Participants must be 18 or older.

While only one player will earn the trip to nationals, all entrants will be eligible for raffle prizes, including a 3D Catan game and expansions. Registration is available at etherlan.ca.

Proceeds from the weekend support Sixteen13 Ministry's outreach programs across southern Manitoba.

"Whatever is left goes to the ministry to help families," Espinosa said. "We buy groceries, bring them to people, pray with them and encourage them."

Espinosa said the social nature of Catan makes it a fitting fundraiser.

"It's interactive—people can talk, have fun and share ideas," he said. "Everybody plays until one person wins, so everyone has a blast."

Take care of details so they don't have to. *Just ask Ken.*

55 Main St, Teulon Call 204-886-0404 or visit [www.klfuneralservices.ca](http://www.klfuneralservices.ca)

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FUNERAL SERVICES

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STONEWALL BRANCH - 467-2261 Lic #418

**Clubroom Events for the Week of Feb 2**

Wednesday 4-Close 8:30  
Chase the Queen Draw Pot is at \$2,832.00

Thursday 4-Close 7:00 Crib

Friday 4-Close 6:30 Meat Draw and 50-50

Saturday 2-close 7pm Darts

Annual Curling Bonspiel - February 13-15  
Call 204-467-2261 to enter your team.

**All are welcome - please support your local legion!**

# Enhanced Transportation Committee launches with intergenerational Seniors Café



Janice of the Stonewall Strummers plays guitar during the Seniors Café at South Interlake 55 Plus on Jan. 20.

By E. Antonio

Senior citizens and senior students came together for an afternoon of food, games and conversation Jan. 20 at South Interlake 55 Plus (SI55 Plus) to celebrate the launch of the Enhanced Transportation Committee.

The new committee — made up of SI55 Plus, Nav-CARE, the South Interlake Seniors Resource Council (SISRC), Age Friendly and Stonewall Area Mobility Services (SAMS) — provides free transportation for seniors attending social events in Stonewall.

"Our mission is to help seniors who are isolated and want to participate in community events," said Deb Hildebrandt, executive director of SI55 Plus. "When we had the opportunity to partner with the Grade 12 foods class at Collège Stonewall Collegiate, we put two and two together — the Seniors Café was a perfect fit."

More than 25 adults and 16 students attended the event, each bringing a snack or beverage to share. Throughout the afternoon, students and seniors played games and chatted, building connections across generations.

"Intergenerational programming is an important part of our centre. We like to break down stereotypes and connect the generations through events like these," Hildebrandt said.

"Seeing the conversations grow between younger and older generations is a highlight for all of us," she added.

Jocelyn Reimer, foods teacher at Collège Stonewall Collegiate, described the afternoon as a meaningful learning experience for her students.

"Beyond kitchen skills, students are learning patience, kindness and the value of human connection," she said. "It helped them see that different generations have a lot to learn from each other."

Several students said they were sur-

prised by how easily conversations flowed. Grade 12 student Edward Emerson-Futz said he would recommend the activity to others, even those who may feel hesitant.

"It's a good experience that you'll appreciate," he said.

Classmate Nathaniel Greenidge agreed, noting that despite age differences, participants found common ground. Another student, Easton Killberry, said the event highlighted the importance of listening to people with life experience.

Hildebrandt said feedback from seniors was overwhelmingly positive, adding that reducing isolation is a core focus of SI55 Plus programming.

"Isolation is detrimental to health," she said. "Social connection plays a key role in overall well-being, which is why enhanced transportation is so important."

Funding from Age Friendly Manitoba and transportation provided by SAMS will allow seniors to attend events hosted by SI55 Plus, Nav-CARE and SISRC. Seniors can book rides by contacting any of the five participating organizations.

Each of the organizations involved said the collaboration prioritizes the emotional, social and physical well-being of their members.

"It takes a village to reach people who are isolated," Hildebrandt added. "This collaboration isn't about one organization — it's about working together."

Joie Van Dongen, chair of Age Friendly Stonewall/RM of Rockwood, said the partnership will help ensure transportation remains reliable and accessible.

"By coordinating senior excursions, we can encourage people who may be lonely or socially isolated to come together and participate in social and educational activities," she said.



TRIBUNE PHOTOS SUBMITTED

Students from the Grade 12 foods class at Collège Stonewall Collegiate help celebrate the launch of the Enhanced Transportation Committee with a Seniors Café, chatting, playing games and sharing a bite to eat with seniors in the community.

Everyone involved brings a unique contribution to the table when forming the Enhanced Transportation Committee, offering skills and resources that support efficient collaboration.

The SAMS coordinator said the partnership strengthens the community by filling service gaps and expanding reach. Long term, she hopes the collaboration will allow residents to age in place, access essential services and remove transportation barriers.

## BUDGET 2026

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[EngageMB.ca](http://EngageMB.ca)

Manitoba 

# Activities for Seniors in Your Area



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

## 2026 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR

To renew or become a new member, check out our website at [www.si55plus.org](http://www.si55plus.org) to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).

- You do not have to be 55 + to become a member!
- Payments can be made by cash, cheque or E-transfer to [si55inflo@gmail.com](mailto:si55inflo@gmail.com)



### February Luncheon

**Wednesday, February 18 12:00 pm**  
Roast Beef Lunch with dessert and coffee/tea  
Entertainment: singer, Lori Benn  
Tickets \$20.00, Advance Tickets Only  
Available at South Interlake 55 Plus  
Deadline to purchase tickets: February 13  
Ask about our subsidized transportation

### Diabetes Presentation

**Thursday, February 26, 1:00pm**  
Join us for a presentation by  
IERHA CDE, Lisa Wutzke  
Please call to register for this complimentary  
presentation by February 17  
Ask about subsidized transportation for this event

### Teacup Flower Workshop

**Tuesday, March 10, 1:30 pm**  
Price of workshop: \$5.00  
Sponsored by Stonewall Florist  
Space is limited.  
Register by Tuesday, March 3

### "Sole"ful Foot Care By Allyson (RN, BN, FCN)

Filing heels and dry skin, toenail trimming/filing, reducing thickened toenails, corn removal (as able), callus reduction. These services will take place at South Interlake 55 Plus, 374 1st Street West, Stonewall. Call Allyson directly to book your appointment 431-277-5734

### American Rock Legends Tribute to Fogerty, CCR, Springsteen & Seger

**Friday, February 27**  
Leave Lions Manor and South Interlake  
55 Plus at 4:00 pm  
Deadline to register and pay: Thursday, February 12  
Members \$85, Non-members \$90

### WEEKLY ACTIVITIES

Cards  
Line Dancing  
Pickleball

Quilting  
Craft n' Coffee  
Men's Chat

Ukulele Club  
Virtual Chat  
Exercise Programs

### VOLUNTEER OPPORTUNITIES

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

## Teulon & District Seniors Resource Council Inc.

*Providing a Helping Hand*

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

### PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • DRIVER ESCORT
- INFORMATION/FORM ASSISTANCE
- COMMUNITY VOLUNTEER INCOME TAX PROGRAM
- MEDICAL EQUIPMENT LOANS

REGULAR OFFICE HOURS: 8:30AM-4:30PM

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

### SOUTH INTERLAKE SENIORS RESOURCE

#### Support Services for Seniors • Driver/Escort Program

- Equipment Lending Service • Meals on Wheels • Lifeline
- ERIK and ICE Programs • Handy Helper/Housekeeping Program
- Friendly Visiting and Telecheck (phone buddy)
- Home Hair Care Service • Resource information/Form Assistance

Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.

**204-467-2719 [www.sisrc.ca](http://www.sisrc.ca)**

### Coming Soon

February 19th/2026 - Healthy Eating & Cooking for 2 & Actively Aging

February 26th/2026 - Osteoporosis (Bone Health)

March 5th/2026 - Disability Tax Credit Specialists

For more information call Seniors Resource @ 204 467 2719



### SOUTH INTERLAKE SENIORS RESOURCE

### VOLUNTEER DRIVERS URGENTLY NEEDED!

Join us in making a meaningful impact for your local seniors!

Our volunteers are reimbursed for their gas expenses and we schedule for what day and time works for you.

FOR MORE INFORMATION CONTACT US @

PH: 204 467 2719

EMAIL: [sisrc@shaw.ca](mailto:sisrc@shaw.ca)

or visit us at:

144-622 Centre Ave. (Entrance 4)

in Lions manor

INTERESTED IN JOINING  
OUR TEAM  
VOLUNTEER TODAY!

## St. Laurent Seniors Resource Council Inc.

### "SENIORS IN ACTION"

55+ and people living with disabilities

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

Office: St. Laurent Community Health Centre

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

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

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

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

Foot Care Clinic, Victoria Lifeline, housecleaning and more.

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

Free Community Volunteer Income Tax Program

Annual Seniors Summer Feast in August -Entertainment-Supper-Resources  
Office Hours: Tuesday to Thursday: 10:00AM-4:00PM [stlsr@mymts.net](mailto:stlsr@mymts.net)

# RW Bobby Bend School students support CancerCare Manitoba Foundation

By Jo-Anne Procter

École RW Bobby Bend School had a new boss in charge on Jan. 29 — and he took the job seriously.

Grade 4 student Brayden Ballantyne stepped into the role of principal for the day as part of the school's annual Principal of the Day fundraiser, quickly settling into Principal Pat Williamson-Crockatt's chair and getting down to business.

Ballantyne kicked off his morning by delivering announcements before heading out on school-wide rounds, visiting every classroom to share information and activities from CancerCare Manitoba focused on sun safety and sunscreen use. Along the way, he made sure students had the materials they needed and stayed informed — a responsibility he took in stride.

His busy schedule didn't stop there. The interim principal also helped prepare for upcoming spring musical callbacks and pitched in to organize an action-packed dodgeball tournament for his fellow fourth-graders.

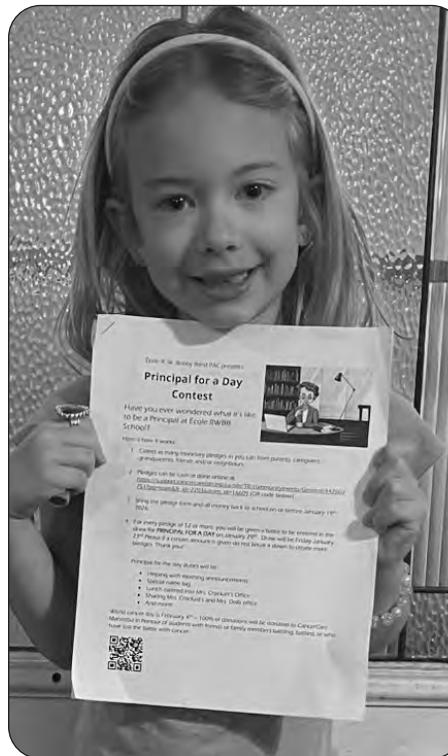
A highlight of Ballantyne's morning

came when he filled out and presented a cheque for \$9,492.80 to the CancerCare Manitoba Foundation. The foundation supports programs and services that may not be eligible for government funding and helps deliver research, patient care, treatment and support for Manitobans and their families living with cancer.

The fundraiser is held in memory of Hailey Belluk-Hunt, a member of the school's Parent Advisory Council in 2020 who succumbed to cancer. Students collect pledges for the chance to serve as principal for a day, earning one entry into the draw for every \$5 raised.

While Ballantyne won the draw, the top fundraiser honours went to Kindergarten student Ainsley Jones, who raised \$1,356.91.

Even principals need a lunch break. Ballantyne wrapped up part of his day by enjoying poutine in the office with his friend Davis — a perk that may have sealed his enthusiasm for the role.



TRIBUNE PHOTOS SUBMITTED

Grade 4 student Brayden Ballantyne settles into the principal's chair — coffee mug in hand — as he takes on the role of Principal for the Day at École RW Bobby Bend School on Jan. 29.

## Donuts for athletes



TRIBUNE PHOTO BY JO-ANNE PROCTER

Lilas Billard of Le Vignau, France, left, stopped by Tim Hortons in Stonewall on Feb. 1 to purchase a box of special donuts from local Special Olympian Kiefer Milbrandt and his mother, Claudine Lambert. Stonewall Tim Hortons staff assisted Milbrandt with decorating donuts and selling them to customers. In total, Stonewall customers purchased 388 donuts, raising \$776 for Special Olympics Canada. Every Special Olympics donut sold at Tim Hortons from Jan. 31 to Feb. 2 helped support Special Olympics athletes, including Milbrandt. Milbrandt, a 14-year-old speed skater and skier, is one of many athletes across Manitoba who benefit from Tim Hortons' Special Olympics donut fundraiser.



École RW Bobby Bend School principal Pat Williamson-Crockatt stands with Principal for the Day Brayden Ballantyne, Sherelle Kwan of CancerCare Manitoba and PAC member Heather Nikkel as Ballantyne presents a cheque for \$9,492.80 to the CancerCare Manitoba Foundation during the school's Principal of the Day fundraiser.

# Stonewall Jets to host gala, player awards night

By Lana Meier

The Stonewall Jets will celebrate the season and raise funds for the organization during their upcoming Gala and Player Awards night on Saturday, March 7.

The event will be held at Quarry Park Heritage Arts Centre in Stonewall, with doors opening at 5:30 p.m., followed by dinner at 6:30 p.m. An open bar is included with admission.

Jets treasurer Shaun Dalgliesh said the gala builds on tradition while introducing changes aimed at boosting community interest and attendance.

"We wanted to uphold the traditions, with some slight changes to aim to generate more interest," Dalgliesh said. "This year we pushed the annual event to the day following our season schedule to ensure the roster was firm, as there were concerns from parents about supporting the team without knowing if their child would still be with the roster post-deadline."

The Jets are also incorporating player awards directly into the evening, allowing community members to celebrate the athletes alongside the organization.

"These slight changes, we hope, will help the team get back to a sellout and increase community involvement, especially with a number of local kids again on the roster," Dalgliesh said.

Funds raised through the gala help

keep player costs low while enhancing the overall junior hockey experience. Dalgliesh said the organization is hopeful of unveiling a special 25th anniversary jersey during the event, which would be worn through the playoffs and into next season.

"Our aim is to keep costs low while giving players a heightened experience from what they may be accustomed to," he said. "Should we have the success we expect in the playoffs and at the gala, we anticipate ordering new jerseys and continuing to update team amenities."

Dalgliesh said events like the gala play a vital role in maintaining strong junior hockey in Stonewall.

"These events allow us to open up our platform to the community and celebrate with residents," he said. "Many businesses and local residents attend even if they aren't directly connected to the team, which gives us a strong sense of pride and appreciation."

He added that the fundraiser is instrumental in keeping registration fees low while honouring the legacy built by generations of volunteers and players over the Jets' 25 years in the Manitoba Major Junior Hockey League.

Entertainment this year includes MC Phil Aubrey of 92 Citi FM, opening comedian Brady Holm and fea-



MC Phil Aubrey of 92 Citi FM



Opening comedian Brady Holm



Feature Comedian Sunee Dhaliwal

ture comedian Sunee Dhaliwal.

"Comedians bring a great atmosphere and give attendees something to laugh about," Dalgliesh said. "We reached out to local comedian Brady Holm, who is participating in his first Winnipeg Comedy Festival, and wanted to recognize him for his work in the industry."

Dhaliwal, he added, has performed internationally and alongside well-known comedians, while Aubrey's experience helps keep the evening running smoothly.

"His attention to detail and ability to manage the flow of the event is unquestioned," Dalgliesh said.

Recognizing players during the gala is also about building connections beyond the rink.

"By including awards, our goal is

to create opportunities to incorporate potential scholarships and encourage businesses to support these young men going forward," Dalgliesh said.

Tickets are \$150 each, with tables of eight available for \$1,200. Attendance is limited to approximately 160 people, and Dalgliesh said tickets are already close to half sold.

"It's an event you won't want to miss," he said. "Our goal is to bring the community together in a different way, while supporting a program we can all be proud of and see continue for many years."

For tickets or sponsorship information, contact Shaun Dalgliesh at 204-290-6064 or email [jetstreasurer@stonewalljets.com](mailto:jetstreasurer@stonewalljets.com).

## Young musical talent showcased at winter concert



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Music filled the air as talented students from Stonewall school choirs captivated their audience during École Stonewall Centennial School's winter concert, *Where Sound Begins*, held in the school gymnasium on the evening of Jan. 29. Under the direction of Vhana Moldowan, with accompaniment by Kirsten Bennett, the Grade 5 and 6 choir performed three selections: Echo by Sally K. Albrecht, When the Party's Over by Finneas O'Connell and Quiet by Tim Minchin. The Grades 7 and 8 choir followed with The Sound of Silence by Paul Simon, arranged by Roger Emerson; Lost Boys by Ruth B.; Boulevard of Broken Dreams by Green Day; and Thula Klizeo by Joseph Shabalala, arranged by Leanne Macdonnell. Special guests, the Stonewall Collegiate Ramblers, directed by Kendra Obach and accompanied by Maggie Fitzpatrick, closed the evening with Winter Song by Sara Bareilles and Ingrid Michaelson, arranged by Mac Huff; Dream a Little Dream of Me by Fabian Andre and Wilbur Schwandt, arranged by Andy Beck; and the upbeat Connected by Brian Tate, which had the audience snapping and clapping along. Pictured, from left: the Grade 5 and 6 choir; the Grades 7 and 8 choir; and the Stonewall Collegiate Ramblers.

# Local students succeed in internationally renowned French language test

By Jennifer McFee

Félicitations!

A group of local French immersion students have earned recognition for their proficiency en français.

A total of 21 Collège Stonewall Collegiate students earned a Diplôme d'Études en Langue Française (DELF) certificate, which is a lifelong credential from France's Ministry of Education that certifies a student's French language skills.

Through DELF, there are four individual certificates that correspond with the four levels of the Common European Framework of Reference for Languages. Students have the chance to choose which level they'd like to challenge, and the local students received B1 and B2 certificates.

"Students who receive the B1 certification are considered to be independent language users who can contribute to any French-speaking community worldwide. Students who receive the B2 certification are considered advanced language users. If you have the B2 certificate, you can be accepted to any French university across the world. It even fulfills the language requirement for admission to bachelor's and master's programs in France," explained teacher Marcus Bellec.

"Students who completed the B1 are primed to attempt the B2 in the future. Those who completed the B2 are challenged to seek out French opportunities as they soon enter the adult world."

To achieve certification, students are tested on their written comprehension, written production, oral comprehension and oral production by members of the Centre DELF des divisions scolaires du Manitoba. Part of the evaluation includes writing a fictional formal letter to a mayor in France. They also answer questions related to listening to authentic conversations and reading various texts.

They must present to a panel of evaluators and defend their positions on a subject. In addition, they role-play scenarios, such as trying to return a piece of clothing to a store with a crabby manager.

"All of this is entirely in French," Bellec said. "If any English is used, even a filler word, the student is harshly penalized."

Fourteen CSC students earned the B1 certification. In Grade 11, the B1 certificate recipients are Sylver Ciupak, Ava Favreau, Judah Hidlebaugh, Reese James, Josh Learmond, Abigail Minnie, Sophia Potter, Willow Repko, Eleanor Sugimoto, Nicholas Turner, Niam Wedel and Ethan Zagrodnik. Two Grade 12 students — Sadie McMurren and Maya Persoage — also



TRIBUNE PHOTO SUBMITTED

Front row left to right: Abigail Minnie, Sylver Ciupak, Lucy Hoff; Back row left to right: Niam Wedel, Judah Hidlebaugh, Eleanor Sugimoto, Sophia Potter, Sadie McMurren, Maya Persoage, Heidi Millar, Abigail Garton, Christian Campbell, Ashley Conrad, Emma Walton, Keenan Bonekamp. Missing from the photo, Ava Favreau, Reese James, Josh Learmond, Willow Repko, Nicholas Turner and Ethan Zagrodnik.

earned B1 certification.

In addition, seven Grade 12 students earned B2 certification: Keenan Bonekamp, Christian Campbell, Ashley Conrad, Abigail Garton, Lucy Hoff, Heidi Millar and Emma Walton.

Bellec expressed his amazement at the students achieving such a high level of French language proficiency.

"I am absolutely blown away by their success and I am incredibly proud of each and every one of them. This is my first year teaching at CSC and it has been an absolute pleasure to work with this group of students. They worked hard, giving up their Friday lunch hours — an immense sac-

rifice at the high school age — to practise for a good two months before the test, in addition to the practice they had in French class every day," Bellec said.

"Every single student who attempted the DELF passed this year. In all my years in immersion, as a student and now as a teacher, I have never seen that. We have more DELF certificates received at CSC this semester than some entire school divisions."

For the students, he also shared words of congratulations and pride in their accomplishments.

"Toutes mes félicitations à tous les diplômés du DELF," he said. "Je suis fier de vous."

## PUBLIC SAFETY NOTICE

### Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 11th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 17th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

**Dangerous ice conditions may not be obvious but will exist.** Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
- Watch for notices to remove ice shacks and remove them promptly



### Selkirk & District Community Foundation Is Accepting Grant Applications



Predator Athletics received WCSG grants for throwing equipment.

### For the Western Canada Games Legacy Fund

The Legacy Fund provides opportunities for promotion and enhancement of leadership and/or sport development within the communities of either Selkirk, Stonewall, Beausejour, Gimli or within the Lord Selkirk School Division boundaries.

For projects and/or programs from the 18 sports in the 2003 WCSG

#### Online Grant Applications Only

The online grant application is found at [www.sdcf.ca](http://www.sdcf.ca)

**APPLICATION DEADLINE:** Monday, March 2, 2026

For more information contact:

Selkirk & District Community Foundation,  
(204) 785-9755, [selkirkfoundation@shaw.ca](mailto:selkirkfoundation@shaw.ca)



# VALENTINES

xoxox BUFFET SPECIAL xoxox

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**4:00 PM - 9:00 PM**

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# Burn Awareness Week highlights workplace safety and prevention

By E. Antonio

Burn injuries remain a serious and often life-altering concern for Canadians, with thousands requiring medical treatment each year due to fires, scalds, chemical exposure and electrical accidents. Many of these incidents occur in workplaces, making education, preparedness and prevention essential.

National Burn Awareness Week, observed Feb. 1 to 7, aims to increase public understanding of burn risks and promote safer practices at home, at work and in the community. The annual campaign brings together health-care professionals, emergency responders, educators, employers and community organizations to share practical safety information and prevention strategies.

This year's theme, Burn Prevention Where You Live, Work and Play — Preventing Burns in the Workplace, highlights the wide range of environments where burn injuries can occur, including commercial kitchens, health-care settings, construction sites, laboratories and manufacturing facilities.

A firefighter with the Woodlands Fire Department said crews respond to a variety of burn-related emergencies and are trained to provide immediate first aid, along with trauma care, bleeding control, CPR and fracture support.

While she could not share specific details due to privacy, she said firefighters prioritize calming patients who are often scared, worried and in pain.

"We do our very best to remain calm so patients feel confident in our ability to help them," she said. "We col-

## Al-Anon and AA Meetings Information

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

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

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

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



lect important medical information by asking key questions we're trained to use so we can provide the best care possible and assist the agency that takes over."

She noted that many burn injuries in local communities occur when people attempt to extinguish fires before help arrives, as well as from the misuse of flammable materials and smoking-related incidents.

"Statistically, more injuries happen at home or close to home," she said. "That's where we spend most of our time, and because of routine and complacency, we tend to be less cautious."

Household burns can happen in seconds, particularly in kitchens. Children are at risk when they pull hot items from counters or stoves.

She recommends keeping hot items out of reach, using rear burners and turning pot handles inward as part of safe kitchen practices. When responding to a small fire, it's important to know the correct methods — including using a working fire extinguisher or, for grease fires, turning off the heat and carefully covering the pan with a lid.

The department typically sees an increase in burn-related calls during warmer months when residents are cleaning yards, camping or grilling, but she emphasized that hazards exist year-round.

"Staying alert and watching for hazards is one of the biggest ways to prevent injury," she said.

In the workplace, burns can result from contact with hot equipment, sparking machinery, combustibles and chemicals. She stressed the importance of having safety plans in place and ensuring workers understand their surroundings.



TRIBUNE PHOTO SUBMITTED

Burn Awareness Week is Feb. 1 to 7. This year's theme is Burn Prevention Where You Live, Work and Play — Preventing Burns in the Workplace.

"That includes proper ventilation, wearing protective equipment, storing chemicals safely and keeping combustible materials away from heat sources," she said.

The National Fire Protection Association (NFPA) recommends a three-step approach to burn prevention:

Recognize — Identify fire risks before starting hot work.

Evaluate — Assess hazards, especially flammable and combustible materials.

Control — Take steps to eliminate or minimize those hazards.

She added that one of the simplest and most effective prevention measures is consistently wearing personal protective equipment (PPE).

"PPE is the barrier between you and potential harm," she said. "Whether it's safety glasses, gloves, protective clothing or footwear, it's designed

to protect you. It only takes a second to put it on — and it's never

worth skipping that step."

If a burn does occur, she advises removing nearby clothing or fabric and cooling the affected area with cool running water or a cool compress. Keeping the wound clean helps prevent infection, and rubbing the area should always be avoided. Some chemical burns require different treatment, including brushing off dry chemicals and avoiding water, making it critical for workers to know how to respond based on the materials they handle.

Untreated or improperly treated burns can lead to nerve and tissue damage, infections and long-term pain. Burn trauma can also impact mental health, contributing to anxiety or depression.

More information on burn prevention is available through the Province of Manitoba, the Canadian Red Cross and the Workers Compensation Board of Manitoba, which also offers employer training and safety resources.



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# Winter concert at College Stonewall Collegiate



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Members of the École Stonewall Collegiate music program perform during the school's winter concert on Jan. 26. The evening featured performances by the Grade 9 and 10 Choir, Grade 11 and 12 Choir, CSC Ramblers Chamber Choir, Concert Band, Jazz Band and Mass Choir. Choirs were directed by music teacher Kendra Obach, with band director Nedra Chase leading the instrumental ensembles.



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# Grosse Isle Outdoor Rink and warm up shack officially opens

By Jo-Anne Procter

For more than a century, winter life in Grosse Isle has revolved around a sheet of outdoor ice — and on Jan. 31, the community gathered to celebrate its next chapter.

Residents, volunteers and local dignitaries turned out on a snowy evening for the grand opening of the new warm-up shack at the Grosse Isle Outdoor Rink (ODR), a project that honours both the rink's deep history and the volunteer spirit that has sustained it since the 1920s.

Brooke Darragh, president of the Grosse Isle Hall and Recreation Club, welcomed guests and thanked the many individuals, organizations and donors who helped bring the long-awaited project to completion.

The evening also included a look back at the rink's origins, shared by longtime resident Susan Lindsay, who wove together memories passed down from community members including George Bond, Ron Fraser, Helen Harris, Jim Lindsay and Glen Lefley.

According to Susan Lindsay, the rink was originally built beside the school, with a barn forming one side of the enclosure. The barn housed horses used to pull the school bus sleigh, as well as horses ridden by students travelling to class in winter.

Maintaining the ice in those early years was labour-intensive. Water was drawn by hand from a pump-jack well, hauled to the rink by horse-drawn sleigh and poured onto the ice. At night, lanterns hung from nearby trees provided lighting.

Despite the work involved, the rink quickly became a hub of activity. Local hockey teams were formed, and spirited rivalries developed with teams from Rosser and Winnipeg, which regularly travelled to Grosse Isle to play.

A major change came in 1953, when a fire destroyed the original barn. A new shack was built along the north side of the rink, allowing skaters to step directly onto the ice.

While a gas-powered pump later replaced the hand-operated well, flooding still involved hauling tubs of water by sleigh. Water was heated over a wood fire in a 45-gallon drum, then slid across the ice on skids.

Electricity arrived in 1956, marking another turning point. Flooding hoses could be run directly from the school, and electric lights replaced lanterns overhead.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Platinum donors and supporters of the Grosse Isle Outdoor Rink renovations take part in an official ribbon-cutting ceremony Jan. 31. Pictured from left, with children from the community, are Greg Johnson (ODR committee), Murray Slagerman (Interlake Community Foundation), Dave Nichol (Berrydale Farm), Josh Hueging (Warren & District Lions Club), Jim Lindsay (ODR committee), Monica Baldwin (ODR committee), Wes Taplin (RM of Rockwood reeve), Trevor King (Lakeside MLA), Ken Mulligan (RM of Rosser reeve) and Brooke Darragh, president of the Grosse Isle Recreation Club. Missing from the photo is Nick Cameron of the Richardson Foundation.

In the late 1950s, an old caboose was repurposed as a warm-up shack. Inside, a pot-belly stove provided heat — sometimes too much heat, Lindsay recalled, notorious for shrinking leather mitts.

Snow removal was also a community effort, with families and friends shovelling and scraping the ice by hand until a tractor eventually made the job easier.

By 1969, the caboose was moved to make way for a new building equipped with electric heat and lighting. A community walk-a-thon helped raise funds for the upgrade.

For years, volunteers continued to drag hoses across the ice to flood it, until the Rosser Fire Department began assisting with a water truck in the 1980s, reducing the workload and improving ice quality.

"The shack and rink have been the hub of winter activity in the community," Lindsay said.

From hockey games and family skating to winter carnivals and school use, the ODR has long served as a gathering place for generations of residents.

What sets the rink apart, she added, is its enduring culture of volunteerism.

"Every year people show up to help repair and maintain things — to create and flood the ice, clear snow, donate equipment and simply donate their time to something that generations have enjoyed," Lindsay said, becoming emotional. "We are very proud of this new facility."

The upgraded rink now includes a warm-up building with in-floor heat, improved lighting, new boards and fencing, and a garage space for the tractor and flooder.

Darragh said the project would not have been possible without the dedication of key volunteers, singling out Monica Baldwin for her leadership.

"She has spent endless hours coordinating everything and being the liaison between the committee and the contractors," Darragh said.

MLA for Lakeside Trevor King, who has personal ties to the community, brought greetings on behalf of the Manitoba Legislature and congratulated the recreation committee. King said he spent much of his childhood on the outdoor rink and praised the group for seeing the project through.

RM of Rosser Reeve Ken Mulligan and RM of Rockwood Reeve Wes Taplin also offered congratulations, commanding the community's collaboration and generosity.

"This is what community can do when they get together and all have the same views, the same vision and the same ideas," Taplin said.

Baldwin, speaking humbly, said the committee remains deeply grateful to the volunteers who helped build the facility and those who continue to maintain it.

"The project would not have been possible without the funding and donations received from grants, local businesses and community members," she said.

The project received an \$85,000 grant from the Arts, Culture and Sport in Community Fund, with



Jim Lindsay and Monica Baldwin were instrumental in the new and improved outdoor rink and warm up building project in Grosse Isle.



The 1924-25 Grosse Isle Flyers hockey team.

Continued on page 20

# RM of Rockwood withdraws from Capital Planning Region

By Jennifer McFee

Rockwood council voted unanimously last week to withdraw from the Capital Planning Region.

The Capital Planning Region is a statutory corporation established through provincial legislation and operates as the Winnipeg Metropolitan Region. It is responsible for adopting a regional plan by Jan. 1, 2027.

The governance structure for the organization is set out in provincial regulation, which includes oversight by a board of directors.

In August, the provincial government introduced Bill 4 legislation that allows municipalities to opt out of the Capital Planning Region.

Rockwood Reeve Wes Taplin said council felt they weren't getting answers from the Capital Planning Region and were repeatedly told to wait until an upcoming date for more information.

"Our take on it is that it's not the direction that we're wanting to go at this time, but if it changes then council can opt back in if we want to. But, at this time, it's not working. It's not the direction that we're heading," Taplin said.

"We're still waiting for answers. Until we get more clarification, we are opting out. In Bill 4, there's a provision that if you want to get back in, you have to have a public hearing. When the time comes, if that's something that council of the day wants to do, that would be up to them."

Several months ago, the RM of Rockwood also withdrew from JohnQ Public Inc., which is a vol-

untary municipal participation corporation that aims to support infrastructure development and economic growth in and around Winnipeg.

"They started out from the same entity from the Winnipeg Metro Region. JohnQ split off and became a publicly traded company. It went on its own," Taplin explained. "Winnipeg Metro Region now became the Capital Planning Region. So JohnQ and the Capital Planning Region are two separate entities and we've withdrawn from both of them."

Coun. Lana Hintz noted that council agreed in their decision to opt out.

"It was a unanimous decision," she said. "When you're not getting the answers that you want, you have to be proactive rather than reactive."

Coun. Neal Wirgau shared similar sentiments about withdrawing from the Capital Planning Region.

"Maybe they'll come forward with a plan that is worthwhile but right now, from what we can see, there's nothing there," he said. "They're just spinning their wheels."

Coun. Curtis McClintock noted that the RM of Rockwood continues to work with nearby municipalities on regional projects.

"We're as regional as we can be with all our neighbouring municipalities anyway," he said. "We've got SAMS, fire departments, recreation. We're very regionally focused."

Taplin concurred, stressing the importance of the regional approach.



TRIBUNE PHOTO BY JENNIFER MCFEE

Rockwood Reeve Wes Taplin

"We participate regionally hugely without being a part of the Capital Planning District," he said.

Other municipalities that have withdrawn from the Capital Planning District include the City of Selkirk, the Village of Dunnottar and the RMs of West St. Paul, St. Andrews, Macdonald, Taché and Springfield.

## get inspired

MEAL IDEAS

### T-OAT-ALLY TASTY

By Fitness Expert Julie Germaine Coram

Are you looking for a healthy breakfast that doesn't require setting your alarm earlier? I have a few amazing recipes for you — have you tried overnight oats?

Oats are proven to lower cholesterol and blood sugar, help build a healthy gut biome, and aid in weight management. Packed with vitamins, minerals and antioxidants, oats are also high in beta-glucan, a soluble fibre that provides a sense of fullness and sustained energy for hours after your meal.

The prep work for this breakfast is done the night before. Simply cover and let the oats rest in the fridge overnight, then grab a bowl and spoon in the morning before your busy day kicks off. There are many overnight oat recipes available online — including several on my website, [www.juliergermaine.com](http://www.juliergermaine.com) — but they all use similar base ingredients, with flavours added to suit your taste.

Base ingredients:

- ½ cup oats
- ½ cup milk (your choice)
- 1-2 tbsp creamy add-in (e.g., peanut butter or yogurt)
- 1 tsp chia seeds (optional, but very healthy and add great texture)
- Sweetener to taste (honey, agave or maple syrup)

Here are a few of my favourite combinations:

Vanilla Raspberry Crunch

- ½ cup oats
- ½ cup water mixed with ½ scoop protein powder (your choice — vanilla works great)

• 1 tbsp almond butter

• ½ tsp honey

• ¼ cup raspberries

• 2 tbsp walnuts

Blueberry Honey Almond

- ½ cup oats

• ½ cup almond milk

• 1 tbsp almond butter

• ½ cup blueberries

• 1-2 tbsp sliced almonds

Vacay Mode

• ½ cup oats

Continued on page 19

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# Heart & Stroke report highlights growing heart and brain health risks

By E. Antonio

A new report from Heart & Stroke shows that heart disease and stroke continue to affect millions of Canadians, with lifestyle and medical risk factors on the rise despite decades of progress in prevention and treatment.

According to the report, By the numbers: the state of risk factors for heart disease and stroke in Canada, more than six million people across the country are now living with heart disease or stroke — a higher number than previously estimated.

The report looks at a wide range of risk factors, including lifestyle habits, medical conditions and factors people cannot change, such as age and genetics. Lifestyle risks include diet, physical activity, tobacco and nicotine use, stress and sleep, while medical risks include high blood pressure, high cholesterol and diabetes.

"While there have been advances around understanding, reducing and managing risk, nine in 10 people in Canada have at least one key modifiable risk factor for heart disease and stroke," said Doug Roth, CEO of Heart & Stroke. "The good news is that almost 80 per cent of premature heart disease and stroke can be prevented."

Heart & Stroke's mission is to help Canadians beat heart disease and stroke, says Manitoba Mission Specialist Kaitlyn Archibald.

"We work together with people with lived experiences, sharing their stories and advocating for awareness, education, and improved care," she said.

She emphasized that 90 per cent of Canadians have at least one risk factor linked to heart disease or strokes, and only about half of Canadians

know their risk.

"That leaves a large number of Canadians who have a risk factor and don't know it," she added. "Now it's our job to help Canadians understand their risks and how to take action."

Luckily, she said Canadians can reduce their risk of heart disease and stroke by 80 per cent by keeping a healthy lifestyle.

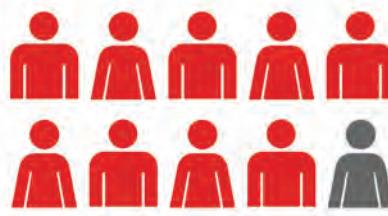
Carol Lobb, a former Woodlands resident who considers herself "friends with Heart & Stroke," was born with congenital heart disease (CHD), a condition that affects approximately one in 100 Canadians.

Diagnosed just one day after birth and undergoing open-heart surgery at two weeks old, Lobb said she was born with a "very complex heart defect" and was given only a four per cent chance of survival in 1975.

She explained that congenital heart disease differs from acquired heart disease because it is a chronic condition that requires lifelong care. Despite this, Lobb said CHD remains underrecognized and under-researched.

"As we age, some of those symptoms, side effects and subsequent health concerns can arise, which is why continuity of care with an adult congenital heart clinic is so important," she said. "My goal over the last few years has been to bring more awareness to CHD through speaking events, television interviews and my own social media. I've also just been selected as a person with lived experience on the Canadian CHD Council, where our plan over the next five years is to really build that awareness across Canada."

Lobb added that awareness plays a key role in supporting individuals living with heart disease, whether



**9 in 10** Canadians have at least one risk factor for **heart disease or stroke.**

February is Heart Month, and the Heart & Stroke Foundation encourages Canadians to learn about the risks of heart disease, and find ways to reduce them.

congenital or acquired.

"CHD is unique because living with an invisible disability can be challenging," she said. "Especially when patients are younger, people might not realize how much you're struggling with your breathing, heart rate or stamina."

She explained that this can sometimes result in people with CHD being perceived as out of shape, which may lead to disengagement from social and physical activities. Some patients may also feel insecure about visible signs of their condition, such as heart surgery scars — something Lobb said she now wears with pride.

"I'm very proud of my scar now, but growing up it was something I was very insecure about and always tried to cover," she shared. "That's why awareness is so important. If I can help even one person avoid the inse-



TRIBUNE PHOTO SUBMITTED

Carol Lobb was born with a congenital heart defect (CHD) and now advocates for heart health awareness.

curity and struggles I went through, it's worth it."

Lobb said she is proud of the obstacles she has overcome and finds motivation in measuring how far she has come. She credits her support system — including her primary care team, family and friends — and gives back by fundraising throughout February for congenital heart disease research and advocating alongside Heart & Stroke.

She also focuses on protecting her heart health year-round by avoiding alcohol, limiting sodium intake, managing stress and staying physically active — all risk-reduction strategies promoted by Heart & Stroke.

Heart & Stroke has a free online risk screening tool that gives users a full printable report outlining their risks. Upon completing the risk screen, users can take the printable health action plan to review with their primary care providers to discuss treatment plans, as well as discuss risk reduction options.

Risk for heart disease and stroke come in three categories: modifiable, such as healthy eating and lifestyle choices; medical, including high blood pressure, cholesterol and other health conditions; and non-modifiable, like genetics, air pollution and other factors beyond control.

From the Heart & Stroke report, By the numbers: the state of risk factors for heart disease and stroke in Canada, we learn that some trends show progress for risk reduction. Adult smoking rates have dropped dramat-



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Continued on page 17

# Carnival fun



TRIBUNE PHOTOS BY JO-ANNE PROCTER

While Mother Nature had plans of her own, it didn't stop some Grosse Isle families from taking part in the annual Grosse Isle Carnival last Saturday. Although some activities were cancelled due to strong winds and blowing snow, there was still plenty to enjoy. Indoors, families took part in the popular pancake brunch, bouncer, ping pong, face painting, board games and other activities. Outdoor enthusiasts braved the conditions to enjoy snow golf, hill sliding and skating. Pictured clockwise from top left: children who chose to stay indoors burned off energy in the bouncer; Finn Corbett, Brooks Harris, Reid Johnson and Blake Beachell cleared snow from the skating rink; Connor deLaroque, Jesse Oatway, Ella Oatway and Angela Oatway took part in a friendly yet competitive skating race; Ford Sigurdson enjoyed the pancake brunch; cousins Gianna Lindsay and Mason VanKemenade went hill sliding; and Ryenn Findlay and her mom, Randi, took part in snow golf.



## > HEART, FROM PG. 16

ically over the past several decades, falling to 11 per cent in 2024. However, smoking remains the leading cause of preventable death in Canada, and vaping is a growing concern, particularly among youth.

Other lifestyle risks remain widespread. Only about half of adults meet recommended physical activity levels, and fruit and vegetable consumption has been declining across all age groups. Nearly one in four adults report feeling highly stressed on most days.

Medical risk factors are also increasing. More than 8.2 million Canadian adults have high blood pressure, the leading risk factor for stroke, while more than one in four adults has high cholesterol. Nearly 3.9 million Canadians are living with diabetes — more than three times the number recorded in 2000.

The report also highlights how risk is not evenly shared. Indigenous peoples and some racialized com-

munities, including Black Canadians and people of South Asian descent, face higher rates of heart disease and stroke due to longstanding social and health inequities. Women also experience unique risks at different stages of life, including during pregnancy and menopause.

Despite these challenges, the report notes a major success: deaths from heart disease and stroke have fallen by more than 80 per cent over the past 70 years, thanks to research, awareness, improved care and public policy.

Archibald shared that Heart & Stroke advocates for health policy change across the country to reduce the risk of heart disease and stroke in Canadians. This advocacy includes smoking, vaping and nicotine product restrictions, promotion of healthy eating habits and physical activity, alongside efforts for a national pharmacare program which passed in October 2024.

World-wide, February is Heart Month, and Heart & Stroke uses this opportunity to, "stir the conversation on checking into your own heart and

brain health," Archibald said.

"It's a time where we can encourage Canadians to be aware of their risk factors and support them however we can to have those conversations, advocate for their own health, and provide them with the information they need to reduce their own risk factors for heart disease and stroke."

Year round, Heart & Stroke encourages individuals to learn more about their personal risk, talk with healthcare providers and take steps toward healthier lifestyles. They also accept donations on their website with proceeds supporting their mission priorities of research and advocacy for improved heart and brain health for all Canadians in order to "promote health, save lives and enhance recovery."

More information, including the full report and a free online risk screening tool, is available at [heartandstroke.ca](http://heartandstroke.ca). You can also reach out to Kaitlyn Archibald at [Kaitlyn.archibald@heartandstroke.ca](mailto:Kaitlyn.archibald@heartandstroke.ca) to learn more, or to get involved with Heart & Stroke volunteer efforts.

## > TASTY, FROM PG. 17

- ½ banana, mashed
- ½ cup pineapple or mango
- ½ cup coconut milk
- 2 tbsp honey
- Coconut flakes

Sweet Apple (or Peach) Pie

- ½ cup oats
- ½ cup milk
- 2 tbsp Greek yogurt
- ½ cup diced apple or sliced peach
- 2 tbsp honey or agave
- Cinnamon to taste

To discuss your health goals or fitness struggles, schedule a free online consultation at [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine) or email [julie@juliegermaine.com](mailto:julie@juliegermaine.com).

*Coach Julie Germaine Coram is dedicated to lifelong health. She is an active mom, registered personal trainer, two-time pro fitness champion, certified nutrition expert and fitness specialist. She has helped thousands of people worldwide improve their health since 2005.*

# Interlake cheerleader helps team claim grand champion title ahead of U.S. nationals

By Jessica Eblie

Twelve-year-old Molly Beachell is flying high after helping her cheerleading team capture a grand champion title at a major provincial competition last month.

Beachell is a high flyer with the Central Cheer U16 Icons, who were named overall grand champions at the 2026 Winter Riot cheer competition in Portage la Prairie. The two-day event drew more than 50 teams from across Manitoba and Ontario.

The Icons impressed judges with a high-energy routine that combined choreography, stunts and tumbling. Teams were evaluated on overall execution, precision, coordination and stamina.

As a high flyer, Beachell performs one of the most physically demanding roles on the team, relying on strength, balance and timing as she is lifted and thrown into the air during advanced stunts.

Beachell has been involved in cheerleading for five years. Her favourite skill is a "full," a backflip performed with straight legs and a full twisting motion in the air. Beyond the technical elements, she said cheerleading has helped build confidence and mental focus, particularly when performing under pressure.

Teamwork plays a central role in the sport, with routines requiring precise timing and coordination across stunts, tumbling passes and dance sequences.

She added that teamwork is what makes cheerleading truly unique. "When we all work together, it's amazing how everything comes together perfectly."

The Winter Riot victory came with more than just a banner. The team earned a \$5,000 prize, which will go toward travel costs for the National Cheerleaders Association (NCA) All-Star National Championship in Houston, Texas, scheduled for February.

The Icons currently practice twice a week, with plans to increase training as the season progresses.

Looking ahead to nationals, the team's goal is to achieve a "zero" — a clean routine with no deductions. The routine will also be adjusted for U.S. competition, with added choreography and restructured elements to meet USA Cheer standards.

Beachell said she hopes her success encourages other young athletes in the Interlake region to try cheerleading, noting it is both physically demanding and rewarding.

Beachell is looking forward to the



TRIBUNE PHOTO SUBMITTED

Members of the Central Cheer U16 Icons, including Molly Beachell, front row, third from left, pose for a group photo after being named overall grand champions at the 2026 Winter Riot cheer competition in Portage la Prairie.

rest of the season. "I'm so proud of what we've achieved so far."

With the Winter Riot competition behind them, the Icons will next turn

their focus to the Manitoba provincial championships in March. The Icons will also be aiming for a top spot.

## > OUTDOOR RINK, FROM PG. 16

additional major funding from the RMs of Rosser and Rockwood. A community donor drive initially set a goal of \$25,000 and has since raised more than \$50,000.

"While we are very grateful for the financial contributions, money alone does not complete a project like this,"

Darragh said. "It is the countless hours by many hard-working volunteers that see a project like this come together."

She also acknowledged Jim Lindsay for his instrumental role in completing the project.

"It takes a village to make a project like this complete," she said. "We re-

member our past volunteers, present volunteers and future volunteers who will keep this facility going."

During the ceremony, Fallon Campbell paid tribute to longtime community member Chuck Lefley, who died earlier in the week.

"Chuck was the kind of person that truly embodied what this rink represents — connection, tradition and

the love of the game," she said. "As a kid he skated right here, and that passion stayed with him his entire life."

She said Lefley's spirit would always remain part of the ice.

Donations to support the Grosse Isle ODR can be made by e-transfer to grosseislefinance@gmail.com.

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The Grosse Isle ODR in the late 1920's.

# Veterans Cup hockey tournament longest standing in province

By Jo-Anne Procter

Veterans Memorial Cup returns to Stonewall

By Jo-Anne Procter

The 43rd Veterans Memorial Cup hockey tournament, one of Manitoba's longest-running U13 events, returned to Stonewall this past weekend, drawing 18 teams competing across three divisions.

Opening ceremonies were held Saturday afternoon at the Veterans Memorial Sports Complex, where eight teams lined up on the ice to officially launch the tournament. Bagpiper Alexander McDonald led the Royal Canadian Legion Branch 52 Colour Party and special guests to centre ice, followed by the École Stonewall Centennial Grade 7/8 Choir, directed by Vhana Moldowan, performing O Canada.

Opening ceremonies emcee Dusty Moore, a longtime coach and parent with the Stonewall Minor Hockey Association (SMHA), welcomed teams, families and guests, noting the tournament's deep roots in both hockey and community.

Moore said the Veterans Memorial Cup honours the spirit of community and the legacy of those who have contributed to local sport, while recognizing the dedication and sacrifices of Armed Forces veterans in local communities and around the world.

Reflecting on hockey legacy, Moore shared a personal story about a recent family trip to Edmonton, where he and his son visited a hockey card shop and found a card of Chuck Lefley. Lefley, born in Grosse Isle, played 10 seasons in the NHL and won two Stanley Cups. Moore said his family was saddened to later learn of Lefley's passing and took a moment to acknowledge his lasting significance

to the region's hockey history.

"On behalf of SMHA, thank you to our players, coaches, officials, volunteers, families, fans and veterans for being here. It's a pleasure to see this rink full of energy, excitement, and love for the game of hockey," Moore said.

He also highlighted the extensive volunteer effort behind the tournament.

"To the many volunteers involved in Stonewall Minor Hockey — whether you are a board member, coach, manager, member of the tournament committee or the many parents that have held volunteer shifts during the tournament — you do a thankless job, but without you none of this is possible," he said.

Addressing the U13 athletes directly, Moore spoke about the broader lessons hockey provides.

"To our U13 athletes, many of you think of hockey as early practices, hard work, learning to shoot, pass and many other skills of the game. While those are the technical fundamentals, hockey is so much more than that," he said.

"Supporting your teammates, your commitment, dedication and giving your best every time you step on the ice are the skills you are learning now and are not only building the foundation of your hockey journey, but shaping who you are becoming as a person."

"Many of the attributes that make you a great player and teammate on the ice will also help you succeed in your future endeavours outside of hockey. We hope this weekend is an important part of your story."

Town of Stonewall Mayor Sandra Smith commended the volunteers who work tirelessly to host the



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Stonewall Jets alumni guest of honour Rowan Versaval drops the puck for the three Stonewall captains, from left, Blake Klips (A2), James Billingham (A3) and Nash Srivens (Jr. Jets).

tournament and acknowledged the 2015–2016 Stonewall Jets team, who were guests of honour at the ceremony. RM of Rockwood Reeve Wes Taplin echoed the mayor's remarks and encouraged players and fans to enjoy the experience and create lasting memories. Stonewall Legion Branch 52 president Ken Power thanked volunteers and wished teams a successful weekend.

Moore noted the U13 tournament is about more than competition.

"We are proud to dedicate this tournament in recognition of the strong hockey legacy here in Stonewall, and

in particular, to celebrate a memorable moment in our community's hockey history," he said.

In 2016, the Stonewall Jets captured their first Manitoba Major Junior Hockey League championship on home ice, sweeping the Pembina Valley Twisters in the finals and completing an 11-game playoff winning streak.

"That championship wasn't just about goals and wins — it was about teamwork, perseverance, and believing in one another when it mattered

Continued on page 22



The Stonewall Blues A3 team captured its division title at a recent tournament, defeating the Kenora Copperfin Cobras 5–3 in the final. The Blues advanced with a 5–0 semifinal win over the Springfield Icehawks Grey, after earlier victories against the Rat River Saints (12–0), Brandon Stingers (7–2) and Springfield Icehawks Yellow (8–0). Pictured, left to right, back row: coaches Jason Hiraoka, Ian Billingham and Tyler Niven. Players (in no specific order): Reggie Hughson, James Billingham, Brody Chorney, Lawrence Grantham, Hunter Niven, Brayden Penniston, Hayden Hiraoka, Clark Hayduk, Dominic Scaman, Eric Porteous and Cole Gross. Missing from photo: Lucas Sorto and Alex Bishop.



The 2015–16 Stonewall Jets team were honoured guests during the opening ceremony of the 43rd annual Veterans Memorial Cup hockey tournament last weekend.

## &gt; VETERANS CUP, FROM PG. 21

most," Moore said. "Those are the same values we hope to instill in our young players today."

"When you are older you won't remember the medals, your stats, or the scores of the games, but you will remember the fun you had playing in tournaments, staying in hotels, playing mini-sticks and many of the other great things that come with hockey. We hope that this year's Vets Cup will be one of those fond memories for you."

Moore then introduced the guests of honour — the 2015–2016 Stonewall Jets — and presented the team with a commemorative banner to be hung in the arena and at The 19th Hole Golf Simulator Lounge in Stonewall.

Former Jets head coach Brock Couch thanked SMHA on behalf of the Jets alumni for recognizing the team on the 10-year anniversary of its championship season.

Couch credited then-president Darrell Faulkner and general manager Ralph Nesporek for assembling a roster they believed was built for success.

"In my 30 years of playing hockey and 10 years of coaching, I can't recall anyone more dedicated and passionate about a team than those two," Couch said, also acknowledging the executive, coaching staff, athletic therapist and equipment manager.

"No local hockey program can be successful without volunteers," he said.

Couch reflected on the championship season, noting the Jets underachieved for much of the regular season before finding their stride late, winning 12 of their final 15 league games.

After winning Game 1 of the opening playoff round and then losing three straight, the Jets forced a Game 7 at home, where the community rallied behind them. The team went on to win 11 straight playoff games, including the league title.

"What made it even sweeter was winning at home in front of our home crowd — a memory that will last forever," Couch said.

He also highlighted the character of the players, noting many have gone on to build careers, run businesses and raise families.

"I feel so lucky to have coached all of you, and these gentlemen are a true example of how hockey sets young boys and girls up for success in life beyond the arena," he said.

Couch closed by wishing all teams a strong tournament weekend.

"Good luck to all teams this weekend — work hard, listen to your coaches and win or lose ... have fun."

On behalf of SMHA, Moore also presented a cheque for \$2,000 to Shelley Derksen of the Military Family Resource Centre at CFB Winnipeg. Tournament organizers said supporting those who serve is a key part of the event's legacy, noting the centre plays a vital role in assisting military families through its programs and services.



The Stonewall Junior Jets A1 team captured silver medals at a recent tournament, finishing runner-up after a 5–2 loss to TSN in the final. The Jr. Jets advanced with wins over the Seven Oaks Raiders (7–5), Rat River Saints (11–4), Winkler Flyers (9–1) and Transcona Regents (5–2). Pictured, left to right, back row: John Favreau (assistant coach), Shaun Dalgliesh (head coach), Byron Scrivens (assistant coach) and Matt Wutzke (assistant coach). Middle row: Mason Truthwaite, Dane Fortin, Beckett Buchko, Connor Van Hussen, Jack West, Nash Scrivens and Kolson Jira. Front row: Tucker Wutzke, Colton Harrisko, Ethan Favreau, Camden Sowa, Jackson Oatway and Max Slobodzian.



The Stonewall Blues A2 team earned bronze medals at a recent tournament, defeating the Neepawa Titans 4–1 in the bronze medal game. The Blues dropped a 4–3 decision to the Lakeside Falcons, and recorded wins over the Killarney Stars (7–0), Selkirk Fishermen (3–2) and Neepawa Titans (4–1). Pictured, left to right, back row: Dusty Moore (coach), Scott Yurick (coach), Aaron Abas, Asher Grantham, Easton Yurick, Chris Highmoor and Jason Kirby. Middle row: Jacson Francis, Blake Klips, Matthew Evans and Eric Kirby. Front row: Carter Moore, Logan Walker and Joshua From. Goaltender: Evrit Fines.

## get inspired

> MEAL IDEAS



Recipe adapted from Love & Lemons  
Prep time: 20 minutes

Servings: 12

1 can (16 ounces) refried beans  
3/4 cup salsa  
2 avocados  
1 green bell pepper, finely chopped  
2 tablespoons fresh lime juice  
16 ounces sour cream  
3 tablespoons taco seasoning  
1 1/2 cups grated sharp cheddar cheese  
1 tomato, diced  
1 bunch scallions, chopped (optional)  
1 can (2 1/4 ounces) sliced black olives, drained (optional)  
tortilla chips, for serving  
In medium bowl, stir refried beans and 1/2 cup salsa. In separate medi-

um bowl, mash avocados with remaining salsa. Add bell peppers and lime juice; stir to combine. In third medium bowl, stir sour cream and taco seasoning.

To assemble, spread refried bean mixture in bottom of baking dish. Spread avocado mixture evenly

on top then spread sour cream mixture. Sprinkle with cheddar cheese then top with diced tomatoes.

Top dish with scallions and black olives, if desired. Serve with tortilla chips.

Photo courtesy of Shutterstock

## Crispy Potato Skins

Recipe adapted from Simply Recipes  
Prep time: 10 minutes

Cook time: 1 hour, 40 minutes

Servings: 6

6 medium russet potatoes  
extra-virgin olive oil  
6 slices bacon  
kosher salt, to taste  
freshly ground pepper, to taste  
shredded cheddar cheese  
sour cream (optional)  
thinly sliced green onions (optional)

Heat oven to 400 F. Clean potatoes then pierce with fork.

Rub potatoes with olive oil then bake 1 hour until cooked through.

In frying pan over medium heat, cook bacon 10–15 minutes until crisp. Drain on paper towel-lined plate then crumble.

Cut cooked potatoes in half then scoop out insides, leaving about 1/4 inch of potato inside skins. Rub with olive oil then season with salt, to taste. Place on roasting pan and cook 10 minutes. Flip and cook 10 minutes.

Arrange potatoes skin-sides down and season with pepper, to taste. Sprinkle with cheese and crumbled bacon then broil 2 minutes.

Serve with sour cream and sliced green onions, if desired.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Einarson claims fifth Scotties in extra end

By Haley Cvar

Kerri Einarson captured her fifth national championship Sunday, defeating Kaitlyn Lawes 4-3 in an extra end to win the Scotties Tournament of Hearts in Mississauga, Ont.

The Team Canada skip forced an 11th end before stealing the winning point to edge the Manitoba rink in a tightly contested final.

"Oh, my God, what an amazing feeling," Einarson said during a post-game interview on TSN. "Just overwhelmed. I'm super proud of us. It was a grind this week and we had to make some big clutch shots to get ourselves into this final. So I'm super proud of my team and thank you to all the fans."

Lawes entered the championship game undefeated and was appearing in her first Scotties final since 2015, when she won the national title playing third for Jennifer Jones's Manitoba team.

Einarson struck first in the second end after Lawes's final stone came up light, allowing Canada to pick up an easy steal. Another Manitoba error proved costly in the fourth end when Lawes attempted a short-angle runback wrecked on the guard, giving Einarson a second steal and a 2-0 lead.

Manitoba tied the game in the sixth following an uncharacteristic miss by Einarson. Her final takeout attempt, her rock did not connect and slid through the house, opening the door for Lawes to draw for two.

Lawes took her first lead of the game



TRIBUNE PHOTO CP/CHRIS YOUNG

Canada's skip Kerri Einarson delivers a stone during the Scotties Tournament of Hearts in Mississauga, Ont. Einarson was named a second-team all-star at skip following consistent round-robin play.

in the seventh when Einarson narrowly missed a double takeout, leaving one Manitoba stone biting the red ring for a single.

After two blank ends, the teams reached the 10th end with Lawes holding last rock and four stones in the house. Facing elimination, Einarson executed a precise angle raise for the single and force extra ends — a shot she described as one of the week's defining moments.

"All I thought in my head was, 'Just make this one for your team, Kerri, and take it to an extra,'" she said. "So yeah, it was a clutch one. It's incredible."

The championship run capped a demanding playoff path for Einarson, who lost 10-2 in eight ends to Lawes in Saturday's 1/2 Page playoff and had to advance through the semifinal



TRIBUNE PHOTO CURLING CANADA/ANDREW KLAVER

2026 Scotties Tournament of Hearts champions, Canada's Team Kerri Einarson. Pictured, Kerri Einarson (skip), Val Sweeting (third/vice-skip), Shannon Birchard (second), Karlee Burgess (lead), Krysten Karwacki (alternate/lead) and Reid Carruthers (coach).

to earn a rematch.

Einarson sealed the title with a steal in the 11th end, reclaiming the Scotties crown and the right to represent Canada at the upcoming world championship in Calgary — an opportunity she said remains deeply meaningful.

"It feels amazing," she said. "To wear the maple leaf is an absolute honour, and we're so looking forward

to playing here in Canada."

With the Scotties title secured, Einarson and her team will now turn their attention to the World Women's Curling Championship, scheduled for March 14-22 in Calgary. The event will see Canada host the world's top women's curling teams, with Einarson once again wearing the maple leaf on home ice.

## Jets split weekend, Bateman, Holod pace MMJHL scoring race

By Lana Meier

Stonewall Jets forwards Peyton Bateman and Gavin Holod continue to set the offensive pace in the Manitoba Major Junior Hockey League as the Jets closed out January with a split in weekend action.

Holod leads the league in scoring with 54 points (13 goals, 41 assists) through 34 games, while Bateman sits second at 53 points on 24 goals and 29 assists in just 29 appearances. The Jets are the only team with two players inside the league's top three scorers.

Stonewall opened the weekend with an emphatic 8-5 road win over the

Charleswood Hawks on Friday, Jan. 30, at Eric Coy Arena.

Bateman scored three times, including an empty-net goal, to pace the Jets attack, while Cohen Cheung added two goals. Holod, Karson King and Dylan Vitelli also scored as Stonewall fired 51 shots on goal. Spencer Hunnam made 33 saves for the win.

After trailing 2-1 late in the first period, Stonewall erupted for three goals in the opening two minutes of the second to seize control. Bateman finished the night with four points, while King and Cheung each record-

ed multi-point outings.

The Jets were unable to carry that momentum into Sunday's matchup, falling 2-1 to the Ft. Garry/Ft. Rouge Twins at the Hockey for Life complex.

Bateman scored his league-leading 24th goal early in the first period, but the Twins responded later in the frame and netted the game-winner on a third-period power play. Stonewall outshot the Twins 32-25, with Hunnam stopping 23 shots in the loss.

Despite the setback, the Jets remain firmly in the playoff picture. Stonewall sits third in the MMJHL

standings at 20-13-1, trailing only the Transcona Railer Express and the St. Boniface Riels.

Charleswood, River East and St. James round out a tightly packed middle of the standings, with only a handful of points separating third through seventh place as the regular season enters its final stretch.

Stonewall is back in action Thursday, Feb. 6, when the Jets visit the River East Royal Knights for a 7:30 p.m. start.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Warren curlers bring Disney magic to ice



TRIBUNE PHOTO SUBMITTED BY NADINE COOLIDGE

Twelve teams filled the ice at the Warren Curling Club on Jan. 31 for the Enchanted Disney Ladies Bonspiel, with curlers dressing as Disney characters for the themed event. Cheryl Tschetter's Team "Up" won best costume, while Wendy Proctor's rink defeated Karen Tristram's team in the first final and Nadine Coolidge's rink topped Ashleigh Norberg's team in the second final.

## Mercs fall short after late surge in Morden

By Annaliese Meier

The Warren Mercs came up just short Thursday night, dropping a 6-5 decision to the Morden Bombers in South Eastern Manitoba Hockey League action in Morden on Jan. 29.

Warren erased a two-goal deficit late in the second period, scoring three unanswered goals in a span of 10 minutes to briefly take a 4-3 lead. Brenden Luschinski led the charge with a

pair of goals, including a shorthanded marker with five seconds remaining in the middle frame that swung momentum in the Mercs' favour.

Carson Ouellette opened Warren's scoring early in the second period on the power play, converting the Mercs' lone man-advantage opportunity. Drake Lindsay also found the back of the net, while Gianluca Esteves added a third-period goal to keep Warren

within one down the stretch.

Morden responded with two third-period goals, including Jay Fehr's power-play marker at 10:35 that proved to be the game-winner. Michael Hlady scored earlier in the frame as the Bombers reclaimed the lead for good.

Evan Baty made 36 saves in the Warren net, while Reed Peters earned the win for Morden with 36 stops of his

own.

Despite the loss, Warren sits fifth in the SEMHL standings with an 8-7 record, remaining firmly in the playoff mix.

The Mercs continue a busy stretch on the road, visiting Portage on Feb. 3 and Ile des Chenes on Feb. 4, before returning home to host Winkler on Feb. 7.

### WARREN MERCS HOCKEY — SEMHL ACTION



Warren Mercs vs Portage Islanders

Wednesday, Feb. 4 at 8 p.m.

Warren at Portage

Warren Mercs vs Winkler Royals

Saturday, Feb. 7 at 8 p.m.

Warren at Altona

Come cheer on your  
hometown Mercs!



### STONEWALL JETS HOCKEY — MMJHL ACTION



Come cheer on your  
hometown Jets!

Friday, Feb. 6 at 7:30 p.m.

Stonewall Jets at

River East Royal Knights

Tuesday, Feb. 10 at 8:00 p.m.

Raiders Jr. Hockey Club at Stonewall Jets

VMSC, Stonewall

Fast-paced junior hockey • Family fun for all ages

# Synchronized skating showcased at Prairie Regionals



TRIBUNE PHOTOS BY RICK HIEBERT

Members of Summit Synchro, representing the Stony Mountain Figure Skating Club, competed in the STAR 8 Synchro Free Program at the 2026 Prairie Regional Synchronized Skating Championships at the Meridian Exhibition Centre – Icon Arena in Winkler on Jan. 31. Hosted by Skate Manitoba and the Winkler Skating Club, the category featured four teams. Summit Synchro placed second with a score of 53.59, finishing behind Pembina Pizazz of the Morden Figure Skating Club, with Blades United of Neepawa third and Shattered Ice of Saskatoon fourth. Synchronized skating is a team discipline of figure skating that emphasizes timing, formations, speed and precision. Summit Synchro skaters: Kyaira Zagrodink (Stonewall), Olivia Wirgau (Stony Mountain), Lexie King (Lac du Bonnet), Leah Bond (Cooks Creek), Gaia Turner (Stonewall), Lacey Learning (Stonewall), Dani Park (Stony Mountain), Havana Rademaker (Winnipeg), Danica Breul (Stony Mountain) and Kate Bonds (Cooks Creek).

## Rams edged in road loss to Kelvin

By Annaliese Meier

The Stonewall Rams sit ninth in the Winnipeg Free Press Division – Winnipeg High School Hockey League – with a 6-12 record following a 5-2 road loss to Kelvin on Jan. 26.

Kelvin opened the scoring late in the first period and added two goals in the second — including a power-play marker — to take a 3-0 lead. Stonewall got on the board midway through the third period on a power-play goal by

Brody Slatcher, assisted by Alec Harisko and Mason Bernier.

Kelvin responded with two goals in a span of just over three minutes before Banx Chartrand scored late to round out the Rams' offence.

Stonewall returns home for a busy week, hosting Kelvin on Feb. 3 at 3:15 p.m. and Springfield on Feb. 4 at 4 p.m., before travelling to Churchill on Feb. 6 for a 4 p.m. puck drop.



**MSCT stick  
curling  
bonspiel held  
in Marquette**

TRIBUNE PHOTOS SUBMITTED

The Stonewall Kinettes hosted a 32-team, two-person stickspiel at the Marquette Curling Club from Jan. 22–25.

The bonspiel was part of a larger initiative by the Manitoba Stick Curling Tour (MSCT), which champions two-person stick curling across Manitoba. Pictured, left photo: Ross MacMillan and Blair Myskiw won the first event; middle photo, Blair Coggan and Larry Klimpke captured the second event; top right photo, and Judy and Bill Kitching claimed the third event title.

The MSCT accumulates and summarizes points awarded throughout the curling season. Following the final qualifying event, the tour will identify men's, women's and mixed team champions, with those teams earning entry into the MSA provincial championships. The mixed provincial championship will be played in Stonewall from Feb. 20–22, while the men's and women's provincial championships will be held in Beausejour from Feb. 27 to March 2.

## Warren Wildcats boys, girls return to action this week

By Annaliese Meier

The Warren Wildcats did not see game action last week and remain 10th in the West Division with a 6-11 record in Manitoba Women's High School Hockey League play.

The Wildcats return to action with a pair of games this week, hosting Shaftesbury on Feb. 3 at 3:15 p.m. before travelling to Oak Park for a Feb. 5 road matchup with a 4 p.m. puck drop.

### BOYS STAY SECOND, SET FOR BUSY RETURN

Warren remains firmly in the hunt near the top of the Price Division standings, sitting second with a 16-1 record in Winnipeg High School Hockey League play. The team was also idle last week.

Warren returns to the ice with a busy stretch ahead, travelling to Niverville for a Feb. 3 road game with a 3:45 p.m. puck drop. The Wildcats will then host John Taylor on Feb. 5 at 3:15 p.m., before heading back on the road to face John Taylor again on Feb. 6 with a 4:10 p.m. start.

# Argyle Senior Bonspiel features men-women final



TRIBUNE PHOTOS BY BRUCE BUCHANAN

The Argyle Curling Club held its annual Senior Bonspiel Jan. 27–28, concluding with a unique final that pitted a women's team against a men's team. Left, Stonewall's Team Arlene Deprez claimed the championship, with Argyle Curling Club president Lyle Appleyard presenting the trophy to Arlene Deprez, Brenda Woods, Phyllis Klimpke and Heather Martin. Right, runner-up honours went to Team Bob McKenzie of Argyle, with Appleyard presenting the winnings to Gerry Martin, Bob McKenzie, Bill Rossington and Don Adamko. Donna Taplin and Lori Sinclair were the grocery hamper winners during the bonspiel.

## Stonewall hosts 2026 Junior Open curling bonspiel



TRIBUNE PHOTOS BY STU BROWN

Teams from across Manitoba competed at the 2026 Stonewall Pharmacy Junior Open Bonspiel, held Jan. 30 to Feb. 1 in Stonewall. The U18 event featured 13 teams. In the A final, Team Shea of Assiniboine Curling Club in Winnipeg — Riley Shea, Aiden Zalondek, Austin McLean and Reese Shea — defeated Team Plourde. Team Andersen of Heather Curling Club in Winnipeg — Kaiden Andersen, Matt Le Heiget, Conner Kent, Maksym Russo and Elijah Mojado — won the B final over Team Pritchard, while Team Dyck of Granite Curling Club in Winnipeg — Chaythun Dyck, Zachary Zegalski, Nathaniel Martin, Eli Lower and Ajay Dyck — defeated Team Friesen in the C final.

## Perfect Swarm shut out Warren 67's 9-0

By Annaliese Meier

The Macdonald Swarm remained perfect on the season with a 9-0 victory over the Warren 67's on Friday night at the Sanford Recreation Centre in Hanover Tache Junior Hockey League action.

Macdonald struck early and often, building a 4-0 lead after the first period. Tyler Van de Velde scored twice in the opening frame, including the game-winning goal at 3:21, while

Adam Bossyut and Cade McCallum rounded out the scoring. McCallum's goal came on the power play, the Swarm's lone conversion on five chances.

The Swarm continued to roll in the second period with three more goals, including Van de Velde's hat trick marker at 14:48. Carter Campbell and Slade Sotheran also scored as Macdonald carried a 7-0 lead into the

third.

Hunter Mangin added two goals in the final period to complete the scoring.

Ethan Wiebe turned aside all 20 shots he faced to earn the shutout for Macdonald. At the other end, Scott Mailoux made 53 saves in a losing effort for Warren.

The game featured a lengthy penalty sheet, with multiple roughing inci-

dents and misconducts issued to both teams, particularly during the second and third periods. Warren finished 0-for-8 on the power play.

Macdonald improved to 27-0-0 on the season and continues to lead the HTJHL standings, while Warren fell to 2-23-0-3.

The two teams will meet again Friday, Feb. 6, in Warren, before the 67's travel to Landmark on Sunday, Feb. 8.

# Classifieds

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Stonewall Teulon Tribune

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2 bdrm. apartment for rent, approximately 1,000 square feet. 278 Main Street, Stonewall, Manitoba above Grantham Law Offices. Available December 1, 2025. Rent is \$1,600 per month, hydro, water, internet and cable are extra. Stove, fridge, dishwasher, washer, dryer and security system in a secured building are included. No Smoking. No pets. Minimum 1 year lease. For more information please call Lynne at 204-467-5527 or email [lynnet@granthamlaw.ca](mailto:lynnet@granthamlaw.ca)

## WANTED

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

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## 26-27 Kindergarten Registration

Registration for the 2026-2027 school year is now open! If your child was born in 2021, they are eligible to attend kindergarten beginning in September 2026. Parents/guardians may use

PRSD's electronic registration form or contact schools directly using the information below:

[www.g.prstdmb.ca/studentsparents/student-registration](http://www.g.prstdmb.ca/studentsparents/student-registration)

### École Carman Elementary School

(204) 745-2623  
[vgiesbrecht@g.prstdmb.ca](mailto:vgiesbrecht@g.prstdmb.ca)

### École St. Eustache

(204) 353-2869  
[steuoff@g.prstdmb.ca](mailto:steuoff@g.prstdmb.ca)

### Elm Creek School

(204) 436-2354  
[ecadmin@g.prstdmb.ca](mailto:ecadmin@g.prstdmb.ca)

### Miami School

(204) 435-2441  
[miamischool@g.prstdmb.ca](mailto:miamischool@g.prstdmb.ca)

### Roland School

(204) 343-2023  
[mbenner@g.prstdmb.ca](mailto:mbenner@g.prstdmb.ca)  
[mrempel@g.prstdmb.ca](mailto:mrempel@g.prstdmb.ca)

### St. François Xavier School

(204) 864-2868  
[sfx@g.prstdmb.ca](mailto:sfx@g.prstdmb.ca)

### St. Laurent School

(204) 646-2209  
[loricombot@g.prstdmb.ca](mailto:loricombot@g.prstdmb.ca)

Your child's birth certificate or Manitoba Health Card **MUST** be presented at the time of registration.

**Please contact the school by phone or email to make attendance arrangements and with any questions.**

## HELP WANTED

GATEWAY Manor, 55+ Housing in Teulon, is seeking a part-time cook for our Congregate Meal Program. The position required 15-20 hours/week average and must be able to work independently at times. Hours are 9:00 a.m. to approx 1:30 p.m. every Monday, Wednesday, and Friday. Position is available immediately and additional hours may become available. Experience/training in food preparation an asset, particularly for large groups of 10-30 people and must enjoy interacting with seniors. Employment Checks will be required and cost reimbursed. We require and cover the cost for a Food Handler's Safety Certificate. Please mail resumes to the attention of Site Manager, Gateway Manor, PO Box 144, Teulon, MB. R0C 3B0 or by email to [manorinc@mts.net](mailto:manorinc@mts.net)

## NOTICES

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

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## SOUTH INTERLAKE PLANNING DISTRICT UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

**THE SOUTH INTERLAKE PLANNING DISTRICT BY-LAW NO. 3/25  
Being an AMENDMENT to the SOUTH INTERLAKE PLANNING DISTRICT DEVELOPMENT PLAN BY-LAW NO. 3/10, as amended.**

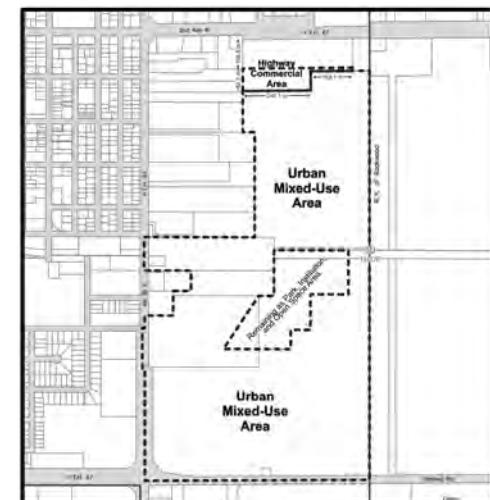
**HEARING** R.M. of Rockwood Municipal Building  
**LOCATION:** 285 Main Street, Stonewall, MB

**DATE & TIME:** Friday, February 20, 2026, at 10:30AM

### INTENT:

1. To establish a new land use designation: "Urban Mixed-Use Area";
2. To add new objectives under Part 4: Urban Centres, Section 4.2 Objectives, for the new Urban Mixed-Use Area designation;
3. To add new policies under Part 4: Urban Centres for the new Urban Mixed-Use Area designation;
4. To re-designate lands as follows:
  - a. Pt. of the NW 1/4 of Section 30-13-2 EPM from "Industrial Area" to "Highway Commercial Area" and "Urban Mixed-Use Area";
  - b. SP Lot 4 Plan 18778 WLTO in NW 1/4 30-13-2 EPM from "Industrial Area" to "Urban Mixed-Use Area";
  - c. Parcel A, B and D Plan 72610 WLTO in the W 1/2 30-13-2 EPM from "Residential Area" to "Urban Mixed-Use Area";
  - d. Pt. Parcel C Plan 72610 WLTO in the W 1/2 30-13-2 EPM from "Residential Area" to "Urban Mixed-Use Area";
  - e. Lot 1 Plan 26683 WLTO in the SW 1/4 of 30-13-2 EPM from "Residential Area" to "Urban Mixed-Use Area";
  - f. Pt. of the SW 1/4 of Section 30-13-2 EPM from "Residential Area" and "Commercial Area" to "Urban Mixed-Use Area".

### AREA AFFECTED:



**CONTACT** Eric Shaw, General Manager, South  
**INFORMATION:** Interlake Planning District,  
5-15 Davis Way, R.M. of Rosser, MB, R4B  
0A3, Phone: 204-467-5587

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

*Note: Property Owners are responsible for notifying lessee*

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For more information

Call/Text Jack 204-771-8104



### TOWN OF STONEWALL REQUEST FOR QUOTATION

### TOWN OF STONEWALL SUMMER EMPLOYMENT OPPORTUNITIES

The Town of Stonewall invites individuals of all ages to apply for the following Seasonal Positions:

#### Reporting to the Quarry Park Manager:

- Gate Attendant/Concession Staff/Janitorial Staff/Event Staff
- Quarry Park Groundskeepers
- Lifeguards/ Swim Instructors
- Aquatics Coordinator/Lifeguard Supervisors
- Summer Camp Leaders/Assistants

#### Reporting to the Parks & Arena Manager:

- Groundskeepers

#### Reporting to the Works & Operations Manager:

- Works & Operations Summer Projects Staff

Wages will be commensurate with education, qualifications and experience.

#### Procedure for Applying:

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

Town of Stonewall

Attention: Ashley Monforton

Email: [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca)

SUBJECT: SUMMER EMPLOYMENT- (name of position desired)

293 Main Street, Box 250

Stonewall, MB R0C 2Z0

**DEADLINE FOR APPLICATIONS: 4:00 PM on February 27, 2026**

Job descriptions can be obtained by email at [ashleym@stonewall.ca](mailto:ashleym@stonewall.ca)

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

#### NOTES:

A Pre-Placement Employee Security Check consisting of a Criminal Record Check and a Child Abuse Registry and Vulnerable Sector Check shall be required for all persons that receive a conditional offer of employment from the Town of Stonewall prior to the start of their employment.

The Town of Stonewall embraces a diverse workplace. All applicants will be considered for employment without attention to race, gender, religion, color, national origin, sexual orientation, age, disability, or veteran status. All employees of the Town are responsible for maintaining a work culture free from discrimination and harassment by treating others with kindness and respect.



## EMPLOYMENT OPPORTUNITY GENERAL LABOURER

*Charissons Turkey Hatchery  
is currently hiring for general  
labourer type positions.*

- Full time and part-time positions available with competitive compensation and benefits package which includes health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to [shaunne@charissons.ca](mailto:shaunne@charissons.ca) or call 204-886-2922 for further information.

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

Eddie's Gravel Supply Ltd. is Hiring

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204-389-2023  
[info@eddiestravel.com](mailto:info@eddiestravel.com)  
102086 Hwy #9, Wpg Beach, MB



## FARMERS AND RANCHERS

Plan to attend the Bred Cow and heifer sale

**February 7th, 2026  
at 1:00 pm at the  
Ashern Auction Mart**

## Open Consignment Bred Cow and Heifer Sale

**30 Bred cows for Roger Burak**  
Polled Hereford cows, Bred to Hereford  
Bulls. Start calving March 15th

## 10 cows for Bob Truthwaite

Top end Hereford Cows bred Hereford,  
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Start calving Feb 10, 2026  
4 cows - 5th-6th calvers  
6 cows - 2nd-3rd calvers  
Full Health program.

## 11 Cows for Ray Bittner

7 top end 3yr old red Angus 4yr old  
red Angus cows.  
Full heath program on the herd good cows.  
Bred to red Angus bulls turned out  
June 7, 2025

## 20 bred cows for Abe Reimer

Bred Simmental to 80-85lb BW bulls.  
Start calving March 1, 2026.  
Bulls turned out June 22, 2025 to  
September 30, 2025.  
Full Health Program.

*More consigners welcome*

For further information contact:  
Ashern Auction Mart - 204-768-2360  
Kirk - 204-768-0019  
License #1128

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## HEAVENLY BIRTHDAY



Ethan Boyer

February 1, 2000 to October 25, 2019

Seven years have passed,  
feels like yesterday  
and 50 years at the same time.  
We didn't know that morning,  
God was going to call Your name...  
In life we Loved you dearly,  
In death we do the same.  
It broke our hearts to lose You,  
You didn't go alone;  
For part of us went with You,  
The day God called Your name.  
You left us Beautiful memories,  
Your Love is still our guide;  
And though we cannot see You,  
Your always by Our side.  
Our Family chain is broken,  
And nothing seems the same;  
But as God calls us one by one,  
Our chain will link again.

-Love and Miss You

Mom and Dad and Reid and Critters

## CARD OF THANKS

I would like to thank family and friends,  
especially Bev, for all the help that I received  
when I was in the hospital. Thanks for the cards,  
visits, telephone calls and all the wonderful  
food. So nice to have such wonderful friends!

-Thanks again,  
Love you all  
Yvonne and Henry

## IN MEMORIAM



Marian Burchuk (Balness)

May 27, 1939 - February 10, 2011

Fifteen years since last we met,  
Your love for us we won't forget.  
Winds will blow strong and clear,  
But memories stay ever near.  
Seasons change and life goes on,  
Occasions still remind you're gone.  
We live and strive to make you proud,  
One day we'll see you in the clouds.

-Love Always

Peter, Shannon, Elanna, Rob and Lisa  
Dale, Skyler, Coco

## IN MEMORIAM



Leonard Evanchyshin

April 9, 1955 - January 27, 2025

A year has passed since God took you away.  
I miss you and think of you every day.  
Your life was a blessing,  
Your memory a treasure,  
You are loved beyond words,  
And missed beyond measure.

-Love always,  
Marie

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

## Town of Stonewall - Now Hiring Enumerators

### MUNICIPAL ELECTION 2026



The Town of Stonewall is seeking reliable, detail-oriented individuals to serve as Enumerators for the upcoming 2026 Municipal Election.

**Position:** Enumerator

**Term:** Temporary, part-time May - July, 2026

**Location:** Town of Stonewall

#### Responsibilities include:

- Conducting door-to-door visits within assigned areas
- Collecting and confirming voter information accurately
- Maintaining confidentiality of all voter data
- Providing courteous, professional communication with residents
- Returning completed enumeration materials by established deadlines

#### Qualifications:

- Strong attention to detail
- Comfortable interacting with the public
- Ability to walk for extended periods
- Must be at least 18 years old
- Microsoft Excel proficiency considered an asset
- Previous enumeration or survey experience considered an asset (not required)

#### Compensation:

- Paid per name added/ confirmed on voters list
- Paid Training provided

#### How to Apply:

Submit your name, contact information, and a brief statement of interest to:  
Town of Stonewall - Senior Election Official  
Email: [info@stonewall.ca](mailto:info@stonewall.ca)

**Application Deadline: February 27, 2026**

## THE RURAL MUNICIPALITY OF ROCKWOOD

### INVITATION TO QUOTE 2026 HOURLY EQUIPMENT RATES

The Rural Municipality of Rockwood is inviting quotes for hourly rental rates of various equipment, for the purpose of establishing pay rates for the 2026 construction and maintenance season.

Quotation packages including submission documents are available at the Municipal Office, or from the RM's website, [www.rockwood.ca](http://www.rockwood.ca)

**Deadline for Quotation Packages is 4:00 p.m.  
(CST) Friday, February 20, 2026**

Quotations may be submitted to:

Ian Tesarski, Director of Operations  
Rural Municipality of Rockwood  
Box 902, Stonewall, MB R0C 2Z0  
Phone: 204-467-2272  
Email: [ian.tesarski@rockwood.ca](mailto:ian.tesarski@rockwood.ca)

*Don't forget to send  
your special words  
of remembrance for  
loved ones passed.*

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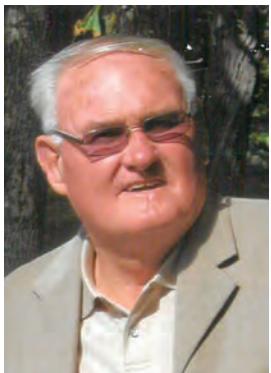
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## OBITUARY



**Edward Stanley Debeuckelaere**  
**March 2, 1944 – January 23, 2026**

It is with great sadness we announce the passing of Ed Debeuckelaere aged 81 years, on Friday, January 23, 2026 at St. Boniface Hospital, Winnipeg.

A Celebration of Life will be held in the late spring of 2026.

In lieu of flowers, the family requests donations be made in memory of Ed to the Warren United Church, Box 324, Warren, MB, R0C 3E0 or a charity of your choice.

  
KEN LOEHMER  
FUNERAL SERVICES  
204-886-0404

## OBITUARY



**Marie Persoage (nee Ambrose)**

On January 27, 2026, Marie passed away after a brief but courageous battle with cancer at the age of 68.

Mom will be deeply missed by her children and their families: Ryan and Christy (Tyler and Maya), Will and Elaine (Liam), Alanna (Talia), Travis and Nicci (Niasha, Adam, Lyssa and Logan), as well as her brothers and sister, and countless nieces, nephews and friends.

She was predeceased by her husband Dennis, her parents Harry and Mary Ambrose, sisters Irene Wilchuk and Dianne Tzar, and many other close family members.

Mom grew up in Rembrandt as the youngest of eight brothers and sisters. Although some of her siblings had moved away by the time she was born, she was very close to each one. She always cherished the times when the entire family would get together at

the farm for Ukrainian Christmas.

Mom married the love of her life, Dennis Persoage, in May 1979 and moved to Teulon the same year. After a few months they moved to the family farm in Pleasant Home, where they raised their four kids and enjoyed spending their free time with friends and family until Dad's passing in 2019. A year later she moved to Stonewall, where she made friends with everyone in her apartment building, and enjoyed the potlucks and feeling of community. In 2024 she made the decision to move back to Teulon, where she felt most at home.

Mom grew up in the kitchen, learning to cook from her mom. She always made sure that there was plenty of food for guests, and every family get-together became a feast. To her, recipes were simply suggestions to which she would add her own touch. Being an amazing cook, Mom spent many of her working years in kitchens and restaurants around Teulon. She was happiest when she was preparing for family gatherings and enjoying a meal together. Everything she made tasted incredible, and her holopchi and pyrohy were sought-after throughout the Interlake.

She was a kind soul and was always quick to laugh. She loved connecting with people, visiting, and just having fun. Mom could find something in common with anyone she talked to, and often made friends in the most unlikely places. She grew up in a musical home, and her favorite band was the Ambrose Brothers Orchestra, made up of her four brothers. She enjoyed dancing to good music and was often the first one up on the dance floor.

Mom's celebration of life will be held at the Teulon Hall on Friday, February 6, 2026 at 2:00 p.m.

The family would like to thank Dr. Joseph, Dr. Graham, and the nurses, HCA's and staff at the Stonewall & District Health Centre for the care and compassion they showed our mom during this time.

In lieu of flowers, please consider donating to CancerCare or a charity of your choice in Mom's honor.

  
KEN LOEHMER  
FUNERAL SERVICES  
204-886-0404

## OBITUARY

**Annie Williams (nee Lesko)**

**September 29, 1929 – January 30, 2026**

Peacefully with family by her side, Mom, Grandma, Nannie, passed away at the St. Boniface Hospital at the age of 96.

A Celebration of Annie's Life will be held at a later date.

In lieu of flowers, if friends so desire, donations may be made in Grandma's name to Interlake Food Bank.

The family would like to thank the staff at the Stonewall Hospital, EMS and at the St. Boniface Hospital for the great care of Grandma.

  
KEN LOEHMER  
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## OBITUARY

**Frederick Henry Main**  
**May 16, 1938 – January 25, 2026**

It is with extreme sadness I announce the passing of Henry Main, late of Spruceview Farms Balmoral, at Betel Personal Care Home, Selkirk after a long struggle with dementia on Sunday, January 25, 2026 in his 88th year.



He was born in Mrs. Scott's Maternity Home in Stonewall, May 16, 1938 to Horace and Eleanor Main (Clarke) their fourth child and only son. He grew up on the family farm a mile and a half west of Balmoral attending Balmoral Consolidated School and then enrolled in the Agriculture Diploma Course graduating with Honours. He earned a number of awards during his two year programme, the highlight and culmination being chosen upon graduation to have dinner with Queen Elizabeth and Prince Phillip at Government House in Winnipeg.

Henry was first and foremost a farmer and horticulturist taking over the family farm where he farmed a half section grain farm and established a successful 1100 head farrow to finish hog operation. He planted many spruce on his farm adding to the ones his father, Horace had planted initially. He tended a huge garden and had an orchard of fruit trees west of his house. He was very involved in community, being a very active member of the Balmoral 4-H Swine Club, Leader to the Balmoral Club and later to the Stonewall District 4-H Senior Members Club. He co-hosted an exchange trip with a club in Sarasota, Florida. He served on the Hall Board, the Rec Centre and Balmoral United Church and Presbytery later attending the Church of the Ascension in Stonewall. He enrolled in and graduated with a Business Administration certificate from Red River Community College. He sold the farm in the fall of 1988 having already purchased a house at 118 Whitegates Crescent in the Westwood Area of Winnipeg. He had upon settling in on Whitegates Crescent formed his own private landscaping business. He joined the Congregation of St. Andrews, Woodhaven where he soon became an integral part of the newly formed Men's Club. He was licensed as a Lay reader and was a valuable member of the team assisting with services and contributing to the ongoing life of the Church. Henry worked at first for Waso Greenhouse in East Kildonan on Munroe Avenue, a treatment centre for troubled youth. He hired on with St. Andrews Landscaping where he obtained his fifth wheel licence and drove the truck and trailer the next day to Red Lake, Ontario. He was hired by Corrections Canada and began work in Rockwood Institution in the greenhouse, moving to the piggery, and finally to the dairy where he obtained his cheese maker licence. He was promoted to Programme Instructor and taught programmes to inmates and staff. He attended training in Ottawa and Saskatoon.

He learned to use the computer as all records were recorded to be accessed from any point in Canada.

Henry sponsored a foster son in Jamaica for his growing up years and was fortunate to make a trip there to see him.

He sold the house in Westwood the summer of 1994 and moved into a rental basement suite in a private home in East Kildonan till he was able to take possession of the house in Stonewall, October 8, 1994. Here he completely landscaped the entire property planting many trees, shrubs, and perennials.

He retired from Corrections, January 2005. Soon he was asked by the manager of Marketplace in Stonewall to work in the produce department which he did for the next while; finally retiring altogether.

A highlight for Henry was the Main Family Reunion held on the original Main Farm now owned by Glen and Jean Main celebrating the Centennial of the farm being in the Main name.

The next few years went swiftly and enjoyably by. Henry attended many events, fairs, rodeos, concerts; making two flights to Arizona and one to Florida. All too soon it became apparent that he was having trouble with memory, day to day activities, and recognition of people he knew very well. He received excellent care from Michelle Loehmer, Sharon Fotty-Smith, Dr. D. Venter, and the entire Home Care team. He stayed in his home in Stonewall as long as he possibly could. He entered Betel Home in Selkirk, January 24, 2023 where he resided, receiving excellent care until his passing.

He is survived by his friend of 75 years Doug Moore and Doug's family, Betty, Murray (Glen), George (Jodi) Amy, Paul (Katrina) Sherissa and Aliah, his nieces Louise Lathe, Debbie Larson and Kim Tarrant, cousins Shirley Mulvey, and Glen and Jean Main in Manitoba and Nancy Mylenek and Dolores Mertz in Michigan, 2nd and 3rd cousins and by his step nephew and step niece Kenneth Hall and Peggy Herd (Hall) in Jerome, Idaho. He is remembered by friends Randy Henderson, Noreen Ponton, Igor Kaftan, Ian Livingstone, Bill Norlen, Bill Tretiak (Sharon), Vince Kaskiw and Vince's family, Don Kelly, and Carol and Ken Young and by a number of former colleagues.

He was predeceased by his parents Horace and Eleanor Main, sisters Dorothy Nemeth, Margaret Tarrant, and Gladys Hall; brothers-in-law John Nemeth, Charlie Tarrant, and Hilliary Hall. He is also predeceased by all his aunts and uncles, and by numerous first cousins and by friends Bob Good, Bill Christmas, Tom Addison, Jack McDougal and many more.

Cremation has taken place and a celebration of life for Henry will be held at Balmoral Victoria Cemetery (Road 84 N – 1 ½ miles south east of Balmoral) on Saturday, June 20 at 2:00 p.m. with interment in the family plot with his parents and his three sisters.

  
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Stonewall Teulon Tribune

## OBITUARY



### MaryAnn Grace Robertson (Broadfoot)

Surrounded by the love of her family, MaryAnn Grace Robertson (Broadfoot) passed away peacefully on Sunday, January 25, 2026 at the age of 78.

Remaining to forever cherish MaryAnn's memory are her mother Vera; daughter Melanie (Shawn); son Lorne; grandchildren Trenton (Sarah), Travis (Samantha), Macy (Reid); siblings Scott (Muriel), Carolyn (Bill); uncle John; nephew Daryl (Shelly); nieces Darlene (Allen), Tiffany (Dave), Chalsee, Chantal (Mark), Michelle; great nieces and nephews Kelly, Nicholas, Delaney (Nathan), Nathalie, Magnum and John; numerous cousins, neighbors, friends and spiritual brothers and sisters.

She was predeceased by her beloved husband Lloyd, and her father George.

MaryAnn was born on March 31, 1947 in Winnipeg, MB. MaryAnn, along with her two siblings, grew up in Woodlands, MB where her parents, George and Vera Broadfoot operated the General Store and Post Office. Possibly her interaction with people on a daily basis contributed to her bubbly and outgoing personality which endeared her so much to others.

She attended Marvel Hair School to become a hair stylist, took additional training in Toronto and then worked at The Bay downtown hair salon for a short time. MaryAnn married the love of her life, Lloyd Robertson, in 1967 and moved to his family homestead near Marquette where she lived the rest of her life. There, as the wife of a busy electrician and mother of two, she thoroughly embraced the role of a homemaker.

As one of Jehovah's Witnesses, MaryAnn had confidence in the Bible's promise to restore life to a paradise earth where pain, sickness and death will be no more (Revelation 21: 3, 4). She had a strong faith in God and enjoyed sharing this comforting message with others.

MaryAnn always liked to dress well and loved her jewelry, but was happier finding a thrifited treasure than buying something new. If she found an old antique for the Robertson house, she was ecstatic.

She loved baking, sewing, crocheting, having coffee in the gazebo, sing songs around the piano while she played it, having little ones come to play in the "play house" and gardening. Most of all she loved being a mother and grandmother. Her grandchildren Trenton, Travis and Macy brought her endless joy as she guided them and watched them grow. She never failed to say how proud she was of the adults they have become, which in large part, is due to the love and direction provided by their grandma.

Her optimism and cheerful personality endeared her to many. She knew how to talk to people in such a way that you always felt better after speaking with her. MaryAnn was very hospitable and generous. She loved it when family and friends came to visit. No one ever left without leftovers or some of her famous biscuits, a recipe passed down from her grandmother. Children especially loved being with her, as she made everything fun! She was a wonderful daughter, mother, grandmother, sibling, aunt, niece, cousin, neighbor and friend and will be greatly missed.

The family would like to thank the medical team at the St. Boniface hospital, medical transportation providers who drove her to and from many appointments, the home care team for their excellent care and kindness, and the many neighbors and friends that checked in on her, brought meals and assisted in numerous ways.

The family is grateful to those who were able to attend the service.

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

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## OBITUARY

### Charles Thomas Lefley

It is with profound sadness that we announce the sudden passing of Charles Thomas Lefley (Chuck) on Monday, January 26, 2026.

He is survived by his wife Sandy; daughter Sarah (Chris); his grandkids Kit and Wren; siblings Lynda (David), Glen (Diane), Mike (Sharon), Tom (Ilona), Dale (Ronda); sister-in-law Marianne; and his many nieces and nephews.

He is predeceased by his parents Jean and Bob and brother Bryan.

Chuck was raised in Grosse Isle, MB. and grew up on the family farm, enjoying the many colourful activities of farm life. If you knew him, you would have heard many stories, but adventures with his pony, Scout, and hunting with his dad were highlights of his younger days.

Sports played a commanding role in his life growing up, with baseball and hockey shining brightest. Though he excelled in both, hockey became a literal way of life, starting with his minor hockey days in Warren and the outdoor rink in Grosse Isle. His exceptional skill and skating became more and more apparent as he began playing his Junior Hockey with the Winnipeg Rangers of the MJHL at 15 years old, following his brother Bryan's footsteps with the team and practicing with them unofficially for a few years prior. He landed with the Canadian Men's National Team after his "junior" years and represented the "red" maple leaf with honour at the 1969 World Championships in Sweden. By the next summer, Chuck was drafted (6th overall) by the Montreal Canadiens in 1970. Working his way quickly through the Canadiens farm system, he was called up in the playoffs and had won his first of two Stanley Cups in 1971. He followed this up with another Cup in 1973 following his first full regular season with the team. He was traded to the St. Louis Blues in 1974, where his 85 points (43G, 42A) through 75 games in the 1975-76 season represented his best offensive year in the NHL. He finalized his NHL retirement in 1981 after playing a season with Jokerit (Finland) and Dusseldorf (Germany). Though retired professionally he continued his love for the game in the senior leagues with the Warren Mercs for many years. He was inducted into the Manitoba Hockey Hall of Fame in 1986, followed by inductions to the Manitoba Sports Hall of Fame in 2014 and the Manitoba Baseball Hall of Fame in 2018, as part of the Warren Senior Baseball Team (1974-1979) induction.

After retirement he came back to Grosse Isle to farm with his brother Glen. Farming was very rewarding for him, and he loved it whether the year was good or bad. He married the love of his life, Sandy, in April of 1982 and his daughter, Sarah, had him officially wrapped around her finger in November 1987. A true family man, he would do anything for those he loved and he was generous to a fault. Humility, hard work, integrity and character were values that truly meant something to Chuck, and he lived these to the highest example.

Through the years he also made time for fun, whether at home or abroad, and enjoyed many family vacations camping and to hot destinations with friends and family. The last trip, to Toronto in October 2025, offered a once in a lifetime opportunity for Chris, Sarah, Kit and Wren to see his name on the Stanley Cup and to see where he sat in the replica Habs dressing room. He naturally went straight to it and sat down without even thinking. Chuck always filled the room with his presence, his stories and his smile. He will be missed more than words can express.

A Celebration of Life and Interment will be held the first weekend of July 2026. Details to follow.

In lieu of food or flowers, donations can be made to Stonewall Palliative Care, Interlake Community Foundation Bryan Lefley Scholarship Fund or the Grosse Isle Hall.

The family would like to thank the many doctors, nurses and staff at the St. Boniface Hospital for their care and compassion.

*KL*  
KEN LOEHMER  
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