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Hometown hero

TRIBUNE PHOTO BY AIDAN FROESE PHOTOGRAPHY

Balmoral's Liam Pauls hoists the national championship trophy after leading the eighth-seeded Brandon Bobcats to a historic U Sports men's volleyball title on home court.

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Young people's theatre spreads joy of Métis culture



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Manitoba Theatre for Young People (MTYP) is on the move. *Blue Beads and Blueberries* hit the road on March 3, stopping in Grosse Isle and Woodlands schools, bringing a unique blend of laughter and cultural celebration to schools across the province. By the time this tour wraps up in May, more than 20,000 Manitobans will have experienced this heartwarming tale that transforms an ancient fairy tale into a vibrant ode to Métis culture.

The story begins with a heartfelt question from a father to his daughters: how much do they love him? This innocent inquiry quickly spirals into conflict when he feels slighted by the eldest daughter's response. In a moment of hurt, he sends her away, catapulting her into an unexpected journey. What follows is not just an adventure but a rich exploration of identity. As she navigates this world, beaded earrings and woven sashes come alive, symbolizing connection to heritage. Traditional jigs add rhythm to her quest for self-discovery.

MTYP proves that theatre has the power not only to entertain but also to educate. With their commitment to bringing impactful stories to children and youth, they are paving the way for future generations where young minds can explore the richness of theatre tailored specifically for them.



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Settlers, Rails and Trails recognizes long-time volunteer

By Jennifer McFee

A long-time volunteer received recognition from Settlers, Rails and Trails for 15 years of dedicated service.

Tracy Dunstan served from 2009 to 2024 as the Argyle museum's first treasurer. She has now stepped down from that role but will remain involved as a board member.

At the museum's latest executive meeting, Dunstan received a special plaque made of vintage wood provided by the Amy family of Argyle.

The museum team thanked Dunstan for sharing her skills, talent and creativity with the growing community museum.

To learn more about Settlers, Rails and Trails, visit www.settlersrailsandtrails.com or follow "Argyle Museum" on Facebook.



Tracy Dunstan's plaque



PHOTOS SUBMITTED

Left to right: Tracy Dunstan, Richard Rodd, Jack Grandmont, Charlie Amy, Carol Morgan, Shayne Campbell.

Manitoba minimum wage to rise to \$16 on Oct. 1

By Lana Meier

Manitoba's minimum wage will increase by 20 cents to \$16 per hour on Oct. 1, the province announced this week.

The adjustment is based on the province's 2024 inflation rate of 1.1 per cent, rounded to the nearest five

cents.

Minimum wage increases are reviewed annually and regulated through Manitoba's Employment Standards Code.

For more information on employment standards, visit www.gov.mb.ca/labour/standards.

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Planning to Build a Deck this Summer?

Keep the South Interlake Planning District (SIPD) in mind if you are planning to build a **deck** this summer. A Development and Building Permit is required for a deck that:

- Is two feet or higher from the ground; or
- Is attached to a building; or
- Has walls or a roof; or
- Is intended to support a structure such as a hot tub or pergola.

You do NOT need a permit for an unenclosed or detached deck less than two feet in height, or for landings of 50 ft² or less in floor area. However, please note that zoning setbacks shall be satisfied whether a permit is required or not.

Permits help ensure that buildings and structures meet the *Manitoba Building Code*, which makes things safer for everyone!

If you are unsure whether your project requires a permit, or if you have any questions, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information is also available on our website: www.sipd.ca

4-H members heading to provincial competition

By Jo-Anne Procter

Young speakers from across the South Interlake region took centre stage at the area's 4-H communications competition, hosted by the Teulon 4-H Club on March 23.

Thirty members from six clubs — Teulon, Argyle, Balmoral, Minerva, East Selkirk and the Selkirk Silver Spurs — competed in speech and visual presentation categories, showcasing creativity, poise and public speaking skills in front of nine judges and about 80 spectators.

Top finishers in each category earned the opportunity to advance to the Provincial 4-H Communications event, set for April 26 in Winnipeg.

Results:

- Cloverbud Speech: 1. Maddox Marohn (Balmoral), 2. Annika Marohn (Balmoral)
- Junior Speech: 1. Kyle Kirschman (Balmoral), 2. Henry Martens (Balmoral)

- Intermediate Speech: 1. Allie Mauthe (Argyle), 2. Brock Marohn (Balmoral)
- Senior Speech: 1. Colton Kachur (Balmoral)
- Adult Speech: 1. Sarah Seniuk (East Selkirk)
- One-Person Visual, Cloverbud: 1. Bailey Bernard (East Selkirk), 2. Molly Wlock (Selkirk Silver Spurs)
- One-Person Visual, Junior: 1. Peyton Marohn (Balmoral), 2. Eva Mushaluk (Balmoral)
- One-Person Visual, Intermediate: 1. Dominic Bernard (East Selkirk), 2. Claire Kirschman (Balmoral)
- Two-Person Visual, Junior: 1. Jaxson Tronrud and Bentley Hein (Teulon)
- Two-Person Visual, Intermediate: 1. Lyla Kroeker and Olena Saramaga (Selkirk Silver Spurs), 2. Allison Mushaluk and Melodie Verseval (Balmoral)



TRIBUNE PHOTO SUBMITTED

First- and second-place winners from the South Interlake 4-H Area Communications competition, held March 23 in Teulon. Left to right, back row: Sarah Seniuk, Colton Kachur, Allie Mauthe, Allison Mushaluk, Melodie Verseval; middle row: Olena Saramaga, Lyla Kroeker, Brock Marohn, Henry Martens, Jaxson Tronrud, Bentley Hein, Peyton Marohn, Dominic Bernard; front row: Claire Kirschman, Bailey Bernard, Kyle Kirschman, Annika Marohn, Maddox Marohn, Molly Wlock, Eva Mushaluk.

Rockwood in talks to buy land, greenlights \$492K motor grader

By Jennifer McFee

Discussions are underway between the RM of Rockwood and Manitoba Transportation and Infrastructure about buying two strips of land.

The first strip is along the north side of Road 75N, and the other one is along the east side of Road 10E.

Manitoba Transportation and Infrastructure is

willing to sell these strips of land to the RM of Rockwood for \$1 plus legal fees and registration costs.

Council will advise the provincial government of the municipality's intent to buy land at a cost of \$1.

The RM will be doing highway and intersection improvements at Road 75N and Road 10E.

The improvements are affecting those two properties.

IN OTHER COUNCIL NEWS:

- Rockwood council signed an offer to buy a 2025 Caterpillar motor grader for \$491,917.34 plus tax. The price includes trading in a 2016 Caterpillar grader for \$180,000.
- The public works department will buy a 2025 half-ton truck from Midtown Ford for \$58,167.34 plus tax.
- The public works department will also buy a 2025 steamer trailer package from Hotsy Central for \$29,625.50 plus tax.
- Council agreed for the RM to buy two grader packages with quick-attach frames for \$64,865 plus tax. This price includes trading in an existing grader package for \$5,500.
- Council authorized the Stony Mountain fire department to sell the 2000 International Rescue Unit to ABC Fire and Safety Ltd. for \$25,000.
- The RM is buying a 2025 Caterpillar wheel loader from Toromont for \$262,823 plus tax. This price includes trading in the 2008 Komatsu wheel loader for \$87,000.
- Council agreed to buy a Vermeer disc mower from Vermeer Canada Inc. for \$14,679.36 plus tax after a trade-in.
- Council also agreed to buy a Schulte mower and flex arm from Shachtay Sales for \$44,000 plus tax after a trade-in.

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Bilingual municipalities, including St. Laurent, get a boost

By Jennifer McFee

Bilingual municipalities are getting a boost in support to develop and enhance French-language services in their communities.

The Manitoba government signed a new multi-year funding agreement with the Association of Bilingual Municipalities of Manitoba (AMBM) to offer this support.

Municipal and Northern Relations Minister Glen Simard, who is also the minister responsible for Francophone Affairs, said the historic agreement results from a commitment to strengthen French-language in Manitoba.

“Working hand in hand with our municipal partners, we were able to craft a multi-year agreement that gives bilingual municipalities the tools they need to offer Francophones access to local services in their official language of choice,” said Simard, who made the announcement on the International

Day of La Francophonie.

“Our government will continue to work with municipal and stakeholder leadership to realize our shared goal of making Manitoba a truly bilingual province.”

Through a combination of provincial funding and federal contributions under the Canada-Manitoba Agreement on French-Language Services, the agreement will provide the AMBM with \$885,000 over four years. This investment builds on funding of \$165,000 in 2023-24, bringing the total funding to AMBM for enhancing French-language services to \$1,050,000 for the five-year period from 2023-24 to 2027-28.

“This unprecedented investment by the Manitoba government represents a significant advancement in the delivery of municipal services in both official languages,” said Ivan Normandeau, president of the Association of

Bilingual Municipalities of Manitoba. “It ensures essential predictability, enabling us to proceed with confidence in the gradual implementation of the Municipal Maturity Model (3M).”

The 3M model is a tool that allows municipalities to evaluate the level of services available in French, identify strengths and gaps, and determine the necessary steps to achieve progress. The funds will support enhanced translation, language training, policy development, the normalization of the use of both official languages and the ability of municipalities to attract more bilingual residents and entrepreneurs, noted the minister.

The Association of Bilingual Municipalities of Manitoba serves as the voice of bilingual municipal governments in Manitoba and has 16 members across the province. It aims to leverage the added value of bilingualism to bolster the development

and sustainability of its members and their communities.

Billie Jean Oliver, chief administrative officer for the RM of St. Laurent, said this announcement means a lot to all bilingual communities.

“As a member of the AMBM, our council has passed the 3M bylaw which, by design, strengthens our commitment to offering services in both official languages,” she said.

“Through the AMBM, the RM of St. Laurent was selected as one of the first four member municipalities to develop, adopt and work towards implementation of a strategic plan to ensure that the necessary steps are taken to ensure that this commitment is realized.”

St. Laurent council officially adopted this strategic plan on March 19.

“The announcement from the province is an indication that they recognize the importance of citizens having the ability to communicate in the language of their choice,” Oliver said.

“And for the RM of St. Laurent, which is currently working to enhance this communication, this commitment at the provincial level is wonderful news.”

In St. Laurent, about 28 per cent of residents speak French, according to the 2021 census. At least another four per cent speak Michif, although that number is likely higher since Michif is not a language option on the census so it’s not accurately reflected.

“Being bilingual adds a lot to the cultural richness to any community. As in any culture, language is part of the overall identity,” she said.

“By local governments recognizing and appreciating this and taking action to protect this language, as it is in our case with the Michif/French, ensures that this language continues for the future generations. It is us doing our part to assist with preserving a vital part of the identity of this community.”

March came in like a lamb and went out like a lion



TRIBUNE PHOTOS SUBMITTED

A taste of spring mid-week gave Hazel a chance to enjoy puddle jumping and sunshine as temperatures climbed to 11 C on Wednesday, melting much of the remaining snow. But just two days later, winter made a dramatic return. An Alberta clipper swept through the region overnight Thursday, dumping up to 26 centimetres of snow by Friday morning. The temperature dropped to -3 C, with a windchill making it feel closer to -13 C. Locals, including Jeremy, bundled up once again, trading rubber boots for winter gear as they embraced another round of snowy fun outdoors. Help the Tribune record the weather of the week and send in your photos of friends and family enjoying the outdoors. Email: news@stonewallteulontribune.ca

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Jennifer McFee
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Canadians head to polls for federal Election April 28, 2025

By Lana Meier

Prime Minister Mark Carney has called a snap federal election for April 28, 2025. This decision comes amid escalating trade tensions and sovereignty threats from U.S. President Donald Trump, which have significantly impacted Canada's political landscape. Carney, who succeeded Justin Trudeau as the leader of the Liberal Party and prime minister earlier this month, seeks a strong mandate to address these challenges.

The election will determine the composition of the 343-seat House of Commons, with key political figures including:

Mark Carney: Leader of the Liberal Party and current prime minister, known for his financial expertise as a former central banker.

Pierre Poilievre: Leader of the Conservative Party, a career politician advocating for a "Canada first" approach.

Jagmeet Singh: Leader of the New Democratic Party, focusing on social democratic policies.

Yves-François Blanchet: Leader of the Bloc Québécois, promoting Quebec's interests and sovereignty.

The campaign is expected to centre on Canada's response to U.S. trade actions and threats to national sovereignty, with voters evaluating which leader is best equipped to navigate these complex issues.

letter to the editor

Letters to the Editor: news@stonewallteulontribune.ca

Canada must stand strong

It is heartwarming to see how Canadians from coast to coast are pulling together in the face of threats of tariffs — and even annexation — from the Trump administration. Boycotting U.S.-made products and businesses, particularly those with strong ties to Trump, avoiding travel to the United States and expressing our utter disappointment with his policies are important actions that send a strong message to the bully south of the border.

Electing a prime minister who is able and willing to stand up to Trump is another critical message. Canadians are not interested in becoming the 51st state, and we definitely do not want a prime minister

who subscribes to, or is sympathetic to, Trump's ideology.

However, if all these measures fail and Trump remains determined to annex or otherwise dominate Canada, we as citizens must be ready.

The Second World War provides some important lessons.

When Nazi Germany occupied Western Europe, resistance groups such as the Maquis in France and the Ondergrondse in the Netherlands sprang up to fight against the German occupation. These groups played a significant role in the ultimate defeat of Germany in 1945. In the case of Holland, Canada played a key role in the liberation, and for that, the Dutch are eternally grateful.

At this stage, Canada should begin organizing resistance groups across the country to be ready to take action if — and when — Trump decides to occupy Canada.

I was born in the Netherlands during the Second World War, and I remember vividly the stories, experiences and sacrifices of my parents and grandparents who fought against the German occupation.

I am confident that many in my generation — and scores of younger people — will answer the call to defend our country.

I sincerely hope this letter not only generates interest in something like a "Canadian Defence League" but will in fact lead to the formation of such an organization. We have the Canadian Rangers in the North; we need something like that across the country — now.

Sincerely,

Frederik Veldink, Silver Harbour

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Jars for your enjoyment: Find your jam with BMT Foods

By E Antonio

Brenda Hofer, proud owner of BMT Foods, has been making her family's favourite jam for over a decade.

Hofer started making her own jarred goods because she wanted a fresh, healthy and local alternative to the typical items on store shelves.

BMT Foods, named after herself and her sons Mathew and Tyson, started as a small hobby with an old friend and later turned into a small career for the local maker.

Hofer grew up north of Beausejour but has lived in various communities around Manitoba. She now resides in Morden.

"I love cooking and making my own recipes," explained Hofer, who later added that she is not afraid of making a mess in the kitchen.

BMT Foods specializes in jams and jellies, and Hofer has experimented extensively when creating her fruity concoctions.

"Sometimes the jam won't set. It will be overcooked and it is not good on toast. I have had a lot of failures, but that is how I learn," said Hofer.

Throughout the years, she has discovered the perfect ratio of ingredients, the proper boiling temperatures and adequate reduction times to make her unique jar of jam.

Hofer uses half the sugar of commercial jams, and her spreads also bear a unique texture.

"I like the texture to be just like Cheez Whiz, and I try to work with that. So far it has been very good."

Because her jams use less sugar, Hofer has learned how to properly reduce her jam to avoid crystalizing the mixture. She makes sure the sugar properly dissolves in the fruit before cooling the jam and jarring it.

BMT Foods offers 21 unique flavours of jam from classic strawberry jam to seasonally themed pumpkin spice.



"People always come back year after year to buy a particular jar of jam they love," she said. "Jams, jellies and pickles are all from locally sourced fruit and vegetables."

Hofer only uses the freshest produce in her jams, and she guarantees that the fruit will never be frozen. A lot of her fruit also comes from local farms. This includes her strawberries, which she picks herself, and her raspberries and Saskatoon berries, which she buys from Stonewall farmers.

While jams are BMT Foods' most popular product, the small business started its own Irish chutney. "It has got cucumbers, onions and spices. There is also a lot of turmeric. It has such a unique flavour to it," said Hofer.

BMT Foods also offers jars of pepper jelly, fruity pancake syrups and other pickled vegetables on top of their jams and chutney.

Hofer recommends trying her pepper jelly with cream cheese or sampling her pickled garlic right out of the jar. She added that the garlic might help naturally lower your blood pressure.

"I work in the health field, and we see a lot of people lowering their blood pressure by just eating some garlic."



TRIBUNE PHOTOS BY LANA MEIER

Brenda Hofer of BMT Foods has been making unique flavours of jams for over a decade using fresh, healthy and local ingredients in her jarred goods.

BMT Foods sells her products at select Co-Op Grocery stores, the Big Shop in Glenboro and the Carman and St. Malo Meat Shops.

BMT Foods sells its strawberry, raspberry, saskatoon and newly released marmalade on shelves all year long. Hofer's mild, medium and spicy pepper jelly and Irish chutney are also available.

When grabbing a jar of BMT Foods products, you may notice the name "Jillian" on the label.

Jillian was Hofer's granddaughter who passed away with her mother at a young age.

"When I started the business, Jillian was there in the kitchen with me and her mother Ashley while we were cooking at the St. Andrews Church in Manitou, where I still cook to this day," explained Hofer.

Adding Jillian's name to the label keeps her motivated in the kitchen and reminds her that Jillian is always with her.

Hofer also sells her products at select craft sales and farmers' markets throughout the year, but she has no more sales until next summer.

Hofer's small business is always evolving and she is currently working on preparing her own commercial kitchen. Her goal has always been to own a commercial kitchen that she can cook in at any time, and her dream is soon to become a reality.

Hofer is working on obtaining the proper permits for her newly purchased kitchen just outside of Morden and looks forward to cooking in her own yard.

If you are interested in ordering any BMT Foods products, you can call 1-866-629-1834 and speak directly with Hofer.

"I am always up for a challenge, that is for sure," added Hofer.

BMT Foods has a product everyone will love, so remember to stop by your local Co-Op or meat store try something new while supporting local.

Yes I Can program open for nominations

By Lorne Stelmach

An annual initiative of the Nellie McClung Foundation that aims to inspire confidence and empowerment among girls is again in search of candidates to support.

The Yes I Can program highlights and celebrates achievements and accomplishments in a variety of fields like science, business, politics and more. Nominations are open until April 30.

As one of the 2022 recipients, Divya

Sharma is a testament to the impact it can have on a young woman like herself.

"The Nellie McClung Yes I Can video and leadership series strengthened my belief in the power of women empowering women," she shared. "It opened doors, connected me with inspiring leaders in the community and gave me the confidence to lead on a bigger stage."

"The mentorship, support and connection I received with women from

all walks of life played a major role in shaping my path to becoming the youngest and 100th president of the University of Manitoba students' union."

The Yes I Can leadership awards celebrate five outstanding young women aged 16 to 25 by showcasing their achievements in a video profile series

It provides a platform to share their unique personal and professional stories and celebrate their journey toward becoming future leaders.

Now in its fourth year, the program has featured remarkable women who have excelled in areas including sports, culture, education, arts, science, community, entrepreneurship and other professional environments.

Their compelling narratives, captured on video, have not only celebrated personal success but also inspired countless girls across Manitoba to pursue their dreams with confidence,

Woodlands trims borrowing plan for regional water project

By Jennifer McFee

Woodlands council listened to feedback from its residents and reviewed other options to address the debt for a proposed regional water treatment project.

On March 4, Woodlands council held a public meeting to consider borrowing funds through utility rates to pay for a proposed regional water treatment project.

The RM of Woodlands is working with the Town of Stonewall on the proposed project, which aims to address aging infrastructure while also preparing for future growth in the communities. The total estimated cost of the project is \$33.16 million, with the majority covered by grants. The municipalities would split the remaining costs.

Woodlands' portion amounts to \$4,512,087. Woodlands council considered borrowing \$3.3 million to be repaid over 25 years at a maximum interest rate of 6.25 per cent per year. The remaining \$700,000 would come from the Warren utility surplus and \$560,150 from general reserves.

Some attendees at the March 4 meeting expressed concern related to the proposed funding model and debt repayment.

Now council has agreed to present a change that would use an increased amount from reserves and utility surplus to reduce the borrowing amount to \$2.235 million.

The annual repayment amount would be no more than \$180,000 to be

levied on the water rates of the Warren utility as a debenture surcharge estimated to be \$3.91 per cubic metre based on the estimated average year-ly usage.

Woodlands council will hold a special meeting on April 10 at 6:30 p.m. at Warren Memorial Hall (145 MacDonald Ave. in Warren) to present and receive feedback from property owners who would be impacted.

Council also authorized an application to the Canada Housing Infrastructure fund for the planning and development of a water main from Warren to Woodlands, repair and testing of the existing water supply in Woodlands and expansion of the existing water infrastructure to the unserved areas of the hamlet.

Council acknowledged that the need for municipal water is an economic driver that supports the creation of new homes and businesses in the community. The current water infrastructure is unused and needs significant repairs as well as an extension to unserved parts of the community.

IN OTHER COUNCIL NEWS:

- Council approved a conditional use request to develop a ready-to-move dwelling as a second dwelling on a property on Provincial Road 248. Council also conditionally approved a request to vary the required minimum dwelling size from the required 600 square feet to 342 square feet.

- Council conditionally approved a request to vary the minimum site area from the required 80 acres to 70 acres for an agricultural operation on Road 82N. In addition, council conditionally approved a request to vary the side yard setback from the required 25 feet to two feet five inches for a storage shed and to 13 feet 10 inches for a second storage shed. Council held public hearings for both requests on March 18.

- Council authorized Swift Underground to use roads that are under road restrictions to access four properties located on Atwell Lane, Argyle Street, Edwina Drive and Michael's Lane to install Valley Fibre.

- Council approved a request from the Communities in Bloom committee to plan trees in Lions Park in Warren, which the municipality owns. The RM will have no financial commitment for the tree-planting project. The LUD committee must also approve the request as caretakers of Lions Park.

- Council approved 2025 membership for the RM of Woodlands in the Hudson Bay Route Association for \$300.

- Council received a return of their 2023 contribution to the Ross-er-Woodlands Recreation Commission, and they wanted to ensure the funds were spent on recreation programming so they invited proposals from the community. As a result, the RM will provide funding for recreation programming to Woodlands

and District Wildlife Association for \$4,321 for the On Target — Archery Manitoba mobile program, hunter's education course and fish filleting workshop.

- Council authorized a \$3,000 expense to honour the Woodlands fire department's long-standing members with more than 30 years of service.

- Taxervice Inc. manages property tax arrears recovery for the RM of Woodlands. The RM has appointed vice-president Donna Zinkiew and associate Tyler Burnside tax sale managers.

- Under the Municipal Act, municipalities can dispose of certain municipal records. The RM of Woodlands will destroy by shredding the committee of the whole agendas and resolutions from 2019, 2020 and 2021.

- The RM of Woodlands has imposed 65 per cent spring weight restrictions effective March 13 in the local urban district of Warren except for Hanlan Street, MacDonald Avenue, William Avenue, Coolidge Drive, Railway Avenue, Ed Peltz Drive and King Road, which is the paved portion of Road 77N. These spring weight restrictions are also in place for the Village of Woodlands except for Main Street.

- The RM will enter into an agreement with Muys Construction for the Erinview Hall construction. Council accepted a new quote of \$198,107 plus tax, up from \$194,750 plus tax.

Camp Stepping Stones seeks volunteers and campers for 2025 session

Al-Anon and AA Meetings Information

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

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

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

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

By Annaliese Meier

Camp Stepping Stones will return in person from May 30 to June 1, 2025, and organizers are currently accepting applications for both campers and volunteers.

The camp is designed for children and youth aged seven to 17 who have recently experienced the loss of a parent or someone close to them. It provides a supportive environment where participants can connect with

peers who are also grieving.

"Volunteers are welcome to come for the weekend or for a few hours," said Barb Ramsay, palliative care volunteer co-ordinator. "We are looking for volunteers to come to camp to help the campers with craft activities on Saturday and Sunday morning."

There are a variety of volunteer roles available, including cabin leaders and activity support. Those interested are asked to fill out an application form.

Camper applications are also being accepted.

For more information or to apply, visit <https://www.ierha.ca/programs-services/palliative-care/camp-stepping-stones/>

To get in touch directly, contact Barb Ramsay at bramsay@ierha.ca, 1-855-494-7369 or 204-785-7542.



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Clubroom Events for the Week of March 31
Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is \$667.50
Thursday 4-10 Crib at 7pm sharp!
Friday 4-close Meat Draw at 6:30
Saturday 2-close Darts at 7
General Meeting Tuesday April 8 at 8:00 pm
in the Clubroom
All are welcome - Support your local legion!

A lifelong bond forged in a one-room schoolhouse

Submitted by Freida Jorheim and Anne Masniuk

The year was 1946, the place was Rondeau School, when Anne Skrabek Masniuk and Freida Kunzelman Jorheim first met.

Anne was a young girl, out on her first experience of teaching in a one-room country school. Freida was a student taking Grade 9 by a correspondence course with Anne's guidance and help, often helping her and Roy and Joan Plumtre at recess and noon hour.

Anne was a great inspiration, and in the 1950s Freida came back to teach at the same school. After a year of teaching at Rondeau, Anne achieved her bachelor of arts at the University of Manitoba in 1970 and bachelor of education at the University of Winnipeg in 1995.

She had 30 years in education in St. James-Assiniboia school division and 15 years in school administration, retiring in 1985 while at Athlone School.

Freida got married after teaching in one-room country schools for five years, and they raised a family of three children. Also during this time, she did much substitute teaching in Inwood School. She started teaching children with learning disabilities in 1980, at Teulon Day Care Centre and throughout the Interlake, a job she enjoyed for 32 years. She retired in 2012.

Anne and Freida (teacher and student) after 79 years still enjoy their visits and memories, and have returned to the same school on many occasions. During hospital stays, they have been on the phone supporting each other.

They share memories of a usual school day in the 1940s. It began with a long walk to school of a mile or more for the students and teacher carrying a school bag containing lunch and books. They came from their farm homes in different directions, with some families coming to school as far as six miles.

The walk was not always pleasant, as there were swarms of mosquitoes in the spring. The trip improved as the roads dried up and they could ride bicycles. Winter was the hardest with the cold temperatures and wind, and everyone came with frost on their scarves.

A few students came in horse-drawn sleds or cutters and put their horse in the school barn for the day. The barn became a good building to play "Anti I Over" in the summer, a popular schoolyard game.

The school was not heated at night; therefore, the classroom was very cold in the morning. The heat coming from a big wood-burning heater at the back of the room was not enough to warm up cold toes, so in the morning the teacher had the children



PHOTO SUBMITTED

Freida Jorheim, left, and Anna Masniuk's friendship that began in a country school is still going strong after 79 years.

move their desks closer around the heater.

Teachers were not allowed to wear slacks to school, so they would change from ski pants to a skirt, which they had hanging in the lunch room.

Students had the responsibility of taking care of their school. Monitors were assigned by the teacher and written on the chalkboard. Monitors were changed each week and every student had a turn. The jobs assigned were to raise the flag in the morning and take it down after school; carry in water from the pump, which had to be hand-pumped out of the well; wash the chalk board; clean the chalk brushes; sweep the floor; and carry in wood from the woodpile. In addition to students taking care of the school, parents and teacher would sometimes get together and hand-scrub the wooden floor on weekends.

Teachers worked closely with families and sometimes spent a weekend with different families.

The chalkboard was a wonderful tool for teaching reading, writing and arithmetic and also many songs from grades 1 to 8. Printing and writing skills were practised daily for all grades. The teacher and older students, using a stencil, always put a nice border along the top of the chalkboard to make the classroom cheerful and it was changed with each season.

Recess was a time for exercise and sports. Baseball was a favourite in the summer and everyone enjoyed a game called Prisoner's Base in the winter. The snow was packed hard from all the running in this game and all the students took part with the older students helping the younger ones.

They also recall the school dances held three times a year. Admission was 25 cents and everyone from toddlers to grandparents danced. The music was supplied by local people, two at each dance. The instruments consisted of a violin, guitar or accordion. A big boiler of coffee simmered away on the old cookstove in the back porch and would be ready at midnight for lunch, and now the Coleman lanterns, which were hanging from the ceiling, were getting rather dim and had to be taken down and pumped up.

Everyone also looked forward to the annual picnic and dance at the end of June. The farmers had cattle so when the picnic was over, they had to go home and milk the cows and come back to the dance. The ladies' hair would sometimes get wet if it rained and go straight, so they would heat their curling iron on the wood stove and curl it again before returning to the dance.

The money raised at the fall dance was sent to the T. Eaton store in Winnipeg, with all the students' names and ages, and Eaton's sent each child a wrapped gift. Santa would hand them out to the children at the Christmas concert with a bag of candy and nuts. The contents of the gifts were a surprise for everyone. The concerts were very magical with each little child doing their very best and every child had a part. The feeling of excitement in a one-room country school, decorated with homemade decorations, can never ever be recaptured, with a huge Christmas tree standing in the corner of the small classroom.

Teaching in a one-room country school was a wonderfully challenging experience, where you were the teacher, principal, nurse and supervisor in behaviour guidance. Teacher's aides were unheard of at that time so the teacher was alone with their class. Grades were grouped together to make this type of teaching possible — Grades 1 and 2, 3 and 4, 5 and 6, 7 and 8. There were no phones or cars, so no communication until the 1950s.

Anne and Freida feel fortunate to have had all these years of friendship. Time has provided them with the opportunity to follow the progress of many of their students over the years, who have all become wonderful productive citizens.

Thanks to Judy Masniuk Kitching, Anne's niece, who has provided transportation for them to meet for lunch in the past in Anne's home in Winnipeg and Freida's home in Inwood, and now Teulon. Their last visit was last summer at Anne's home, where they had their picture taken together.

> YES I CAN, FROM PG. 7

said Myrna Driedger, founder of the Nellie McClung Foundation and Yes I Can program.

"Programs like Yes I Can are essential in helping girls confidently navigate the challenges of their teen years," said Driedger, who emphasized the transformative impact of the program. "By showcasing these stories, we empower girls and young women to embrace their potential and confidently become leaders at any age."

Ibukun Okunnu, who is a spokesperson for the program, said being part of it has given her an incredible opportunity not only to inspire young women and girls but also to be inspired

by them.

"Year after year, I am in awe of the remarkable young women in Manitoba who are quietly paving the way for themselves and others," she said.

"I have grown in ways I never imagined — learning to be confident, to turn my ideas into action and to embrace the power of saying Yes I Can. This mindset has made me bolder, more daring and more confident, and I hope that through this program, even more young women and girls will feel empowered to embrace their own potential"

For more information and to submit nomi-

nations, head online to www.nelliemcclungfoundation.com/nomination-form.

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Host a musician as part of the Home Routes tour

By Emily Antonio

Welcome a musician into your home or community as a volunteer host for the Canada-wide Home Routes concert tours.

Home Routes is a non-profit organization that connects rising folk artists from around the world with rural communities through a shared passion for music. During each Home Routes tour, artists perform in various rural communities across Canada, with each show hosted by a local community member.

"It is about enriching your life with culture and sharing it with your community," said Leonard Podolak, Home Routes executive director.

Home Routes is currently seeking Manitobans to host a tour for the upcoming season starting in September. The last full tour in Manitoba took place in 2019 before being interrupted by the pandemic.

As a host, you will welcome six different artists into your home or community, providing them with a performance venue, overnight accommodations and breakfast. The venue can be your home or a communal space such as a church or arena, as long as it can accommodate at least 30 audience members.

"You are contributing to the development of an artist's career," said Podolak. "It is an amazing opportunity to get together and share and uncover Canadian culture."

Shows are scheduled once a month



TRIBUNE PHOTO SUBMITTED

Home Routes tour is looking for hosts for the upcoming season starting in September to welcome six different artists into your home or community.

in September, October, November, March, April and May, featuring different performers each time. As a host, you will need to promote the concert in your community by creating posters and engaging the public. You will also be responsible for selling concert tickets and presenting the ticket proceeds to the artists.

Previous hosts from across the country have expressed the benefits of participating in the tour.

"We have had the privilege of meet-

ing interesting and highly skilled musicians through Home Routes. Learning about how these musicians live and make a living is humbling. The beauty of music pulls us together as Canadians and as lovers of music across the globe," said a host from Baldur.

Podolak encourages you to collaborate with others in the community if you wish to host only one artist. As long as a concert stop can be maintained, multiple hosts are welcome to

participate.

"It is an exciting experience being a host because you are meeting somebody who has travelled around the world. So take this opportunity to get involved and shape the face of a musician's career."

Applying to become a host is simple — just fill out a form online at www.homeroutes.ca, and a member of the Home Routes team will contact you.

Rosser council moves forward with pathway extension

Rosser council news in brief

By Jennifer McFee

A local pathway project continues to proceed one step at a time.

Rosser council approved a \$21,380 estimate from Tuff Contracting Ltd. for the Phase 2 extension of the Grosse Isle walking path.

Grosse Isle Recreation Centre received a grant to continue the pathway that was installed two years ago.

The RM is contributing matching funds to build the pathway from the school to the rec centre's grounds.

In other council news:

- The RM is hosting an information session with the Redboine Watershed District to discuss their funding opportunities available, which include rotational grazing,

cover cropping, nitrogen management, soil health, water management, erosion control, water retention, tree planting/ shelterbelts and much more. It is being held Tuesday, April 8 at 7 p.m. at the South Interlake Rockwood Ag Society's Red Barn. The goal is to have landowners see if there are any funding opportunities that may benefit them.

- Council accepted a quote from B&B Landscape and Cartage Inc. for hauling and spreading Class A quarried limestone for 2025 at a cost of \$5.48 per tonne plus tax. Lilyfield Quarries is providing the Class A quarried limestone for \$15.50 plus tax.

- Council approved a request from Rogers Communications Canada to extend fibre to a property on Wheatfield Road. The contractors working on the project will need to return the slope and grade of all mu-

nicipal rights of way to the original condition or better. In addition, they will need to repair any other damage caused by the installation.

- Council is authorized to attend the 2025 Sustainable Energy Conference on April 9 in Steinbach. Expenses will be paid.

- Council is also authorized to attend the Association of Manitoba Municipalities' education workshop entitled "Turning Tension into Teamwork: Conflict Resolution for Councils" on April 14 at the RBC Convention Centre in Winnipeg. In addition, council and the CAO are authorized to attend the Association of Manitoba Municipalities' spring convention in Winnipeg on April 15 and 16.

- Council approved a donation of \$200 of gift cards to the Stony on Ice skating competition hosted by the Stony Mountain Skating Club on March 28 to 30.

- Council authorized supporting the Rosser Elementary School's spring Glenlea plant fundraiser by buying two 16-inch pots and two 11-inch post of fall mums to be delivered after Labour Day at a cost of \$153.48 plus tax. The flowers will be on display at the RM office. The expense will be budgeted for in the 2025 financial plan.

- The RM of Rosser is now accepting dust control applications until May 23. The application form is available on the RM of Rosser website at www.rmofrosser.com under "Local Notices."

- The RM of Rosser will host a public hearing to present the 2025 financial plan on April 17 at 6 p.m. at the municipal office.

Hooked on Learning: Reel fun in the great outdoors



TRIBUNE PHOTOS SUBMITTED
Grade 7 and 8 students from Stony Mountain School spent a day ice fishing in Lockport on March 5 as part of their life skills course. The outing offered a mix of sunshine, hands-on learning and fun. Students learned basic fishing techniques and the value of patience — and got to experience the thrill of reeling in a catch.



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(Estimated amounts at time of publication)

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7pm RM of Armstrong
2025 Budget meeting

Sunday April 13, 2025

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Friday April 18, 2025
Annual Easter Bingo
Doors open at 5pm,
Bingo starts at 7:15pm

Saturday April 26, 2025

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Special performance by:

McConnell Irish Dancers

Music by Cracked Eggshells

Doors open 5pm, Supper 6pm

Tickets \$40.

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For more information go to
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Facebook or call 204-643-5302

Tall grass prairie being considered for new fire hall site



TRIBUNE FILE PHOTOS BY LANA MEIER

Ruby Roe Tall Grass Prairie is home to more than 60 species of native Manitoba wildflowers, grasses and shrubs, and spans approximately two acres just west of the Stonewall and District Health Centre on Third Avenue. Right photo, prairie ecologist John Morgan speaks at the annual Ruby Roe Day in June.

By Jennifer McFee

The Town of Stonewall is mulling over potential sites for a new fire hall, including a local original tall grass prairie habitat.

CAO Wally Melnyk said discussions have been underway for a couple years already, and they're hoping to finalize the site selection within the next year or so.

"When the current fire hall was expanded nearly a decade ago, it was intended to be an interim solution. We are now working on what comes next, understanding that actual implementation and construction of a new facility is still years away," Melnyk said.

"The current fire hall was built nearly 40 years ago and it is our hope that a new fire hall will have the same useful life. As such, it will be a significant investment that needs to be well planned. While work is being done now on site selection and other planning, actual implementation and construction of a new facility is still years away."

Melnyk said there are no cost estimates because plans haven't been developed yet. Currently, the Town of Stonewall and RM of Rockwood share costs for the Stonewall Rockwood Fire Department on a 50/50 basis. Both municipalities are involved in the new fire hall project.

Other potential sites are also under consideration, but information about those sites isn't available at this time.

Ruby Roe Tall Grass Prairie spans about two acres just west of the Stonewall and District Health Centre on Third Avenue. Interlake-Eastern Regional Health Authority owns the 13.42-acre property that surrounds the hospital and includes the two-

acre tall grass prairie.

The area is home to more than 60 species of native Manitoba wildflowers, grasses and shrubs. In addition, the tall grass prairie provides habitat to various types of butterflies, songbirds and other wildlife.

The local tall grass prairie is named after Ruby W. Roe (nee Kolstad), who died at the age of 82 in Stonewall in 2009. She made her mark as a teacher and as a community volunteer. Particularly noteworthy, she helped to initiate REACT (Rockwood Environmental Action Community Taskforce) in 1991. The organization launched numerous environmental initiatives, including recycling and preserving the patch of tall grass prairie in town.

In 2008, the town named the piece of land the Ruby Roe Tall Grass Prairie in her honour.

Prairie ecologist John Morgan said it's one of the few tall grass prairies that remain in southern Manitoba, and it's also one of very few tall grass prairies in an urban area.

"Manitoba has less than one per cent of the original tall grass prairies making it the most critically endangered ecosystem in North America. It once covered over six million acres in Manitoba. Even small remnants like the Ruby Roe Prairie are important. It has more than 60 species of native prairie plants and the wildlife that depends upon it. Many of these plants also are important as food for wildlife and crop pollinators," he said.

"This prairie is part of the northern limit of many native prairie wildflowers and grasses in North America. Further south, Manitoba's tall grass prairie is contiguous through the U.S. midwest all the way to Gulf of Mexico. The American tall grass prairie too

has lost over 99 per cent of its original range in only 100 years."

Tall grass prairie is the lushest, richest and most productive native grassland on the continent, he added. It fixes more than four tons of carbon per acre per year out of the atmosphere. This builds deep, rich black soil that ties up large amounts of carbon, helping reduce global warming. It also helps to absorb rainwater, replenishing groundwater aquifers and reducing flooding.

Morgan added that the Ruby Roe Tall Grass Prairie was set aside in the late 1980s in a far-sighted initiative by the Interlake-Eastern Regional Health Authority and the Town of Stonewall —as well as environmentally minded people like Ruby Roe and organizations like REACT.

"They realized its importance to our community and our future. It is an important feature of Stonewall and Manitoba's history. It is on par with Quarry Park, the limestone kilns and the many remaining beautiful and heritage downtown buildings," he said.

"In the early 1980s, the Ruby Roe Prairie was about 160 acres in size. With a new hospital, seniors' centre and other development on the western edge of town, the prairie was whittled down to two acres, or less than two per cent of its original size."

The Ruby Roe tall grass prairie also is an important educational natural classroom site for students, adults and visitors, he added.

"Many people have told me that a walk on the prairie reduces stress, inspires them and increases awareness of nature. In an urban setting, these

Crow and magpie shoot on April 12 to tackle agricultural pests

By E Antonio

The Woodlands and District Wildlife Association (WDWA) is inviting residents to take part in its annual

Crow and Magpie Shoot, aimed at controlling populations of birds considered harmful to local agriculture.

The event will be held April 12, with

teams of two spending the day hunting crows and magpies for points in a friendly competition. Registration takes place the evening before, on April 11 at 7 p.m. at the WDWA Club-

house located at 11086 Road 82N, just east of Highway 248.

"This is a long-time event that's

Continued on page 20



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Crow & Magpie Shoot SATURDAY, APRIL 12TH, 2025

ONE DAY ONLY, FOLLOWED BY A BBQ AT 7PM SATURDAY EVENING COURTESY OF THE CLUB.

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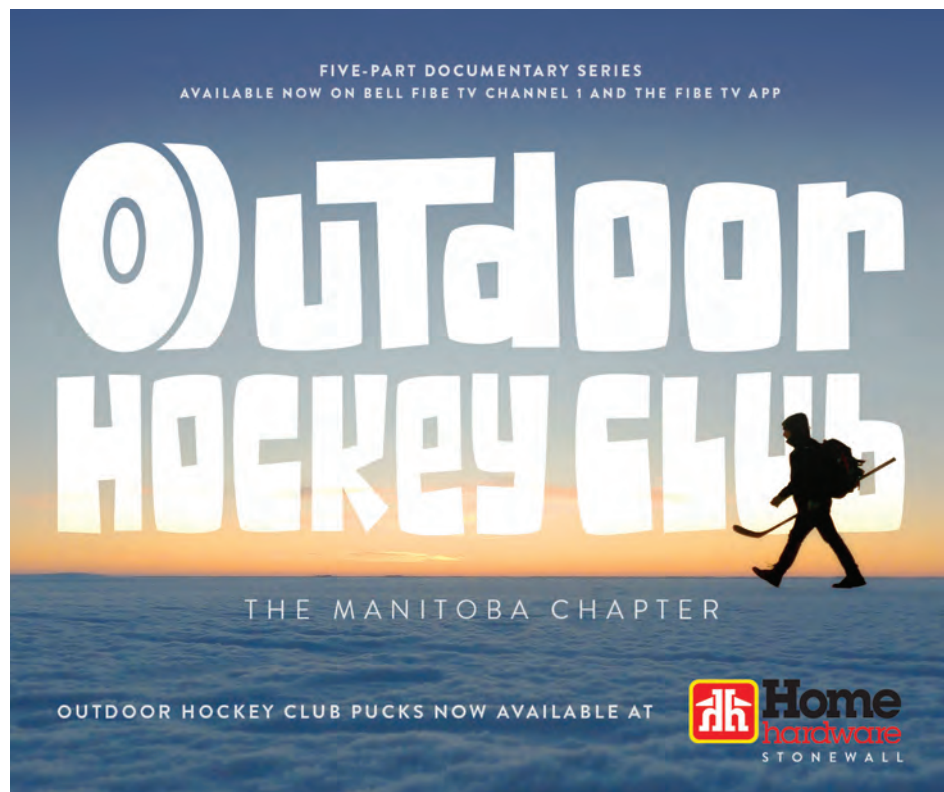
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PHOTO SUBMITTED

The Woodlands and District Wildlife Association will host its annual Crow and Magpie Shoot on April 12. Teams of two will compete to harvest the most birds, with cash prizes awarded to the top-scoring teams.



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Tax laws change constantly, and while your tax software might offer guidance, it won't be able to explain the intricacies of your unique situation. Did you get a side gig this year? Maybe you've got an investment portfolio that's grown more complicated than your love life? Whatever the case, a tax professional will find the deductions and credits that could save you money and sanity.

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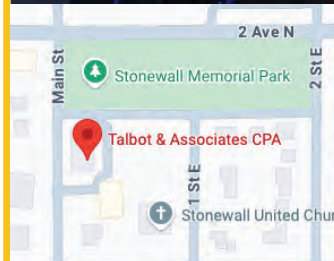
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Local cheerleaders capture first at Western Canadian competition

By E Antonio

Two cheerleaders from the Inter-lake region helped lead their team to a first-place finish at one of Western Canada's largest cheerleading competitions.

Lilly Jones, 16, of Warren and Arianna Manness, 15, of Stonewall were part of the Supreme Katz team that took top honours in their division at the Warman Cheer Classic, held March 7 to 9 in Warman, Sask. The event, known as Cheerleading Westerns, brought together more than 3,500 athletes from Manitoba, Saskatchewan and Alberta.

Jones and Manness compete with Supreme Katz, a Level 1 All-Star team representing Central Cheer, a Winnipeg-based cheerleading club.

"The competition made me nervous, but it was such a great feeling when we all performed our best up on the stage," said Jones, who has been cheerleading since the age of seven.

She said the sport often surprises people unfamiliar with competitive cheer.

"Our cheerleading is a lot different than what you see in the *Bring It On* movies," she said. "We do a combination of tumbling, stunting and dancing — all in a two-and-a-half-minute routine."

The team trains more than seven hours each week and is proud of the teamwork and dedication required to compete. Unlike many other sports, they emphasize, cheerleading is about collaboration, not competition between teammates.

At Warman, the Supreme Katz performed their routine twice, earning



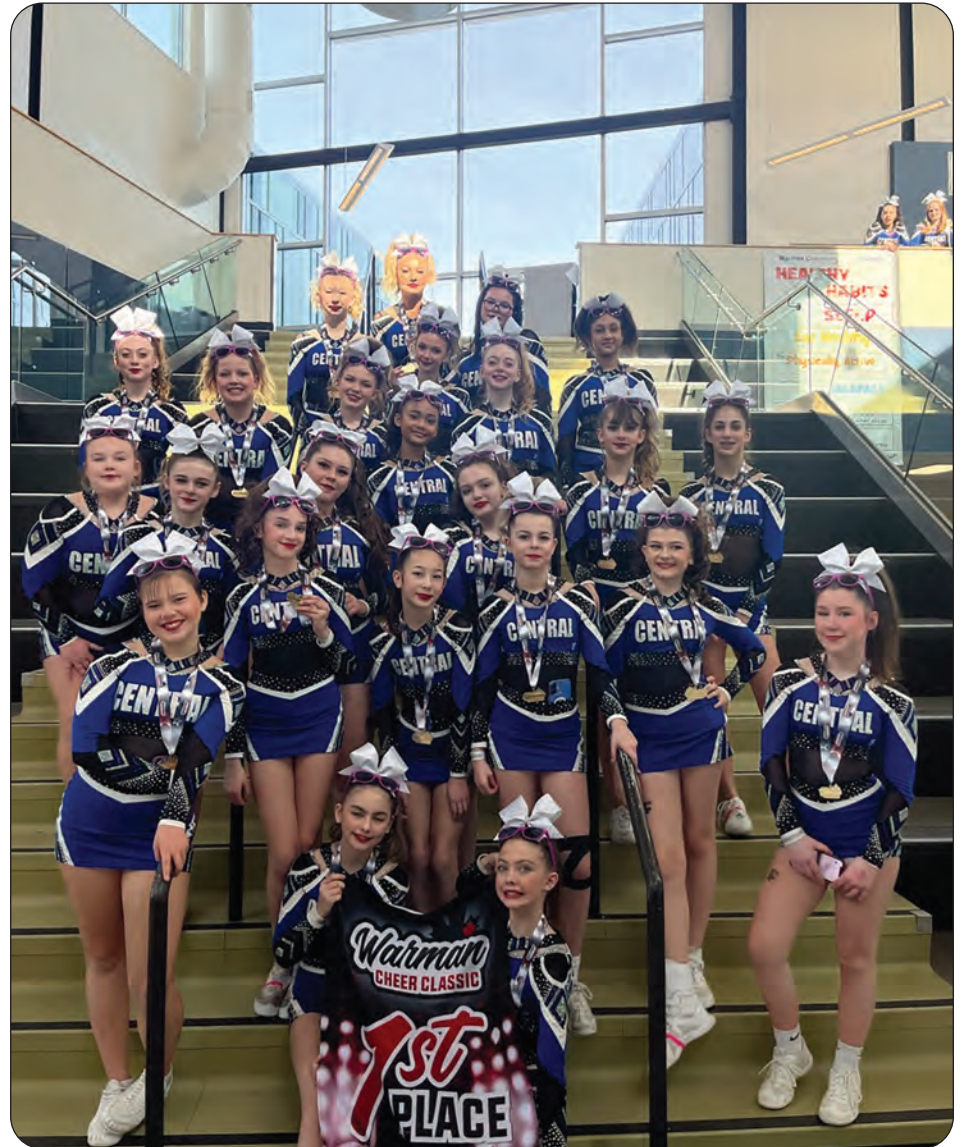
Arianna Manness holds the first-place banner awarded to her cheer team, Supreme Katz, at the Warman Cheer Classic.

zero deductions on both days — a rare achievement that earned them the top spot in their division.

"I think when we got up on the stage with the bright lights, it felt so real," said Manness. "Being on the mat just makes me so happy, and I'm glad with how everything went."

While the focus was on competition, the athletes also enjoyed travelling with their team and cheering on their friends. Four Central Cheer teams competed at the event, but only the Supreme Katz returned with a first-place banner.

The team's final competition of the season is set for April 13 at the RBC Convention Centre in Winnipeg, where they'll compete at the Cheer



TRIBUNE PHOTOS SUBMITTED

Lilly Jones and Arianna Manness of the Supreme Katz Cheerleading group recently won first place at the Warman Cheer Classic in Warman, Sask., from March 7 to 9. Manitoba Provincial Championships.

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Intergenerational gesture honours family's Ukrainian roots

By Jennifer McFee

A duo of dancing sisters honoured their family's Ukrainian heritage while also paying tribute to the memory of their much-loved Baba.

Alexa and Ella Loehmer have been Ukrainian dancing since they were three years old. Now Alexa is 14 and Ella is 16, and they dance with Junior Rusalka and Tsvit dance ensembles in Winnipeg.

They recently competed in the 12th Annual Manitoba Ukrainian Dance Festival in Winnipeg, which is organized by Troyanda Ukrainian Dance Ensemble. More than 300 dancers from Manitoba and Saskatchewan participated.

In years past, their mom, Darci, danced with the Teulon Veselka dancers and Orlan in Winnipeg. She enjoyed ample opportunities to travel, including to Ukraine with her sister Dana in 1992, right after Ukraine's independence.

"The girls' Gigi (grandfather) is of Ukrainian decent and our culture has always been important to us," Darci said. "My grandparents immigrated to Canada, settling like many other families in the Polson area, raising a family of 23 children."

In 1988, Darci and Dana's mom, Diane Dziedzic, took them to a Ukrainian dance camp in Edmonton. While there, Diane learned how to sew the traditional Hutzel vest worn during the dance of the same name.

"Ukraine is the largest country in Europe with 24 regions. The Hutzel region is in the Carpathia mountains, so the clothing is layered, and



Ella Loehmer, left, and Alexa Loehmer, both dance with Junior Rusalka and Tsvit dance ensembles.

footwork has high jumps," Darci explained.

"It took my mom a year to complete all the handwork. Unfortunately, Dana and I never had the opportunity to perform in it."

However, the beautiful vest has now graced the stage with the family's next generation of dancers.

"My mom passed away three years ago. Alexa asked to perform in the vest this year. It was a powerful performance; she was 12 years old when she lost her Baba and the war in Ukraine began," Darci said.

"She danced to celebrate both her Baba's memory and to celebrate our culture and those that are fighting



TRIBUNE PHOTOS SUBMITTED

Darci Loehmer, left, Alexa, middle, and Dana Stewart, show off the traditional Hutzel vest sewn by Diane Dziedzic.

for Ukrainian's continued independence."

To top off the meaningful moment, Alexa took home a gold medal for efforts.

"It is hard to describe how emotional it was to watch this performance," said Darci with pride for her dancing daughters.

"It wasn't about the score but what dance represents — that the people of Ukraine are supported by Canadians and not forgotten."

At the same time, the memory of the girls' Baba shines on through the family's shared heritage and their treasured Hutzel vest.

> GRASS, FROM PG. 12

intangibles often are difficult to come by. It is one of the features that makes Stonewall such an attractive place to call home. Preserving it makes good ecological and esthetic sense, and promotes wellness," Morgan said.

"Once gone, it will never return on this site. The loss would add to the continued severe decline of the tall grass prairie and its wildlife here in Manitoba and across North America."

Jenn Dyson, a terrestrial restoration specialist with the Native Plant Solutions division of Ducks Unlimited Canada, also emphasized the importance of the tall grass prairie.

"The prairie also provides valuable ecosystem services via characteristics like the very deep root system and the high biodiversity,"

she said, pointing to carbon sequestration as one example.

"Prairie soils store large amounts of carbon, particularly in the deep root system, which helps to mitigate climate change by reducing atmospheric carbon dioxide levels by keeping the carbon in the soil."

Another example is the tall grass prairie's ability to filter and retain water, while also controlling erosion.

"Prairie root systems provide improved soil structure, which allows for better water infiltration, reducing runoff and filtering of pollution and nutrient runoff," Dyson said.

"Deep-rooted native prairie grasses and wildflowers stabilize soil, preventing erosion from wind and water."

Dyson also pointed out that the

prairie is a pollinator habitat as well as a biodiversity hotspot.

"Prairies support diverse pollinator habitat, including habitat for native bees and butterflies, which are essential for maintaining biodiversity and agricultural productivity," she said.

"Prairie remnants can serve as refuges or stop over areas for rare species, maintaining ecological integrity."

Dyson and Morgan believe the Ruby Roe Tall Grass Prairie is a valuable asset to the Town of Stonewall and the Province of Manitoba that should be pre-

served for the future.

REACT shares the same opinion and is preparing a management plan for the tall grass prairie. The organization is in the process of forming a subcommittee to focus specifically on activities that involve the tall grass site.

If anyone is interested in knowing more about the prairie, the subcommittee or the draft management plan, they can contact REACT chair Heather McDermid at heathermcdermid@gmail.com or John Morgan at prairiehabitats@gmail.com.

To see more photos of your favourite Interlake Athletes

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Pauls helps Bobcats make history with national title

By Kieran Reimer

The Brandon Bobcats were never supposed to win it all. Not as the eighth seed. Not against the top teams in the country. But led by outside hitter Liam Pauls, the host team pulled off a stunning Cinderella run to capture their first-ever U Sports men's volleyball national championship.

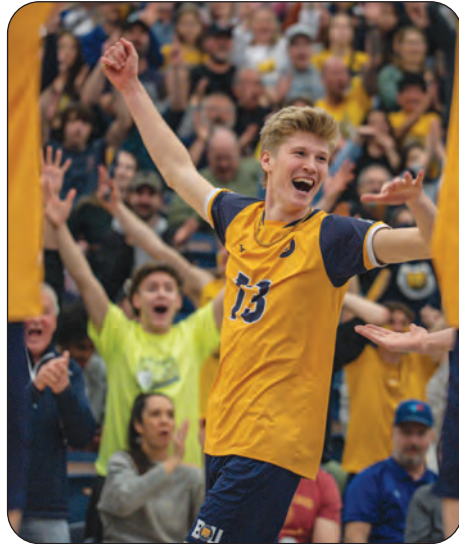
"Winning was everything to us," said Pauls, 20, following the victory. "We weren't just here to compete — we came to win."

The Bobcats knew that though they were the eighth seed, they had a group capable of beating any team in the country.

And Pauls and the Bobcats made good on their opportunity.

"We were definitely viewed as an underdog," Pauls said, "but we knew we could beat all those teams. We had just an unreal amount of faith and trust in one other. That's been our motto since the start of the year — belief because at the start of the year a lot of people didn't think we were going to win Nationals or even make it out of the quarterfinals so whatever it says on paper doesn't tell the full story."

The Bobcats' improbable journey began at home during the 2025 U Sports Men's Volleyball Championship, held March 21 to 23 at the Healthy Living Centre in Brandon. Their opening match — a showdown with the top-ranked Winnipeg Wesmen — the very team Pauls' father once helped lead



to back-to-back national titles in the 1980s.

Brandon stunned their provincial rivals in straight sets (25-19, 25-19, 25-22), sending shockwaves through the tournament and igniting belief that the underdogs might just be for real.

After that came a gritty semi-final comeback against No. 5 Saskatchewan. Down two sets, the Bobcats clawed back to win the next three, sealing the match 3-2 (21-25, 20-25, 25-23, 25-15, 15-10) and punching their ticket to the final.

Their opponents: the defending national champions and No. 2-ranked Alberta Golden Bears.

After splitting the first two sets, Brandon surged ahead, taking the third in extra points and dominating the fourth to win the title (25-20, 22-25, 28-26, 25-17) in front of a raucous



TRIBUNE PHOTO BY AIDAN FROESE PHOTOGRAPHY

Championship All-Star Liam Pauls goes high for a kill at the men's national volleyball championships. The Bobcats stunned top-ranked opponents en route to their first-ever U Sports crown.

home crowd.

The moment was years in the making for Pauls, a native of Balmoral, who joined the Bobcats in 2022 after standout performances with the Junior Bisons and Collège Stonewall Collegiate. His father, Henry Pauls, won national titles with Winnipeg in 1986 and 1987 — and Liam had long dreamt of following in his footsteps.

"It's a feeling you'll never forget for the rest of your life," said the elder Pauls. "He's won a championship with a club team before but not at the university level — and to do it in Brandon, where the whole city is behind them, it's something really special. Kudos to Brandon."

For Henry, watching his son lift the trophy was as emotional as it was unforgettable.

"It was just euphoria," he said. "The fans were crazy the whole weekend, and we were right in there with them — loud and proud. I think we had a little something to do with them doing well. The fans helped carry them."

Pauls said he knew Brandon was hosting when he committed.

"That opportunity to win it all at home was in the back of my mind from Day 1," he said.

After Brandon failed to qualify for nationals in his first two seasons, the 2024-25 season brought a sure fire chance to play in the tournament at the end of the season.

Pauls made the most of it. He led the Bobcats with 12 kills in the final and



From one champion to another — Liam Pauls, right, shares a post-game moment with his father, Henry, after helping the Bobcats capture the national title on home court in Brandon.

was named to the Championship All-Star Team alongside teammate Phillip Lauter, who earned tournament MVP honours. Brandon's J.J. Love and Alberta's Isaac Heslinga were named Mikasa Players of the Game.

Pauls also had a breakout 2024-25 campaign, setting career highs across multiple statistical categories and earning Canada West Player of the Week on Nov. 12. But for him, it's nev-



A moment to remember — Balmoral's Liam Pauls celebrates a national title with a packed home crowd behind him.

Continued on page 17

Balmoral Judo Club hosts largest tournament to date

By Jo-Anne Procter

The Balmoral Judo Club rolled out the mats for its largest tournament to date on March 29, welcoming 144 athletes from across Manitoba and north-western Ontario to Collège Stonewall Collegiate for a day of competition and camaraderie.

Competitors of all ages demonstrated their skills in a friendly yet competitive environment, with each match highlighting the dedication and discipline the sport fosters.

As the judo season nears its end in early May, the Balmoral club has two remaining events — one in Portage la Prairie on April 19, followed by a tournament hosted by the Nakamura Judo Club in Winnipeg on May 3.

Balmoral's coaches expressed pride in the performance of their athletes and their continued commitment to training and growth.

Balmoral Judo Club results:

- Raeghan Wakeham – gold, U12 female group 5
- Lily McDonald – bronze, U12 female group 5

- Kady McDonald – silver, U14 female -48 kg
- Artem Puha – silver, U14 male -55 kg
- Avery Wakeham – silver, U14 male -50 kg; gold, U16 male -50 kg
- Allison Mushaluk – silver, U16 female +70 kg
- Rhiannon James – silver, U16 female -57 kg
- Greg Panchuk – silver, U16 male +73 kg
- Cai James – gold, U18 male +90 kg; bronze, senior male advanced +100 kg
- Chase Wakeham – gold, senior male novice -81 kg; silver, male veteran open weight
- Marc James – silver, senior male novice +100 kg; gold, male veteran open weight

In the U10 participation category, Balmoral was represented by Henry Schedler, Jax Coverdale, Greyson Ritchie, Austin MacDonald, Ryker Rutledge, Henry Perron, Leo Paton, Blake Lecocq-Gareau, Gabriel Roosaert, Katie Schlamp and Phoenix Wakeham.



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Balmoral's Raeghan Wakeham, left, competes against teammate Lily McDonald in the U12 female group 5.



In the U10 category judokas work on skills. Balmoral's Henry Perron pins teammate Leo Paton.



Balmoral's Greyson Ritchie, left, and teammate Jax Coverdale compete in the U10 category.



In the Male Veteran Open Weight category Balmoral's Marc James, right, won gold and Chase Wakeham won silver.

> VOLLEYBALL, FROM PG. 16

er been about personal accolades. "Just getting better each time I touch the volleyball. That's my whole goal is, I'm not really too fixated on individual awards and stuff but just getting better. I just have fun doing that, playing volleyball and just trying to be the best I can be. When that stuff comes along it's nice, but just working hard in practice, we've got great coaches here in Brandon and a lot of good teammates that can help me out so I'd say it's a combination of those." Now a national champion, Pauls still

has two years of eligibility remaining. If this season proved anything, it's that he and the Bobcats won't be overlooked again. But before Pauls gets ready to go for a repeat next season, he will hope to represent his country in volleyball on the national stage. In May, Pauls will tryout for Volleyball Canada's Next Gen Program in Gatineau, Que. If selected, Pauls will represent Canada at the XVIII Pan-American Cup this summer in Mexico.

Correction

By Kieran Reimer

In the article "Wildcats reach the promised land one year after heartbreak" published in last week's edition of the *Stonewall Teulon Tribune*, we had an error in the Game Stars.

Colby Darragh was Warren's leading scorer at provincials, averaging 27 points per game and

was named Tournament MVP and quarterfinal Game Star.

Avery Langrell was the semi-final Game Star, while Mia Cassils was the Game Star in the finals.

Cassils and Lauren Voth were both named Tournament All-Stars.

The *Tribune* apologizes for the error.

Zak's perseverance pays off in breakthrough season

By Jeremiah Knight

How can someone with so much experience have yet to feel some of the most thrilling moments in university hockey?

It's the reality Bianca Zak faced at the beginning of this season with St. Francis Xavier — her sixth in U Sports women's hockey.

The Stonewall-born goaltender spent the first five years of her collegiate career with the Mount Allison Mounties in New Brunswick, none of which yielded a playoff berth in the Atlantic University Sport conference, despite Zak doing her part to keep the team competitive.

The Mounties triumphed in just 13 games during those five years, while Zak — who red-shirted her first year (2018–19) and missed the 2020–21 season due to the COVID-19 pandemic — was named team MVP in each of her three full seasons as the starter.

It was like a Lamborghini that never left the driveway.

"I really struggled with wanting to continue playing hockey when I went to Mount A," said Zak, who joined the Mounties after starring for the Balmoral Hall Blazers in Winnipeg.

There were other factors that contributed to her rocky start. The coach who recruited her, Terry Rhindress, was fired after her first year as starter. His next two replacements were also let go after short stints, creating an unmanageable amount of instability and an unpleasant experience for players.

"I think that was something that was completely lacking and ruined that experience for me — especially coming in at 18 years old," said Zak. "Looking back now, I wish I knew what I know now, but I was not really prepared to handle any more instability than already came with moving away from home for the first time ever. So I really, really struggled, especially in my first year there."

The 25-year-old found solid ground when she arrived at St. Francis Xavier in Nova Scotia. The X-Women went 18–10 overall and qualified for the playoffs — a first for Zak — en route to winning the program's 12th AUS title. They also qualified for the U Sports women's hockey championship in

Elmira, Ont., another milestone for the Manitoban.

In many ways, this season meant more to Zak than it did to the program.

"Being able to have this opportunity to play for a coach and a group of girls that have the ability to go this far is a super big deal for me, and I'm really happy that I was able to be part of the team when we won the AUS," said Zak, who was in high spirits despite the X-Women coming up short at nationals.

The X-Women lost 5–2 to the Concordia Stingers in the quarterfinals and were later eliminated from the tournament after being blanked 3–0 by the Alberta Pandas.

"Some people wonder, 'Why are you still playing hockey?' because I am older than a lot of the girls in the league now, being a 2000-born. I think it's that I've never really had that university student-athlete experience," Zak said.

"I went from prep and then took another step up to university hockey, to the program I committed to, whereas now I feel like this is everything I wanted. Looking back to high school me — this is university hockey, which I'm really grateful for. I just stopped doubting myself and took the chance to see what would happen if I played another year."

Zak was outstanding in her first season with the X-Women, posting a 1.35 goals-against average (sixth-best in the country) and a .943 save percentage (eighth-best), while going 11–5 in her starts. She split time with other goaltenders early on, but as the games grew more important, it became her crease in the second half of the campaign.

X-Women head coach Ben Berthiaume had coached against Zak several times as a conference rival during her time at Mount Allison and respected her performance on a struggling team. What was perhaps even more impressive was that Zak consistently found ways to stand out despite being just five-foot-four.

"Her technical ability and the way she plays when she's in the net — if you were to tell someone she's only five-four, they'd be like, 'What? Really?' Because she doesn't look that small in the net, I don't find," Berthiaume said. "Her movement and positioning are very good, and I think for a smaller goalie she's able to get away with even some of the things that maybe bigger goalies don't."

"For us, we knew what we were getting when Bianca was coming to us. She was just a very solid, sound goalie we were excited to have."

Zak graduated from Mount Allison with a bachelor of science in psychology and a minor in biology in 2023. She was committed to returning home to play for the Manitoba Bisons — until the X-Women recruited her.

She enrolled in St. FX's nursing program, but because it was not a gradu-



TRIBUNE PHOTO SUBMITTED
Bianca Zak celebrates with the AUS championship trophy after backstopping St. Francis Xavier to the conference title in Elmira, Ont., in March 2025.



TRIBUNE PHOTO BY ADAM GRIMMITT
Bianca Zak went 11-5 in the crease during her first season with the St. Francis Xavier X-Women.

ate or master's program, U Sports regulations required her to sit out the 2023–24 season. She missed a third season of university hockey, though she still practised with the team.

By the time the puck dropped on the 2024–25 season, it had been nearly 19 months since she'd played a meaningful game.

Though her time with the program has been short, Berthiaume said it hasn't stopped her from taking on a leadership role.

"We were playing Moncton in the first half, and we beat them 3–1," he recalled. "The one goal Moncton scored was goalie interference. I argued it, but of course it didn't go our way. I actually got a call that night from the referee-in-chief saying, 'You were right, it was goalie interference.' So I texted Bianca and said, 'Hey, you actually had a shutout in that game.'"

"The only thing she said back — and it was within a second, she didn't even have time to think — was, 'Nope, doesn't matter as long as the team won.' That's just how she is as a teammate. She wants the team to do well, and I think she puts a lot on her shoulders to make sure that happens."

Zak has one more year of nursing left but has delayed her graduation until April so she can play one more season with the X-Women.

The 2025–26 campaign will be her last in university hockey, and with her situation as stable as it's ever been, Zak is determined to make it her best.

"That's something I've been thinking about a lot. I want to say that nothing's going to change — but that just wouldn't be true, because I already notice myself anticipating the off-season and wanting to be in there," she said.

"Mentally, I think I'll be stronger going into next year because there's no more room after that. This is our last opportunity, so it just becomes a little bit more serious, it seems."

Interlake locals help Silvertips reclaim MJHL crown

By Kieran Reimer

After a one-year hiatus, the Silvertips have scaled their way back to the top of the Manitoba Women's Junior Hockey League mountain.

On Saturday at Hockey for All Centre, the Silvertips edged the Northern Stars 4-3 in Game 4 of the MJHL final to claim this season's championship.

Captained by fourth-year Silvertip and Stony Mountain native Sydney Byle, the squad earned its second title in three seasons, having also won in 2022-23.

"We were definitely just a well-rounded team and everybody wants to be there, and everybody respects everyone in the dressing room," said Byle. "Those are some of the key things. I know all the girls just enjoy coming to the rink, and everyone really wanted to win — and that's what led us to the win this year."

But the Silvertips' journey back to the top wasn't without adversity. They opened the playoffs with a 2-0 quarterfinal sweep over the Grey Owls, but then dropped Games 1 and 2 of the best-of-five semifinal to the defending champion Prairie Blaze.

It was a familiar situation — the Silvertips were swept by the Blaze in last year's semis — but this time, they battled back, winning three games in four nights to eliminate the reigning



Stonewall's Brooke Wadge with the MJHL cup. Wadge won her second career MJHL Championship with the Silvertips on March 22.

champs and return to the final.

In the championship round, the Silvertips — who finished second in the regular season — met the first-place Northern Stars in a best-of-five showdown between the league's top two teams.

The Silvertips jumped out to a 2-0 series lead with a 2-1 win in Game 1 and a 3-0 shutout in Game 2. But the Northern Stars weren't ready to go quietly, answering with a 4-1 victory in Game 3 to extend the series.

Game 4 saw the Stars take a 3-1 lead late in the third period, threatening to push the series to a winner-take-all Game 5. But the Silvertips pulled off a



TRIBUNE PHOTOS SUBMITTED

Sydney Byle was the captain of the Silvertips team that won the Hockey Manitoba MJHL banner.

stunning comeback, scoring three unanswered goals to win 4-3 and spark a euphoric on-ice pileup as they celebrated their MJHL title.

For Byle, it marked the second championship of her junior career.

"It's really crazy, and it's an awesome thing to just win and have that team," she said. "I've really enjoyed playing with everyone — they're all my family on that team. So it's really cool to win a championship with

them."

Another Interlake product reaching two-time champion status was Stonewall's Brooke Wadge. She was also part of the 2022-23 title team, last year's semifinal squad, and now another championship run — all alongside Byle.

The two veterans helped build a tight-knit locker room that welcomed several new faces this season and came together to form a championship core.

"We all mesh really well together, on and off the ice," said Wadge. "We've always been a tight-knit team in the dressing room and we have a great atmosphere. We actually had five new players this year and one goalie, but we found it easy to all work together and create that atmosphere. It also helps that we have great leadership like Sydney as our captain, and also great coaches."

Wadge also delivered in clutch moments throughout the playoffs. Across the Silvertips' three series-clinching wins, she recorded three goals and three assists, including two assists in Game 4 of the final.

Heading into the final, Wadge and her linemates knew they would need to battle hard in front of the net against a physical Northern Stars team.

"Coming into the final, we knew the Stars were going to be gritty," said Wadge. "They've always been rough, so just staying composed and keeping our cool was really important. For me, I know net presence is really key, so I tried to get there. I have a really strong line, so we all worked well together and got to the net, made some moves."

Selkirk Fishermen earn silver in city finals



TRIBUNE PHOTO SUBMITTED

The Lord Selkirk Fishermen pose for a team photo after earning silver in the Hockey Winnipeg U18 NBC A2 boys division. The Fishermen capped a 25-4 season with a best-of-three championship series against the St. Vital Warriors at Notre Dame Arena from March 22 to 26, 2025. Selkirk lost Game 1 by a score of 3-2, bounced back with a 6-3 win in Game 2 and fell 5-4 in overtime in the final game.

Pictured left to right, back row: Darrell Grantham, Dusty Lowe, Kevin Boyko, Nikosis Martyniw, Aiden Peterson, Cadence Chorney, Bryson Kramble, Jarek Grantham, Rylan Kalyta, Ethan Godin, Roman Uvarau, Dennis Peterson, Ryan Boyko, Chris Godin; front row, Jakub Kobylinski, Owen Gillespie, Reid Ives, Ethan Grove, Logan Streich, Kynan Barker, Preston Grandmont, Kingston Lowe and Kale Wait.

Stonewall Jr. Jets crowned U13 city champions

By Haley Cvar

The Stonewall Jr. Jets capped off a remarkable turnaround season by winning the 2024–25 Hockey Winnipeg A1 U13 city championship on Wednesday.

After finishing sixth in the regular season standings, the Jr. Jets found their stride late in the year, riding momentum from a Veterans Memorial Cup win on home ice straight before heading into playoffs in March.

Stonewall went undefeated in round-robin play, posting a 3-0 record before knocking off the APHA Win-

terhawks Blue 4-1 in the semifinal.

The championship final against the St. James Canucks-KW went the distance. The Jr. Jets dropped a close 3-2 decision in Game 1 but responded with a 4-1 win in Game 2 to force a decisive third game.

In the finale, Stonewall came out flying and never looked back, securing a 4-0 shutout to clinch the U13 A1 Division crown.

The championship marks a fitting end to a season that saw the Jr. Jets peak at the right time.



TRIBUNE PHOTO SUBMITTED

The Stonewall Jr. Jets pose with their banner after winning the 2024–25 Hockey Winnipeg A1 U13 city championship on Wednesday. Pictured left to right, back row: Byron Scrivens (coach) Scott McFadyen (manager) Hunter Krahn, Stetson Chartrand, Braun Thompson, Kris Sheldon, Zach Lamb, Liam Kauk, Knox Nickel, Kyle Kauk (coach) Jason Isfjord (coach); front row, Nash Scrivens, Ryker Isfjord, Elijah Goresky, Sam From, Kolsen Jira and Elliott Peters.

> CROW AND MAGPIE SHOOT, FROM PG. 13

been going on in the Woodlands area since I was a kid," said Darrell Hueging, president of the WDWA. "We do these shoots as a fun way to help manage the problem."

Crows and magpies can cause significant damage to crops and pose a threat to livestock, Hueging added.

The WDWA is looking for teams to join them as they combat the avian issue. For \$50 per team, from daybreak until dawn you will be entered into a friendly competition to see who can hunt down the most crows and magpies. Points will be awarded for each bird harvested, and the two teams who rack up the most points at the end of the day will go home with a cash prizes.

"It's a day for people to get outside and enjoy the spring weather," said Hueging.

Everyone is welcome to join in on the fun, you just have to be able to make it back to the WDWA Clubhouse in Woodlands by 7 p.m.

A barbecue hamburger dinner, including a drink and chips, will be served at the clubhouse for all participants following the event.

Teams must register in advance by attending the April 11 meeting, where rules and safety information will be shared. Signage along Highway 248 will help direct attendees to the clubhouse.

The cost to participate is \$50 per team. Hueging asks those planning to register to notify him ahead of time by text at 204-383-0215.

For updates on this and other WDWA events, follow @woodland-sanddistrictwildlife on Instagram.

Stonewall hosts Junior Interlake curling finals



TRIBUNE PHOTOS SUBMITTED

The Stonewall Curling Club hosted the 2024–25 Junior Interlake Inter-Club League finals and season wind-up on March 23. Eleven teams, ages 14 to 18, from East St. Paul, West St. Paul and Stonewall competed in round-robin bonspiels throughout the season, which ended with playoffs. The Grand Aggregate winner was Stonewall's Team Hidlebaugh, which finished the season with a 15-2 record. The Club Champion was East St. Paul's Team Malenchak. The B-Event winner was East St. Paul's Team Reynolds, and the C-Event winner was East St. Paul's Team Van Dam. Pictured left to right: Team Hidlebaugh — Jayden Slatcher, Nick Turner, Judah Hidlebaugh, Darren Legault and Niam Wedel.

What's *Your* story?

We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

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

Stonewall Teulon Tribune

New Interlake hockey program aims to grow the game for young girls

By Kieran Reimer

A new grassroots hockey program in Manitoba's Interlake region is helping the next generation of female players take their first strides on the ice.

Interlake Sprites Hockey wrapped up its inaugural run this week, offering girls aged four to eight a supportive skill-building introduction to the game. The six-session program, which launched in March, focused on developing fundamental skills while fostering confidence, teamwork and community.

"We've seen a ton of progress with the kids, especially the new ones," said coach Stephanie Martens, who also leads a U7 team out of nearby Teulon. "The confidence has come a long way, because at the very beginning it was pretty light. And the willingness — every skate, the first 15 minutes are drills focused on skating, positioning and other hockey skills in a fun way. It's a lot of skating, and it's been wild to see the improvement in just six sessions."

Founded by Patti Taylor of Stonewall and coached by Martens, Nikki Mathews and Krystin Lundale — also from Stonewall — the program brought together aspiring players from across the region. Some participants were already familiar with



TRIBUNE PHOTOS SUBMITTED

Interlake Sprites players and coaches mark the end of their inaugural season with a group photo. The six-week program brought together girls from across the region for fun skill-building sessions on the ice.

the game, while others had only just learned to skate.

Each session featured drills in skating, passing, shooting, faceoffs, positioning and teamwork — even introducing concepts like cycling the puck — before wrapping up with a three-on-three scrimmage. The final skate on Monday included a celebration with pizza, snacks and personalized water bottles featuring the Sprites logo.

Older players from the U18 and U15 AAA Interlake Lightning, the Warren Wildcats and the U18 A1 Stonewall

Blues also volunteered their time, helping to coach and inspire the newcomers.

Organizers emphasized affordability and accessibility. The spring session cost \$75 per child, covering ice time, jerseys, helmet stickers, a pizza party and water bottles.

"We really wanted to have a camp where minor hockey players can come and learn — and make it affordable," said Martens. "This is a non-profit thing, just to help kids grow hockey in the towns we're all a part of."

Taylor handled much of the behind-

the-scenes work, including booking ice in Stonewall and Warren, organizing jerseys and custom water bottles, and managing consent and medical forms for all participants.

Taylor, Mathews and Martens also planned the season structure, on-ice curriculum and designed the Sprites name and logo.

With positive feedback from families and clear progress on the ice, organizers hope to bring Interlake Sprites Hockey back in the fall — with the potential to expand into U11 and U13 age groups in the future.

Stonewall skaters shine at Stony on Ice event



Scarlett Dingwall



Cora Grey, Kara MacDonald



Emily Kormollert



Anna Hoff, Gaia Turner, Cameron Nesbitt, Lacey Learning

By Haley Cvar

Skaters from the Stonewall Skating Club delivered a strong showing at the Stony on Ice competition, held March 28 to 30 in Stony Mountain.

The club celebrated a successful weekend, with athletes earning medals and top placements across a vari-

ety of categories. Highlights from the event include:

- Cameron Nesbitt – 1st, Star 5 Freeskate O13; 3rd, Star 9 Artistic
- Anna Hoff – 1st, Group Showcase 3; 3rd, Star 6 Elements
- Lacey Learning – 1st, Group Showcase 3; 2nd, Star 5 Artistic

- Gaia Turner – 1st, Star 5 U13 Freeskate; 1st, Star 5 Elements
- Cora Grey and Kara MacDonald – Silver, Group Showcase 1
- Emily Kormollert – Bronze, Star 1 Freeskate
- Scarlett Dingwall – Silver, CanSkate Stage 4

- Hazel Dingwall – Silver, CanSkate Stage 2

The Stony on Ice event brought together young figure skaters from across the region for three days of competition, creativity and sportsmanship.

Activities for Seniors in Your Area



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

2025 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR

To renew or become a new member, check out our website at www.si55plus.org to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).
 - You do not have to be 55 + to become a member!
 - Payments can be made by cash, cheque or E-transfer to si55info@gmail.com

Let No One Be Alone COMPLIMENTARY Tea Party
 Friday, May 9 - 11:00 am - 374 1st Street West, Stonewall
 Let No One Be Alone is a grassroots initiative started in Manitoba that brings awareness to those that are alone. Come and enjoy refreshments. Call 204-467-2582 by Thursday, May 1 to pre-register. Please ask about subsidized transportation available for this event. Limited seats available.

Community Volunteer Income Tax Program
 Volunteers are trained to complete simple 2024 income tax returns.
 March 4 to April 30, 2025
 For more information on eligibility criteria please call 204-467-2582.
 Call to book an appointment for drop off service.

McPhillips Station Casino
 Tuesday, April 8
 Bus leaves Lions Manor at 9:15am and 55+ Centre at 9:30 am
 Members \$20 / Non-members \$25
 Registration deadline: Thursday, April 3

Join Us for Lunch Wednesday, April 16 - 12:00 pm
 Chicken Parmesan
 Tickets: \$13.00 - Advance Tickets Only. Tickets available at South Interlake 55 Plus Office, 374 1st Street West, Stonewall 204-467-2582
 Deadline to purchase tickets: Friday, April 11

Polo Park Shopping Trip
 Thursday, April 17
 Bus leaves Lions Manor, Entrance 1 at 9:20 am and the 55+ Centre at 9:30 am
 Members: \$20 / Non-Members \$25
 Registration deadline: Tuesday, April 15

Volunteer Appreciation Pizza Party
 Wednesday, April 30 - 11:30am
 To all of those who have generously given their time and effort to volunteer throughout the year - we thank you! Please let us treat you to a FREE Volunteer Appreciation Pizza Party! Please RSVP by April 23: 204-467-2582

Watercolor Painting for Beginners Workshop
 May 6, 13, 27 - 6:30-8:00pm
 Cost \$105.00. Includes all supplies
 Please pre-register and pay by Friday, April 25

The Story of Waylon Jennings
 Club Regent Event Centre
 Thursday, May 15
 Members \$65 / Non-members \$70
 Please pre-register and pay by April 24

WEEKLY ACTIVITIES

- | | | |
|--------------|-----------------|-------------------|
| Cards | Quilting | Ukulele Club |
| Line Dancing | Craft n' Coffee | Virtual Chat |
| Pickleball | Men's Chat | Exercise Programs |

VOLUNTEER OPPORTUNITIES

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

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

SOUTH INTERLAKE SENIORS RESOURCE

Support Services for Seniors • Driver/Escort Program
 • Equipment Lending Service • Meals on Wheels • Lifeline
 • ERIK and ICE Programs • Handy Helper/Housekeeping Program
 • Friendly Visiting and Telecheck (phone buddy)
 • Home Hair Care Service • Resource information/Form Assistance
 Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.
204-467-2719 www.sisrc.ca

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to the town of Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

Supports to Seniors in Group Living (SSGL)

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings. residents in accomplishing their Instrumental Activities of Daily Living (IADL's) and provide them with the support to remain in their community and "age in place"
 If wanting any support services in group living/elderly persons housing building, please contact Kelley Rutkair @ 431 381 4002 or email @ ssglstonewall@shaw.ca



Join us for Let No One Be Alone Week! It's a time to reflect on how we can all make a meaningful difference in someone's life. Start thinking about simple ways to reach out, offer support, and show kindness to those who may be feeling isolated. Together, we can create a world where no one feels alone. How will you make a difference this week?
 Please reach out to us if you know someone in need of support or is isolated and just needs someone to chat with. SISRC offers a wide range of services such as Friendly Visiting, Tele check, and Transportation which can all help with isolation & loneliness. Call: 204 467 2719

Joint Replacements Pre & Post Rehabilitation Presentation
 With Myles Willis from Complete Physiotherapy
 Thursday April 24th, 2025, 2 - 3 PM

Lions Manor - 622 Centre Ave - Entrance 4 - Multi-Purpose Rm 4
 Arthritis can be a very debilitating and limiting. In some cases, if joint arthritis progresses a joint replacement may be required. In this talk the listener will learn about the different types of arthritis, early identification, management, and if a joint replacement is required what to expect prior and post-operatively. We will also discuss how to best prepare yourself for surgery and what to expect post-operatively. We will review exercises to help maintain strength and balance in prep for your joint replacement. Myles will finally discuss the new post-op funding from the province for hip and knee replacements. Myles has extensive experience working with pre and post operative joint replacements. He is a born and raised in the area, and happy to be working in the community.
 RSVP to Seniors Resource by Wednesday April 23rd, 2025 @ 1-204-467-2719

Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

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

PROVIDING FREE SERVICES TO SENIORS:

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 - MEDICAL EQUIPMENT LOANS
- REGULAR OFFICE HOURS: 8:30AM-4:30PM

St. Laurent Seniors Resource Council Inc.
 "SENIORS IN ACTION"

55+ and people living with disabilities
 Support Services in the RM of St. Laurent and Oak Point
Office: St. Laurent Community Health Centre
 51 Parish Lane, Please call: 204-646-2504 ext. 3
 Free E.R.I.K. Emergency Response Information Kit,
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 Free Community Volunteer Income Tax Program
 Annual Seniors Summer Feast in August -Entertainment-Supper-Resources
 Office Hours: Tuesday to Thursday: 10:00AM-4:00PM stlsrc@mymts.net

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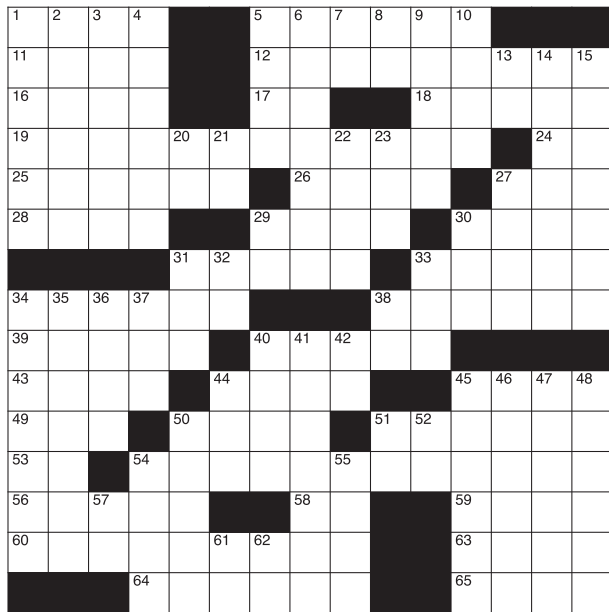
X CROSSWORD

CLUES ACROSS

1. Narrow piece of wood
5. African desert
11. Waxy covering on birds' beaks
12. Sour
16. Infrequent
17. Former AL MVP Vaughn
18. Policemen wear one
19. Out of the question
24. Used to chop
25. Symptoms
26. Not moving
27. Folk singer DiFranco
28. Comedian Armissen
29. Quantitative fact
30. Incline from vertical
31. Scottish musician
33. Rooney and Kate are two
34. Positioned
38. A very short time
39. Tropical American shrubs
40. Yemen capital
43. Spanish municipality
44. Medical professionals
45. Fibrous material
49. Confined condition (abbr.)
50. Without covering
51. "Mad Men" honcho Don
53. Hockey position
54. Taste property
56. Fertile spots in a desert
58. They precede C
59. "Requiem for a Dream" actor Jared
60. Try a criminal case
63. Liberal rights organization
64. Spoke
65. Insect repellent

CLUES DOWN

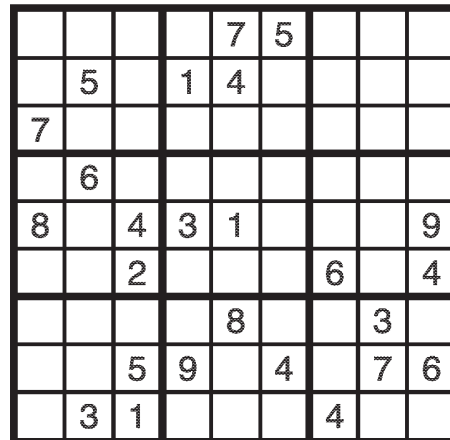
1. Unshaven facial hair
2. More thin
3. Show up
4. Seethed
5. Ancient Greek city



6. Poisonous plant
7. Hello
8. College sports official
9. Monetary unit of Russia
10. Wings
13. Take too much of a substance
14. A citizen of Uganda
15. Most appealing
20. Atomic #18
21. Global investment bank (abbr.)
22. Jewish calendar month
23. Popular sandwich
27. Swiss river
29. Incorrect letters
30. Popular entree
31. Foot (Latin)
32. A driver's license is one form
33. Extinct flightless bird
34. Appetizer
35. After battles
36. It neutralizes alkalis
37. Beverage container
38. Partner to "Pa"
40. Gray American rail
41. Salt of acetic acid
42. Canadian province
44. Dish made with lentils
45. Narrative poem of popular origin
46. For each one
47. Come to terms
48. Test
50. More dishonorable
51. Unit of loudness
52. The Ocean State
54. Monetary unit in Mexico
55. Lying down
57. Thus
61. Where LA is located
62. Western State

take a break > GAMES

SUDOKU



Fun By The Numbers

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News Tips? Story Ideas?
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204-467-5836



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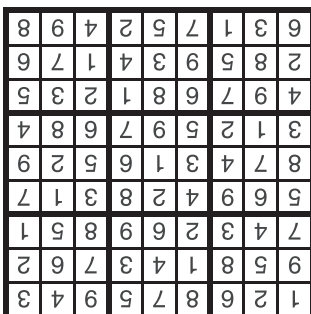
- Foster a positive, safe work environment for staff while delivering outstanding customer service;
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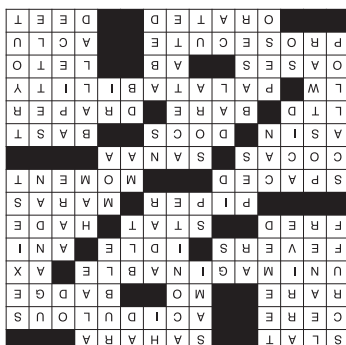
- Proven leadership in retail (gas bar/car wash preferred);
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To apply, please email: hr@rrcoop.com.



Sudoku Answer



Crossword Answer

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

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Tribune

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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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PUBLIC NOTICE

2025 Financial Plan

In accordance with Section 162(2) of the Municipal Act, the Town of Teulon shall hold a **PUBLIC HEARING** to present the 2025 Financial Plan on:

Wednesday, April 30, 2025 at 6:00 p.m.
Teulon Civic Centre
44 Fourth Avenue S.E.
Teulon, Manitoba

The Town of Teulon 2025 Financial Plan consists of:

1. The 2025 Operating Budget
2. The 2025 Capital Budget
3. An Estimate of the Operating Revenue and Expenditures for the following fiscal year, and
4. A five (5) year Capital Expenditure Program

The purpose of this Public Hearing is to allow any interested person to make representation, ask questions or register an objection in respect to the Town of Teulon's 2025 Financial Plan.

Copies of the 2025 Financial Plan will be available for review as of April 14, 2025 on our Municipal Website at www.teulon.ca or by calling 204-886-2314, or emailing info@teulon.ca

The public is invited to interact, ask questions, and have the opportunity to speak for or against the proposed By-Law.

Dated this 14th day of March, 2025.

Chris Yuen
Chief Administrative Officer
Town of Teulon

TOWN OF STONEWALL

PUBLIC HEARING

2025 FINANCIAL PLAN

In accordance with Section 162(2) of The Municipal Act the Town of Stonewall shall hold a **PUBLIC HEARING** to present the 2025 Financial Plan for the Town on:

Wednesday, April 23, 2025 at 6:30 PM
Council Chambers, Town Hall

A virtual meeting link is also available on the Town website: www.stonewall.ca

The Town of Stonewall 2025 Financial Plan consists of:

1. The 2025 Operating Budget
2. The 2025 Capital Budget
3. An estimate of the Operating Revenue and Expenditures for the following fiscal year (2026), and
4. A five (5) year Capital Expenditure Program (2026-2030)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Town of Stonewall 2025 Financial Plan.

Copies of the financial plan will be available for review and may be examined by any person on the Town of Stonewall website at www.stonewall.ca, or at the Town Office at 293 Main Street, Stonewall, Manitoba during the regular office hours as of April 15, 2025.

Dated this 31st day of March 2025

Wally R. Melnyk, CMMA, CPA, CGA
Chief Administrative Officer
Town of Stonewall

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF RICHARD JEROME FRANKE, late of the Rural Municipality of Armstrong, in the Province of Manitoba, deceased.

All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 100-105 Fort Whyte Way, Oak Bluff, Manitoba, R4G 0B1, on or before May 27, 2025.

Dated at the Rural Municipality of Macdonald, in Manitoba, on March 28, 2025.

CONTRAST LAW
100 - 105 Fort Whyte Way
Oak Bluff MB R4G 0B1
Attention: Alex Bainov
Solicitors for the executor

News Tips? Story Ideas? call the Tribune 204-467-5836



EMPLOYMENT OPPORTUNITIES

The Town of Teulon invites applications for the following position:

Accounts Receivable & Administrative Assistant

Interested applicants may view details online at www.teulon.ca

Government -> Career Opportunities

Deadline for Applications:

Will start reviewing applications on April 11, 2025. Applications may be submitted to info@teulon.ca to the attention of Chris Yuen, CAO.

This position is to commence as soon as possible. We thank all who apply, however only those selected for an interview will be contacted.



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THE RURAL MUNICIPALITY OF ARMSTRONG

PUBLIC HEARING

REGARDING THE 2025 FINANCIAL PLAN

In accordance with Section 162(2) of *The Municipal Act* the Rural Municipality of Armstrong shall hold a PUBLIC HEARING to present the 2025 Financial Plan for the Municipality on:

Thursday, April 10, 2025 at 7:00 P.M.
FRASERWOOD HALL
10140 PR 231 Fraserwood, MB

The Rural Municipality of Armstrong 2025 Financial Plan consists of:

- 1) The 2025 Operating Budget,
- 2) The 2025 Capital Budget,
- 3) An estimate of the Operating Revenue and Expenditures for the following fiscal year (2025), and
- 4) A five (5) year Capital Expenditure Program (2026-2030)

The purpose of the PUBLIC HEARING is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Armstrong 2025 Financial Plan.

Copies of the Financial Plan will be available for review and may be examined by any person on the RM of Armstrong website at www.rmofarmstrong.com or at the Municipal Office at Lot 55 Highway 17, Inwood, Manitoba during regular office hours.

Following the Financial Plan presentation and dependent on time, Council will open a discussion regarding ward boundaries and possible changes to council structure.

Dated this 11th day of March, 2025

Colleen Mayer

Chief Administrative Officer
Rural Municipality of Armstrong



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RURAL MUNICIPALITY OF WOODLANDS PUBLIC NOTICE REGARDING GENERAL BORROWING BY-LAW #2813/25

TO PAY FOR THE CONSTRUCTION OF A NEW REVERSE OSMOSIS WATER TREATMENT PLANT, NEW WATER SUPPLY RESERVOIRS IN STONEWALL AND WARREN, NEW SUPPLY WELLS AND A WATER SUPPLY PIPELINE FROM STONEWALL TO WARREN.

The council of the Rural Municipality of Woodlands has scheduled a special meeting at the Warren Memorial Hall, 145 MacDonald Avenue in Warren, for April 10th, 2025 at 6:30 PM to consider the following proposal to borrow \$2,235,000.00 (borrowing By-Law 2813/25) to pay for the following project:

In partnership with the Town of Stonewall the RM of Woodlands will be constructing a new reverse osmosis water treatment plant at 147 5th Street West in Stonewall, new water supply reservoirs in Stonewall and in Warren, new supply wells and a water supply pipeline from Stonewall to Warren.

The total estimated cost of the project is \$33,310,000 to be funded as follows:

Infrastructure Canada Improvement Program Funding of \$21,083,676; and
Manitoba Water Services Board of \$2,279,113; and
Town of Stonewall contribution of \$5,408,843; and
RM of Woodlands reserves and utility surplus of \$2,306,320; and
\$2,235,000 to be funded by borrowing by the RM of Woodlands.

The borrowing will be repaid over a maximum of 25 years at a maximum interest rate of 6.25%

The annual repayment amount will be no more than \$180,000 to be levied on the water rates of the Warren utility as a debenture surcharge estimated to be \$3.91 per cubic meter based on the estimated average yearly usage.

Copies of the proposal to borrow and information about the capital project are available at the RM office (57 Railway Avenue, Woodlands) and on the RM website: www.rmwoodlands.ca Dated this 25th day of March A.D., 2025 and issued pursuant to Section 174.1(1) of *The Municipal Act*.

Kaitlyn Griffith
Chief Administrative Officer
Rural Municipality of Woodlands
204-383-5679 | cao@rmwoodlands.ca

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OBITUARY



Lorraine Dyck (nee Emms)
May 3, 1950 – March 27, 2025

It is with profound sadness that we share the passing of our precious beautiful Wife, Mom, Nanny, and friend, Lorraine Dyck (Emms) on March 27th, 2025, age 74, at the Teulon Hunter Memorial Hospital.

Mom leaves behind her loving husband of 55 years Allan; daughter Barbara (Frank), son Carl (Angela); her precious grandchildren Brennan (Anastassiya), Taylor (Jess), Brianna (Kenneth), Christian (Avery), Quinn and Yannic. Good family/friends Ruth and Jack Skogan, Jean and Joanne Vaillancourt, Margaret and Bob Kessler, and Bill and Joyce McKnight.

Mom's pride was her family. She was known for her amazing cooking, baking and quick wit. Mom was extremely proud of her grandchildren and was excited to always listen to what they

were doing good, bad or otherwise. Mom's traditions were passed down to her children and grandchildren and this will remain with them forever. Coffee was always on for her and Dad's friends and family, and the door always open.

The family wishes to thank Mom's caregivers, Brianna, Bev, Margaret, Simone and Justine. A special thank you to Jean and Joanne for always being there to help Mom and Dad. Thank you to the staff at both the Stonewall Hospital and Teulon Hospital for providing exceptional care and kindness to Mom.

At Mom's request, cremation has taken place and a private service will be held at a later date.



204-886-0404

OBITUARY



Caroline Olive King (MacMillan)
March 6, 1934 – March 24, 2025

It is with heavy hearts that we announce the passing of our mom Caroline. She was a loving mother, grandmother, nanny, sister, sister-in-law and friend.

Mom is survived by her children, Donna (Doug), Brenda (Glen), Kim (Murray), Dwight (Kristy); grandchildren Leah, Scott (Casey), Kristen, Jarett, Jason (Cassie), Kyle, Tara (Les), Carly (Lane); her great-grandchildren Landon, Ethan, Peyton, Brady, Gem, Bella, Mickayla (Bryan), Blake, Wade, Dylan, Brody, Maddie, Parker, Mason, Tanner. Also left to mourn are siblings Audrey McFee, Bruce (Audrey) MacMillan, Angus (Ilene) MacMillan, Edith McFee, Gwen (Eldon) Sargeant; sisters-in-law Eva MacMillan, Irene (Dan) MacMillan and numerous nieces and nephews and special friend Irene Robinson.

Mom was born March 6, 1934 to William and Elsie MacMillan, the 4th child of 10 kids. She grew up in the Meadow Lea area. On November 6, 1954 she married our dad, Donald King. They had four children. Mom and Dad worked hard running the farm. They enjoyed going to dances, sporting events and spending time together. When Dad passed, Mom's life changed. She had to adjust to a new way of living and she did. Mom's family was everything to her. She enjoyed going to the lake, playing bingo, cards, family get togethers, grandkids and great-grandkids dropping in to say hi and getting a chocolate bar.

Mom was predeceased by her husband Donald (1990); by her parents William and Elsie; granddaughter Amber; sisters Julia King, Evelyn Hiebert; brothers Harvey MacMillan, Gordon MacMillan; brothers-in-law Bill King, John Hiebert, Art McFee, Ronald McFee and sister-in-law Joan MacMillan.

Cremation has taken place. At Mom's request, there will be a private family service.

The song has ended, but they will dance forever!



204-886-0404

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IN MEMORIAM



Kaylee Atchison-Heaps
December 5, 2011 – April 3, 2018

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Our hearts were torn in two;
One side filled with heartache,
The other died with you.
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When the world is fast asleep;
And take a walk down memory lane,
With tears upon our cheeks.
Remembering you is easy,
We do it every day;
But missing you is heartache,
That never goes away.
We hold you tightly within our hearts,
And there you will remain;
Until the joyous day arrives,
That we will meet again.

-Love you always
Mom, Dad, Riley and Tanner

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OBITUARY



Eileen Myrtle Loehmer (nee Miller)

Eileen Myrtle Loehmer (nee Miller) aged 84 years, passed away peacefully surrounded by the love of her family on March 24, 2025.

She is survived by her husband of 64 years, Elmore, along with children Laurie (Don), Ken (Darci), Lyle (Michelle), and Darryl (Carol); grandchildren Craig (Gina), Jaymie (Randy), Chad (Daria), Kyle (Kezia), John, Tyler, Ella and Alexa; great-grandchildren Callum, Madelynn, Kaden, Owen, Norah, Luka, Slava and Kennedy; as well as numerous nieces and nephews.

Eileen is predeceased by her parents, Albert and Myrtle Miller, brother Ken and sister-in-law Cathy Miller, sister Denise McGaughey and her great-granddaughter Emily Loehmer, as well as special aunt, Norma Hogg.

Mom was born in Stonewall on May 1, 1940. She was raised in Argyle, where she attended school. During these years, Mom enjoyed curling, playing baseball, school sports, participating in 4-H, spending time with her brother Ken, and childhood friends. Following school, she moved to Winnipeg and shared an apartment with her brother Ken and worked at the Royal Bank. In 1957 Eileen met Elmore and they were married on May 7, 1960. They raised their family and side by side operated the family farm near Balmoral. The farm was more than just a home, it was a place where family gathered. Whether it was relatives staying for days or friends dropping in to visit, Mom welcomed everyone. Memories on the farm are of family meals in the field, rides on the ATC to check the cattle, playing a competitive family game of spoons or snowmobiling with the neighbors.

Mom was an avid sports enthusiast and played fastball with the Elmwood Pats. Mom enjoyed curling, and even raced snowmobiles. She loved watching her family participating in their various interests and sports and was proud of each of their accomplishments. While we were growing up Mom enjoyed volunteering in the community of Balmoral. She was a member of the Teulon Hunter auxiliary and taught Sunday School.

Mom will be remembered for her kindness and her constant care for others. She showed her love through the meals she prepared, always making sure there was more than enough for everyone. She took a special interest in making her grandchildren their favorite treats. Family favourites included Mom's homemade bread, buns and cinnamon buns. Mom always had a large garden and in the fall the shelves would be stocked with all of her canning. Family was everything to Mom, her greatest joy came from being surrounded by loved ones. In recent years, Mom got great joy out of visits from her great-grandchildren.

In 2022, Mom was diagnosed with Lewy Body Dementia and required placement in a personal care home until her passing. The family would like to thank the doctors, nurses and staff of the Tyndall Building, Selkirk for their compassionate care.

A graveside family service will be held at a later date.

In lieu of flowers donations may be made to the Alzheimer Society Manitoba - Research.



204-886-0404

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