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VOLUME 17
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Stonewall Teulon Tribune

THURSDAY,
MARCH 5, 2026

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Hearts in motion

TRIBUNE PHOTO BY LANA MEIER

Brant-Arghyle School students show off their creativity — from high-knee jumps and single skips to a 22-person group jump — during last week's Jump Rope for Heart event in support of heart health and the Heart and Stroke Foundation.

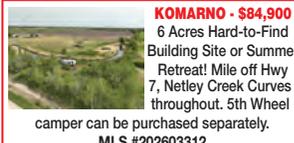
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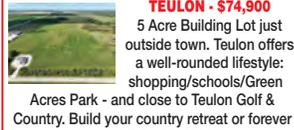
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Brant-Argyle students skipped for heart health

By Lana Meier

Students at Brant-Argyle School laced up their runners last week as part of the annual Jump Rope for Heart campaign.

The school hosted its Jump Rope for Heart event on Thursday, Feb. 26, with students rotating through a variety of creative skipping stations set up in the gym. Kindergarten to Grade 4 students took part first, followed by their peers in grades 5 to 8.

Students and staff showcased plenty of imagination in how they used their ropes — from single and double skipping to limbo challenges and even a large-group effort that saw 22 participants jumping together at once.

Throughout February, students learned about heart health and the importance of staying active while raising funds for the Heart and Stroke Foundation.

Donations can be made online at



<https://jumpropeforheart.crowdchange.ca/119550>. The link will remain active for two weeks following the event for those wishing to contribute.

TRIBUNE PHOTOS BY LANA MEIER

Brant-Argyle School students take part in a variety of creative skipping activities during last week's Jump Rope for Heart event in support of the Heart and Stroke Foundation.



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STONEWALL

New hotel with pool announced for Stonewall

By Jennifer McFee

A new hotel coming soon to Stonewall will open doors for everything ranging from sports groups to staycations.

Steel Creek Developers announced last week that a new 30-room hotel will be coming to town, operating under its Blue Crescent Hotel brand. Construction is expected to begin this summer on the hotel, which will be located in the west end of the planned age-in-place campus along Highway 236.

The hotel will include a pool and waterslide, a meeting room for local business and community use, a fitness room, guest laundry facilities and a free continental breakfast for guests.

Trevor Rempel, CEO of Steel Creek Developers and Blue Crescent Hotels, expressed enthusiasm for the project.

"We had a really good push of local community support from the invest-

ment side of things. Ultimately, that's what determines whether a project like this can move forward in a rural town," he said.

"It's all private investment — the town has no stake in it. We've got a really good group of owners, mostly local business people, and we have some returning shareholders as well from previous projects. We're happy that we're finally in a position to move forward on it."

He noted the positive impact of the provincial government's small business venture capital tax credit, which has been a risk reduction factor and a tool that has allowed the company to develop in rural Manitoba.

Steel Creek Developers has been building hotels since 2015, although not all of them fall under the Blue Crescent brand. Currently, Blue Crescent hotels are operating in Carman and Arborg, with projects in the works for Deacon's Corner and Stonewall.



TRIBUNE PHOTOS SUBMITTED

A new 30-room Blue Crescent Hotel is planned for Stonewall, with construction expected to begin this summer along Highway 236. The hotel will feature a pool and waterslide, meeting space and a variety of family-friendly room options, aiming to support local tourism, sports events and community growth.

To start, Stonewall's hotel will feature 30 rooms with eight different room types, and the company bought enough land for future expansion.

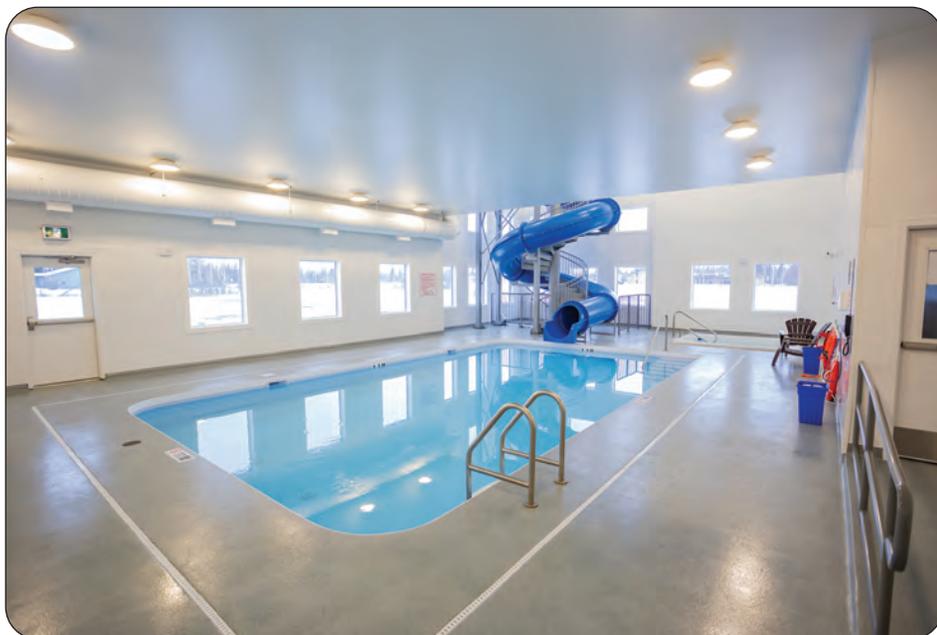
The Blue Crescent brand is known for its split-room design, which has the bathroom located in the middle of the room.

"We split the two beds and there's a TV on each side. That allows our guests to have a lot more flexibility and value in their stay, whether

they're a young family or coworkers whose company is pairing them up in rooms," Rempel said. "We've had great feedback with the split room design and it's been our signature and a differentiating factor for us."

Several options are available in this design, including the double room with a queen bed on each side or the single room with a queen bed on one

Continued on page 8





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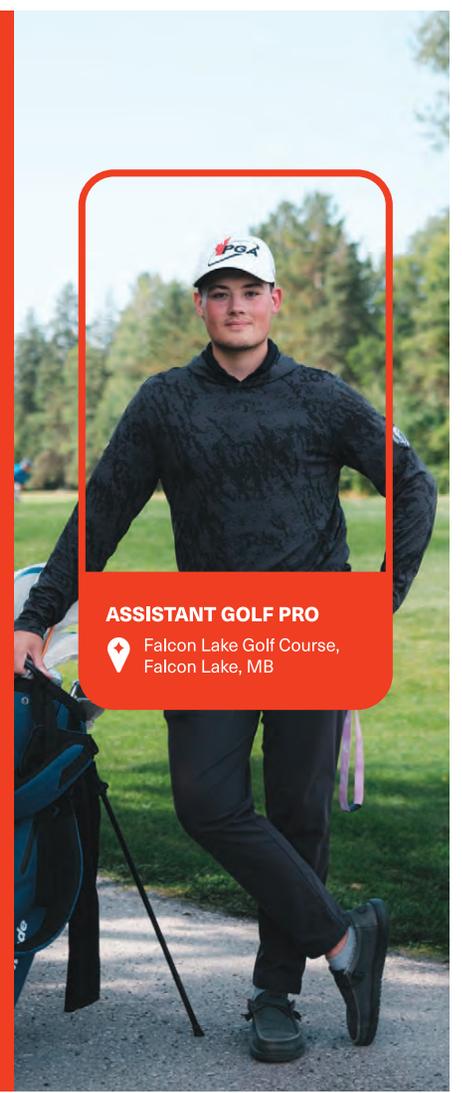
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ISEE hosting virtual sessions to help recognize and prevent child sexual exploitation

By E. Antonio

Interlake Sexual Exploitation Educators (ISEE) are encouraging parents and caregivers to become informed about the realities of child sexual exploitation — particularly in the online world.

The Selkirk-based committee is offering a free virtual presentation for adults exploring the various ways children and teens can be exploited online. The first session will take place Wednesday, March 11, from 1 to 3 p.m., with a repeat presentation March 12 from 6:30 to 8:30 p.m.

ISEE is a collaborative committee made up of local organizations, schools, agencies, community groups and concerned residents. The group provides free sexual exploitation prevention resources to adults and youth as part of the Province of Manitoba's Sexual Exploitation Strategy, Tricia's Trust.

ISEE co-chairs Jim Dao and Sherisse Picklyk Dear say the committee is committed to educating, supporting and informing community members about childhood sexual exploitation — both in person and online.

"We want to help kids — and their parents or caregivers — understand this is happening now," Picklyk Dear said. "Not only raising awareness of child and youth sexual exploitation that is happening globally but also right here in the Interlake."

March marks Manitoba's Stop Child Sexual Exploitation Awareness Month, and Dao and Picklyk Dear are encouraging all adults who interact with children to attend one of the two sessions — regardless of the child's age.

"Even if your child is young, you need to be

able to aptly prepare for this," Picklyk Dear said. "Anyone who interacts with kids who use a device should be aware — including school staff, coaches, CFS workers, doctors and relatives."

With experience working in the public sector, both co-chairs say they have seen firsthand the risks youth face online and the importance of digital safety. Picklyk Dear described as "horrifying" the things predators can do to youth online.

"They are master manipulators. They are tech savvy — they know exactly what they are doing," she said.

The presentation will outline what online child sexual exploitation can look like, how to speak with children appropriately about the topic, and what resources and supports are available. Short videos will help participants better understand real-world scenarios, followed by a 30-minute question-and-answer session.

Dao noted exploitation can begin slowly through everyday online chats on a variety of platforms, including Snapchat, Instagram, TikTok and online video games such as Roblox.

"At the end of the day, predators will turn the conversations to a sexual nature, and the goal will be to acquire pictures or videos," he said. "Most caregivers are not tech savvy and don't know what's happening online or how to keep kids safe. Kids are left to deal with the online world themselves, and they don't know the dangers and risks. Predators will target these kids."

He described the online world as a predator's "new playground."

"When they are young, we teach kids about safe-

An 18+ presentation
Follow us on Instagram @iseeinterlake for any and all updates!

ISEE Parent & Caregiver Online Presentation

In acknowledgement of the Provincial Stop Child Sexual Exploitation Awareness month, the Interlake Sexual Exploitation Educators (ISEE) committee is hosting FREE virtual presentations to parents & caregivers! The 2h presentation will explore the various ways that children & teens can be exploited in the online world. Parents learn the dangers of popular social media and how it can put kids at risk for sexual exploitation and affect their mental health. By providing information and strategies, we hope to empower caregivers to help keep kids safe. Awareness is key!

FREE ENTRY

MARCH 11: 1:00-3:00PM
MARCH 12: 6:30-8:30PM

Visit our website www.interlakesee.ca for more info and FAQs for the presentation!

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PHOTO SUBMITTED

Interlake Sexual Exploitation Educators (ISEE) offer free resources and learning opportunities about child sexual exploitation.

ty. We put on their seatbelt, put on their life jacket or helmet — now we need to make sure kids are taught safety in their new online playground."

While acknowledging the subject matter can be

Continued on page 9

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Mixed-use commercial and residential development coming to Stonewall

By Jennifer McFee

A major commercial and residential development is on its way to Stonewall.

Whiteland Real Estate announced last week a new campus called the Quarry District will transform about 50 acres of land along Highway 67 on the east side of town.

About 15 acres will be dedicated to the Quarry District's commercial core. The \$40-million Phase 1 is expected to break ground this spring with around 44,000 square feet of commercial space. Red River Co-op will anchor this space by launching a 26,500-square-foot grocery store that is expected to open in 2027.

Whiteland will sell another 31.5 acres to the Town of Stonewall for future use. In addition, Whiteland will use the remaining land for residential development, which will include up to 500 mixed-use housing units.

"This development represents Whiteland's long-term commitment to Stonewall, beginning with the first phase of commercial development this spring," said Satpal Singh Sidhu, president of Whiteland Real Estate.

"We are in the planning process on the residential component and look forward to submitting a subdivision plan to the town and engaging with residents before that work begins. The Quarry District development will be built out over a number of phases, beginning with the commercial campus, over a period of five to seven years."

A traffic study has already been completed and submitted to the province.

"There is a requirement that the access road align with the current cross street at 2nd Avenue N," Sidhu said. "We will work closely with the province and the community on any infrastructure improvements that are deemed necessary."

The residential development is currently in the planning stages, and Whiteland will submit a subdivision proposal to the South Interlake Planning District in the next few months.

"We look forward to hearing from community members and sharing our vision for a mixed-use development that could include a variety of housing types, including seniors' housing," Sidhu said. "Our plans will align with the zoning bylaw requirements and will include opportunities for feedback and input."

The Town of Stonewall will cost-share the infrastructure servicing, including sewer, water and drainage. Improvements will extend infrastructure throughout the Quarry District as well as into the nearby land for the future age-in-place campus.

Stonewall residents can also look forward to updates to the community's regional trails system with connections to new areas, enhancements to sidewalks and increases to options for active transportation.

"Whiteland is responsible for the active transportation work within the development as well as the connections to the work that will be undertaken by Stonewall," Sidhu said.

"Stonewall will be extending the active transportation path in the aging-

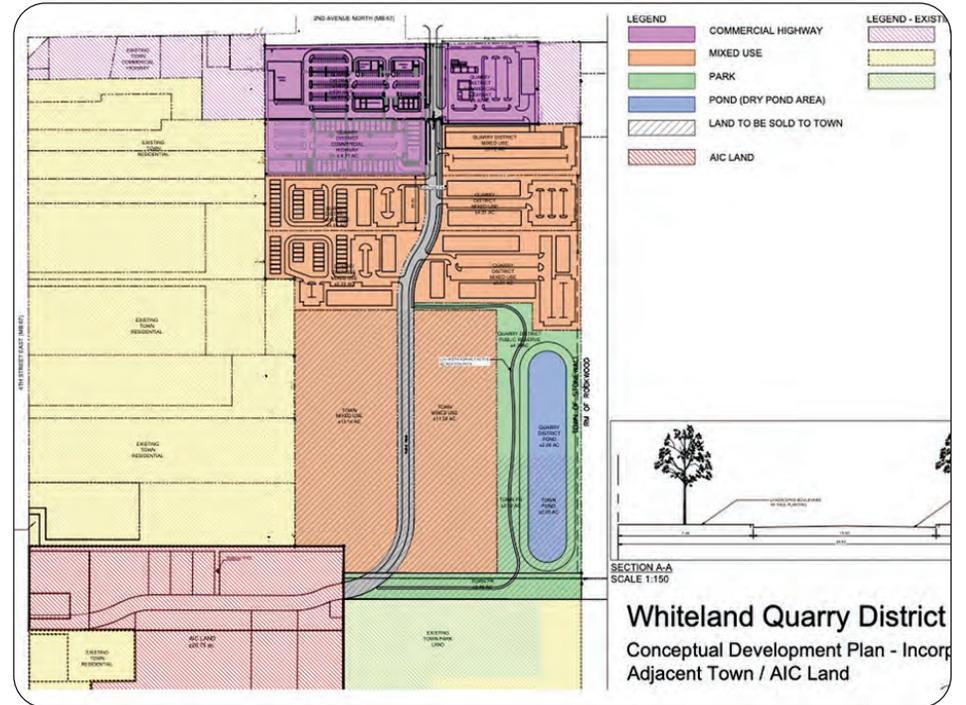


IMAGE COURTESY OF MCGOWAN RUSSELL GROUP, WINNIPEG

This conceptual drawing shows Whiteland's Quarry District, as well as the planned aging-in-place land.

in-place campus to Rockwood, along 236 from the aging-in-place campus land to Highway 67 and from Highway 67 to the Quarry District. Stonewall received provincial funding to support the extension of the network and Whiteland will integrate with those plans."

In addition to Red River Co-op, other commercial entities are expressing interest in the new development.

"We've had a great deal of interest in this development project, with many recognizable retailers, service-based

Continued on page 9



IMAGE COURTESY OF RED RIVER CO-OP

Red River Co-op will build a 26,500-square-foot grocery store that's expected to open in 2027.



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Jennifer McFee
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RCMP urge vigilance as Fraud Prevention Month begins

By Haley Cvar

The number of reported scams and frauds in Manitoba continues to climb, siphoning tens of millions of dollars from the bank accounts and wallets of hundreds — if not thousands — of residents each year.

With Fraud Prevention Month now underway, the Manitoba RCMP is reminding the public that fraudsters use a wide range of tactics to separate people from their money.

“Fraud is increasingly a problem in Manitoba, across Canada and around the world,” said Staff Sgt. Kevin Cavanagh of the Manitoba RCMP Major Crime Services Cyber and Financial Unit. “We encourage Manitobans of all ages to remain vigilant and do your research before making payments or sharing banking and other personal information, particularly when individuals you don’t know are reaching out in person or online for any reason.”

According to the latest annual report from the Canadian Anti-Fraud Centre, Manitobans reported losing approximately \$31 million to scams in 2024 alone. Officials caution that the true figure is likely far higher, as only an estimated five to 10 per cent of victims report fraud to law enforcement.

Frauds range from relatively simple schemes — such as phishing texts requesting payment information for a package never ordered — to increasingly sophisticated operations. Some scams now involve artificial intelligence to create convincing “deep fakes” that lend credibility to bogus investment opportunities.

The most commonly reported frauds in Manitoba include identity theft, false or misleading service-related promotions and scams posing as investment opportunities.

While seniors are often perceived as the most vulnerable, police say scammers target all age groups. National data shows the average dollar amount lost by victims in their 40s is nearly as high as that reported by victims in their 80s.

Police are offering several reminders to help residents protect themselves:

If it sounds too good to be true, it likely is. Offers of large inheritances or lottery winnings in exchange for “processing fees” are not legitimate. Nor are buyers who offer more than the asking price for items listed for sale online.

Be cautious of unsolicited contact. Phone calls, texts or emails from unknown individuals or organizations

pressuring you to purchase goods or services you never expressed interest in should raise red flags.

Safeguard personal information. Avoid sharing personal details with strangers, particularly over the phone or online. Be mindful of what is posted on social media.

Verify before you act. A caller claiming to be a grandchild in need of bail money or a company threatening to cut off service over an unfamiliar overdue bill may not be legitimate. Ask detailed questions and, if necessary, hang up and contact the individual or organization directly using a known phone number.

Anyone who believes they have been defrauded is encouraged to report the incident to their local RCMP detachment or police service. Police say reporting fraud can help investigators identify patterns, link suspects and prevent others from becoming victims.

Victims are also asked to file a report with the National Cybercrime and Fraud Reporting System, which serves as a central repository for fraud and cybercrime reports across Canada. Additional information is available through the Canadian Anti-Fraud Centre.

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

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A quiet moment together: Stonewall therapist turns connection into colouring book

By Annaliese Meier

Stonewall therapist and mother Amy Friesen knows firsthand how overwhelming big emotions can feel for children — and how much they rely on trusted adults to help them feel safe.

That understanding is what led Friesen to create *Together in Calm*, a printable parent-and-child co-regulation colouring book designed to help families slow down, connect and navigate emotions together.

The idea began taking shape while Friesen was on maternity leave, initially as a meaningful project to occupy her time. But it quickly grew into something deeper, drawing from both her professional work with children and teens and her experiences at home with her own boys.

“In my practice, I was consistently seeing children with big feelings who needed simple, shared ways to process them with their caregivers,” Friesen said. “At the same time, with my seven-year-old, I noticed how much he craved my presence when he was working through emotions — not just my help or instruction.”

Rather than one defining moment, Friesen said the book emerged from many small, everyday experiences: sitting beside her son while he coloured, slowing down together at bedtime or staying calm during difficult moments. Those moments reinforced for her how powerful simple connection can be — especially in a world filled with distractions.

“With increased work demands and the constant pull of phones and screens, it’s easy to miss just how much kids crave our attention and presence,” she said. “I wanted to create something tangible that gently invites families to pause, set aside distractions and simply be with their children.”

While there are many tools available to teach children coping skills, Friesen noticed most place the responsibility on children to regulate their emotions independently. She felt something important was missing.

“There are many wonderful resources, but they often focus on what the child should do on their own,” she



TRIBUNE PHOTO SUBMITTED

Amy Friesen sits with her son during a colouring activity that reflects the co-regulation approach behind her parent-and-child resource, *Together in Calm*.

said. “What I was seeing is that kids don’t just need strategies — they need reassurance, presence and co-regulation with a trusted adult.”

Co-regulation, she explained, is especially important for younger children whose brains and nervous systems are still developing. When children experience repeated moments of being soothed and supported by a calm adult, they gradually learn how to regulate their own emotions over time.

“When a parent stays close, speaks calmly and sits with their child through big emotions, the child learns those feelings aren’t dangerous and that they don’t have to face them alone,” Friesen said. “That experience literally helps shape how their brain learns to handle stress.”

Each page of *Together in Calm* pairs a cozy animal colouring sheet for children with a simple guidance page for parents, offering gentle prompts such as noticing body sensations or taking slow breaths together. Families are



The *Together in Calm* colouring book invites families to pause, connect and regulate emotions together.

encouraged to colour side by side, with conversation unfolding natural-

Continued on page 9

worship

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Lent: Opening Our Hearts to Jesus

“Create in me a clean heart, O God, and renew a right spirit within me.” — Psalm 51

In Book of Joel 2:12–18, the Lord calls us: “Return to me with all your heart... Rend your hearts, not your garments.” On Ash Wednesday we hear, “Remember that you are dust, and to dust you shall return.” These words remind us that life is fragile and temporary, and that our hearts are made for eternity with God. They invite us to pause, reflect, and seek what truly matters.

Lent is a sacred season for Christians, a time to prepare for Easter by turning back to Jesus Christ. It is not only about giving something up; it is about opening our hearts and allowing Him to renew us. Lent is a journey of grace, hope, and transformation.

We remember how Jesus fasted and prayed in the desert and how He carried His Cross from Jerusalem to Calvary for our salvation. His suffering reveals the depth of God’s mercy and love. Through His sacrifice, every sorrow and struggle offered to God can become a source of healing and grace.

During these forty days, we practice prayer, fasting, and almsgiving. Prayer deepens our relationship with God. Fasting teaches self-control and reminds us that God alone satisfies. Almsgiving turns compassion into action and brings light to those in need.

Lent calls us to forgiveness, humility, and renewed faith. It is not about fear, but about returning to a loving Father who heals, restores, and makes us whole.

Rev. Nepolian Suvakin
Parochial Administrator of Christ the King, Stonewall; St. Joseph’s, Stony Mountain; and St. John Vianney, Teulon

Town of Teulon accepting applications for seasonal summer positions

By Jennifer McFee

Do you know a student who is seeking work over the summer?

The Town of Teulon is hiring for seasonal employment in recreation and public works.

Work is expected to begin in late June and last throughout the peak summer season.

Tasks could include participating on field crews, ensuring facilities are clean and safe, landscaping, assisting in campground upkeep, and setting up and taking down equipment for

events.

More information is available on the town website at teulon.ca. The postings will remain open until they're filled.

IN OTHER COUNCIL NEWS:

- Council tabled a resolution to purchase two double-sided signs and two single-sided signs for the park trail expansion at a cost of \$10,807.09.
- Coun. Michael Hepples stepped down as council representa-

tive for the South Interlake Regional Library. Council appointed Coun. Glenn Kletke as the new representative.

- Council approved an \$11,900 quote from Dillon Consulting Ltd. for a lagoon capacity assessment study. The quote also has a \$4,000 upset limit, which is a maximum cap on total costs, for any additional work.
- Council approved an \$845 quote from ABC Fire for annual fire extinguisher inspections at town facilities.

• The Town of Teulon will take out a quarter-page ad in the 2026 Interlake Travel Guide at a cost of \$425 plus tax. The travel guide, which is produced by the Interlake Tourism Association, has a distribution of 10,000 copies.

• Council will sponsor the rental free for a bingo fundraiser for the Canada Day committee. The event will take place at the Teulon-Rockwood Centennial Centre on March 24 from 6 to 10 p.m.

> HOTEL, FROM PG. 3

side and sofa bed on the other side. The king executive rooms will have a king bed on one side, queen bed on the other plus additional seating area.

For larger families, the one-bedroom suite offers accommodations for six with a queen bed on one side, a sofa bed on the other plus a separate bedroom with a king bed. Another option is a two-bedroom kitchenette suite, which is similar to a small apartment.

"Our most popular room is our family room. The middle of our hotel and front sticks out a little bit to give some architectural esthetic, so those rooms in the middle are an extra two feet long," Rempel said.

"Instead of just wasting the space in having a standard room, we're able to fit two sets of bunk beds in there. So we have a queen bed with a TV on one side for the parents and then we have two sets of bunk beds and a TV for the kids."

In the Arborg and Carman locations, the pool and waterslide have proven to be a big attraction, and Rempel anticipates the same will be true in Stonewall.

"It's going to be a great addition to the town. Carman was the first location that we did a pool and waterslide, and we were unsure whether it would make enough of an impact to pay for the extra investment in a smaller town," he said.

"We've seen great response because of the pool — lots of staycations. It

drives additional stays for sports and tournaments. There are even people selecting hockey tournaments based on the hotel having a pool and waterslide. We saw really good success with the pool in Carman, so we felt it was a good fit for Arborg — and we feel it will be a fit for Stonewall as well."

The build time for the 30-room hotel will be about 12 months, he added.

"We're just closing our investment round. We've secured our builder and our lending. We've started the process of our site layout. We've done a land deal already, so we're just looking at clearing some of the conditions on that land and we're waiting for the subdivision to go through," he said.

"We can't start building until there's a new land title created and it's subdivided, but we expect it will probably be starting in early summer. If we could get started at the beginning of summer, it's great timing for next year because we could be open for the summer season so we could catch all the soccer and baseball tournaments, as well as any of the summer tourism events at Quarry Park."

For Rempel, one of the main benefits of the hotel is the ability to attract events to town.

"There are certain events that you cannot attract to your community until you have a place to stay. One example is teacher conferences. The education system in the province likes to move their teacher conferences around to all sorts of communities.

They like going to rural communities, but one of the conditions is that there be hotel rooms available in town. So usually those teacher conferences aren't available to come to a community such as Stonewall until there's something like this in place," he said.

"And smaller sports events can maybe expand into larger sports events. A one-day tournament might turn into a full weekend tournament because you can invite more teams now. When people have family weddings, socials or funerals, you can keep those stays local as well."

As a result, the community is able to retain revenue when visitors stay in town.

"Without modern hotel facilities, at the end of the day anybody that would stay in town is driving out of town and taking their spending dollars with them. People will normally have dinner in restaurants, do their shopping, buy gas in the community that they're staying in for the night. So if you can't retain those vehicles in town for the night, those dollars that would be spent in the community are driving out of town and being spent somewhere else," Rempel said.

"In all the communities where we've put hotels, we've seen that they have a beneficial impact on the surrounding businesses, particularly the ones that rely on the people that come and stay in town — gas stations, stores, restaurants. Stonewall is seeing good growth, and a hotel is generally a critical tipping point for taking a rural

community to another level of development. I have no doubt that this is going to spur on future development that will continue to help grow the community at a faster route."

Robert Price-Lewis, president of the Stonewall and District Chamber of Commerce, said the proposed hotel will be an exciting and practical addition that fills a need in the community.

"Stonewall regularly hosts hockey, baseball and other sporting events, yet visiting teams often have limited accommodation options locally and end up staying in Winnipeg. That means families and teams are spending their money outside our community during tournaments and events. A new hotel will help keep those visitors in Stonewall — supporting our restaurants, shops and local businesses while strengthening our overall economy," he said.

"This addition comes at a particularly exciting time, with the Veterans Memorial Sports Complex set for renovation and revitalization over the coming years. As those improvements take shape, Stonewall is well positioned to become an even stronger hub for regional tournaments and sporting events. Having quality accommodations nearby makes that growth possible and sustainable."

At the same time, Price-Lewis said it's also encouraging to see the proposed age-in-place campus located close to the new hotel.

"This reflects thoughtful planning that supports residents at every stage of life — particularly seniors who want to remain in Stonewall while accessing appropriate housing and services," he said.

"In my opinion, the hotel represents more than a building — it represents infrastructure that supports tourism, recreation and long-term community growth, and I see it as a very positive step forward for Stonewall."

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> QUIET, FROM PG. 7

ly — or not at all.

“The focus isn’t on doing it right,” Friesen said. “It’s about shared presence. Sometimes there’s talking, sometimes there isn’t, and both are OK.”

The book is best suited for children between the ages of four and 10 and is designed to be used together during calm moments, bedtime wind-downs or when emotions begin to feel overwhelming.

Although the book is still new, early feedback has been encouraging. One parent told Friesen the activities helped them slow down during a stressful moment and respond with calm connection instead of frustration — a response that stayed with her.

“That really reminded me that sometimes the simplest tools can make a meaningful difference,” she said.

The project closely reflects Friesen’s therapeutic approach at Stonewall Counselling Center, where she prioritizes empathy, relationship-based support and creative, play-based methods to help children feel safe with their emotions.

“This book isn’t about fixing children or pushing better behaviour,” she said. “It’s about understanding, connection and presence — and helping families bring those values into everyday life.”

Above all, Friesen hopes families who use *Together in Calm* walk away feeling closer to one another.

“Kids just want to feel seen, heard and safe,” she said. “Life gets busy, stress builds and our attention gets pulled in a hundred directions. That doesn’t make anyone a bad parent — it’s just reality.”

Her hope is that even a few minutes spent colouring together can give families permission to slow down and reconnect.

“If there’s one feeling I’d love families to leave with, it’s that quiet sense of warmth and closeness,” she said. “That feeling of sitting side by side and knowing, we’re in this together.”

Together in Calm is available as a digital download on Etsy, allowing families to print and use the pages at home. Friesen said families who prefer not to order through Etsy can also contact her directly by email to arrange access.

> ISEE, FROM PG. 4

difficult, Picklyk Dear and Dao emphasized their goal is not to alarm families but to equip them with knowledge and tools.

They say “awareness is key” when it comes to addressing child exploitation and stress the importance of open conversations between caregivers and children.

“We need to talk about it,” Dao added. “We never want to brush it under the carpet.”

In addition to the March sessions, ISEE offers free school presentations to students in grades 7 to 12 throughout the year. These sessions cover topics such as exploitation, grooming, luring, cyberbullying and consent, using youth-friendly language and interactive discussions.

Advance registration is required for the March 11 and 12 parent and caregiver presentations. Adults can register through the Microsoft Form linked via the QR code on the event poster. Each participant will be entered into a live draw for a \$50 gift card.

Due to the sensitive nature of the content, children should not attend the virtual presentation, either alone or alongside an adult.

For more information, to access resources or to schedule a presentation, visit www.interlakesee.ca or follow ISEE on Instagram (@iseeinterlake) and Facebook.

> WHITELAND REAL ESTATE, FROM PG. 5

businesses, health and wellness operators, and other complementary commercial users reaching out to us about investing in Stonewall,” Sidhu said.

“Since the announcement, those calls have increased and our leasing partners are working hard to finalize details so that we can share more exciting details with Stonewall in the near future.”

Right from initial conversations with council, Sidhu said there’s been great support for this development.

“Red River Co-op has also been a great partner and we appreciate the efforts of everyone who has helped make this project happen,” he added.

“We are genuinely excited to be building in Stonewall and look forward to sharing more details with the community as they are available.”

Craig Gilpin, CEO of Red River Co-op, expressed excitement about bringing their \$17.5-million investment to the community. Once the new grocery store is complete, all food store operations will move to the new location.

The Co-op gas bar in Stonewall will continue operating at its current location.

“We are thrilled to be able to be offering area residents expanded choice in grocery, fresh produce, meat, deli, bakery and home meal replacements, creating a more complete and convenient local shopping experience,” Gilpin said. “This store will also feature Red River Co-op’s new design concept for the first time.”

The new Co-op design features locally quarried stone across the front façade in an effort to reflect Stonewall’s character and support local investment.

Stonewall Mayor Sandra Smith said the Quarry District combines Whiteland’s innovative mixed-use development with the town’s strategic vision, resulting in a win-win for generations to come.

“This is a transformative investment in the future of our town,” she said. “This investment will not only strengthen our community and en-

hance quality of life for Stonewall residents, it will enable the infrastructure required for progress on the neighbouring aging-in-place campus.”

Robert Price-Lewis, president of Stonewall and District Chamber of Commerce, said the announcement of Whiteland Real Estate’s \$40-million investment into the Quarry District development marks an important moment in Stonewall’s evolution.

“Projects of this scale reflect strong confidence in our town’s trajectory and in the people who call it home,” he said. “As a resident and chamber president, I see significant opportunity in this development.”

Residents will benefit from the added commercial space and new housing, as well as the recently announced hotel that will be built in Stonewall by Steel Creek Developers, he added. At the same time, these developments will help support continued population growth.

“That growth attracts business investment, strengthens our local economy and expands the services available within our community,”

Price-Lewis said.

“Stonewall has often been described as a bedroom community, but our goal is to grow as a thriving community in our own right. While some residents will always commute elsewhere for work, we want to create an environment where more people also work, shop, invest and build businesses here at home.”

Price-Lewis also wants to ensure this growth creates meaningful opportunities locally — including employment for residents and space for entrepreneurs to establish or expand within the new district.

“When growth is collaborative and community-focused, its impact is lasting,” he said.

“Overall, I am optimistic. With cooperation between developers, town leadership, local businesses and residents, the Quarry District has the potential to strengthen Stonewall’s economic foundation and support its continued progress in a positive direction.”

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Yes I Can! Awards recognize exceptional Manitobans

By Jennifer McFee

A group of exceptional Manitobans earned recognition at an awards ceremony last week.

On Feb. 26, the Manitoba Council for Exceptional Children hosted its 36th annual Yes I Can! Awards at the Victoria Inn in Winnipeg. The event also coincides with Inclusive Education Month, which takes place in February.

These awards aim to acknowledge the achievements of children and youth with exceptionalities and to overcome barriers or public misconceptions. The awards also encourage children and youth with exceptionalities to seek their highest potential while increasing awareness of the abilities, aspirations and personal qualities of people with exceptionalities.

Nominees could be recognized for achievements in academics, arts, athletics, technology, self-advocacy, school and community activities and transition. Some Yes I Can! Award winners might also be selected as nominees for future international Yes I Can! Awards.

Teresa Yestrau, chair of the 2026 Yes I Can! Awards, said the nominations for each category opens in June with a submission deadline at the end of October. Schools across the province receive information about them.

A committee made up of volunteer educators reviews the nominations to determine eligibility and select winners. The winners are invited to the awards ceremony, along with their families, nominators, school principals, classmates, divisional special education representatives and anyone else who wants to celebrate these achievements. About 500 people attended the heart-warming event.

"The Yes I Can! Awards provide an opportunity to celebrate achievements for students who have to work incredibly hard to achieve the success that they do. We also celebrate those who make the students' success possible," Yestrau said.

"There are many awards in the school system for academic excellence or athleticism. There are very few awards for those who do not fit those categories. This is a way for us to recognize the amazing amount of work that the students or staff have put in to be successful."

MCEC supports people who are working to advance effective practices in providing services



Award recipient Theodore Hill with Lagimodière MLA Tyler Blashko.

to youth with exceptional needs. This includes teachers, educational assistants, resource teachers, pre-service teachers and anyone working in the field of special education.

"We are a chapter of the larger Council of Exceptional Children. We work collaboratively with school divisions, government, support agencies and associations with the same focus," Yestrau said.

"We run an annual provincial conference during the same dates as Yes I Can! as well as sessions during MTS PD Day and other professional development at universities or local areas where requested."

During the awards ceremony, the presentation also included giving out certificates or recognition, the MCEC Teacher of the Year Award, the MCEC Education Assistant of the Year Award, the Outstanding Educator of the Year Award and the MCEC Outstanding Achievement Award.

"I have had the opportunity to attend Yes I Can! Awards at the provincial and international level. Manitoba's awards are the best I have ever attended," she said. "They are the most positive, inclusive and respectful event you will ever attend. Once you attend, you will see how the people in the room that evening will touch your heart."

From Teulon Collegiate Institute, Grade 10 student Carson Lowe received a Yes I Can! Award for



TRIBUNE PHOTOS BY JENNIFER MCFEE

Award recipient Hayden Flett with education assistant Harpreet Gill, auntie/guardian Kasandra Flett and Lagimodière MLA Tyler Blashko.

arts. His nominator, Amber Oughton, worked with Carson for the past three years as his learning support teacher. His mom also recommended him for the award.

"He has been an incredible source of light in our school community. Carson is truly one of a kind. Every single day, he walks into the school with a big, beaming smile that instantly lifts the spirits of those around him," Oughton said in her nomination letter.

"His joy is absolutely contagious — his giggles and laughs are infectious, often causing an entire room to erupt in smiles and laughter right along with him. No matter what the day brings, he finds a way to brighten everyone's day with his presence."

With a creative flair, one of Carson's greatest passions is art.

"He expresses himself beautifully through a variety of creative outlets including drawing, colouring, digital paint-by-numbers and experimenting with mixed media. Whether he's using markers, paint or computer programs, he pours his heart into every piece he creates. His unique perspective and imaginative flair shine through in his artwork, making each creation truly special," Oughton said.

"Art is not just an activity for him — it's a joyful form of expression and a powerful way for him to connect with the world around him. Carson's ability to replicate popular animated characters is absolutely remarkable. Just by watching a movie like *Despicable Me*, Carson can draw each of the characters with incredible detail from memory. It is truly amazing to watch."

Carson is well-deserving of the recognition through the award, she added.

"Carson reminds us daily of the power of positivity, the importance of inclusion and the value of every individual's unique contributions," she said. "His presence is a gift, and I believe he fully embod-



EA of the Year nominee Brandi Roberts with Teresa Hampton, past president Manitoba Council for Exceptional Children.



Award recipient Carson Lowe with friend Avila Robertson and Lagimodière MLA Tyler Blashko.

> YES I CAN! AWARDS, FROM PG. 10

ies the spirit of the Yes I Can! Award.”

Oughton also nominated education assistant Brandi Roberts for the EA of the Year award, which was won by Dayna Trann of West Kildonan Collegiate.

“Brandi exemplifies dedication, compassion and professionalism in everything she does. Her impact reaches far beyond her daily responsibilities — she enriches the lives of students, staff and families through her unwavering commitment and genuine care,” she said.

“From the moment she begins her day, Brandi approaches her work with energy, purpose and kindness. She consistently goes above and beyond to ensure that her students feel supported, understood and valued. Whether she is assisting with academic tasks, helping to regulate emotions or simply offering a smile and a few encouraging words, Brandi brings warmth and positivity to every interaction.”

What sets Roberts apart is the deep, heartfelt relationships she builds with her students, Oughton added.

“She takes the time to truly know them — their personalities, strengths and challenges — and uses that knowledge to help them thrive. Her patience and empathy create an environment where students feel safe to take risks, make mistakes and grow both academically and emotionally.”

“Brandi has a natural ability to gently push her students toward their fullest potential. She recognizes their capabilities, even when they might not see them themselves, and encourages them with just the right balance of support and challenge.”

Above all, Oughton said Roberts embodies empathy and care in everything she does.

“Her compassion is evident in the way she celebrates student achieve-

ments, provides comfort during difficult moments and uplifts those around her with genuine encouragement. She not only supports students in reaching their goals but also inspires everyone she works with to lead with heart,” she said.

“In every way, Brandi represents the very best of what it means to be an educational assistant. Her dedication, adaptability and kindness make her an invaluable member of our school and a cherished part of our community.”

From Grosse Isle School, Grade 8 student Theodore Hill also received a Yes I Can! Award for arts. His nominator, Monica Baldwin, has been teaching Theo for the past four years.

“It has been a joy to watch his incredible growth and progress during this time. Theo has made tremendous strides both academically and socially. Over the years, Theo has become far more independent and confident in his abilities,” she said.

“He approaches his learning with focus and a growing sense of self-direction. Theo is well liked by both students and staff, and his kind, thoughtful and often humorous personality makes him a joy to be around.”

In addition to Theo’s personal and academic growth, his artistic talent is truly outstanding.

“He is an incredibly creative student who has developed his artistic skills across several mediums. His ability to merge his love of art with his fascination with dinosaurs is unique and inspiring, resulting in artwork that reflects both his imagination and his deep knowledge of the subject,” Baldwin said.

“Theo even created a mural on the library wall at the end of last year and is admired by all that see it. Allowing Theo ample opportunity to draw and paint while at school has also helped

him regulate and focus more while listening in class. I am excited to see what his future will bring with this amazing talent of his.”

Theo’s journey at Grosse Isle School has been one of consistent effort, personal growth and achievement.

“He exemplifies the perseverance, creativity, and positive spirit that the Yes I Can! Awards celebrate,” she said. “It has been an honour to be part of his educational journey and to witness the young man he has become.”

From Stony Mountain School, Hayden Flett was recognized with an academic award. Learning support teacher Shivani Agnihotri and classroom teacher Chelsea Dutkiewich nominated Hayden for the recognition. All of his teachers supported this nomination in recognition of his remarkable perseverance, growth and determination.

“Over the years we have taught and supported him, we witnessed extraordinary progress, not only academically but also in his self-regulation and ability to navigate the classroom environment with increasing independence and confidence. Although Hayden is mostly non-verbal, he consistently finds meaningful ways to demonstrate his understanding. His exceptional memory and advanced spelling abilities highlight his strong academic potential,” Agnihotri said.

“In addition to his academic strengths, Hayden has shown tremendous resilience in managing transitions and adapting to busy classroom routines. His flexibility, patience and quiet determination allow him to thrive in situations that can often be overwhelming. He works tirelessly and never gives up, embodying the spirit of the Yes I Can! Award through his actions every single day.”

This type of recognition is incredibly important because it celebrates ability, growth and resilience in students who may not always be recognized

through traditional measures of success, she added.

“Awards like Yes I Can! highlight the strengths and accomplishments of students with exceptionalities, helping to shift the focus from limitations to potential. For students like Hayden, recognition validates their hard work and reinforces the message that their efforts matter,” Agnihotri said.

“It also promotes awareness, acceptance and inclusion within the broader community. Celebrating students who overcome challenges through perseverance helps inspire others and continues to foster a school culture that values diversity, determination and achievement in all its forms.”

Beyond Hayden’s academic accomplishments, Agnihotri said he brings warmth and joy to the Stony Mountain school community.

“His smile, laugh and genuine spirit brighten every day. He demonstrates strength of character, quiet confidence and a willingness to keep trying, even when tasks are challenging,” she said.

“It has been an absolute privilege to teach and support Hayden and witness his growth. I am confident that he will continue to achieve great things. Recognizing him with the Yes I Can! Award not only honours his accomplishments but also celebrates the resilience and determination that define who he is.”

Other Interlake-based award recipients include Grade 8 student William Gall of Alf Cuthbert School, who won an award for the School and Community Activities category. Education assistant Jennifer Darknell of Alf Cuthbert School was also nominated for the EA of the Year award.

Julie Magnusson, a Grade 12 student at Gimli High School, received an academic scholarship to pursue a career directly related to working with people with exceptionalities. Her goal is to become a speech-language pathologist.

Phishing scam impersonates Manitoba RCMP

By Lana Meier

Manitoba RCMP are warning the public about an elaborate online phishing scam in which fraudsters are impersonating police officers.

Police say the scam begins with a random text message or email sent to an unsuspecting individual. The message includes a link directing the recipient to join a video conference call with someone claiming to be a police officer.

If the link is clicked, the fraudster attempts to convince the individual they could be arrested unless they assist police by sending gift cards or bitcoin. In some cases, the caller claims

there is a warrant for the person’s arrest that can be removed if payment is made.

Over the past two weeks, dozens of individuals have reported being given the Manitoba RCMP’s general line phone number by scammers in an effort to appear legitimate.

Police stress the messages are fraudulent.

The RCMP will never send unsolicited texts or links asking the public to click on them. Anyone who receives such a message is advised not to click the link and to delete the text immediately.

Those who have clicked on the link or provided personal information during a fraudulent online meeting should contact their financial institution immediately and report the incident to their local police service and the Canadian Anti-Fraud Centre.

RCMP are also reminding the public to take precautions to avoid falling victim to online scams. Residents should avoid clicking on links or downloading attachments in unsolicited messages, never send personal or banking information in response to unexpected communications, and verify the source of any message be-

fore responding.

Police emphasize they will never ask members of the public to transfer money or make payments using cash, credit cards, gift cards or bitcoin; provide remote access to a computer; or share personal information such as date of birth, address or banking details by text message.

Anyone who suspects they have been a victim of fraud or cybercrime is encouraged to report it to their local police service and to the Canadian Anti-Fraud Centre at 1-888-495-8501 or online at reportcyberandfraud.canada.ca.

Old Time Dance keeps seniors moving and connected in Teulon

By Lana Meier

Music drifts across the hall, feet shuffle in rhythm and laughter carries between songs — a familiar scene that has played out for decades at the Teulon-Rockwood Centennial Centre. At the Feb. 12 gathering, live music was provided by Steve Ambrose and Friends.

The Teulon Seniors Club continues to bring music, movement and community together with its monthly Old Time Dance, held on the second Thursday of each month. Running from September through June from 1 to 3 p.m., the afternoon ends with a shared lunch and time to visit long after the music stops.

For many participants, the gathering is far more than entertainment — it is a tradition woven into daily life.

Gertie Peters estimated she and her husband Walter first attended community dances in the late 1950s after starting work as young adults.

“That’s what people did,” she said. “You went dancing or you went to the movies. And there was always live music.”

Jan Holden said she grew up in a large family where dancing was central to social life.

“We danced at socials, school dances, everywhere,” she recalled. “We nearly came out dancing. There were 13 in our family and we all danced.”

Today, the monthly gathering still holds the same appeal.

“It’s the music and the friends,”

one dancer said. “We’ve got a lot of friends here.”

“It gets us off the couch,” Holden added with a laugh. “It’s good exercise — good for the heart — and it makes you happy.”

Local records show organized senior activities in Teulon date back to the late 1960s, when clubs formed after Canada’s Centennial with the help of grants. Groups such as the Teulon Senior Citizens Club, the Jolly Club and the Teulon Horticulture Club met regularly, while community organizations including the Teulon W.I., Agriculture Society and Kinettes helped prepare monthly lunches and even combined to serve Christmas dinners.

Over the years, the social focus evolved. Amy Dellebuur recalled the afternoon dances beginning around 1996 or 1997 when organizers chose to replace monthly card games and bingo with dancing.

“They have always had a band that played old time music — never a record player,” she said.

Before the pandemic, attendance regularly exceeded 100 people, sometimes nearing 200 during Christmas dinners. Admission was once \$5.

Dellebuur volunteered at the dances for nearly 30 years selling silent auction tickets and still attends monthly after retiring two years ago.

“It’s a nice afternoon out for me and see some of the people that have been coming for a long while,” she said.

“I have met many people over the



TRIBUNE PHOTOS BY LANA MEIER

Friends share conversation and laughs during the Teulon Seniors Club Old Time Dance at the Teulon-Rockwood Centennial Centre on Feb. 12.



Steve Ambrose and Friends provided live music for dancers at the Valentine Seniors Club Old Time Dance.

years and have made some very good

friends.”

She said the event welcomes everyone, whether they dance or not.

“You don’t have to dance if you don’t want to. The music is good and not too loud that you can’t visit and a nice lunch,” she said. “Where can you go that you can drink tea, juice or coffee all afternoon and end with lunch for ten dollars?”

Organizers say attendance reflects changing lifestyles. Today’s retirees have more travel, activities and technology competing for their time, and winter getaways often pull people away for months. Even so, new couples continue to discover the dances through friends.

“We never knew it was on before,” said Molly Smadylla. “Now we keep coming back.”

Participants also point to the benefits — both physical and social.

“Dancing is a fun way of exercising,” one longtime member noted.

Continued on page 13

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Al-Anon and AA Meetings Information

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 Balmoral Community Hall basement
 6003 E MB-236, Balmoral, MB
 Contact: (204) 470-8972
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 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



The dance floor stays busy during the Teulon Seniors Club Old Time Dance.



Participants enjoy a shared lunch after dancing.

of more than 60 years are often seen sharing the floor, a sight organizers say reflects the community spirit the club has fostered for generations.

UPCOMING DANCE

The next Teulon Seniors Club Afternoon Dance takes place Thursday, March 12 at the Teulon-Rockwood Centennial Centre. Doors open at noon, dancing begins at 1 p.m., and old-time music will be provided by the Gemstars.

The afternoon includes a 50/50 draw, door prizes and a silent auction, followed by lunch with coffee and tea. Admission is \$10 and all are welcome.

As one attendee put it simply, the reason people keep coming back hasn't changed much in decades — friendship, movement and music, all in the same room.

> SENIORS CLUB, FROM PG. 10

"It's socializing with people and getting out."

For others, the routine matters just as

much as the steps.

"For me it is an outing, meeting up with friends and the lunch is a time of

fellowship," a member shared.

The dances welcome seniors of all abilities. Some dance every song, while others come mainly to visit and enjoy the atmosphere. Couples

Church window repair



TRIBUNE PHOTOS SUBMITTED

Workers carry out repairs to a stained-glass window at Stonewall United Church on a frigid winter day last Tuesday.

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The Final Round, The Lasting Legacy



After 18 years of community, camaraderie, and commitment to the future of agriculture, the Myra Langrell Scholarship Golf Tournament has officially come to a close.

What began as a heartfelt tribute to a remarkable woman grew into a legacy that touched students, families, and countless community organizations. The tournament was first established by Carl Boonstra and Trevor Buchanan, who had the privilege of working alongside Myra at Terraco. Wanting to honour her life and the passion she carried so deeply, they created a scholarship in her memory — one dedicated to supporting students entering post-secondary education in the field of Agriculture, a field Myra loved wholeheartedly.

For ten years, Carl and Trevor faithfully hosted the annual tournament, gathering friends, colleagues, farmers, and community members for a day that blended competition with connection. Stories were shared, laughter echoed across the fairways, and each swing of the club carried with it a shared purpose: keeping Myra's spirit alive while investing in the next generation.

After a decade of stewardship, the tournament was entrusted to Myra's family, who proudly carried it forward for another five years. Under their guidance, the event continued to flourish as a meaningful tradition — a day that felt less like a fundraiser and more like a reunion of those who cherished Myra and the values she em-



Darryl Langrell with his sons Alton and Copper presented a \$5,280 cheque to Warren Collegiate Institute in support of the school's track fund in honour of Myra and Gordon Langrell, marking one of the final community donations from the Myra Langrell Scholarship Golf Tournament, which concluded after a 15-year legacy of supporting agricultural students and local initiatives.

bodied: generosity, hard work, and an unwavering love for agriculture.

In total, the tournament raised and distributed more than \$25,000 in scholarships to students pursuing agricultural studies — young people whose futures will forever be linked to Myra's enduring legacy. An additional \$13,500 was given back to the community through donations to local initiatives, including the Argyle Curling Rink's RO system project, Warren Minor Ball, the Warren High School track project, and monetary support of other local fundraising golf tournaments.

Though the tournament concluded in 2023, its impact remains lasting and profound. What began as an act of remembrance became a beacon of opportunity. Over 18 years, the event served not only as a memorial, but as a living tribute — one that reflected Myra's generous heart and her deep-rooted belief in the future of agriculture.

The Kotelko, Langrell, and Minaker families extend heartfelt gratitude to every golfer who registered, every sponsor who gave generously, every

volunteer who lent a hand, and every supporter who helped make the tournament possible year after year. Your attendance, sponsorship, and unwavering encouragement ensured that Myra's spirit — and her love for agriculture — continued to thrive.

While the final tournament has been played, the seeds planted through this initiative will continue to grow in classrooms, on farms, and in communities for years to come.

And in that way, Myra's legacy lives on.



Young fans meet NHL defenceman at MJHL game

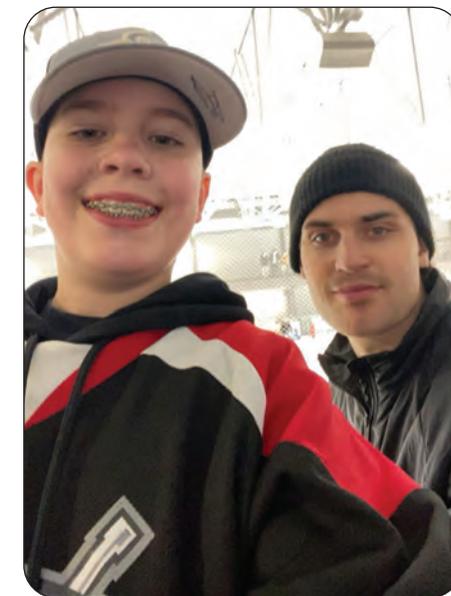


PHOTO SUBMITTED

Warren's Jase Sawatzky, 12, got to meet Columbus Blue Jackets defenceman Denton Mateychuk at a Manitoba Junior Hockey League game last week. For Sawatzky, it was his first time meeting an NHLer.

By Kieran Reimer

Local boys were surprised by an NHL defenceman visit.

What started as a routine night at the rink turned into an unforgettable experience for a group of Interlake hockey fans.

Warren's Jase Sawatzky was among several local boys attending a Winnipeg Blues game last week when they unexpectedly met Denton Mateychuk of the Columbus Blue Jackets.

Mateychuk was home during the Olympic break watching his brother Kasen suit up for the Blues in the Manitoba Junior Hockey League.

"It was pretty cool meeting him because I never thought I'd meet an actual NHL player at that game," said Sawatzky.

The boys were fist-bumping Blues players as they left the ice when they learned an NHLer was in attendance. After tracking him down, they spent the intermission chatting and taking photos with the 21-year-old Dominion City product.

It marked the first time Sawatzky had met an NHL player.

"It's always cool to see kids excited about meeting NHLers or guys they look up to," said Mateychuk. "You see how excited and passionate they are about the game."

The 2022 first-round draft pick



International WOMEN'S DAY



Dawn Green drives business and community

By Lana Meier

As communities prepare to mark International Women's Day on March 8, we are honouring women across the region whose leadership, resilience and service help shape the Interlake.

One of those women is Dawn Green. On the side of a Manitoba highway, with hazard lights flashing and prairie wind sweeping across the road, Green steps out of her tow truck ready to assess the situation.

When the call comes in, she doesn't hesitate.

Green is co-founder of Rockwood Wrecking and Recovery Inc., a locally owned towing and roadside assistance company she operates alongside her husband, Steve Green. The couple launched the business after recognizing a need for reliable towing services in the region.

"Steve had always been an owner-operator running his own business but was working for a large towing company in Winnipeg," Green said. "We found out that there was a need for towing services within the area. This gave us the opportunity to open up Rockwood Wrecking and Recovery."

She credits her husband for helping her grow into the hands-on role she now fills daily.

"Steve is such a great support system and has taught me everything I know to do today," she said.

Today, the company provides lockouts, battery boosts, flatbed towing, recovery services and emergency roadside response throughout the Stonewall and Interlake region — and no two days are alike.

"A typical day — I'm not really sure this exists," Green said with a laugh. "For us, wake up, have breakfast and coffee, tend to the kids, get them

ready for school and daycare — and after drop-offs, typical is over."

If the morning is slower, she catches up on invoicing and accounting. But once the calls start coming in, the day can head in any direction.

"From lockouts, boosts, flatbed towing — we never really know where the day is going to lead."

One of her most challenging recoveries involved a vehicle teetering dangerously on a culvert.

"Our job is to recover vehicles without causing any additional damage," she said. "I had to utilize my knowledge from previous years — using both of my winch lines to stabilize the vehicle as well as be able to winch the vehicle over without catching the edges of the culvert, potentially causing any more damage. The recovery was a success and the vehicle was towed for further inspection."

Preparation, she said, is both physical and mental.

"Physically preparing for roadside work involves making sure you have the right tools to do the job — all our trucks come equipped with everything we need," she said. "Most of the mental preparation comes once you arrive on scene. You have to analyze and assess the situation, be aware of your surroundings and any potential safety hazards. Safety is number one — not only for us as roadside providers but as well as the customer."

Green and her husband are also raising two young children while operating a 24-hour business — a balancing act that requires flexibility and a strong support system.

"Raising two kids is a challenge on its own — let alone running your own business and adding in the factor that it's 24 hours — it definitely has its challenges," she said. "Our family



TRIBUNE PHOTO BY LANA MEIER

Dawn Green, co-founder of Rockwood Wrecking and Recovery Inc., stands in front of one of the company's tow trucks in the Stonewall area. Green balances operating a 24-hour towing business with raising two young children while remaining deeply involved in community initiatives across the Interlake. As communities mark International Women's Day on March 8, Green is being recognized for her leadership, resilience and commitment to service in a traditionally male-dominated industry.

grew as our business grew and continues to grow. You find little ways here and there to ensure that you make time for not only the kids but family time."

They often travel to school and community events in tow trucks, depending on the day's calls.

"Most of the time you will actually see us going to or from events or school in tow trucks," she said. "It is either we are on our way back from a call or on the way to the next one. We tend to always take two trucks, in the event one of us gets called out — or in some cases we both get called out."

For their children, having a mom who drives a tow truck is simply nor-

mal.

"For my kids, it's just an everyday thing," Green said. "They have both grown up in and out of tow trucks — so for them it's normal."

Beyond roadside assistance, Green is deeply committed to community involvement in the Stonewall and Rockwood area.

"Community involvement is important to me because it creates meaningful connections," she said. "When people come together to support one another, communities become more resilient, inclusive and empowered. It also encourages others to do the

Continued on page 17

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International WOMEN'S DAY



Breaking barriers: Young aviator finds her place in the sky

By Lana Meier

When Chloe Hunter looks to the sky, she doesn't just see aircraft — she sees possibility.

The 22-year-old Stonewall native is on the verge of earning her Commercial Pilot's Licence and was recently awarded two prestigious bursaries to support the next stage of her aviation journey — an achievement being celebrated as part of this year's International Women's Day on March 8.

Hunter, who was born and raised in Stonewall, completed her schooling locally through the French immersion program before heading to university in British Columbia. While she initially envisioned a future in aerospace research and physics, her path shifted after a summer job in northern Manitoba changed everything.

"My mom was a flight attendant when I was young until I was about eight years old," Hunter said. "I remember her bringing back stories from her travels and little toy airplanes that I absolutely loved. I think I



TRIBUNE PHOTO BY MADI MACHEL
Chloe Hunter flies right seat in a 1967 De Havilland Beaver during a northern Manitoba flight. Hunter is currently working toward her float rating as the next step in her aviation career. Photo by Madi Machel.



TRIBUNE PHOTO BY KAREN HUNTER
Chloe Hunter celebrates after passing her commercial pilot exam, marking the final step before earning her Commercial Pilot's Licence.

always had an admiration for aviation and flight crew because of this." It wasn't until she began working at a remote fishing lodge — accessible only by float plane — that flying became more than admiration.

"Next up is my float rating," she said. "I'll be working on getting it this summer so that I can start bush flying."

Her dedication recently earned her two significant awards: the Manitoba Aviation Council Float Rating Scholarship, provided by Wings Over Kississing, and the Manitoba Ninety-Nines Scholarship, awarded by the Manitoba chapter of the International Ninety-Nines.

The Manitoba Ninety-Nines Scholarship carries a \$1,000 award. The

issued. She completed her Private Pilot's Licence with CanShield Aviation in Lac du Bonnet and continues her training through the Manitoba-based school.

Her inspiration also reaches back generations. Around the time she began working toward her Private Pilot's Licence, Hunter and her grandparents

discovered her great-grandfather Duncan McInnes's personal logbook, observation notes and photographs from his time as a Second World War pilot. "I was able to do some research and track down one of his planes — it's still flying today," she said. "That was a big encouragement to keep going."

While aviation remains a male-dominated field, Hunter says she has been encouraged by the growing number of women in Manitoba's aviation community.

"It's always a bit of a thrill to hear another female voice over the radio," she said. "Whether it comes from an airliner way overhead, an air traffic controller, or another single-engine pilot in the circuit."

She believes visibility matters. "I think it's important just to show that it's possible," she said. "Seeing other women succeed in leadership positions and in fields that are predominantly male will make girls more likely to think, 'I can do that too.'"

Her advice to young girls who dream of flying? "I'd tell her to work hard and go for it, and that there's a place for her in the sky."

Looking ahead, Hunter hopes to complete her university degree and remains open to a wide range of aviation careers — from bush flying to airlines, or perhaps even test pilot school. One day, she still dreams of working with a space agency.

"I chose this career to continually grow and challenge myself," she said. "Every day and every flight will be different with new lessons to take away, and new opportunities to improve."

This International Women's Day, Hunter's story is a reminder that the sky is not the limit — it's just the beginning.

> COMMUNITY, FROM PG. 15

same — allowing for more community growth."

The Greens have hosted outdoor movie nights in partnership with the South Interlake Rockwood Agriculture Society at the Red Barn grounds, transforming the space into a drive-in-style experience.

"We had hosted a few movie nights in the past, and last year we wanted to do something a little different," she said. "We figured how cool would it be to do a drive-in-style movie. It was a great collaboration."

This year's drive-in movie is already booked for Aug. 29.

She also helps organize donations for the Christmas Cheer Board.

"For me, organizing the Christmas Cheer Board donations is just another way for us to give back to the community — helping those in need at a time that is supposed to be magical for everyone," she said.

Her dedication was recently recognized when she received the Stonewall & District Community Service Award.

"Receiving the award made us feel very grateful and deeply humbled. It was a proud moment for us," she said. "It caught us off guard — but it was a really nice surprise. We have always been focused on serving the community."

As International Women's Day ap-

proaches, Green said she has noticed positive change in traditionally male-dominated industries.

"I believe all trades are progressing to be more gender equal," she said. "If you are willing to work hard, you can do anything."

Before entering towing, Green worked as an insurance broker for nearly 10 years. The shift into the towing industry was not something she had originally planned.

"I never would have thought that I would be in this trade, but life took a different path for me," she said. "When the opportunity came knocking, it was something I kept pushing for. There's space for women in every industry — including towing."

Her message to young women is simple:

"If there is something that you want to do — go for it."

For Green, strength goes beyond physical capability.

"Strength isn't just physical," she said. "It's about pushing through challenges, learning from setbacks and continuing to grow — both personally and professionally. Strength is also about lifting up others while you climb."

From challenging highway recoveries to community movie nights, Green continues to build both her business and her community — one call at a time.

Major Airlines With The Most Female Pilots

Share of female pilots at commercial airlines in 2018



Source: International Society of Women Airline Pilots via The Telegraph



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DID YOU KNOW?
On March 8, many women around the world wear green for hope, purple to symbolize justice and dignity and white for purity and truth.

Herb presentation for culinary and garden enthusiasts



TRIBUNE PHOTOS BY NICOLE KAPUSTA

Dave Hanson of Sage Garden Greenhouse presents to members of the South Interlake Garden Club at the Warren Memorial Hall on Feb. 26, where 29 culinary and garden enthusiasts learned about herb varieties, growing conditions, seed starting versus direct sowing, soil types, sun and shade requirements, and overall plant care. Participants were invited to "scratch and sniff" fresh herb samples and each took home a cutting from a large Jamaican thyme (broadleaf thyme) mother plant to pot and grow themselves.

> SURPRISED BY NHL DEFENCEMAN, FROM PG. 14

said he attended several local games during the break. He also dropped the puck at a Capital Region Junior Hockey League game at St. Jean Arena.

"It's awesome to see the game growing like that," he said. "If I'm able to

help out in any way by signing mini-sticks or whatever, I'm more than glad to do it — put a smile on their face."

Mateychuk is in his second season with Columbus, recording nine goals and 13 assists in 2025-26. He

has played 95 NHL games and is approaching the 100-game milestone.

"Looking back, I've learned a lot in that time," he said. "I've taken steps on and off the ice and I think it's made me a better person. It's gone quick considering I'm almost at 100 games and have been here for a year. I just

try to take it day by day and enjoy it."

Before the Olympic pause, the Blue Jackets had won 11 of 12 games and were among the league's hottest teams. Columbus has since returned to action for the remainder of the regular season.

Coached by former Winnipeg Jets bench boss Rick Bowness, Mateychuk said the team is focused on maintaining its momentum.

"I think it's about keeping the mindset we had before the break," he said. "Keep building, keep trusting your teammates and things will fall into place. We know what we have — we're a really good hockey team. We just have to put it together for 60 minutes and trust each other, and we'll put ourselves in a good position to get into the playoffs."

Columbus sat six points out of a playoff spot as of last Friday, with 25 games remaining.

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Balmoral 4-H members shine at communications event

By Lana Meier

Members of the Balmoral 4-H Club took to the stage earlier this month to showcase their public speaking and presentation skills during the club's annual communications event.

The event was held Feb. 8 at the Balmoral Community Hall, where 27 members delivered speeches and visual presentations in front of family, friends and volunteer judges.

Club organizers extended special thanks to Bev Wait, Maegan White, Diana Mae Boychuk and Magdalena Melnychuk for serving as judges. Kristen Greigson acted as master of ceremonies and timekeeper for the afternoon.

Winners in each category will advance to the Area Communications event on March 22 at Balmoral School. The public is encouraged to attend and hear presentations from members representing the Balmoral, East Selkirk, Selkirk Silver Spurs, Teulon, Minerva and Argyle 4-H clubs.

Category winners and placings from the Balmoral club event are as follows:

In the junior two-person visual category, Adley Rempel and Rose McLean placed first with their presentation titled Race Day.

In junior one-person visual presentations, Peyton Marohn earned first place for Mexican Migrations, followed by Olivia Nichol in second with Felix, and Eva Mushaluk in third with The History of Cats.

Melodie Versavel claimed first in the intermediate one-person visual category with Why I'm Excited to Go to France, while Allison Mushaluk placed second with The Creatures of the Disappearing Is-



TRIBUNE PHOTO SUBMITTED

Winners at the Balmoral 4-H Club Communications event, held Feb. 8 at the Balmoral Community Hall, pose with their medals. Back row, left to right: Katie Marohn, Peyton Marohn, Allison Mushaluk, Melodie Versavel, Claire Kirschman, Reese Moore and Brock Marohn. Front row, left to right: Olivia Nichol, Adley Rempel, Rose McLean, Alexa Dumond, Maddox Marohn, Eveline Rempel, Eva Mushaluk and Felicity Martens.

lands.

In the Cloverbuds speech category, Felicity Martens placed first with The Perfect Pet: Cat vs. Dog, followed by Eveline Rempel in second with The Importance of a Meme.

Katie Marohn captured first place in junior speeches with Women in Sports. Alexa Dumond placed second with Autism is Just a Different Playbook, and Maddox Marohn took third with Power of Sports.

In intermediate speeches, Reese Moore earned first place with How to Get a Dog: The Easy Step-By-Step Guide. Claire Kirschman placed second with My New Pet, and Brock Marohn placed third with Why Switzerland is Neutral.

The communications program is a cornerstone of 4-H, helping members build confidence, research skills and the ability to speak effectively in front of an audience.

Stonewall Art Group unveils spring exhibition

By Lana Meier

The Stonewall Art Group has refreshed its lobby display at the Stonewall Heritage Arts Centre, unveiling a new exhibition featuring forest landscapes and sports-themed works.

A total of 39 pieces created by 21 local artists are included in the latest showcase. The collection highlights a

Continued on page 21



TRIBUNE PHOTO SUBMITTED

Members of the Stonewall Art Group install their newest exhibition at the Stonewall Heritage Arts Centre this week. The display features 39 works by 21 artists and will remain on view until late April.



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Warmer days are just around the corner! Which means even more time walking and playing outside with your four-legged friend. The sunny skies, fragrant flowers and sound of birds chanting might even be enough to tempt your cat into the great outdoors. That said, better weather also brings seasonal problems for our pets, like parasites and allergies. As a pet owner, you need to make sure your beloved companion is spring-ready so they can enjoy the season safely.

Tackle Ticks and Fleas

As soon as March arrives, ticks and fleas go on the prowl! And when it comes to these pests, prevention is key. Ticks and fleas can carry dangerous parasites, so pet owners must be vigilant. Rising temperatures have led to significant increases in the number and activity of ticks in North America, spreading Lyme disease to Canada. While it's a good idea to give your pets preventive medication year-round, it's very important to use tick and flea control products, like flea shampoo or pills, when the days get warmer.

Watch Out for Worms

In addition to ticks and fleas, pet owners should also be on the lookout for worms. Tapeworms, roundworms and hookworms can pose a problem in the warmer months. *Dirofilaria immitis*, or heartworm, is spread via mosquito bites and is one of the biggest threats to your pet's health. The best approach is to be proactive and make sure your cat or dog has been worm protected for the season. Insects and tick repellent for dogs and horses are a great option for the spring and summer periods. It uses natural essential oils with a scent of citrus and coniferous trees that ward off a wide range of insects.

Be Aware of Allergies

As flowers, trees and grass come into bloom, pets can suffer from seasonal allergies just like humans. Be on the look out for classic signs of allergies like excessive scratching/licking or shedding. It's important to see your vet as soon as you notice any of these symptoms.

Grooming

As the weather warms up, be prepared for lots of shedding. Our furry friends will shed their winter coats in favour of lighter, sleeker ones. The moulting period can last 3 to 4 weeks and could cause your pets a lot of irritation. For pet owners, that means dealing with a lot of hair in their house! Regular baths and brushing will help keep your home clean and your pet happy.

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Second Harvest partnership brings free produce

Free french fry giveaway March 21

By E. Antonio

With food costs continuing to climb, grocery bills remain top of mind for many families — and a familiar partnership is once again stepping up in Teulon.

The Teulon & District Senior Resource Council is preparing to host another large-scale free food giveaway this March, continuing its collaboration with Second Harvest to help bolster food security across the Interlake region.

On Saturday, March 14, anyone can pick up 50-pound bags of potatoes, 25-pound bags of carrots and 25-pound bags of onions at the Town of Teulon garage, 29 1st St. SW. One week later, on March 21, free boxes of french fries will also be distributed.

The initiative follows an overwhelming response to September's distribution during Pumpkinfest, when tens of thousands of pounds of fresh potatoes were shared with residents, seniors, the local food bank and community partners. Organizers say the upcoming events aim to meet ongoing need during what can be one of the most financially challenging times of year.

Second Harvest, Canada's largest food rescue organization, works with thousands of businesses nationwide to redirect surplus food that might otherwise go to waste. Through its network of non-profit partners in Manitoba, food is redistributed directly into communities where it can make an immediate impact.

Organizers emphasize that the March giveaways are open not only to Teulon residents but to those in surrounding communities as well.

"We are here to provide help to whoever needs it," said Barb Mankewich with the Teulon & District Senior Resource Council. "Grocery prices are outrageous and if we can do anything to help, then absolutely we will — that's what we are here for."

She hopes anyone able to take advantage of the giveaways will stop by the garage, helping ensure less food ends up in landfills. If a full bag feels like too much, she suggests sharing with friends, family or neighbours.

"Just to be given this opportunity is awesome," she added. "Because who doesn't love free things? And when people are happy, I am happy."

Antina Toole, Manitoba operations manager with Second Harvest, said food waste remains a significant issue across the country. She noted that 46 per cent of surplus food goes to waste, and 41 per cent of that waste is rescuable. Second Harvest works with non-profit organizations throughout Manitoba to ensure still-good food reaches those who can use it.

The potatoes, carrots, onions and fries for Teulon's giveaways have been donated by several southern Manitoba



PHOTO SUBMITTED

Bags of potatoes, carrots and onions will be distributed free of charge at the Town of Teulon garage on March 14, as the Teulon & District Senior Resource Council partners with Second Harvest to support food security across the Interlake.

farmers. The produce is bagged and shipped from LA Quality Products near Portage la Prairie. Toole said a single shipment can total between 44,000 and 48,000 pounds of food.

Toole said initiatives like this are vital — limiting food waste, promoting healthy eating and supporting both community well-being and the environment.

"We know the affordability crisis has affected a lot of people. Last year, there were more than 2.2 million visits to food banks in Canada," she said. "Anything we can do to help means everything to us."

Beyond the food itself, Toole said the events strengthen community ties.

"You can tell these giveaways unite the community," she said. "They help reduce food waste and allow people to enjoy some company — it's a win-win for everybody."

Organizers add that while planning the giveaways requires significant coordination — from securing donations to organizing transportation, volunteers and distribution — the effort is always worthwhile.

Teulon Mayor Todd Campbell said the town plays a vital role in the initiative by embodying its values of compassion, collaboration and proactive engagement.

"By participating in food distribution efforts, Teulon demonstrates its commitment to addressing local needs," he said. "The initiative also highlights the town's emphasis on working together — residents, local organizations and partners — to create positive social impacts and support the well-being of all community members."

Produce will be available on a first-come, first-served basis on March 14 and 21. Specific giveaway times will be posted on Facebook and advertised around town closer to the event dates.

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Local athletes capture NCA national cheer title

By Lana Meier

Several local athletes are national champions after their team delivered a stunning performance at the NCA All-Star National Championship in Houston.

Competing in the U16 Level 2 Small division, Team Icons of Central Cheer entered Day 2 of the prestigious event sitting fifth overall before delivering a “hit zero” routine — meaning no deductions — to vault into first place with a score of 97.15 out of 100 and claim the championship.

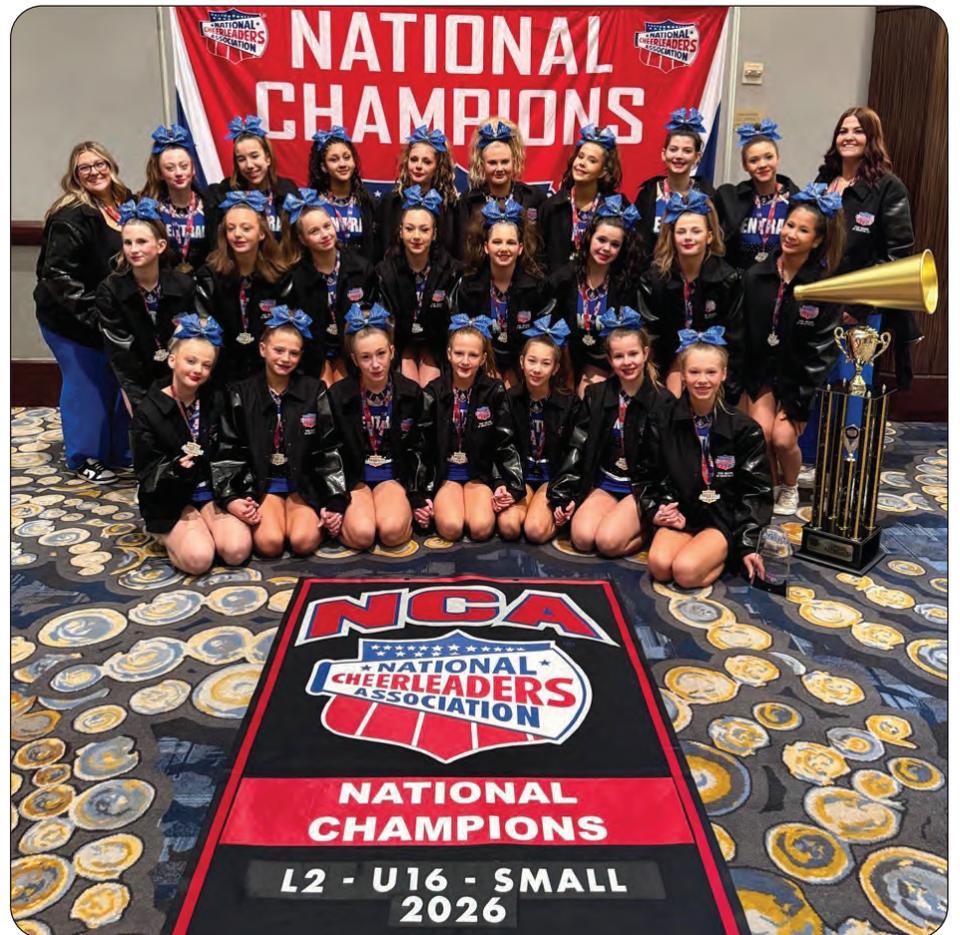
The NCA All-Star National Championship is widely regarded as the world’s largest and most prestigious all-star cheerleading competition. Branded as “The Work Is Worth It,” the event typically features more than 1,300 teams and attracts over 65,000

attendees annually, bringing together athletes from more than 39 U.S. states and nine countries. Winners are awarded championship titles, jackets and the coveted Golden Megaphone trophy.

This year marked a milestone for Manitoba, as a team from the province competed at NCA for the first time.

Among the champions were Molly Beachell of Rosser, a high flyer; Arianna Manness of Stonewall, who competes in the base position; Roxanne Rulan of Matlock, a back spot; and coach Joan McNeilly of Selkirk.

Team Icons’ dramatic comeback on the national stage capped an unexpected but historic victory for the Manitoba squad.



TRIBUNE PHOTO SUBMITTED

Members of Team Icons won the U16 Level 2 Small division at the NCA All-Star National Championship in Houston, Texas, last weekend. The Manitoba squad moved from fifth place after Day 1 to first overall with a hit-zero routine on Day 2. Pictured are coach Joan McNeilly of Selkirk (back row, far left), Arianna Manness of Stonewall (back row, beside McNeilly), Molly Beachell of Rosser (front row, far right) and Roxanne Rulan of Matlock (back row, fifth from left).

> SPRING ART, FROM PG. 19

wide variety of artistic mediums, including oils, acrylics, watercolours, stained glass and pencil works.

The group rotates its lobby wall display three times a year, ensuring fresh content for visitors and community members. The current exhibition will remain on display until late April.

In addition to the Heritage Arts Centre installation, the group also refreshed its revolving display at the Interlake-Eastern Regional Health Authority’s Stonewall Hospital palliative care suite.

The hospital display began two years ago as a partnership between Age Friendly Manitoba and the health

authority. Members say the artwork is intended to bring brightness and comfort to patients and families using the space.

The Stonewall Art Group has supported the local arts community for more than 30 years. Members meet Mondays from noon to 4 p.m., September through the end of May, at the Heritage Arts Centre.

The group welcomes new members of all backgrounds and skill levels. Those interested in joining can drop in during meeting hours or contact the group by email at stonewallartgroup@gmail.com.

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To apply, you must meet these criteria:

1. You are an Interlake high school student graduating grade 12 and going into a Vidir-specific post-secondary area of study (examples include welding, engineering, machining, accounting, business, marketing, HR, etc.).
2. Must have maintained an 80% or higher GPA throughout high school.

INTERESTED STUDENTS SHOULD EMAIL JODI.LEEKAEMINGK@VIDIR.COM FOR A COPY OF THE SCHOLARSHIP APPLICATION

When applying:

1. Fill out the scholarship application.
2. Submit most recent transcript.
3. Submit a recommendation letter from a non family member regarding what you want to study and why you will do well in it.
4. Submit 2 essays:
 - **1st essay:** 500 words on why you love the Interlake and your chosen career path and how you think you will make a difference in the Interlake in the future.
 - **2nd essay:** 500 words on either an innovation, safety measure, or community service or activity that you feel would benefit the Interlake and how you would propose making that happen.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake duo heading to Western ringette championship

By Kieran Reimer

The Interlake will have representation at the 2026 Western Canadian Ringette Championships.

Stonewall's Tayte Chatfield and St. Andrews' Madison Leferink are both members of the Eastman Flames U14AA squad that will compete at Westerns.

This year's event will take place from March 18 to 21 in Saskatoon, featuring teams from British Columbia, Alberta and Saskatchewan — along with the Flames as Manitoba's representative.

"It's going to be really cool because I have lots of friends and family who are cheering me on and lots of people who are going to be asking about the games, so I'm really excited to be representing Manitoba and the Interlake," said Leferink.

Saskatoon will mark the first Westerns appearance for both Leferink and Chatfield. With nationals not beginning until the U16 age group, winning Westerns would be the Flames' highest possible accomplishment at this level.

"Our goal is just to play the hardest we can and hopefully medal because we're a pretty good team," said Chatfield.

The Flames would not have qualified without a gutsy comeback against the U14AA Angels at the

Ringette Manitoba provincials.

After losing Game 1, Eastman battled back to even the best-of-three series at one game apiece. Then last Sunday, Eastman won the deciding Game 3 with a pair of late goals.

"We were all really excited and just happy that we could go to Westerns as Team Manitoba," said Chatfield.

The Flames will be one of the more experienced clubs at Westerns, having played all season against older players in the U16A/U14AA loop of the Winnipeg Ringette League.

With another year of U14 eligibility remaining, both girls were among the youngest players in the league. The age gap, however, has only helped their development.

"I've grown a lot," said Leferink. "Our coaches have really helped us work to play our best, and just in general we all are doing a lot better than we did at the beginning of the year."

The Flames will continue to skate in the weeks leading up to Westerns. They already have plans to play exhibition matches, including one on Friday, March 13, to keep them in game shape.

That game is scheduled for 6:15 p.m. at Stonewall's Veterans Memorial Sports Complex.



TRIBUNE PHOTO SUBMITTED

Madison Leferink of St. Andrews (left) and Tayte Chatfield of Stonewall make up the two Interlake locals on Team Manitoba heading to the 2026 Western Canadian Ringette Championships from March 18 to 21 in Saskatoon.

Ladies bonspiel draws 24 teams to Stonewall



TRIBUNE PHOTOS SUBMITTED

The Stonewall Curling Club hosted its annual Ladies Bonspiel, themed "Ladies at the Movies," from Feb. 27 to March 1. A total of 24 teams competed across three events, combining spirited play with creative costumes and plenty of camaraderie throughout the weekend. In the first event, Team Mackie claimed the title. Team members are Kristy Mackie, Michelle Wadelius and Janelle Kent. Ainsley Hollowec was absent from the photo. Runners-up were Team Konzelman, consisting of Tracy Konzelman, Nicole Derkach, Tara Bergner and Leigh Adams. Team MacDuff captured the second event championship. Members include Jodine MacDuff, Mackenzie Stewart, Leah Hawryluk, Brennley Vodden and Robyn Deprez. Finishing second was Team Oleksuk, featuring Iris Oleksuk, Sandy Derrett, Nicole Smallwood and Carol Gendzevich. In the third event, Team Lang earned top honours. The team includes Marlene Lang, Pamela Kok, Patti Ulrich and Jackie Hendrickson. Runners-up were Team Beaumont, made up of Kristen Beaumont, Cathy Burtnack, Amanda Duff, Ella Robins and Dayna Ford.

Rams' regular-season success to be tested in playoffs

By Kieran Reimer

The path is clear for the Stonewall Rams varsity boys basketball team.

In March, Stonewall enters the Winnipeg Tier 2 playoffs as the top-ranked team.

The Rams will look to win their league and eventually capture the Manitoba High Schools Athletic Association AAA provincial championship later in the month.

"We're hoping to repeat last year and win the Winnipeg Tier 2 Varsity Boys Playoffs to become champions two years in a row," said head coach Tyler Ammeter.

The ball is in Stonewall's court, with more desirable matchups coming their way due to their ranking as the number one team in AAA.

As of Monday, Stonewall held a 9-1 record entering its final regular-season matchup against the eighth-ranked St. John's Tigers.

The Rams reached the nine-win mark on Feb. 23 with a 93-75 victory over the Elmwood Giants, thanks in part to a 33-point performance from Grade 12 guard Wyatt Mitchell.

Next up is AAA Urban Provincial Round 1 in Winnipeg on Friday against the winner of the St. James Jimmies and MBCI Hawks.

Tipoff is scheduled for 7:45 p.m. Friday at Springs Christian Academy.



Stonewall's Reis Meier dashes around an Elmwood Giants defender on Feb. 23. Meier and the Rams improved their record to 9-1 in the victory.



TRIBUNE PHOTOS BY JO-ANNE PROCTER
The Ram's Jake Bourcier tries up a floater against the Elmwood Giants on Feb. 23 in Stonewall. The Rams went on for a 93-75 victory.

Wildcats claim Zone V 'AA' banner Nespor, MacMillan win provincials



TRIBUNE PHOTO BY FALLON CAMPBELL

The Warren Wildcats defeated Teulon 55-31 to capture the MHSAA Zone V senior girls basketball 'AA' championship banner on Feb. 25 in Warren. Back row (left to right): coach Jason Darragh, Olivia F., Leah E., Veronica V., Mackenzie B., Maria R., Ella R., Nicole H. Front row: Jersey M., Blake D., Leia T., Kiera S., Danika S., Joslyn T.

By Lana Meier

The Warren Wildcats are Zone V 'AA' champions.

Warren defeated Teulon 55-31 in the Manitoba High School Athletic Association senior girls Zone V final, played Feb. 25 in Warren.

With the win, the Wildcats advance as Zone V representatives when they host the MHSAA 'AA' varsity girls provincial basketball championship March 19-21.

Warren is currently ranked No. 4 in the province in the MHSAA 'AA' varsity girls rankings. The Wildcats placed third at the Rosenort Tournament Jan. 30-31 and second at the Warren Tournament Feb. 13-14. Veronica Varnes and Blake Darragh were named tournament all-stars.

Teulon will play March 7 at Immanuel Christian in a provincial qualifier.



TRIBUNE PHOTO SUBMITTED

Ralph Nespor (left) of the Stonewall Curling Club and Ross MacMillan of the Warren Curling Club hold the championship trophy after winning the 2026 MSCA men's provincial stick curling title. The duo will represent Manitoba at the national championships in Wolfville, N.S., March 25-29.

By Haley Cvar

Ralph Nespor of the Stonewall Curling Club and Ross MacMillan of the Warren Curling Club are the 2026 men's provincial stick curling champions.

The pair captured the title at the Manitoba Stick Curling Association championship, defeating Dale Gray and Dewar MacKinnon of the Fort Rouge Curling Club 4-2 in the final.

With the win, Nespor and MacMillan will represent Manitoba at the Canadian Stick Curling Championships, scheduled for March 25-29 in Wolfville, N.S.

The bronze medal was claimed by Marvin Chittick and Don Crerar, who defeated Grant Nicolson and Don Fischer, both representing the St. Vital Curling Club.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wildcats rally past Linden Christian, girls fall in overtime heartbreak

By Annaliese Meier

The Warren Wildcats are moving on in the Winnipeg High School Hockey League, while the girls' squad saw its season end in a pair of overtime nail-biters in the Manitoba Women's High School Hockey League.

In the WHSHL Price Division, Warren rebounded from an opening loss to defeat the Linden Christian Wings in three games and advance to the next round.

The Wildcats dropped Game 1 on Feb. 23 at home by a 3-1 score. Ty Olson had the lone Warren goal in the first period, finishing off a play set up by Ashton Baldwin and Rhet King. Linden Christian added a second-period marker and sealed the win with an empty-net goal in the third.

Facing elimination, Warren responded in dominant fashion Feb. 26 on the road with a 5-1 victory to even the series.

After trailing 1-0 through two periods, the Wildcats erupted for five unanswered goals in the third. Lexon Hogg tied the game from Olson before Kaelen Ivany gave Warren its first lead of the night. Brody Lambert

extended the advantage, while Olson and Layne Noren added insurance markers in a commanding comeback effort.

Back on home ice Feb. 28, Warren completed the turnaround with a 5-0 shutout to claim the series.

Braeden Ivany opened the scoring from Olson and Hogg. Baldwin added a pair of goals — including a shorthanded marker — while Landon Tully and Sawyer Park also found the back of the net to secure the decisive win.

Warren advanced to face Lorette in the next round and opened the series with a 5-4 overtime win on the road March 2. Game 2 was scheduled for March 3 at 3:45 p.m. at home. No scores were available at press time.

Meanwhile, in the Manitoba Women's High School Hockey League, the Warren Wildcats saw their playoff run come to an end in a tightly contested opening-round series against the Dakota Lancers.

Warren fell 3-2 in overtime in Game 1 on Feb. 23. After dropping behind 2-0 in the second period, the Wildcats battled back in the third. Brook



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren Wildcats fans pack the stands during playoff action, with several proud moms holding up player cutouts as they cheer on the team from the bleachers.

Waldbauer scored on the power play from Nicole Hutchinson and Maria Riddell, and Ashlyn Hoas added the equalizer to force extra time. Dakota netted the winner in overtime.

Game 2 on Feb. 26 followed a similar script, with Warren again falling 3-2 in overtime. Dakota built an early 2-0 lead before Ella Riddell responded with a shorthanded goal in

the second. Annika Reesink tied the game early in the third from Hutchinson and Maria Riddell, but Dakota found the deciding goal in overtime to sweep the series.

Despite the early exit, the Wildcats pushed both games to the brink in a hard-fought matchup, closing out their season with resilience and determination.

Hawks soar to Zone championship



TRIBUNE PHOTO BY LORI COMBOT

The St. Laurent Varsity Girls basketball team captured the Zone Championship with a 54-48 win over Fisher Branch. Back row (left to right): coaches Vicki Leggett and Daryl Cowan, Gracie Lasseur, Alicia James, Faith Buors, Shelby Buors, Kylie Combot, Kerri Combot, Abigail Sparks and Ava Sinclair. Front row (left to right): Faith Sakar, Aiyanna Andrews and Mackenzie Diell.

By Lana Meier

The St. Laurent Varsity Girls basketball team showed determination and teamwork in capturing the Zone Championship with a hard-fought 54-48 victory over Fisher Branch.

The Hawks displayed strong defence and resilience from start to fin-

ish, holding off a late push to secure the title. Their dedication throughout the season paid off in the exciting win.

Coaches praised the team's effort, sportsmanship and commitment to one another as they celebrated the championship performance.

get inspired

> MEAL IDEAS

St. Patrick's Day Stew

Recipe adapted from Simply Recipes
 Prep time: 30 minutes
 Cook time: 1 hour, 40 minutes
 Servings: 6

- 1 1/4 pounds marbled chuck beef stew meat, cut into 1 1/2-inch chunks
- 1 teaspoon salt, plus additional to taste, divided
- 1/4 cup extra-virgin olive oil
- 6 garlic cloves, minced
- 4 cups beef stock
- 2 cups water
- 1 cup extra stout beer
- 1 cup red wine
- 2 tablespoons tomato paste
- 1 tablespoon sugar
- 1 tablespoon dried thyme
- 1 tablespoon Worcestershire sauce
- 2 bay leaves
- 2 tablespoons butter
- 1 large onion, chopped
- 4 carrots, cut into 1/2-inch pieces
- 3 pounds russet potatoes, peeled and cut into 1/2-inch pieces
- freshly ground black pepper, to taste

2 tablespoons chopped fresh parsley
 Sprinkle beef chunks with 1 teaspoon salt. In large pot over medium-high heat, heat olive oil.

Pat beef dry with paper towels and add to pot, working in batches to avoid crowding pot. Cook until browned on one side then flip and brown.

Add garlic cloves to pot with beef and saute 30 seconds, or until fragrant. Add beef stock, water, beer, wine, tomato paste, sugar, thyme, Worcestershire sauce and bay leaves. Stir.

Bring mixture to simmer then reduce heat to low. Cover and simmer 1 hour, stirring occasionally.

In separate pot over medium heat, melt butter. Add onions and carrots; saute until golden, about 15 minutes.

After beef mixture simmers 1 hour, add onions, carrots and potatoes. Season with salt and pepper, to taste. Simmer uncovered until beef and vegetables are tender, about 40 minutes. Discard bay leaves and spoon excess fat.

Sprinkle with parsley and serve.

Jets split weekend, close in on MMJHL playoffs

By Lana Meier

The Stonewall Jets picked up two wins in three games last week as the regular season winds down in the Manitoba Major Junior Hockey League.

Stonewall opened the stretch Feb. 25 with a 6-2 victory over the St. James Jr. Canucks at the Hockey For All Complex.

Karson King led the way with two goals, while Gavin Holod, Seth Clements, Peyton Bateman and Austin Lourenco also scored. Holod had a four-point night with a goal and three assists, and Bateman chipped in a goal and two helpers.

After Cole Robertson opened the scoring for St. James midway through

the first period, Holod responded just over three minutes later to tie the game. The Jets took control in the second, striking three times — including goals from Clements and King — before Bateman extended the lead late in the frame.

Lourenco scored on the power play early in the third and King added his second of the night as the Jets pulled away. Spencer Hunnam made 35 saves on 37 shots for the win.

Stonewall returned home Feb. 26 and doubled up the St. Vital Jr. Victorias 6-3 at Veterans Memorial Sports Complex.

Bateman recorded a hat trick, including two power-play markers, and added an assist for a four-point

performance. Alex Kaczorowski, Kai Smith and Brody Stovin also found the back of the net.

The Jets came out firing, building a 3-1 first-period lead and outshooting St. Vital 20-7 in the opening frame. They finished the night with a commanding 60-27 advantage in shots. Ron Cailo turned aside 24 shots for the victory.

Stonewall's winning streak was halted Sunday in a 5-1 loss to the Charleswood Hawks.

The Hawks struck twice on the power play and received a 45-save performance from goaltender Marc Samyn. Brody Stovin scored the lone Jets goal, converting on the power play midway through the third period. De-

spite outshooting Charleswood 46-24, Stonewall was unable to solve Samyn consistently.

With two games remaining in the regular season, the Jets sit third in the MMJHL standings at 26-16-2 with 54 points, trailing the Transcona Railer Express and the St. Boniface Riels.

Holod remains among the league's top scorers with 70 points (19 goals, 51 assists), tied for the league lead, while Bateman sits just behind with 69 points, including 30 goals.

The Jets close out the regular season at home March 5 against the River East Royal Knights before travelling March 6 to face the Ft. Garry/Ft. Rouge Twins.

Junior Women's League playoffs heat up

By Annaliese Meier

In the Manitoba Women's Junior Hockey League, first-round playoff action delivered a mix of sweeps and tightly contested battles across the bracket.

The Polar Ice advanced in decisive fashion, sweeping the Grey Owls in three straight games. Polar Ice opened the series Feb. 26 with a 6-4 victory, followed with a 3-1 win in Game 2, and sealed the series with an 8-1 result in Game 3.

The Western Predators also completed a three-game sweep, eliminating the Golden Eagles. The Predators earned a 2-0 win in Game 1 on Feb. 25, edged the Eagles 3-2 in Game 2 on Feb. 28, and capped the series with a 5-0 shutout on March 1.

The Prairie Blaze matched that effort, defeating the Blizzard in three straight contests. Prairie Blaze claimed a 4-3 victory in Game 1 on Feb. 26, followed with a 2-0 win Feb. 28, and closed out the series March 1

with a 6-2 triumph.

The only series still in play features the Northern Stars and the Silvertips. Northern Stars took Game 1 on Feb. 25 with a 3-1 win, but the Silvertips responded with a 3-2 victory Feb. 28 and a 2-0 shutout March 1 to take a 2-1 series lead.

Game 4 is scheduled for Tuesday, March 3 at 6:30 p.m. at Northern Stars, where the Silvertips will look to close out the series and the Northern Stars aim to force a deciding Game 5.

Western Predators include local girls Reese Farmer, Kaelyn Morden, Jady Baldwin; Polar Ice Katie Dorsch, Ireland Tymchak; Prairie Blaze Kenady Christensen, Taylor Morden; Silvertips Sydney Byle; Northern Stars Ruby Harrisko, Sophia Dowsett, Ashley Hudon; Manitoba Blizzard Carly Safiniuk; Manitoba Grey Owls Hailey Emberly, Ella Wahoski, Brooke Waldbauer, Rayna MacKenzie; Manitoba Golden Eagles Isabella Holm.



TRIBUNE PHOTO BY LANA MEIER

Western Predators forward Kaelyn Morden fires a shot on goal during Game 2 of the MWJHL semifinal series against the Manitoba Golden Eagles at the Hockey For All Centre's Flynn Arena on Feb. 28. Morden recorded an assist on March 1 in the Predators' 5-0 win, completing the three-game sweep.

STONEWALL JETS HOCKEY — MMJHL ACTION

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67's GM reflects on club's inaugural season

By Kieran Reimer

The Warren 67's have officially concluded their inaugural season in the Hanover Tache Junior Hockey League.

The 2025-26 HTJHL postseason is currently at its midway point, with six of 11 teams still in the hunt for the championship trophy.

Warren, however, is spending its days off reflecting on a season full of just about everything a first-year junior club could endure.

"It was definitely a lot of lessons learned," said general manager Kasey Riddell on Feb. 23.

The 2025-26 Warren 67's will be remembered as the team that introduced Junior 'C' hockey to the town and gave residents another team to rally behind.

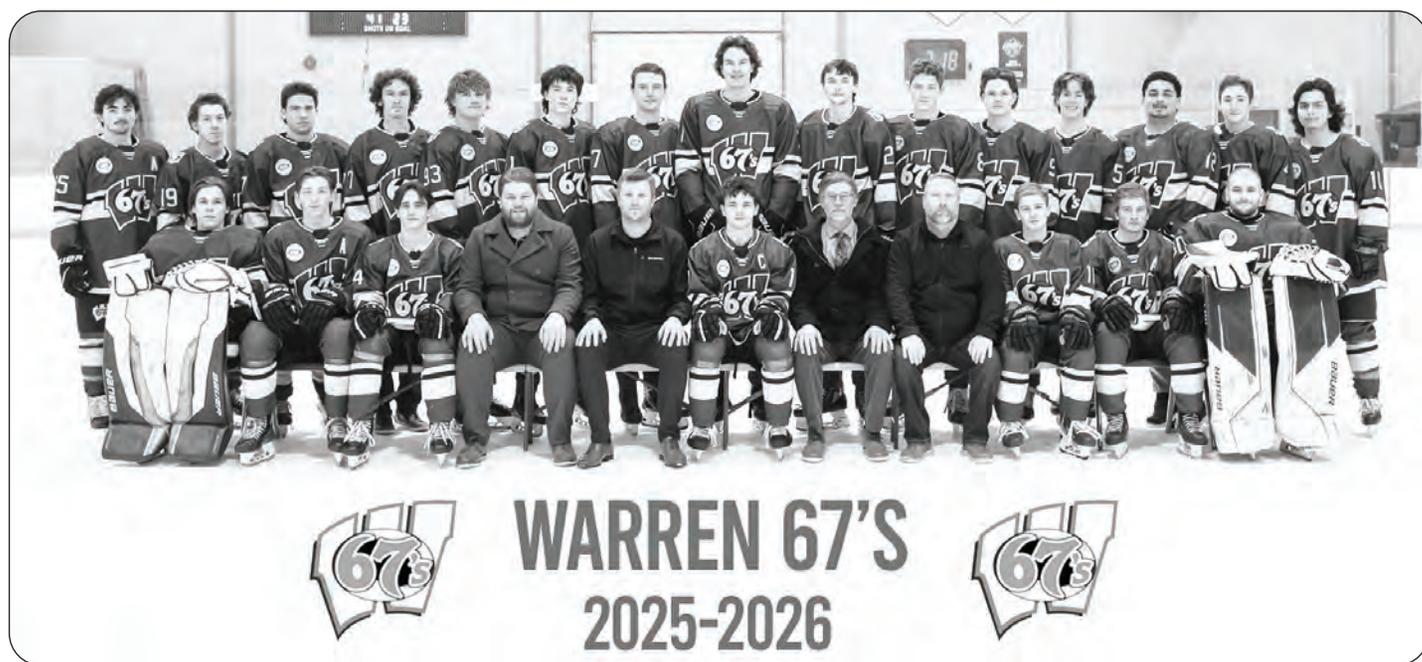
The roster was built almost solely of local 2007-born players, which created challenges at the start of the season.

As the year wore on, Warren picked up its first win and found itself in many more one-goal contests.

Ultimately, the team finished the campaign with a 2-25-0-3 record before being eliminated in the HTJHL's Play-In Round.

Riddell is pleased with how the club's fan base stayed loyal throughout.

"We can't do it without the backing and support of the community, and that's not lost on us at all," said Riddell. "As we build the team, that's our



The Warren 67's wrapped up their inaugural season in the Hanover Tache Junior Hockey League with valuable experience gained and a young core poised to return next year.

TRIBUNE PHOTO SUBMITTED

goal — to build the team around local guys and players who are going to be supported by the community, and that will support the team."

And though 2025-26 wasn't the prettiest season on the ice, the club isn't hanging its head over the problems it encountered.

Instead, it is looking ahead to how it can improve.

"When you've got 17- and 18-year-olds making up the bulk of your roster, that's a challenge, but as the season went on we did get better, we did

improve and I think we're going to be better for it," said Riddell.

This year's club was staffed by coaches Cody King, Trey King, Colton King and Tori Patterson, with Riddell and Laura Kapusta sharing GM duties.

The team's top scorer was forward Justin Braid, who posted nine goals and 10 assists in 27 games, while the leadership group was led by captain Evan Roy and alternates Owen Shymko, Gavin Winram and Wade Byle.

All five are eligible to return next

season, along with much of the roster.

"It's awesome, and it's a good group of guys too," said Riddell. "Not only having that talented core to work toward on-ice success, but that core is such a good group of character guys that they'll help us as we bring graduating high school players into the team as well. I'm really excited — the future's very bright."

Some of those high school graduates will get their shot at becoming a 67 at tryouts in the fall.

Royals strike early in SEMHL, take Game 1 on the road

By Annaliese Meier

The Winkler Royals opened their South Eastern Manitoba Hockey League semifinal series in strong fashion Sunday afternoon, skating to a 5-3 victory over the Red River Wild to grab a 1-0 lead in the best-of-five matchup.

Winkler wasted little time responding after Red River opened the scoring on a first-period power play. Brendan Harms put the Wild ahead at 3:40, finishing a setup from Alex Tetrault and Tyler Anderson.

The Royals answered less than a minute later when Braden Hildebrand buried a feed from Mike Hepner and Aaron Lewadniuk to tie the game 1-1. Lewadniuk then gave Winkler the lead at 13:42, scoring unassisted to send the visitors into the intermission up 2-1.

Winkler extended its advantage in the second period. Assistant captain Phil Letkeman capitalized at 7:06,

converting a pass from Justin Augert to make it 3-1.

The Royals seized full control early in the third. Hildebrand struck again just 1:23 into the frame, netting what stood as the game-winning goal. Lewadniuk added his second of the night at 4:22, giving Winkler a 5-2 cushion.

Red River pushed back with goals from Jared Magne and Harms — his second of the contest — but could not close the gap.

Lewadniuk led the Royals offensively with two goals and an assist, while Hildebrand also scored twice. Letkeman added a single, and Augert and Hepner chipped in with assists.

Between the pipes, Matthew Thiesen turned aside 32 shots to earn the win. Jayden Catellier made 28 saves in the loss for the Wild.

Special teams played a role early, with Red River going 1-for-3 on the power play and Winkler finishing

0-for-3.

Game 2 of the series is scheduled for March 3 in Winkler, with the Royals looking to build on their early momentum and push the Wild to the brink of elimination.

UPCOMING GAMES:

- Tuesday, March 3 — 7:30 p.m. — Red River at Winkler (Game 2)
- Thursday, March 5 — 7:30 p.m. — Winkler at Red River (Game 3)
- Sunday, March 8 — 3 p.m. — Red River at Winkler (Game 4, if necessary)
- Tuesday, March 10 — 7:30 p.m. — Winkler at Red River (Game 5, if necessary)

In the league's other semifinal, the Ile-des-Chênes Northstars opened their best-of-five series with a dramatic 4-3 overtime victory over the Springfield Winterhawks on Saturday night. Matthew Osadick scored the winner at 4:52 of overtime, finishing a feed from Caleb Paisley to cap a back-

and-forth contest.

Ile-des-Chênes built a 2-0 lead on goals from Noah Keating and Ty Naakens before Springfield responded with three straight tallies — two on the power play — to move ahead in the third period. Burke Heide forced overtime with a late equalizer, and Mason Swerdyliak was sharp in goal for the Northstars, turning aside 46 shots in the win.

Ile-des-Chênes leads the series 1-0.

UPCOMING GAMES:

- Wednesday, March 4 — 8 p.m. — Springfield at Ile-des-Chênes (Game 2)
- Thursday, March 5 — 8 p.m. — Ile-des-Chênes at Springfield (Game 3)
- Saturday, March 7 — 7:30 p.m. — Springfield at Ile-des-Chênes (Game 4, if necessary)
- Tuesday, March 10 — 8 p.m. — Ile-des-Chênes at Springfield (Game 5, if necessary)

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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.

Kerosene or Heating oil gravity feed cottage heater, must be in good condition if it meets my heating needs. Call Jim at 204 224-3515. Cash at pickup.

WANTED: Older gas stove 4 burner with griddle. No electric pilot light, manual. Phone 204 655-3549.

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 under the "Types of Advertising" tab for more details.

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Stonewall Teulon Tribune
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NOTICES

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EMPLOYMENT OPPORTUNITY



Full-Time Grocery Department Lead Teulon Bigway

We're looking to hire a hardworking and reliable individual to join our team. Full-time position, including some Saturdays. **Responsibilities include:** Lead hand duties, Placing and receiving orders, Stocking merchandise, Inventory control, Working closely with staff and customers. Applicants must be able to lift up to 50 lbs and work effectively in a fast-paced environment. **Competitive salary with health benefits.** Experience not required — willing to train the right person. **For more information or to apply, please send your resume to:** TeulonBigWay@hotmail.com **Subject line:** Employment – Grocery

FARM LAND FOR SALE BY TENDER RURAL MUNICIPALITY OF WOODLANDS

Completed tenders and a \$10,000.00 deposit per parcel are invited to be received up to 2PM on the 24th day of March 2026, for the land described below, at:

PKF Lawyers - 71 Main St. S, Box 1240, Carman, MB R0G 0J0
Attn: Mona Brown/Meghan Bennet Ph: 204-745-2028
mbrown@pkflawyers.com mbennet@pkflawyers.com

LAND FOR SALE:

Either or all of the following:

OPTION NO. 1: TO BE 160 ACRES
Title No. 3384859/1
THE SW 1/4 OF SECTION 22-13-3 WPM EXC HIGHWAY PLAN 620 WLTO

OPTION NO. 2: 160 ACRES
Title No. 3384860/1
THE SE 1/4 OF SECTION 8-13-3 WPM

OPTION NO. 3: 144.59 ACRES
Title No. 3384861/1
THE NE 1/4 OF SECTION 8-13-3 WPM EXC FIRSTLY: THE RIGHT-OF-WAY OF THE CANADIAN PACIFIC RAILWAY PLAN 373 WLTO SECONDLY: ALL THAT PORTION DESCRIBED AS FOLLOWS: COMMENCING AT A POINT IN THE EASTERN LIMIT OF SAID NE 1/4, DISTANT NLY THEREON 625 FEET FROM THE NORTHERN LIMIT OF SAID RLY, THENCE WLY, AT RIGHT ANGLES TO SAID EASTERN LIMIT, 650 FEET THENCE SLY, AT RIGHT ANGLES TO THE LAST DESCRIBED COURSE, TO SAID NORTHERN LIMIT, THENCE ELY, ALONG SAID NORTHERN LIMIT, TO SAID EASTERN LIMIT, THENCE NLY, ALONG SAID EASTERN LIMIT TO THE POINT OF COMMENCEMENT; AND THIRDLY: ALL MINES AND MINERALS SET FORTH IN TRANSFER 922195 WLTO

OPTION NO. 4:
ALL 464.59 ACRES

Conditions of Tender:

1. Financing must be pre-approved.
2. Tender to be submitted on the form prepared by PKF Lawyers. To obtain tender form or more information, contact Meghan Bennet at 204-745-2028.
3. Tender must be accompanied by a cheque, payable to PKF Lawyers (in trust), in the amount of \$10,000.00 per parcel. Deposit, of tenders not accepted, will be returned to the Tenderers.
4. Highest or any tender will not necessarily be accepted.
5. Vacant possession shall be the 10 day of April, 2026. Tax adjustment shall be the 1st day of January, 2026.
6. The maker of any tender relies entirely upon their personal inspection and knowledge of the land, independent of the representations made by the Vendor or the Solicitor and Agent of the Vendor. The land will be sold "as is" and the Tenderer is solely responsible to determine the value and quality of the land.

NOTICE OF DIRECTOR ELECTIONS ELECTRONIC VOTING AND ANNUAL GENERAL MEETING (the "AGM") MEMBERS OF ACCESS CREDIT UNION LIMITED (the "Credit Union")

TO: ALL MEMBERS OF THE CREDIT UNION

VOTING FOR BOARD OF DIRECTORS
TAKE NOTICE THAT voting for the Board of Directors is open to all members who have a share at any Credit Union branch. Voting will be done by electronic ballot and will be tallied electronically by a third-party provider. Voting will be open from 9:00 a.m. CDT on Wednesday, the 25th day of March, 2026 until 5:00 p.m. CDT on Wednesday, the 8th of April, 2026. Members of the Credit Union are invited to vote online at www.accessvotes.ca. Each member may vote on a personal electronic device or should any member prefer, devices for the purpose of voting will be available at all branches of the Credit Union during operating hours.

ANNUAL GENERAL MEETING
TAKE NOTICE THAT the AGM of the members of the Credit Union will be held on Thursday, April 9, 2026, at 7:00 p.m. CDT via virtual means, for the following purposes:

1. 2025 Audited Financial Statements and Auditor's Report
2. Board of Directors Report
3. Appointment of Auditors
4. Director Elections Voting Results

All eligible members wishing to participate in the AGM are required to register online at www.accesscu.ca prior to April 9, 2026 at 4:00 p.m. CDT. Instructions for voting processes and how to ask questions will be displayed on the screen commencing at 6:45 p.m. CDT. These instructions will also be reviewed at the opening of the meeting.

More information can be found at: www.accesscu.ca.

DATED this 5th day of March, 2026
ACCESS CREDIT UNION LIMITED
By Order of the Board of Directors



Classifieds

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Stonewall Teulon
Tribune

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

THE RURAL MUNICIPALITY OF ARMSTRONG REQUEST FOR QUOTE

2026/27 HOURLY EQUIPMENT RATES

The Rural Municipality of Armstrong is seeking quotations from qualified bidders for hourly rates for Private Owned Equipment for the 2026 / 2027 season.

Request for Quotation packages, including specifications and submission documents are available at the Municipal Office, 1094 PTH #17 Inwood or from the Municipality of Armstrong website www.rmofarmstrong.com

Sealed submissions clearly marked "2026 Private Owned Equipment Hourly Rates" will be received at the Municipal of Armstrong office, located at 1094 PTH #17, Inwood, MB up until 12:00pm on Tuesday, March 17, 2026.

All inquires related to Request for Quote should be directed to Angie Dzuba at 204-278-3377.

The lowest or any hourly rate bid not necessarily accepted.

Quotations may be submitted to:
Angie Dzuba, Senior Administrative Assistant
RM of Armstrong
1094 Highway 17
Box 69, Inwood, MB ROC 1PO
Phone: 204-278-3377 Fax: 204-278-3437

THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the R.M. of Rockwood Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of Rockwood can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail.

Rural Municipality of Rockwood
285 Main Street
Stonewall, MB ROC 2Z0
Telephone number: (204) 467-2272
Fax Number: (204) 467-5329
Email: roberta.vancaeyzeele@rockwood.ca

The next General Election takes place on October 28, 2026.

Ernie Epp
Senior Election Official

Do you have a unique service or product you would like to advertise? Get the word out with an ad in the Tribune!

CLASS 1 TRUCK DRIVER
To run Canada - must have experience

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Derek (204) 793-7465
CENTENNIAL TRANSPORT & LEASING LTD.

Online McSherry Auctions

Estate of Dennis Jones
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Consignments Welcome!
Tues., Mar. 10 @ 7:00 PM

Estate & Moving
Wed., Mar. 11 @ 7:00 PM

Estate & Moving
Wed., Mar. 18 @ 7:00 PM

McSherryAuction.com
204-467-1858
or 204-886-7027
mcsherrytld@gmail.com

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Check out our website for floorplans.

Custom builds also available.

Taking orders for delivery Summer 2026.

Phone: 204-346-3231
www.wgiesbrechthomes.ca

THE RURAL MUNICIPALITY OF ARMSTRONG UNDER THE PLANNING ACT

NOTICE OF PUBLIC HEARING

The Council of the R.M. of Armstrong under the authority of the Planning Act will hold a PUBLIC HEARING at the date, time and location listed below:

Tuesday March 24, 2026
1:00pm.

Armstrong Municipal Office
Civic # 1094 Lot 55 PTH 17, Inwood MB ROC 1PO

Property owners are being notified in order to give them the opportunity to speak in support of or objection to the proposed conditional use and/or variation order.

CONDITIONAL USE: # 2026-A-03

ROLL NO: 0237300.000

OWNER: Wayne & Michelle Hazelton

APPLICANT: CKT Contracting - Tyson Hazelton

AREA AFFECTED: Legal Description: SE5-19-1W
Civic Address: 108032 Road 4W
INWOOD, MANITOBA

ZONE: Agriculture Intensive Zoning District

SUBJECT: R.M. of Armstrong Zoning By-Law No. 6/04
Part 13.3 11 General Industrial - Vehicle Repair

AUTOMOTIVE AND RECREATIONAL VEHICLE REPAIRS: Retail repairs and maintenance services of new or used automobiles, motorcycles, snowmobiles, tent trailers, utility trailers, boats, travel trailers or similar light recreational vehicles or crafts.

CONDITIONAL USE REQUESTED: To allow for the existing shop to conduct public vehicle repairs & Government Safeties.

WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm MONDAY MARCH 16, 2026, by calling or emailing the below email and/or number.

For further information, please contact:
Cori Audet - Permit & Planning Services
Phone: 1 (204) 278-3377
Rural Municipality of Armstrong
Fax: 1 (204) 278-3437
Box 69, Inwood, Mb ROC 1PO
e-mail: planning@rmofarmstrong.com

Documents related to the matter to be considered at the hearing may be inspected or copied at the RM of Armstrong Office during normal office hours, Monday to Friday.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewood-elkranch@gmail.com

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Richard Earl Harrison, Stony Mountain, Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, ROC 2Z0 on or before the 8th day of April, 2026.
DATED at Stonewall, Manitoba this 24th day of February, 2026.
GRANTHAM LAW OFFICES
Solicitor for the Executor

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Now buying GOLD, SILVER & PLATINUM.
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Covering Winnipeg & Rural Manitoba. I drive to you!
CALL ME NOW!!
TODD: 1-204-904-9705



NOW HIRING!

Teulon Golf & Country Club is looking for responsible, highly motivated, team oriented individuals for the upcoming golf season. We are now accepting resumes for all positions.

Proshop
Driving Range
Cooks
Clubhouse Restaurant
Beverage Cart
Snack Shack
Grounds/Maintenance
Gardener

Please email your resume:
Janis Dola
General Manager
GM.Teulongc@gmail.com

Announcements



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RURAL MUNICIPALITY OF ROCKWOOD 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:

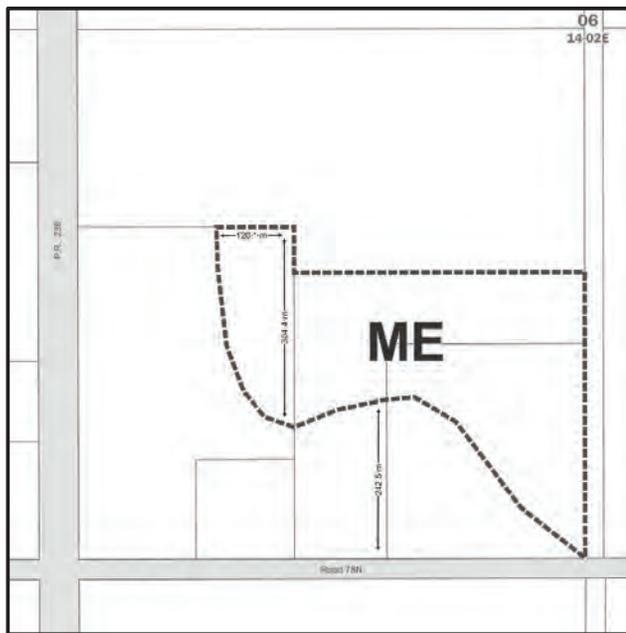
R.M. OF ROCKWOOD BY-LAW NO. 38/25
Being an AMENDMENT to the R.M. OF ROCKWOOD
ZONING BY-LAW NO. 20/19, as amended.

HEARING LOCATION: Stony Mountain Community Centre
117 School Road, Stony Mountain, MB

DATE & TIME: Tuesday, March 17, 2026, at 6:00 PM

GENERAL INTENT:
To rezone Pt. SW ¼ 6-14-2 EPM in the R.M. of Rockwood from "MEH" Industrial Extractive Holding Area Zone to "ME" Industrial Extractive Zone to facilitate the expansion of an existing quarry operation (Heidelberg Materials).

AREA AFFECTED:



FOR INFORMATION CONTACT: Romeo Agominab, Planner
South Interlake Planning District, 5-15 Davis Way,
R.M. of Rosser, MB, R4B 0A3, Phone: 204-467-5587

A copy of the above noted proposal and supporting material may be inspected at the South Interlake Planning District offices (5-15 Davis Way, CentrePort, or 285 Main Street, Stonewall) during normal office hours (8:30 AM to 4:30 PM), Monday to Friday.

Anyone who wishes to attend and present at the public hearing is encouraged to pre-register by emailing the R.M. of Rockwood at: stacey.goodwill@rockwood.ca. You may also register at the hearing.

Note: property owners are responsible for notifying lessees

CARD OF THANKS

Kilpatrick – The family of Kristi wish to express our heartfelt thanks and appreciation to our relatives and many friends for their countless acts of kindness, sympathy and support during our recent loss.

Thanks for your visits, phone calls, cards, flowers and gifts of food and baking. Your caring thoughtfulness is greatly appreciated. Special thanks to Shirley Williams for the lovely service and her kindness and prayers and Blue Skies (Janet and servers Barb and Carmen) for the lovely lunch.

Also, special thanks to all the EMT and Life Flight Responders and Ken Loehmer for his care and professional assistance.

Everyone's support and kindness have touched our hearts and will always be remembered.

BIRTHDAY



Happy 90th Birthday
Mom, Nana and Great-Nana
-Love your family

Our family is hosting a
Come and Go
90th Birthday Celebration
To honour
Shirley King
on
Sunday, March 8, 2026
from 2:00 – 4:00 p.m.
at Oddfellows Hall
374 - 1st Street West, Stonewall
No gifts please.

7	1	8	5	2	4	6	9	3
5	9	4	3	6	7	8	2	1
3	2	9	6	1	8	7	5	4
9	3	5	1	8	2	4	7	6
4	7	2	9	6	3	1	8	5
6	8	1	4	7	5	2	3	9
8	6	3	2	1	4	5	7	9
2	4	9	6	3	8	7	5	1
8	6	3	2	1	4	5	7	9
2	4	9	6	3	8	7	5	1

Sudoku Answer

SUDOKU

			9	5	7		4	
	6						3	
2								5
		2						8
			3	6	9	2		
6					1			
			8		6			
1							4	
3				2	5			

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Don't forget to send your special wishes to your family and friends with a message in the Tribune

Announcements

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Stonewall Teulon
Tribune

OBITUARY

Tribute to Roger Bouvier, 1937-2026

It is with great sadness that we announce the passing of Roger Bouvier of Winnipeg (formally of Teulon, MB) on February 20, 2026, at the age of 88 yrs old. Dad was predeceased by his Parents: Uldéric and Rose Bouvier of Fisher Branch, his older brother Tony; sister-in-law, Vicky, and nephew, Mark. Roger was husband to Edith Bouvier for sixty-five years; father to Rene (Tammy); Brigitte (Gary) and Maurice (Darla). He was the grandfather to eleven grandchildren: Jordan (Tracy), Matthew, Dustin (Deanna), Gabby (Ivo), Madeleine (Garett), Emily (Keith), Rachel (Austin), Moe-pa to Tommy and Bennett; Grandpa to Randy (Shae) and Racheal (Jonah); Dad had five great-grandchildren: Thea, Arya, Jacob, Elsie, Eloise, and one on the way.

Dad is survived by his two sisters: Monique Walker (Terry) Comox, BC and Dianne Marcotte (Guy) of Winnipeg and their families. In August 2024, our parents moved into an assisted living community in Winnipeg after fifty-four years on that same homestead, a mile from Teulon. During that move, we listened to our parents reminisce about their early years on the farm in Fisher Branch and the early memories in Teulon as we were growing up.

In November of 2025, Mom and Dad celebrated their 65th Wedding Anniversary. Dad met mom in Gravelbourg, Sask. Because of a crop failure in 1959, Dad decided to follow his friend Johnny Labbé to Edmonton to work in construction for a short period of time. On their way there they stopped in Gravelbourg to visit Johnny's uncle and aunty. They went roller skating with friends and dad was smitten with her. He came up from behind her taking her hand in his. They were married in Calgary, Alberta one year later in 1960. They later moved to dad's family's farm in



Fisher Branch in 1960 and is where their children were born.

Dad loved farming, but when Dad's parents wanted to retire, they sold the family farm and purchased a general store in Teulon (1965) with their two sons Tony and Roger. Dad's two sisters Monique and Diane had already left the farm to serve in the armed forces as nurses.

Dad was the smiling face behind the meat counter and he made many friends. After Dad's brother Tony, who was an exceptional manager, suddenly passed away (1967), Dad's time was taken up with more responsibilities. Our family had many fond memories of spending time and helping him wrap meat afterhours, and we earned a little extra pocket money sweeping floors.

In 1972, Dad's adventurous spirit led him to get his private pilot's license (he flew for fifty years.) Not long after Dad switched to flying floatplanes when he and his hunting and fishing buddies, Vic, Alex, Brian and Herbie, built Matawa Lodge in 1980-81, a shared cabin along the Bloodvein River.

In 1979, dad converted the old Solo Store into Bouvier's Clothing and Footwear Centre (managed by our mom) while he partnered with Merlyn Biloki to open a new grocery store in Teulon (Family Fare, Food Fare, and Bigway). The business was sold in 2010.

Exceptional Customer Service

One of the stories Mom and Dad told us while we were preparing them for their move, was about their time in the clothing store business:

A man, from a distant town, had come to shop at the clothing store to purchase a pair of dress shoes for a wedding he was to attend that same day. The gentleman was fitted with a pair and went on his way, a happy customer.

But when the man got home and opened the shoebox, he discovered there was only one shoe inside! The man promptly phoned the store, and my dad assured him that he would deliver the shoe to him personally and would leave straight away.

My parents were exceptional businesspeople and would treat their customers with the utmost respect and professionalism. When Dad offered to meet the man at a prearranged drop-off site, over thirty miles away, the customer agreed.

Twenty minutes later, as the crow flies, our dad (literally) dropped the other shoe from his Piper PA 12 Super Cruiser airplane! Though he had tried his best to make the prearranged target-zone, the shoe ended up landing in a nearby ditch. And as mom said, "None the worse for wear!"

As Dad circled back over the drop zone, he waved his Piper's wings, goodbye. And that happy customer had quite a story to tell at the wedding reception that evening, about that little, red-freckled flying Frenchman!

Hobbies and Pastimes

In our parent's earlier years in Teulon, they enjoyed curling on teams with good friend Jack Warkentin and family, as well as mix doubles with Ed and Adeline Helwer. Dad was involved with the Teulon Kinsmen Club, and after his retirement, he volunteered at the Teulon Tractor Pull as a BBQ master of chicken legs for the Lion's club event.

Dad's favorite hobbies were gardening, hunting and fly-in fishing with friends and family. This cabin is filled with special memories of the special people in his life. Many of the stories are recorded in the cabin logbooks or are preserved as treasures passed down to the next generations, like the Infamous Bull Moose Saga given to him at his 50th Birthday party.

When the grandchildren finally came along, Dad brought each of his grandchildren, many times, to this little piece of heaven on the great Canadian Shield. Many caught Master Anglers while fishing with Grandpa. It was then that we got to see our dad in a new way: through the eyes of his grandchildren and how he interacted with each of them at home or at the cabin. Dad left many recordings and pictures that we have cherished.



As we all sat around Dad's bed near the end, including the grandchildren, we reminisced with tears about those special fishing trips: shore lunches, cribbage, hiking, canoeing, exploring, swimming off the dock, or just peacefully taking in the scenery while floating down the river in fishing boats and marvelling as dad pointed to the eagle nests and beaver dams, and the swift flowing rapids and waterfalls.

In their winter retirement years, Mom and Dad became snowbirds and settled in a fifty-five plus community in Cathedral City, California. This new adventure lasted twenty years. It was there where we all got to enjoy trips to visit them in a warmer climate and experience Disneyland and Sea World with Dad with our young families.

Though Dad's hobbies were hunting and fishing back home, in California he played in shuffleboard tournaments winning many trophies. He eventually became one of the caretakers of the lanes in the last few years they spent there.

Dad's knife skills dazzled us, and he made all kinds of moose sausage and smoked mooneye fish over the years. The last few years, Dad instructed and watched the next two generations take up the art of making sausage. The annual sausage making party started in his home butcher shop and when they moved, it was hosted by Moe and Darla.

A few weeks before dad died, many in the family got to enjoy a special day of ice fishing together. Dad caught the first one!

In accordance with Dad's wishes, there will not be a funeral or memorial. We ask that you share a story of Roger. In lieu of flowers, consider donating to a community-serving organization.

Thank You...

We, the family of Roger Bouvier, want to thank those caregivers who showed compassion to Dad and were part of a team who contributed to his overall wellbeing in the last two years:

WRHA and Primary Care and Amber Meadows staff who shared how much they loved his warm, good-natured personality as he humbly accepted their help with humour, grace, and cheerfulness. Many of you expressed how very fond you were of him.

Dr. Graham and his staff at Quarry Ridge Medical Clinic for your years of care for dad; the pharmacy teams, and the Health Science Centre (SICU), we were very moved by your compassionate care in the last few days of his life.

Though Dad had a quiet faith in God, he showed it boldly in his generosity toward his family and others. Dad also showed us how to steward the river and respect those who have shared it. Dad was closest to God in nature and would say: "This is God's country."

Roger, Dad, Grandpa, Moepa, you will be dearly missed. We love you!

"If someone should ask for me,

Tell 'em heaven is where I'll be

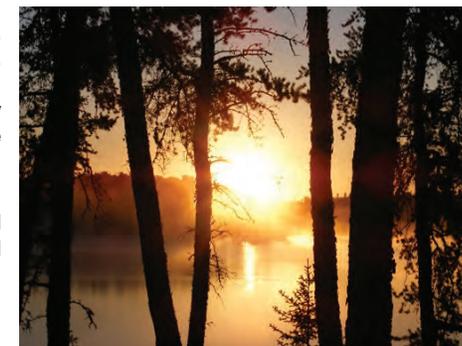
I've finished all my life's chores

And now I fish on Heaven's shores"

-From the poem: *Gone Fishing*, by David Ritter



Roger Bouvier on the Bloodvein River, Manitoba



The view from Matawa Lodge (Cabin)

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

Announcements



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OBITUARY



Henry Myhal

It is with heavy hearts that we announce the passing of Henry Myhal, who left us peacefully on February 24, 2026, at the age of 92, at Teulon Hunter Hospital.

Henry was born on March 8, 1933 in Balmoral, and carried the strong work ethic of his rural roots throughout his life. He worked on the family farm in his younger years, later hauling coal, and eventually finishing his career with United Tote Co. at Assiniboine Downs. As a machine technician, he traveled to racetracks across Canada and the United States, a role he truly enjoyed.

Above all, Dad was a gentle and generous soul. He would give anything he had to help someone in need, and his quiet kindness touched everyone who knew him.

He leaves behind his children, Gail (Murray) of Stonewall, Darlene (Doug) of Stonewall, and Warren (Mita) of Victoria, B.C.; eight grandchildren; 10 great-grandchildren; as well as his siblings, nieces, and nephews.

He was predeceased by his beloved wife, Carol, and his cherished grandson, Corey.

He will be deeply missed, lovingly remembered, and forever held in our hearts.

We wish to thank the doctors and nursing and support staff for their excellent care at the Teulon Hunter Hospital.

Cremation has taken place, and a celebration of his life will be held at a later date.



204-467-2525
mackenziefh.com

OBITUARY



Denis Nestor Rogowsky

Peacefully, after a courageous struggle with Lewy Body Dementia, it is with deep sorrow that we announce the passing of Denis Nestor Rogowsky on Saturday, February 28, 2026, at the Stonewall Hospital, at the age of 77 years.

Denis is survived by his loving wife Sally, of 54 years; sons Jason (Janet), Keith (Angele), Brian; grandchildren Emily (Owen), Ethan (Nicole), Kayla, and Brady; sisters Donna (Jim), Sally (Trevor); and brother Ron (Noel).

Denis was predeceased by his parents Ann and Nestor Rogowsky. Celebration of life, will be held on Monday, March 9, 2026 at 11:00 a.m. at the Quarry Park Heritage Arts Centre, Stonewall.

We would like to thank the staff at the Stonewall Hospital for all their compassionate care and support.

In lieu of flowers, if friends so desire, memorial donations may be made to alzheimercanada.donorsupport.com in honour of Denis' battle with Lewy Body Dementia.



204-467-2525
mackenziefh.com

OBITUARY



Ryan Oscar Hicks

February 23, 1989 – February 5, 2026

Ryan Oscar Hicks, age 36, of Sicamous, BC, passed away on February 5th, 2026 in a tragic snowmobile accident in Revelstok BC.

Ryan is lovingly survived by his devoted wife of six years, the love of his life and best friend, Angela Hicks, and their precious daughter, Verra, who was his whole world.

Ryan also leaves behind his parents, George and Wanda Hicl of Stony Mountain, MB; his brother Wayne Hicks and sister-in-law Darla, along with their children Atlas and Scarlett; his mother-in-law Charlene Zimmerman of Brooks, AB; his sister-in-law Cinc Hegland (Mike) along with their children Mitchell and Myles; his brother-in-law Jeremy Zimmerman and his children Nate and Tr and his sister-in-law Christina Fry (Leon) along with their children

Caitrin, Gracie, and Jax.

Ryan was predeceased by his grandparents David and Margaret (John) McTaggart, Charlie and Lily Hicks, father-in-law Paul Zimmerman, and nephew Mackenzie Hegland.

Ryan was born in Winnipeg and grew up near Stony Mountain, MB. As a boy he spent summer camping with his family at Rushing River and on the road with his dad. He went to school Stonewall and he was naturally social and loved being around people. He played hockey and spent many evenings snowboarding on the local ski hill.

Ryan's passions continued throughout his life, and he enjoyed many activities and sports such as golf, surfing, boating, and snowmobiling. Ryan was very charismatic; he had tons of friends and was always the life of the party.

Ryan and Angela shared 16 beautiful years together. They met when they bumped shoulders in passing and it instantly became a soulmate connection, filled with love, adventure, and life most meaningful chapters. Six years ago, they were married in Sicamous, BC, where they create their dream home and started crafting their dream lives together.

Ryan began his career in oil and gas when he and Angela fell in love, he continued to grow into an incredible professional, eventually becoming a Completion's Consultant contracted through Decca, reaching the top of his career – something we are all so incredibly proud of.

Entrepreneurial at heart Ryan owned and operated three businesses, BC Unlimited, Sic Ride Rentals, and In The Nature Adventures. Building each business with his passion and vision. He achieved so much in such a short time at a young age. He has left a legacy of hard work, adventure, and inspiration. Angela always told Ryan and everyone throughout the years that Ryan and her Dad, Paul, are the smartest men that she ever knew.

Ryan was a loving husband and father. His greatest accomplishment and joy in life was being Verra's Daddy.

Ryan's Celebration of Life will be announced at a later date. To leave an online message of condolence, please visit www.bowersfuneralservice.com.



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