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TRIBUNE PHOTO BY JO-ANNE PROCTER

Jansen School of Dance six-and-under tap dancers perform "Bibbidi Bobbidi" at the 2026 Rockwood Festival of the Arts in Teulon on April 11. Picutred left to right: Emma Argue, Quinn Clarke, Ellie Fehr and Sloan Murphy.

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Local museum seeks volunteers to 'adopt' historic buildings

By Jennifer McFee

Two historic buildings are in need of community members to "adopt" them and keep them ready for visitors to an Argyle-based museum.

Settlers, Rails & Trails has launched an adopt-a-building program at its heritage park in an effort to better connect with the community.

President and executive Shayne Campbell said the initiative allows interested parties to keep the buildings ready for public viewing.

"Commonly seen in other small museums, our program also allows people to adopt a building for a set time period and offer their services with cleaning, light maintenance and tours of the structure," he said.

"These tasks help get the buildings looking their best for annual open house events, tours and summer visitors. The museum recognizes our adoptive parties with building signage and through social media posts."

Of the four buildings on site, two of them still need adopting: the Ekhart railway station and the Langley livery stable.

"The Ekhart railway station is a very rare boxcar station — once a common sight in Canada's west, they have all

since disappeared. Our museum is the only one in the nation with such a structure. It was refurbished in 1916 by the Canadian Northern Railway and placed 3.5 miles south of Argyle in the tiny hamlet of Ekhart," Campbell said.

"Moved away from the rails in the 1950s, it spent 40 years in a local farm yard and was initially donated to the museum by the Gramiak family in 1991, being moved to the Campbell residence. In 2019, it was moved once again to its permanent location at the museum's heritage park. At that time it received a new foundation, railway platform, roof, windows, stairs and ramp, and interior and exterior paint."

The Langley livery stable was built in 1997 using locally sourced heritage lumber.

"The building was purposely constructed to resemble a small blacksmith shop, similar to the one located in Argyle which had been in operation from 1918 to 1950. The stable was moved to its current location in the museum's heritage park in 2020 and received a new concrete foundation, structural repairs, exterior paint, replica sign and new doors," Campbell said.

"The building is named after the Langley family, who lived in Argyle and operated a small livery business. The interior will feature tools and equipment commonly found in a small-town livery."

The two other buildings in the museum's heritage park — the Dugald McLeod house and Charlie Amy's log cabin — have already been adopted.

"The Dugald McLeod House was adopted by Tracy Dunstan and fam-



TRIBUNE PHOTOS SUBMITTED

The Langley livery stable, built to resemble an early 20th-century Argyle blacksmith and livery shop, is available for adoption by volunteers to assist with upkeep and tours at the Settlers, Rails & Trails museum.



The historic Ekhart railway station — a rare 1916 Canadian Northern Railway boxcar station — is also seeking community adopters to help maintain and interpret the structure.

ily. Tracy has volunteered for many years as the museum's first treasurer, and some of her family's historic items can be found furnishing this small two-room home," Campbell said.

"Charlie Amy's log cabin has been adopted by its namesake. Purpose-built on site in 2023, it resembles the kind of construction that was common for the first European settlers who arrived here in the mid 1870s. This one-room cabin has been fully furnished by Charlie and his family."

With an eye on the horizon, museum directors have been discussing expansion plans for the museum's heritage park, aiming to see it grow to its full 12-acre space. "The entire parcel was purchased in 2019, but only the lower four acres have been developed at this point," Campbell said.

"The group is currently seeking funding, donations and working out logistical choices to see this major expansion project a reality."

Learn more about the volunteer-run museum at settlersrailsandtrails.com.

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STONEWALL

Smile Cookie campaign to support Stony Mountain Child Care Centre expansion

By Lana Meier

A popular annual fundraiser is set to return later this month, with proceeds from this year's Tim Hortons Smile Cookie campaign in Stonewall and Stony Mountain supporting local child-care expansion.

The Tim Hortons Smile Cookie campaign, running April 27 to May 3, will raise funds for the Stony Mountain Child Care Centre (SMCCC), with money directed toward upgrades to its infant outdoor space and the creation of additional child-care capacity.

The Tim Hortons Smile Cookie campaign is a national fundraiser supporting local charities, with all proceeds from each cookie going directly to the chosen organization.

Funds raised through cookie sales at both the Stonewall and Stony Mountain locations will go toward renewing the centre's infant backyard, including the installation of artificial turf and other improvements designed to create a safer, more accessible play area for young children.

The campaign will also help support plans to open another infant room, addressing growing demand for child-care spaces in the region.

The centre has seen steady growth in recent years, including the expansion of its east building in 2019, which added infant and preschool spaces, as well as the opening of its RTM facility in fall 2024. With that growth has come increasing pressure to expand services and accommodate more families.

Daria Lukie of the Stony Mountain Child Care Centre said the campaign reflects the strong connection between surrounding communities.

"Our communities overlap so much — many kids go to Stonewall for French immersion and on to high school, and our daycare in Stony Mountain welcomes families from Stonewall, Woodlands and all around the region," she said. "We're counting on everyone to come together and support this campaign."

Lukie said this year's fundraising goals are tied directly to two key priorities.

"First, we'll have budget for the much-needed infant yard revamp.

Since many of our littlest ones are just learning to walk, they need a clean, safe and more permanent play area," she said. "Second, we'll be able to open another infant room and invite more littles to the centre."

This year's campaign also marks a milestone for the community, as it will be the first Smile Cookie initiative for the newly opened Stony Mountain Tim Hortons location. Proceeds from the Stonewall restaurant will also contribute to the same cause.

Lukie said the centre is grateful for the support of local Tim Hortons owner Jamie Pope, who selected the organization as this year's recipient.

"It has been such a pleasure working with Jamie Pope — she's a true supporter of the Interlake and our community, and we are honoured to have been selected," she said.

She noted that all proceeds from each cookie sold go directly to the initiative.

"What many people may not realize is that Tim Hortons covers the entire cost of the cookies, packaging and icing, which means when you buy a \$2 cookie, every single cent goes directly to the daycare," Lukie said.

The campaign will also rely heavily on volunteers, with each cookie decorated by parents and community members.

Organizers are aiming to sell 13,000 cookies between the two locations and are encouraging residents to get involved by volunteering or supporting the fundraiser.

"We're hoping to sell 13,000 cookies between the two locations," Lukie said. "Big goals and smiles."

Organizers are also encouraging early bulk orders to help maximize the campaign's impact.

Schools, businesses and community organizations are invited to place larger orders in advance, while individual purchases can be picked up and paid for at Tim Hortons locations during the campaign week.



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TRIBUNE PHOTOS SUBMITTED

Proceeds from this year's Tim Hortons Smile Cookie campaign, running April 27 to May 3, will support upgrades and expansion at the Stony Mountain Child Care Centre.

Those interested in placing a bulk order or volunteering can contact Daria Lukie at 204-791-9537 or by email at daria.lukie@colliers.com.

The Liliane Baron, South Interlake Breast Cancer Support Group

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Elevated flood risk flagged for Interlake in latest provincial outlook

By Haley Cvar

An increased risk of spring flooding is taking shape across Manitoba's Interlake, with provincial forecasters warning that above-normal snowpack and a delayed melt could lead to significant runoff in the weeks ahead.

Manitoba Transportation and Infrastructure's Hydrologic Forecast Centre released an updated 2026 spring flood outlook, identifying the Interlake — including the Icelandic River and Fisher River basin — as an area of elevated concern. The Parkland region is also facing a heightened risk of overland flooding, while conditions elsewhere in the province remain moderate to low.

Officials say the elevated risk stems from a combination of factors, including significantly above-average snowpack, cooler temperatures that have slowed the onset of melting, and the potential for rapid runoff if conditions change quickly.

Recent snow surveys show the snow water equivalent in the Fisher River basin is among the highest recorded in recent years. Levels are currently sitting at approximately 113 millimetres — nearly double the long-term average — and comparable to amounts seen during past flood years.

With temperatures expected to hover near the freezing mark through mid-April, the spring melt is being delayed. However, that delay could increase the risk of a fast, concentrated runoff period once warmer weather arrives.

Flood risk in the Fisher River basin remains high, with the potential for peak flows similar to the 2014 spring flood. In a faster melt scenario, water levels could approach those seen during the 2022 flood, which were roughly two feet higher.

In response, the province has begun mobilizing resources to vulnerable communities. Tens of thousands of sandbags are being delivered to Peguis First Nation and nearby areas, while provincial volunteers are already working with local residents to prepare flood protection measures.

The Icelandic River is also now considered at high risk of flooding following recent snowfall and the likelihood of a delayed runoff. Ice-jam flooding remains a concern along the river, as in previous years.

In the Parkland region, warming temperatures expected to exceed 10 C in the coming days could trigger overland flooding. This type of flooding typically occurs when rapid snow-



TRIBUNE PHOTO BY BEN HEWSON

Swans and Canada geese gather in a patch of open water beneath the Hecla causeway bridge on April 7, as lingering ice covers much of the lake. Wildlife activity continues despite delayed spring melt conditions across the Interlake region.

melt overwhelms frozen or blocked drainage systems such as ditches and culverts.

Elsewhere in Manitoba, the flood outlook remains largely unchanged from March. Moderate risk continues along parts of the Red, Assiniboine, Souris, Saskatchewan and Carrot rivers, while low flood potential is forecast for tributaries of the Red and Assiniboine rivers and much of eastern Manitoba, including the Winnipeg River basin.

Provincial officials note that spring flood conditions can shift quickly, particularly if warm weather or rain-

fall accelerates melting over a short period.

The Hydrologic Forecast Centre will continue to monitor conditions and provide updates as the spring runoff approaches. Residents, particularly those in low-lying or flood-prone areas, are encouraged to stay informed and be prepared.

The Manitoba Emergency Management Organization is also working with municipalities, First Nations and emergency partners to review plans, share information and ensure resources are in place to respond if flooding occurs.

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letter to the editor

Letters to the Editor:
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Residents raise concerns over quarry approval process in Rockwood

I live on Road 4E in the RM of Rockwood. My residence will be a quarter-mile from the proposed quarry (RWC 11/25). It is projected that up to 50 trucks from this operation could pass my house each day, five days a week, between 7 a.m. and 6 p.m. The operation is more than two miles from the existing quarry east of Highway 236 and will use 3½ miles of municipal roads and three miles of provincial roads along the proposed haul route.

My family, neighbours, concerned residents and taxpayers were only able to voice opposition on March 19 in Stony Mountain at the municipal

hearing. We brought more than 450 signed petitions and filled the hall with residents opposed to the project.

The meeting began with two letters of support that could be considered conflicts of interest. The South Interlake Planning District presented a report opposing the zoning change, as did the Town of Stonewall. It became apparent that Amrize was attempting to push this through before Stonewall's bylaw comes into effect, which would prevent the quarry from opening.

After presentations from the quarry proponents, residents were given the opportunity to speak. There were three hours of presentations, many from individuals who had done extensive research into how this project could affect well water, roads, air quality and noise levels.

Only one question was asked by council. Reeve Taplin asked, "Where do they drop the bears in the fall?"

No councillor questioned any of the speakers. Councillors also did not ask residents from our community how existing quarries have affected them when located near homes.

The applicants did not provide research or present reports addressing the concerns raised. Amrize was expected to respond to questions from those in attendance but could not answer basic inquiries. As frustration grew, the meeting became heated. The reeve then advised that questions would have to be submitted to Amrize after the meeting. Many pointed out that councillors would not have access to those responses prior to making a decision, which could have influenced the outcome. Council then closed the meeting.

This was our opportunity to oppose the project, while Amrize

is afforded multiple opportunities to appeal. The odds were clearly stacked against residents. Council ultimately voted 4-2 in favour of the conditional use approval.

It is difficult not to conclude that council is out of step with its constituents. The level of opposition was significant, yet largely disregarded. Residents should take note ahead of the fall elections — inform yourselves on how current councillors voted and where potential candidates stand when it comes to decisions involving large, multi-million-dollar corporations like Amrize.

— Ken Yule

Call for voting reform in Rockwood

I am writing this letter to the people of the RM of Rockwood to voice my concerns about how council votes are carried out on major issues like the quarry expansion.

There are two wards that will incur all of the environmental costs and negative impacts of the quarry. The remaining wards face no risk to their water, air or sound quality, yet they still have a vote on our quality of life. Their only concern is the revenue the quarry brings in.

That is why we need to change the voting system. Currently, decisions impacting our homes are being made for us by six councillors plus a reeve, but we only have the right to vote for one. All Rockwood residents should have a vote when electing all councillors — not just one councillor in one ward — to ensure the elected council is accountable to all the people they impact with their decisions.

Thank you for your time. Make sure you get out and vote. We need change. We need someone who values quality of life, not just potential revenue.

- Bruce Huewan

Access barriers put seniors' benefits at risk

I believe it is time to combine the Canada Revenue Agency (CRA) and My Service Canada accounts into a single system.

Currently, you cannot access Old Age Security (OAS), the Canada Pension Plan (CPP), dental benefits or supplements through your CRA account. However, none of these programs function unless you have filed your income tax through the CRA.

If you have not logged into your My Service Canada account in the last 18 months, it becomes inactive and you must reapply. To do so, you need a personal access code. But the system may not allow you to proceed, requiring a phone call to Service Canada. I was on hold for 55 minutes today just to request this code.

Complicating matters further, my credit union information no longer matches their records

due to mergers — from Arborg Credit Union to Noventis, and now Access Credit Union.

The representative I spoke with was helpful, and I am expecting a new personal access code in the mail within 10 days. Only then will I be able to set up a new account.

How many seniors simply give up and lose the benefits they are entitled to? This system needs to be fixed. I hope people like me remain persistent — but not everyone can. If you cannot do it alone, hopefully someone will be there to help.

- Lorne M. Harasym
Sandy Hook

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A call to leadership

By Cam Dahl, GM, Manitoba Pork

A former boss once told me something that has stayed with me for 25 years: "Often you have a choice between being seen to be trying to get something done or actually getting something done." Collaboration, which is critical to achieving key objectives, can mean credit for hard work is unevenly recognized. However, now is the time in agriculture when getting things done must take precedence over recognition of individual organizations.

Almost all agricultural commodities are facing existential threats and significant uncertainty. War has disrupted supply chains and driven up input costs. The review of the Canada-U.S.-Mexico Agreement (CUSMA), along with the threat of U.S. tariffs, has created uncertainty for North American trade. Protectionism is rising globally, not just south of the border, with Chinese tariffs on pork and Europe's non-tariff trade barriers among the leading examples.

Agriculture must take a "whole plate" approach to these challenges rather than addressing them commodity by commodity. By stepping outside individual commodity silos and regional perspectives, the industry can not only respond to these threats but also realize the vision of making Canada a global food powerhouse.

There are positive steps in this direction. The Canadian Federation of Agriculture has brought together a coalition under the banner "Let's Grow Canada" to support policies encouraging investment in research and development. CropLife Canada's "Grow Canada Strong" initiative has similar objectives. Canada currently ranks last in agricultural research in-

vestment among the top seven countries in the Organisation for Economic Co-operation and Development. This must change if we are to weather current geopolitical challenges.

Canada is at an inflection point. Agriculture has an opportunity to present governments with a vision for attracting private-sector research and development investment that partners with industry, farmers and governments, rather than relying solely on public-sector solutions.

Farm Credit Canada has launched a "Let's Grow Canada" website aimed at showcasing the stories of Canadian farmers and food producers. The goal is to promote a better understanding of the strengths of Canadian agriculture and help drive investment from both domestic and international sources. While initiatives from the CFA, FCC and CropLife demonstrate leadership, this level of collaboration is not yet standard practice.

The review of our most important trade agreement, CUSMA, is underway, with major implications for Canadian agriculture. These include the risk of new tariffs and origin rules that could disadvantage Canadian exports such as live animals, red meat and biofuels. The shift in U.S. trade and foreign policy in recent years, across political lines, signals that renegotiations will be challenging.

Agriculture must be better prepared. Export-oriented sectors need to come together to develop a unified strategy for these negotiations. This includes delivering real-time, consistent advice to negotiators, engaging effectively with U.S. partners, and being willing to present governments with difficult truths. Commodity groups cannot afford to act alone and hope for favourable outcomes.



Cam Dahl, GM, Manitoba Pork

Achieving a united front will require leaders willing to step outside traditional commodity and regional silos.

Labour is another critical issue requiring a unified approach. Most sectors face labour shortages, and new Canadians play an essential role in meeting these needs. While immigration policies are under scrutiny due to pressures in major cities, rural Canada and processing facilities have distinct labour requirements. Agriculture must clearly communicate how stable employment in the sector supports community growth nationwide.

Rather than relying on short social media-driven messaging, governments need thoughtful immigration and labour policies tailored to regional and sectoral needs. Achieving this will require agriculture leaders to deliver clear and consistent messaging.

The Canadian economy faces significant threats from geopolitical instability and rising protectionism. Agriculture and food production can play a key role in mitigating these challenges. To seize this opportunity, the sector must present governments with unified, consistent policy solutions. Agriculture must lead rather than wait for others to act.

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Manitoba minimum wage to rise to \$16.40 on Oct. 1

By Patricia Barrett

The provincial NDP government announced last week it's increasing the minimum wage this fall to reflect the province's inflation rate in 2025.

The wage will increase from \$16 to \$16.40 and take effect on Oct. 1.

The government has increased the minimum wage several times since it returned to power in 2022 in order to help Manitobans facing financial challenges with rising inflation.

The cost of living rose significantly during the COVID-19 pandemic when worldwide supply chains were interrupted. The current American-Israeli war on Iran, which began on Feb. 28, resulted in an immediate and painful jump in gasoline prices. The war is expected to drive up global inflation and possibly spark a recession depending on how long it continues.

From a low of \$11.95 in 2022, the provincial government increased the minimum wage that year to \$13.50, then to \$14.15 in 2023, \$15.30 in 2023, \$15.80 in 2024 and \$16 in 2025, according to the province's "Historical Summary of Minimum Wage Rates in Manitoba." It shows the minimum wage having hovered in the \$11 range

between 2015 and 2021.

Following the 2022 increase, the government sought to cushion the impact on small businesses by offering a Small Business Minimum Wage Adjustment Program, which provided a time-limited, one-time payment.

Although some businesses may feel the impact of the upcoming wage rise, some organizations say the \$16.40 increase won't meet the needs of many Manitobans.

Manitoba Federation of Labour president Kevin Rebeck said the 40-cent increase is well short of a living wage, and will keep minimum-wage earners "trapped below the poverty line."

"The small 40-cent increase to the minimum wage announced today falls well short of what minimum wage earners need to afford essentials like groceries and rent," said Rebeck in a March 31 statement. "No one should work full time and still live in poverty, but that is the harsh reality for many minimum wage earners in Manitoba, because ... our minimum wage falls well below a living wage."

Although the provincial government's budget includes affordability

measures such as free bus passes for youth, free menstrual products paid by employers and free child care for low-income families, Rebeck said instituting a living wage would do "far more" to help workers by adding hundreds of dollars to their paycheques.

Citing a analysis by the Canadian Centre for Policy Alternatives, Rebeck said workers in Winnipeg would need to earn \$19.77 an hour to meet their basic needs.

"The punishing price increase in groceries, housing and other essentials are something that all working families are dealing with, but the cost of living crisis is hitting our lowest wage workers the hardest," said Rebeck.

A living wage enables people to avoid having to live in poverty, but may not help them address future inflationary pressures, help them save for a home or a car or help them pay down personal debt.

The Tribune contacted a number of Interlake businesses in different communities for comment on the minimum wage increase.

worship

with us > FAITH

"The Lord is not slow to fulfill his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance" (2Peter 3:9).

God's promise for this moment

On Easter Sunday morning, as I mused on how Jesus's disciples could have been so shocked at the empty tomb, even though he had explained to them again and again that he would rise on the third day, huge snowflakes fell from the sky. I was bemoaning that it did not look at all like spring, and concerns began to arise. Just then, some young boys darted out of the church doors, their mouths open wide to the sky. What delight they felt as they tried to catch the flakes! They did not give a moment's thought to the fact that it was snowing, even though the calendar had marked spring's arrival. Their squeals filled the air. Jesus used a child as an illustration for the grown-ups of his day: "Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven" (Matthew 18:3). We are in God's good hands in this moment.

God's promise for the future

The time between Good Friday and Easter Sunday must have felt like an eternity to Jesus's trembling disciples. They did not remember his promise that he would rise from the dead on the third day. Even when they saw the empty tomb, they thought not of resurrection but of foul play. Each Easter, we are reminded of God's promises to his people through Jesus Christ. He has not abandoned this world. We live in difficult times, no doubt, yet God's promises stand firm. How easy it is for us to forget to live in light of his promise, "And behold, I am with you always, to the end of the age" (Matthew 28:20). Let God's promise-keeping actions encourage you to trust in him for this world's future and your own. We are in God's good hands for the future, too!

Len Lodder, Canadian Reformed Church, Carman East

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

Send your letters to the editor or acts of kindness to news@stonewallteulontribune.ca. Please include your name, address and phone number for confirmation purposes.

ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

Clubroom Events for the Week of April 13
 Wednesday 4-Close 8:30 Chase the Queen Draw Pot is at \$808.50
 Thursday 4-Close 7:00 Crib
 Friday 4-Close 6:30 Meat Draw
 Saturday 2-close 7pm Darts
Saturday April 25 Dinner will be Spaghetti Bake -
Tickets are \$15.00 available at the bar
All are welcome - please support your local legion!

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

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Elections Manitoba

Health Canada recalls deodorant, peptides, supplements and ophthalmic solutions

By Patricia Barrett

Health Canada issued recalls for a number of products including deodorant, injectable peptides, eye drops and supplements.

The health agency issued a recall on April 10 for Axe men's deodorant body spray in various scents and Dove anti-perspirant in various scents due to a lack of hazard labels.

"These products do not meet the Cosmetic Regulations in Canada. Specifically, the products do not have mandatory hazard labelling," states the recall. "The products are missing required hazard symbols, signal words on the front of the containers and safety information. Improper labelling could result in misuse of the product and lead to serious injury."

The products are distributed by TJ Trading Co. Inc. The company reported that 384 units of the affected products were sold in Canada.

The products were sold from January 2026 to March 2026.

As of April 1, 2026, the company received no reports of incidents in Canada, and no reports of injury, states the recall.

The health agency issued a warning on April 9 advising consumers to "think twice before injecting peptides bought online" as unauthorized products can cause serious health risks.

Unauthorized injectable peptides are sold and marketed as anti-aging, bodybuilding and wellness products as well as for athletic performance, injury recovery, sleep and mental focus.

"Do not buy or use these products. If you have used them and feel unwell or have concerns, talk to a healthcare professional right away. Only buy prescription drugs from licensed pharmacies," states the warning. "Check labels: authorized drugs for sale in Canada have an 8-digit Drug Identification Number (DIN) printed on the label."

The unauthorized products include BPC-157, CJC-1295, DSIP, Eptalon, GHK-Cu, HCG, Ipamorelin, KPV, Melanotan I and II, MOTS-C, NAD+, SS-31, TB-500 and Retatrutide.

"In Canada, peptides are generally regulated as prescription drugs. Authorized peptide drugs should only be used under the care of a licensed healthcare professional, such as a

Product Name	Weight/Volume	UPC	Country of Origin
AXE Men Deodorant Body Spray - Musk	150ml	8720181114557	Mexico
AXE Men Deodorant Body Spray - Africa	150ml	8720181114441	Mexico
AXE Men Deodorant Body Spray - Dark temptation	150ml	8720181114449	Mexico
Dove anti-perspirant body spray - Cucumber and Green tea	107g	8717163964965	Mexico
Dove anti-perspirant body spray - Go Fresh Pomegranate and lemon verbena	107g	871160078625	Mexico
Dove anti-perspirant body spray - Invisible dry Clean touch	107g	8717163994252	Mexico

Health Canada is advising consumers to stop using the above Axe men and Dove deodorants as they do not have hazard labelling and don't meet Canada's cosmetic regulations.

doctor, to treat specific conditions," states the warning. "Health Canada reminds consumers that decisions about prescription medication should be made in consultation with a healthcare professional and should only be purchased from a licensed pharmacy."

Three brands of Jamieson Laboratories supplements were recalled in a notice issued April 1 because tamper-evident seals were defective.

The products are Joint Pain Relief

Capsules, Magnesium Bisglycinate Capsules and Maca (*Lepidium meyenii*) Capsules.

And nine ophthalmic solutions from Labtician Ophthalmics Inc./Aved brand were recalled in a notice issued April 2.

None of the recalled products had obtained market authorization.

Visit Health Canada's Recalls and Safety Alerts website for full details, including lot numbers, of all the above affected products.

Building a strong Canada means not leaving people behind

By Krista Carr, CEO of Inclusion Canada

As many people in Canada gathered around their tables on Easter weekend, sharing warm meals with family and friends, a quieter, far less

comfortable reality was unfolding behind closed doors across the country. For many people with disabilities, the holiday was not defined by abundance but by impossible choices — between paying rent or buying groceries, between keeping the lights on or filling a prescription.

The rising cost of living in Canada has become a dominant national concern, but its impact is not felt equally. Inflation has driven up the price of basic necessities — food, housing, electricity and medication — at a pace that far outstrips income supports for the most vulnerable. Among those hit hardest are people with disabilities, many of whom rely on fixed or limited incomes that have not kept up with this rapid escalation in costs.

About 27 per cent of people in Canada live with a disability, and they are

more than twice as likely to live in poverty as those without disabilities.

In this context, the Canada Disability Benefit (CDB) was introduced with the promise of reducing poverty and improving financial security for individuals. Yet in its current form, the benefit amounts to roughly \$6.66 per day — a figure that is not only inadequate but, frankly, disconnected from the lived reality of those it is meant to support.

While any additional income is welcome, \$6.66 a day does not buy dignity. It does not cover a meal, let alone contribute meaningfully to rent, utilities or essential medical expenses. In cities and rural communities alike, housing costs alone can consume the majority of a person's income. Add to that the rising price of groceries — where even basic staples have become

noticeably more expensive — and the financial strain becomes overwhelming.

For individuals with disabilities, these pressures are often compounded by additional costs others may not face: specialized diets, mobility aids, transportation and other disability-related supports. Medication, in particular, can be a significant and unavoidable expense. Yet for many, it becomes one of the first things sacrificed when budgets no longer stretch far enough.

This is the cruel arithmetic of poverty: when resources are scarce, survival takes precedence over health. Skipping medication, delaying treatment or rationing doses becomes a coping mechanism — one that carries serious, long-term consequences. People

Continued on page 9

National Huntington Walk Manitoba
Lockport River's Edge Run
 for HD HUNTINGTON'S DISEASE
 "Manitoba's Beautiful Run!"

30k MARATHON 7:30 am
1/2 MARATHON 7:30 am
10k RUN/WALK 8:00 am
5k RUN/WALK 8:00 am

Saturday, May 9th, 2026
 Start & Finish at Skinner's River Road in Lockport, MB

Register at: www.hdmanitoba.ca
 Free Deluxe Pancake Breakfast for all participants!

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OLD TYME DANCE
 Sat., April 25, 2026 1-5pm
 Komarno Community Hall
 Lunch served at 4pm
 50/50 cash prizes of \$25 each
 Live Entertainment by: Ed's Group 4
 Admission Advance tickets available \$25/person till Monday, Apr. 20/26
 Ed: 204-785-3344 or Viv: 204-619-3557
 Everyone Welcome!
 Proceeds to the upkeep of: Komarno, Polson, St. Mary's & Zbruch cemeteries

Bethel Rays of Hope
GARAGE SALE!
 100% of the proceeds go to the Bethel Rays of Hope Ministry in Kisumu, Kenya

FRI, APRIL 24 2 pm - 7 pm
SAT, APRIL 25 9 am-2 pm
 New Life Church • Hwy 67, Stonewall

Games • Toys • Books • Baby Items • Clothing
 • Household Items • Tools • Sports Equipment & More!

Donations can be dropped off at the church from Mon., April 20th to Thurs., April 23rd between 10am-6pm
 *Please no large furniture, kitchen appliances or mattresses.

School nutrition program to continue for 2026-27 school year

By Jennifer McFee

Interlake School Division's superintendent shared some food for thought at a recent school board meeting.

Superintendent and CEO Margaret Ward shared an overview about the school nutrition program in the division's public schools. The program is entirely funded by the provincial government.

For the 2025-26 school year, Interlake School Division received \$195,000. A minimum of 60 per cent of the funds must be spent on food and beverages, while up to 40 per cent of the funds may be spent on staffing and equipment. Funding for the 2026-27 school year is unchanged at \$195,000.

Interlake School Division currently has two separate school nutrition models.

The delivery-based model is in place at eight public schools: Balmoral, Brant-Argyle, Stony Mountain, Rosser, Grosse Isle, Warren Elementary, Warren Collegiate and Woodlands. The program operates in community partnership with Community Living Interlake with a weekly delivery of groceries to schools.

In addition, a school-based purchase model operates at five schools: Teulon Collegiate, Teulon Elementary, École RW Bobby Bend, École Stonewall Centennial and Collège Stonewall Collegiate. This model allocates one hour of educational assistant support per day, and each school manages their own grocery orders and deliveries with Teulon Collegiate engaging in community partnership with Inclusion Teulon.

"Fruit, yogurt, oatmeal and toast are some examples of foods available to students," Ward

said.

"One benefit of the program include universal access for students, without questions. If students are hungry during the day, there is something available for them."

Another benefit stems from community partnerships with Community Living Interlake and Inclusion Teulon.

The 2025-26 school year marked the second year of the school nutrition program. Interlake School Division schools report a positive impact since all students can access snacks and beverages without question.

"The feedback from students and staff has all been positive," Ward said. "They're appreciative of the access for all."

IN OTHER ISD NEWS:

- Margaret Ward is retiring at the end of the 2025-26 school year, following nine years in the role of superintendent/CEO and a total of 36 years with the Interlake School Division. Tyler Moran will be appointed to the position of superintendent/CEO of the Interlake School Division effective July 1. For nearly a decade, Moran has been part of the school division's senior administration team. He currently serves as the assistant superintendent, and the school division will be hiring to fill that role.

- For the current school year, a total of 448 students are enrolled in French immersion in the Interlake School Division, which includes 118 students from out of catchment. Numbers are up from last school year, when there were 436 French immersion students, including 92 from out of catchment.

> LEAVING PEOPLE BEHIND, FROM PG. 8

with disabilities are already navigating food, housing and economic insecurity while also facing systemic barriers to employment and social isolation.

Many people with disabilities are unable to access even the \$6.66 per day because of administrative barriers. Applicants must first qualify for the Disability Tax Credit, which typically requires access to a family doctor willing to complete the forms — often at a cost. To qualify for the CDB, individuals are also assessed not only on their own income but on the income of those they live with. Put simply, the benefit remains too small, too restrictive and too difficult to access for many who need it most.

As a minimum starting point, the Canada Disability Benefit should be \$1,393 per month, in line with the Guaranteed Income Supplement for seniors, and adjusted to reflect the true cost of living with a disability. It should then be in-

creased over time as the gap between income and the cost of living continues to widen.

If Canada is serious about reducing poverty and promoting inclusion, the approach must be bolder and more responsive to actual needs. This means aligning disability income supports with the true cost of living, ensuring individuals can afford not just to survive but to live with dignity. It also means recognizing that poverty is not just about income — it is about access, opportunity and the ability to participate fully in society.

No one should have to choose between rent and medication. No one should face hunger in a country of such abundance. And no one should be left behind by policies that fail to reflect the realities of everyday life.

If the federal government is serious about building a strong Canada, it must include people with disabilities in that vision.

Coin show returns with collectibles, youth focus

By Lana Meier

The Manitoba Coin Club is set to host its annual Spring Coin & Collectible Show on April 25 at the East Selkirk Community Centre, offering a full day dedicated to numismatics and collecting for enthusiasts of all ages.

The event will run from 10 a.m. to 5 p.m. and will feature a wide range of dealers from across Manitoba showcasing collections that span centuries — from ancient coins to modern currency, along with paper money, stamps and other unique collectibles.

A highlight of this year's show will be the presence of the Royal Canadian Mint, which will offer its popular coin exchange. Attendees will have the opportunity to obtain newly released collectible circulation coins directly from the Mint's production line.

"We're excited to welcome collectors and the public back for another great show," said Larry Dalman. "Whether you're a seasoned numismatist or just curious, there's something here for everyone."

Organizers say the show continues to grow, with an increased focus on youth engagement to help foster the next generation of collectors.

"One of our biggest priorities is growing interest among young people," Dalman added. "By expanding our youth programming, we're helping ensure the hobby continues for generations to come."

Coins have long played a role in documenting history, from marking major world events and Olympic Games to commemorating cultural icons. Today's collectible coins often feature themes ranging from pop culture, including Marvel and Disney, to significant national milestones.

In addition to browsing dealer tables, visitors can look forward to door prizes and educational opportunities throughout the day. Admission will also include a chance to obtain passes for a tour of the Royal Canadian Mint, which is celebrating its 50th anniversary since opening its Winnipeg facility.

The show also comes ahead of a major event for collectors, as the Royal Canadian Numismatic Association prepares to host its national convention in Winnipeg from July 14 to 18.

"This show is about more than just coins — it's about history, storytelling and community," Dalman said. "Every item has a story behind it."

Organizers encourage collectors, families and curious newcomers alike to attend and discover the stories behind coins and collectibles from around the world.

Manitoba Coin Club

SPRING COIN, STAMP & COLLECTIBLES SHOW

Sat. April 25th, 2026 • 10am-4pm
Royal Canadian Mint Coin Exchange

East Selkirk Hall

711 Old Henderson Hwy. in East Selkirk

\$5 Admission!

Young curler finds her place to shine at Marquette Curling Club

By E. Antonio

The Marquette Curling Club strives to make its rink a safe, welcoming and accessible place for all — including



TRIBUNE PHOTOS SUBMITTED

Mackenzie Gaudrault (right) is pictured with her sister Kaylee (left) and Marquette Curling Club youth coordinator Krysta Prevost.

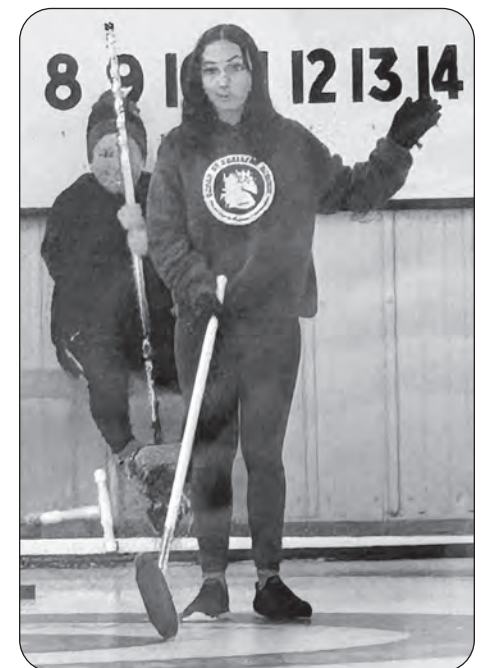
youth program participant Mackenzie Gaudrault, 13, who has a vision impairment.

Mackenzie was born with low vision and is both near- and far-sighted. Her mother, Amanda, explained that while Mackenzie's eyes can see, her brain struggles to process what they're looking at. Some days she sees very little; other times, her vision is blurry or doubled. To make out objects clearly, she has to be very close — otherwise, everything appears as shadows. Even when her brain forms an image, it's often incomplete.

Because of these challenges, Mackenzie found it difficult to participate in extracurricular activities.

"Her needs weren't met and she was pushed aside," Amanda said. "The moral of the story is it has always been a struggle. She was unable to do the same things as everyone else. There was always the worry of her getting hurt, and some places wouldn't even take her, which is absolutely horrible."

That changed when Mackenzie found a home at the Marquette Curling Club. The low-cost, small-group Learn to Curl program appealed to the family, and Amanda said organizers welcomed Mackenzie with open arms.



Mackenzie Gaudrault, 13, curls with the Marquette Curling Club. One of her coaches, Ed Campbell, added a flashlight to a curling stick to help her see the end of the rink.

"They were so welcoming and made the step into curling easy for everybody," she said. Not only have they accepted Mackenzie, they've gone "above and beyond" to make her experience the best it can be, her mother added.

Ed Campbell, one of the coaches, was inspired to create a simple but effective tool to help Mackenzie better navigate the ice. After noticing a similar concept on television, he attached a flashlight to a curling stick. Since

Continued on page 13

RURAL MUNICIPALITY OF WOODLANDS
PUBLIC NOTICE

2026 Honorary Tree Planting Nominations Now Open for Park150

Woodlands, MB - The Rural Municipality of Woodlands is pleased to announce that nominations are now open for the 2026 Honorary Tree Planting Program at Park150, marking the second year of community recognition through this initiative.

Developed in celebration of the municipality's upcoming sesquicentennial in 2030, Park150 as been underway since ground was broken in October 2024. In its first year, the program welcomed dignitaries from all levels of government to plant commemorative trees recognizing their contributions.

In 2025, the program expanded to include recognition of local residents, community groups, and organizations who have helped shape the municipality. This community-focused tradition continues in 2026.

Each year from 2025 through 2029, up to 20 trees will be planted in honour of individuals, groups and organizations. By 2029, a total of 100 trees will stand as a lasting tribute to the people and stories that define the Rural Municipality of Woodlands.

Nominations for the 2026 tree planting are being accepted until **June 15, 2026**.

Nomination Criteria

The Park150 Committee invites nominations for:

- **Residents** (current, former, or posthumous) who have made meaningful contributions to the community, including volunteers, veterans, educators, community leaders, and individuals with notable years of service
- **Community groups** within the municipality, both active and historical
- **Organizations** that have supported community development, wellbeing, and community spirit, including recreational groups, charities, and religious organizations

Please note: Current elected or appointed government officials at the municipal, provincial, or federal level are not eligible for nomination.

Submission Requirements

Nominations must include:

- Name of the individual, group, or organization
- Contact information for the nominee
(Nominators are asked not to inform nominees; selected candidates will be contacted for permission.)
- A brief summary outlining the nominee's contributions, history, and why they should be recognized with a tree at Park150

Selection Process and Event Details

The Park150 Committee will review submissions and notify selected honourees in June 2026. Any nominations not selected this year will remain under consideration for future plantings.

The 2026 Honorary Tree Planting Ceremony will take place on **September 19, 2026**, in celebration of **National Forest Week**.

How to Submit

Nominations can be submitted to Brooklyn by:

- Email: admin@rmwoodlands.ca
- Mail or in person:
Rural Municipality of Woodlands Office
57 Railway Avenue
Woodlands, MB
(Please mark envelopes: "2026 Park150 Tree Nomination")

Park150 continues to grow as a living tribute to the people, history, and spirit of the Rural Municipality of Woodlands.

Community members are encouraged to take part by nominating those who have made a lasting impact.

STONEMALL & DISTRICT CHAMBER of COMMERCE *Local. Business. Community.*

AGM

April 23rd, 2026

Doors open at 6:30 PM

Meeting at 7:00 PM

Community Living Interlake - Café Area

For more info contact Christy at info@stonewallchamber.com

Interlake-Eastern RHA providing access to midwifery services, future home births

By Patricia Barrett

Interlake-Eastern Regional Health Authority launched a midwifery program last November to improve residents' access to prenatal, labour, birthing and postpartum care, and has plans to expand the program in future to accommodate home births.

IERHA is offering midwifery satellite clinics in different communities and has a midwifery clinic at 100 Easton Dr. in Selkirk.

"We are really committed to increasing access to prenatal care in the region," said Beckie Wood, IERHA's midwifery access and coordination lead. "We're caring for families who need prenatal care and experience barriers to accessing health services."

The provincial government announced last year it was strengthening access to sexual and reproductive care, and prenatal and family care in the IERHA by introducing a midwifery program, which is integrated with existing obstetrical services at the Selkirk Regional Health Centre.

The region's midwives have admitting privileges at the Selkirk hospital, which is the only hospital in the Interlake-Eastern region that offers delivery services for uncomplicated births.

A midwife is a health-care professional who supports women and pregnant people through pregnancy, labour and the postpartum period.

Wood said it's a rewarding profession.

"Midwives find it very rewarding to get to know the families they work with, and the families say they really appreciate the continuity of care and the relationship-building," she said.

Midwifery training is offered through a direct-entry, four-year bachelor of midwifery program at the University of Manitoba, and graduates are then registered and regulated under the College of Midwives of Manitoba.

"We can order routine tests for pregnancy and prescribe needed medications. If you develop a complication, we'll make sure you have a referral to a specialist," said Wood. "People have access to all the needed services at the Selkirk hospital. You can get an epidural for pain relief if you need one. You'll get nursing and midwifery supportive care during labour. And you can get support with infant care and, breastfeeding."

Midwives can also treat infections and provide contraceptive care. If a complication arises during a birth, Selkirk has a team of surgeons.

"The midwives also have access to emergency and planned caesarian sections," said Wood. "It's a wonderful hospital and a great place to be for low risk pregnancies."

Selkirk doesn't handle pre-term deliveries, and high risk pregnancies are transferred to either the Health Sciences Centre or St. Boniface Hospital in Winnipeg.

The midwife program started in November with prenatal support services then midwives started attending births at the hospital in January, said Wood. The program is currently offering a satellite clinic in Lake Manitoba First Nation.

"As we develop our program and increase the number of locations where we can offer the midwife service, we'll be able to meet community needs for prenatal care and fill in the gaps for other services including contraceptive care," said Wood.

Pregnant people can either ask their health-care provider for a referral to a midwife or they can set up their own referral to become a client of the program.

"We're accepting referrals from nurse practitioners, family doctors and public health nurses from anywhere in the region," said Wood. "And anybody can request the service of a midwife."

There are currently two full-time midwives, said Wood, and IERHA is hoping to hire a third midwife in the next month or so as it has funding for three full-time positions.

In the meantime, the health authority has limitations on the number of people it can currently accept. Despite that, Wood said the midwives are "working very closely with the family medicine and obstetrical team in the region to make sure that everybody who calls for prenatal care will have a provider."

In the past three months since the program got off the ground, there have been almost 100 referrals, she said. The program started a central intake where people can be assigned to either a midwife depending on availability or a family physician.

There's a movement called "free" birthing or "wild" birthing in which people give birth at home without doctors, midwives or other health-care professionals present, but the medical establishment has concerns that it can be dangerous for mothers and babies should complications arise such as hemorrhaging or breach births. The movement has been linked to permanent injury and child deaths around the world.

When asked about the trend, Wood said people can get "really good care with a midwife" and that midwives will be eventually offering planned home births.

"Down the road, we'll be attending planned home births once we have



TRIBUNE IMAGES COURTESY OF INTERLAKE-EASTERN REGIONAL HEALTH AUTHORITY IERHA's midwife team, from left: Taylor Hein (administrative assistant), Susie Penner (midwife), Laura Mackin (midwife), Beckie Wood (midwifery access and coordination lead).

everything in place with the hospital and the emergency services," she said. "The only thing that makes a planned home birth safe is if you have access to emergency services when you need it. Midwives are trained to recognize emergencies and complications."

People can access a midwife or other care provider at any stage in their pregnancy.

"We'll make sure people get prena-

tal care whatever stage they're in. It will be with a midwife or the family medicine group," said Wood. "We're very integrated; we work really closely with doctors and nurses to find out where the needs are and to provide care to families."

To request a midwife, call 204-482-2150 or email prenatalintake@ierha.ca.

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Rockwood council conditionally approves proposed quarry expansions

By Jennifer McFee

Two quarry operations are one step closer to expanding in the RM of Rockwood, while a third has received the green light from the Municipal Board for rezoning.

On March 27, the Municipal Board gave its decision on a lengthy appeal process that started years ago after Rockwood council defeated a rezoning application from Maple Leaf Construction, which wanted to rezone a piece of land from Agricultural Limited-Stonewall Vicinity Zone to Industrial Extractive Zone. The land is located south of Road 78N between Road 6E and 7E on the east side of Provincial Road 236.

Council gave first reading on Oct. 14, 2020, and the municipality held a public hearing in February 2022 at which time some members of the public voiced objections and concerns. In March 2022, Rockwood council denied the rezoning request, which led to an appeal to the Municipal Board by Maple Leaf Construction. The board rejected the proposal in March 2023, so the developer initiated a judicial review to the Court of Queen's Bench in April 2023.

In May 2025, the judicial review sent the matter back to the Municipal Board for reconsideration of the rezoning application. In March 2026, the Municipal Board confirmed that the rezoning is confirmed to proceed, with the RM of Rockwood and Maple Leaf Construction entering into a development agreement. A minimum 400-metre buffer zone must be maintained between quarry operations and any existing residential dwellings.

As ordered by the Municipal Board, Rockwood council passed second and third readings to a bylaw to amend the zoning bylaw during the April 8 regular meeting.

"They have shortened significantly the separation distance to 400 metres, which sets a precedent for what we're discussing today," Coun. Neal Wirgau told the *Tribune*. "The municipality was an opponent of that, and it cost us over \$100,000 in legal fees."



Black Bear Rescue Manitoba owners Judy and Roger Stearns.

Reeve Wes Taplin noted that the Municipal Board decision is final. He expects that the Municipal Board would issue similar orders if other quarry proposals end up before them for consideration.

With that in mind, Rockwood council also conditionally approved an application from Heidelberg Materials to allow extraction activities to extend west onto additional lands near Provincial Road 236 about half a mile from Stonewall. The designation and zoning is agricultural in that area. Coun. Lana Hintz opposed the proposal.

In response to questions from Coun. Curtis McClintock, Taplin noted that traffic studies still need to occur before access to the site and haul routes can be confirmed.

Hintz also expressed concern about the absence of traffic studies at the time of the vote.

"I have concerns that we haven't addressed that yet," she said. "I know we say it's a provincial highway, but it's still within our municipality and I'm really concerned about it."

A separate rezoning application from Heidelberg Materials is now going to South Interlake Planning District to be referred to the Municipal Board for review after Rockwood council approved the first two readings. The Town of Stonewall objected to it, and since the town is a government



TRIBUNE PHOTOS BY JENNIFER MCFEE

Members of Rockwood council sit in chambers during an April 8 meeting that included decisions on quarry expansions and a proposed limestone operation near Stonewall.

body, it automatically gets referred to the Municipal Board. The Municipal Board will provide the next steps to the South Interlake Planning District and the RM of Rockwood. The rezoning application aims to change land from "industrial extractive holding" to "industrial extractive," which would allow Heidelberg Materials to expand its quarry operation north of Stonewall.

Rockwood council has conditionally approved a limestone quarry proposed by Amrize Canada Inc., with landowners Ralph Scott Paterson and Candyce Rae Paterson, that would establish aggregate extraction on agricultural land located between a quarter-mile and 1.5 miles from the Town of Stonewall boundary.

Councillors Curtis McClintock and Lana Hintz opposed the proposal.

The proposed quarry site is located between Road 78N and Road 79N and on both sides of Road 4E, with multiple farm residences — as well as Black Bear Rescue Manitoba — situated within a quarter- to half-mile of the extraction area.

The approval includes a series of operating conditions, particularly around hauling, hours of operation and blasting.

Hauling will be capped at a maximum of 25 loads per day and restricted to routes approved by both the municipality and Manitoba Transportation and Infrastructure. The final haul route has not yet been determined, and the municipality retains the ability to amend routes with notice. Dust control measures and any required road upgrades will be the responsibility of the operator.

Crushing, loading and hauling will be permitted only Monday to Friday between 7 a.m. and 6 p.m., with no activity allowed on weekends or statutory holidays. Blasting, if required, will be limited to weekdays between

9 a.m. and 4 p.m., with advance notice required.

Crushing operations will not be permitted at the new site and will remain limited to existing pits east of PR 236.

Additional conditions include annual well testing within a one-mile radius, environmental safeguards and the requirement for a development agreement before any work can begin.

Reeve Wes Taplin said the development agreement would provide an opportunity to address any outstanding concerns not already covered by the conditions.

About 20 people attended the meeting to observe the vote, with some expressing disappointment following council's decision.

Judy Stearns, who runs Black Bear Rescue Manitoba with her husband Roger, said she is disappointed with the outcome.

"All I know is that if the quarry goes through, the bear rescue is closing," she told the *Tribune*. "That's all we know."

Likewise, Roger expressed concern about what the future will hold.

"There are so many things that haven't been communicated about what the plan looks like, so this has a long way to go. This is just the first step in the process," he said. "It doesn't mean that they're starting the quarry, but it's disappointing that council approved it."

Stonewall Mayor Sandra Smith also attended the Rockwood council meeting, along with other members of Stonewall council. She provided an update to Stonewall council during their meeting that evening.

"Obviously, we're very disappointed with the decisions that were made today," Smith said. "As a council, we do have some decisions to make with respect to how to move forward, and we'll be discussing that internally."



About 20 people attended the April 8 Rockwood council meeting to observe discussion and votes on proposed quarry developments.

Stonewall launches Terry Fox Run campaign with flag raising

By Jo-Anne Procter

Community members gathered Friday afternoon to watch the Terry Fox flag raised, marking the start of the 2026 Terry Fox Run campaign, which officially began April 12.

Stonewall Terry Fox Run committee member Cathy Goresky said the event continues a legacy that began 46 years ago in St. John's, N.L., when Terry Fox dipped his artificial leg into the Atlantic Ocean and began his odyssey.

Fox ran an average of 26 miles a day for six months before being forced to stop on Sept. 1, 1980, just outside Thunder Bay, Ont. Before returning to British Columbia for treatment, he said, "I'm going to do my best. I'll fight. I promise I won't give up."

"We continue this promise each year," Goresky said, noting the event raises money for cancer research.

She added the Stonewall community raised more than \$48,000 last year.

"These crucial funds help Canada's best scientists push cancer research to the finish line and find new ways to save lives," she said. "Every step, ev-

ery event and every dollar brings us closer to achieving Terry's dream."

Stonewall Mayor Sandra Smith said the local committee's success is remarkable, noting it ranks second in fundraising in Manitoba, behind Winnipeg.

"It shows what the power of community and the power of passion can do," she said. "What you do in our community is to be commended."

This year's run will take place Sunday, Sept. 20 at Stonewall Quarry Park. Registration begins at noon, with the run and walk starting at 1 p.m. The Stonewall run site will be available for registration and donations starting April 12 at terryfox.org.

The Stonewall Terry Fox Run committee will host a Bud, Spud & Steak Night on Thursday, May 21 at the Rockwood Motor Inn. Tickets are \$25. For tickets or more information, contact Mary at 204-792-1962 or Lil at 204-781-8764.

Anyone interested in volunteering can call 204-467-5842.

> CURLING, FROM PG. 10

Mackenzie has some light perception, she now aims for the light instead of a standard target.

Amanda said the impact has been transformative.

"She went from just pushing the rock and hoping for the best to actually participating and knowing what she is doing," she said. "She can go out and be successful. Nothing will beat that smile on her face the first time she saw the light — it was like Christmas morning."

As for Mackenzie, her experience has been worthwhile.

"My favourite thing about curling is that everyone there is supporting me and helping me with a sport that I love," she said, adding it feels nice to have a supportive team.

"It felt like they actually cared about me and my success and the enjoyment of the game — I felt seen with my disability."

Campbell said the adaptation was easy to implement and has made a

meaningful difference.

"She absolutely loves it and wants to improve," he said. "It's a goal for all of us at the club to enjoy the game and make it fun for everyone. We have a bunch of kids coming out, and it wouldn't make sense to turn anyone away. Mackenzie loves to curl, and this is a simple solution to make her feel like she belongs."

For Amanda, the experience has been invaluable. Mackenzie has grown more confident, built friendships and found a true sense of belonging.

"Every kid deserves a place where they feel safe and seen. We have to see the kids' abilities and meet them where they are," she said. "To Mackenzie, that is the curling rink. I wish every kid would have this experience."

Both Amanda and Mackenzie are thankful for the efforts made by the Marquette Curling Club.

For now, Amanda's hopes for her daughter are sim-



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Stonewall Terry Fox Run committee members and supporters mark the start of the 2026 campaign with a flag raising ceremony outside the town office in Stonewall last Friday.

ple: that she continues to grow, thrive and embrace everything that makes her unique.

As for Mackenzie, she wants to stay in sports, continue advocating for herself, assist in coaching younger athletes and become a teacher. She also hopes to encourage other sports to become more accessible.

"Please don't assume that we can't do something. Instead, ask us how you can help us," she said. "It is im-

portant to be physically active, so help us meet and rise to the challenge."

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
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In Store Specials

RM of Rosser approves grants and charitable donations

By Jennifer McFee

Generosity makes the world go around.

The RM of Rosser has approved \$29,450 worth of charitable donations and grants for 2026, including \$6,000 for the Interlake Community Foundation, \$6,000 for Southwest Palliative Care (made up of a \$5,000 grant plus a \$1,000 gala table purchase) and \$4,000 for Community Resource Network.

The RM will give \$2,500 each to South Interlake 55 Plus, South Interlake Rockwood Ag Society and South Interlake Ag Society. Stonewall Quarry Days and South Interlake Garden Club will each receive \$1,500.

Other contributions will go towards South Interlake Regional Library (\$1,450), Manitoba Farm Women's Conference (\$500), Rockwood Festival of the Arts (\$500) and Stonewall Quarry Choristers (\$500).

The RM will also provide a \$400 charitable donation to Grateful Friends Pet Rescue.

IN OTHER COUNCIL NEWS:

- A public hearing to present the 2026 financial plan will be held April 16 at 6 p.m.

Chief financial officer Trevor Wowk said the draft plan reflects fiscal responsibility and a continued commitment to municipal services and infrastructure.

"The RM of Rosser's 2026 draft financial plan represents fiscal responsibility and an ongoing commitment to the continued provision of quality municipality services while enabling the maintenance and growth of mu-

nicipal infrastructure. By continuing to provide ongoing quality municipality services, the municipality will continue supporting residents while maintaining an inclusive rural community," he said.

"These commitments will also continue to attract the economic development needed to create opportunities and growth for residents and businesses to thrive into the future. Should anyone wish to view the draft plan, copies are available at the municipal office."

- A three per cent wage increase was approved for all council members and eligible employees for 2026. Monthly council indemnities will increase to \$2,748.49 for the reeve, \$2,198.76 for the deputy reeve and \$1,923.95 for councillors. The hourly rate for council business not covered by indemnities will rise to \$34.35.

- An estimated \$10,560 quote from CVLNS was accepted as a sole-source contract for Phase 3 of the strategic planning process.

"Using the past deliverables that have been presented to council, CVLNS will now work with council and administration through the last phase, finalizing the vision and goals that would be part of the plan, and then to draft and ultimately finalize for adoption Rosser's first ever strategic plan," said CAO Larry Wandowich.

- An agreement with the Canadian Corps of Commissionaires, Manitoba division, will provide emergency coordinator services.

- A temporary agreement with the RM of Rockwood will provide bylaw enforcement services as Rosser transitions to an in-house model.

"In the past, the RM of Rosser has obtained bylaw services through the Rockwood/Woodlands Bylaw Enforcement and Animal Control Board, while growing Rosser's own bylaw services. As this Board is concluding their services, Rosser is temporarily contracting from the RM of Rockwood to provide the RM of Rosser time to enhance its own bylaw enforcement capabilities," Wandowich said.

"This will ensure the continued ongoing provision of bylaw enforcement services while finalizing and executing the model of services into the future on a more cost-effective basis."

- The chief financial officer is authorized to list the fire department's supply trailer for sale on social media. The minimally used trailer is listed at \$18,000, with more information available on the RM's website.

- A \$75,000 commitment for 2026 will renew participation in CentrePort Canada Inc.'s partnership program.

"The \$75,000 commitment is a renewal of the RM of Rosser's participation in the CentrePort Canada Partnership Program," Wandowich said.

"This valuable program supports RM of Rosser's economic development through CentrePort Canada's efforts to attract jobs, businesses and infrastructure investment into CentrePort, including promoting the RM of Rosser as a prime industrial location and marketing to national and

international investors."

- A property owner is required to pay \$1,856.31 to the South Interlake Planning District following an appeal related to unauthorized land development in the CentrePort area.

"The unauthorized development of land was an alteration of property, which included significant fill being brought in, thereby altering the grade and use of the land without the required permits and zoning. This took place within the CentrePort area," Wandowich said.

"This payment was upheld by council as part of an appeal hearing that took place. It was one of many conditions from the appeal hearing decision. The payment of \$1,856.31 would be to South Interlake Planning District (SIPD) for current enforcement costs incurred by SIPD."

- Pre-paid dust control applications are now being accepted for municipal roads adjacent to residences and established sites. The cost is \$350 for a 16-foot by 300-foot strip, with a deadline of May 22.

- Membership in the Red River Basin Commission was approved at a cost of \$350.

- An advertisement will be purchased in the Legion Military Recognition Book for \$323.81 plus tax.

- Attendance at the Manitoba Good Roads Association banquet on April 21 and the Association of Manitoba Municipalities spring convention from April 21 to 23 in Brandon was authorized, with expenses covered.

Internship student shares insights on positive experience

By Jennifer McFee

A Springfield student got an inside glimpse at health-related careers during her recent internship at Selkirk Regional Health Centre.

Kara Petrasko, a Grade 12 student at Springfield Collegiate, said some of her favourite wards included the operating room, diagnostics, emergency and obstetrics.

"Overall, every ward I experienced left me with valuable knowledge. The hospital is an amazing place to explore the many different opportunities within health care, and this internship helped me better understand my true interests," said Kara, who is interested in becoming a nurse practitioner.

"I would strongly recommend this experience to any high school student who is interested in health care or trying to figure out if this field is right

for them."

Nicole Harris, surgical services educator, outlined some of the benefits of the program.

"Welcoming high school students such as Kara into the surgical observation program creates meaningful benefits for everyone involved. For the students, it offers early exposure to health care, real-world insight into surgical teamwork and inspiration for future education and career paths," she said.

"For the staff, it provides an opportunity to mentor, share expertise and reflect on the impact of their work through fresh eyes. These experiences strengthen our connection to the community, help cultivate the next generation of health-care professionals, and reinforce the pride and purpose behind practising health care in a rural setting."



TRIBUNE PHOTO SUBMITTED

Left to right: Sonnet Chipman, Adele Hummelt, Denny Bernhard, internship student Kara Petrasko, Bonnie Krut, Dana De Luca, Haley Lane, Kelly Unruh and Denise Klein.

Lori Buors, Indigenous human resource officer, thanked all staff and managers for making these internship

experiences a great success.

Full circle in Vegas: Deprez relives 1973 glory from the stands

By Lana Meier

Don Deprez didn't need much convincing.

Minutes after the Wisconsin Badgers men's ice hockey punched their ticket to the national championship game, he turned to his wife and made a spontaneous pitch: let's go to Las Vegas.

Within hours, the plan was in motion.

"It was actually minutes," Deprez said with a laugh, recalling how quickly the idea became reality. "I said, 'Badgers just won — let's go to Vegas for the final.'"

By the next afternoon, Deprez and several members of his family were on a flight, bound for a game that would carry a deeper meaning than most.

More than 50 years earlier, Deprez had been on the ice when Wisconsin captured its first-ever national title — a 4-2 victory over the Denver Pioneers men's ice hockey in 1973.

Now, in a twist few could script, the same two programs were set to meet again on college hockey's biggest stage.

"It didn't feel like 1973 again," Deprez said. "But it did feel like something I wanted to be a small part of."

For Deprez, the connection wasn't just about the opponent — it was about the atmosphere, the energy and the memories tied to that championship run.

Back in 1973, Wisconsin's title game in Boston drew more than 3,000 travelling fans from Madison, creating a wall of sound that left a lasting impression.

"One of the things I remember most is the noise those fans made," he said. "I think I wanted to be a part of that



Owen, grandson of Don Deprez, was all smiles after a player tossed him a puck over the boards during the championship weekend in Las Vegas.

again."

While the championship win over Denver remains a defining moment, it's actually the semifinal that stands out most vividly in Deprez's memory.

Wisconsin found itself in a deep hole, trailing 4-0 before mounting a dramatic comeback. Even after falling behind again late in the game, the Badgers refused to quit.

"We made it 5-4, and then Dean Talafous tied it up with five seconds left," Deprez said. "We won it in overtime with Dean getting the winner."

The following night, Wisconsin controlled much of the final against Denver to secure the program's first national title — a milestone moment Deprez still holds close.

The team was coached by Bob Johnson, later known as "Badger Bob," who went on to coach the Pittsburgh Penguins and Mario Lemieux to a



TRIBUNE PHOTOS SUBMITTED

Don Deprez is joined by his wife Laurie, son Chad, daughter Jaymie and grandson Owen in Las Vegas during the NCAA championship, more than 50 years after his own national title with Wisconsin.

Stanley Cup in 1991. Johnson died the following year, cementing his legacy as one of the game's most respected figures.

"My claim to fame was getting an assist on the winning goal," he added. Fast forward to 2026, and the perspective had changed dramatically.

Instead of lacing up his skates, Deprez was in the stands — but not just as a casual observer. Old instincts kicked in as he followed the play.

"I found my body shifting in my chair trying to take a shot or a hit or a pass," he said. "But that's fairly normal."

What made the trip even more meaningful was sharing it with family.

His wife Laurie, son Chad, daughter Jaymie and young grandson Owen all joined the journey, turning what could have been a solo trip down memory lane into a multi-generational experience.

"It was fantastic having them there," Deprez said. "I think they were as excited to be there as I was."

The group im-

mersed themselves in the full championship atmosphere, including a pre-game gathering just outside T-Mobile Arena.

"There was a Wisconsin party at the Beerhaus three hours before the game — it was a sea of red," Deprez said. "I had some great conversations with diehard fans. It brought back some wonderful feelings and emotions."

Those connections — to the program, the city and the people — remain strong decades after Deprez's playing days ended.

"I loved my four years at the University of Wisconsin and being part of that hockey program," he said. "It's a great city that I think about often."

This time around, the result didn't go Wisconsin's way, as Denver came out on top in the final.

But for Deprez, the scoreline was secondary.

The experience — the memories, the shared moments and the rare opportunity to witness history echo itself — was what mattered most.

"It was something I wanted to be a part of," he said.

More than half a century after helping Wisconsin reach the top of college hockey, Deprez found himself back at the same stage — not as a player but as a fan, a father and a grandfather.

And in that moment, the past and present came together in a way few athletes ever get to experience.

A full-circle journey, measured not just in years but in meaning.



Don Deprez (second from right) is pictured in 1973 with fellow attendees, including Dennis Olmstead, son of NHL legend Bert Olmstead, during the NCAA championship weekend in Las Vegas.

Firefighters' Ball draws support for Teulon Rockwood Fire Rescue

By Jo-Anne Procter

The Teulon Rockwood Fire Rescue marked its 47th annual Firefighters' Ball on April 11, drawing strong community support for the volunteer department.

As is tradition, firefighters prepared and served a turkey dinner with all the fixings, made possible through donations from local sponsors.

Deputy fire chief Danny Hutchinson and fire chief Scott Skinner MCed the evening, while Teulon Mayor Todd Campbell welcomed guests and recognized members of the department.

"Your hard work and sacrifice do not go unnoticed," Campbell said. "We are proud to have such a dedicated team serving our community."

Each firefighter was introduced prior to dinner, followed by a reading of the Firefighters' Prayer by the mayor.

Bert Campbell, representing the Teulon Tractor Pull Association, presented a \$1,000 donation in appreciation of the department's volunteer service over the past 50 years.

Glen and Maureen Kletke, recognizing funding shortfalls faced by the fire department, also donated funds to support priority equipment needs identified in consultation with the department. All proceeds from their donation are directed toward enhancing firefighter safety and strengthening the crew's ability to protect the community.

"Each firefighter sacrifices approximately 250 to 350 hours of family time per year," Glen Kletke said.

Hutchinson said the donation will help purchase carcinogen-blocking, PFAS-free protective gear. Studies have shown that traditional turnout gear can contain per- and polyfluoroalkyl substances, a group of chemicals linked to cancer and other health risks.

Thanks to the Kletke donation, the department has also ordered a 2026 Can-Am Backcountry 6x6



Maureen and Glen Kletke made a very generous donation to the fire department, allowing them to purchase much-needed equipment.



TRIBUNE PHOTOS BY JO-ANNE PROCTER
Firefighters Robin Chestnut (left) and Mike Rawlings both officially retired from the Teulon Rockwood Fire Rescue department.

to improve access in wildfire situations. Proceeds from the event will help equip the vehicle with a FireSkid tank and pump system.

During the evening, firefighters Ryan Trombo and Robin Chestnut received the Manitoba Fire Services Exemplary Service Medal, recognizing more than 20 years of service marked by professionalism and dedication.

Chestnut and Mike Rawlings were also acknowledged upon their retirement from the department.

Trombo was recognized for 23 years of service in multiple leadership roles, including firefighter, captain, deputy chief and chief, as well as his work with the South Interlake Mutual Aid District Ground Search and Rescue team.

Chestnut retired after 22 years of service, during which he was among the first members in the department to earn NFPA Level 2 (National Fire Protection Association) certification, an advanced firefighter designation signifying competency in complex fire suppression, rescue and incident management. He also served as president of the firefighters' association and was instrumental in organizing entertainment for the annual ball over the past decade.

Rawlings concluded 10 years of dedicated service. He also served as president of the firefighters' association, demonstrating his commitment to both the organization and his fellow firefighters, and was known for mentoring newer members.

A slideshow presentation highlighted a record 87 emergency calls over the past year, including 20 grass fires. The department also responded to nine mutual aid calls and 18 false alarms.



Danny Hutchinson (left) and Scott Skinner (right) presented Ryan Trombo with a Manitoba Fire Services Exemplary Service medal.

Firefighters contributed more than 400 hours battling wildfires in Garden Hill and Leaf Rapids during an unusually active wildfire season in Manitoba.

The department thanked the community for its continued support, noting it plays a key role in sustaining volunteer operations.

The evening concluded with live music by local band Ryes & Shine, along with raffles and a variety auction featuring prizes donated by area businesses.



Firefighters carved 24 turkeys for dinner.



The Teulon Rockwood Fire Rescue department was introduced followed by the Fire Fighters' Prayer.

St. Laurent Fire Department receives equipment donation



TRIBUNE PHOTO SUBMITTED

Two self-contained breathing apparatuses and four spare air bottles, recently donated to the St. Laurent Fire Department by the North Cypress Fire Department, will help enhance firefighter safety and extend the life of the department's existing equipment.

By E. Antonio

The St. Laurent Fire Department has two reasons to be grateful this March, thanks to a significant equipment donation from the North Cypress Fire Department. The department received two self-contained breathing apparatuses (SCBAs) and four spare air bottles, with an estimated value of \$15,000 — equipment that would cost roughly \$30,000 to purchase new.

Fire Chief Chad Malfait said the additional SCBAs will be put into service alongside the department's existing unit, helping protect firefighters from toxic fumes and smoke at emergency scenes. He noted the department's current SCBA is nearing the end of its lifespan, making the donation especially timely.

"It is a huge benefit when other departments can share equipment they are no longer using," said Malfait. "This postpones our need to purchase new ones and gives us time to look for grants or fundraise for this cause."

Tax tips for service-based businesses: Staying organized and maximizing deductions

For many service-based professionals — including hairdressers, daycare providers, massage therapists and those in catering — tax season involves more than simply reporting income. With a mix of clients, supplies and often home-based operations, understanding your obligations and opportunities can make a significant difference.

One of the most important aspects of filing taxes in these industries is tracking income accurately. Whether payments are received in cash, e-transfer or card, all income must be reported. Keeping detailed records throughout the year helps avoid discrepancies and ensures nothing is overlooked.

Expenses are another key area. Supplies such as hair products, food ingredients, linens, oils or cleaning materials are typically deductible when used to earn income. Equipment purchases — from styling chairs to massage tables or kitchen appliances — may also be claimed, though larger items are often deducted over time rather than all at once.

For those operating from home, there may be additional deductions available. A portion of household expenses — including utilities, rent or mortgage interest, insurance and maintenance — can often be claimed based on the space used for business. It's important that this space is used regularly and primar-

ily for earning income, and that calculations are done accurately.

Vehicle expenses may also apply for businesses that require travel, such as mobile services or catering deliveries. As with other deductions, proper documentation — including mileage logs and receipts — is essential.

Many service providers are self-employed, which means they are responsible for setting aside funds for income tax and Canada Pension Plan contributions. Without deductions taken at source, planning ahead is critical to avoid surprises at tax time.

There may also be additional considerations depending on the nature and size of the business. Registering for GST/HST, managing payroll or hiring subcontractors can all affect how income is reported and taxes are calculated.

Good record-keeping is one of the most valuable habits any business owner can develop. Staying organized not only makes filing easier, but also provides insight into how the business is performing.

Tax season is more than a yearly obligation — it's an opportunity to review your progress and plan ahead. With the right approach and support, service-based professionals can feel confident they are meeting their responsibilities while making the most of what they earn.



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Rockwood Festival of the Arts



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The 2026 Rockwood Festival of the Arts got underway last weekend with a full schedule of performances. The dance section opened the festival April 11 at Teulon Collegiate, featuring a wide range of styles including Ukrainian, Irish, folk, contemporary, lyrical, tap, jazz and hip hop, with performers of all ages participating. Piano sessions followed April 13 at New Life Church in Stonewal, and continued April 14 at the home of George Matheson. Vocal and guitar performances were also held April 14 at New Life Church. Choir performances took place April 15 at École Stonewall Centennial School. The festival is set to wrap up April 16 at École Stonewall Collegiate with band and instrumental performances.





APRIL 22 EARTH DAY 2026

Our Power, Our Planet.



4 ways to reconnect with nature

It's not uncommon to lose touch with nature in today's hyperconnected world. Constant screen time can make it easy to forget the importance of protecting the ecosystems around you. Just a little time spent outdoors can give you all the inspiration you need to take better care of the environment. Here are four simple ways to reconnect with the beauty of the natural world.

- 1. Get your hands dirty.** Plant flowers, herbs, vegetables or fruit in your backyard or on your balcony or windowsill. Caring for plants is an excellent way to connect with the wonder of nature.
- 2. Spend time on the water.** Explore lakes or rivers in a non-motorized boat such

as a kayak, canoe or pedal boat. Listen to the waves lapping on the shore, examine aquatic plants and watch the birds and fish. In short, live in the present moment.

- 3. Take a walk in a wooded area.** Head to a forest, park or mountain trail to immerse yourself in nature whenever you can. Observe your surroundings, paying attention to the sounds and smells. Feel the bark of the trees beneath your fingers.
- 4. Have picnics.** Enjoying a meal outdoors offers a refreshing break from the routine and lets you get some fresh air. Choose a scenic park and bring along a blanket and some good food. Leave your screens behind and soak up your natural surroundings.

Reconnecting with nature helps your awareness grow and inspires you to action. Protecting the environment matters, not only for you, but for future generations. Join the movement!

How are supermarkets helping the environment?

Did you know that a growing number of supermarkets are taking steps to reduce their environmental footprint? Here's an overview.



TACKLING FOOD WASTE

Many supermarkets are partnering with anti-waste mobile apps, such as FoodHero, Flashfood and Too Good To Go. These platforms allow customers to buy unsold food at reduced prices, keeping perfectly edible food out of landfills.

IMPROVING BUILDING EFFICIENCY

Many grocery stores are now investing in technologies to reduce greenhouse gas emissions. Carbon dioxide refrigeration systems help make stores significantly more energy efficient due to features like heat recovery, high-performance building envelopes, LED lighting and solar photovoltaic panels.

SUPPORTING FOOD BANKS

As the cost of living continues to rise, families are turning to food banks more frequently. Supermarkets play an important role by donating unsold but edible food. These donations reduce waste and provide direct support to local communities.

REDUCING PLASTIC PACKAGING

Too many foods are still unnecessarily packaged in plastic. As a result, packaging standards are growing more stringent. Retailers are increasingly offering customers unpackaged fruits and vegetables, along with a wider range of bulk products.

Every industry has a responsibility to reduce its environmental impact, and food retailers are no exception.

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Your FARM



Local seed farmer shares insights in video series

By Jennifer McFee

Insights shared by a local seed farm are sprouting up in an online video series.

Located west of Stonewall, Unger Seed Farm is a family-run pedigreed seed-growing operation. Ron Unger started the family-owned business in 1979, and his son Darcy currently runs it.

Seed growing is the process of producing high quality seeds that other farmers can use to grow crops.

"As a seed grower, we plant higher pedigreed seed on our farm," Darcy said. "Once harvested, this seed is cleaned by our new seed plant to remove impurities and guarantee a high quality seed for customers to buy and grow on their own farms."

Darcy recently shared his perspective gleaned over a lifetime in the seed industry through a video for Seed World Canada. The short video is Episode 3 of the organization's On The Brink series, which is a cross-country storytelling project about plant breeding. The goal of the series is to spark open conversations about the future of plant breeding in Canada.

In the video, Darcy speaks about his family's new seed plant in Stonewall, an investment that sets up the family farm for the generations to come.



Darcy Unger of Unger Seed Farm, located west of Stonewall, recently shared insights from his family's multi-generational seed operation as part of Seed World Canada's On the Brink video series.

"We are members of SeCan, the largest supplier of certified seed to Canadian farmers, and this year SeCan is celebrating 50 years. They approached us to do a video about our new seed plant investment and the three generations currently working on the family run seed operation," Darcy said. "This video featured in



TRIBUNE PHOTOS SUBMITTED

The new state-of-the-art seed plant at Unger Seed Farm near Stonewall features advanced cleaning equipment, including AI-assisted technology, to ensure high-quality pedigreed seed for farmers.

Seed World was a result of this."

The idea for the new seed plant took

root in January 2024 with a scrap paper drawing, which led to a two-year process to build and commission the new facility.

"Our machines are all state-of-the-art, including our new colour sorter using AI technology to help guarantee a clean final product," Darcy said.

"We use our seed plant to process and clean the seed from our 4,000-acre seed farm, as well as custom cleaning for our customers who choose to re-use their own seed. We also have a few other seed companies who we clean for as well."

The family chose to invest in the new seed plant for several reasons.

"The seed plant we were using was redone back in 1996, and the time was coming to do a major overhaul on the machines and equipment that was already in use. The second reason is I have two sons, Colton and Austin, who have decided that they want to continue on the family farm," Darcy said.

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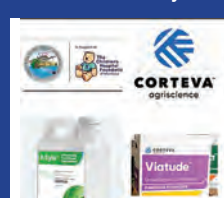
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Continued on page 24

Your FARM



Lundar inventor earns Ag Days farm safety honour

By Lana Meier

A Lundar-area inventor is gaining provincial recognition for a farm safety tool designed to reduce the risk of serious injury during tractor hitching.

Kurtis Howardson earned second place in the Farm Safety category at the Innovation Showcase during Manitoba Ag Days, held Jan. 20–22 in Brandon. The annual agricultural trade show featured 28 new products and services across seven innovation categories.

Howardson's invention, called The Drawhand, is a handheld extendable tool that allows an operator to insert a hitch pin from the cab of a tractor, eliminating the need to step between equipment while hitching implements.

"You feel like Wile E. Coyote standing back there — you're right in the line of fire," Howardson said. "That's where the idea came from. I thought there had to be a safer way to do this."

The idea sparked in 2020 while Howardson was helping his father-in-law, Donald, with haying. Not a full-time farmer himself, Howardson found himself repeatedly getting on and off the tractor to line up equipment and insert hitch pins — a common task that can turn dangerous in slippery or uneven conditions.

Once the hitch pin was finally in place, the concept for The Drawhand took shape. The all-aluminum tool holds the full hitch pin at one end and is designed to be used through the rear window of a tractor cab. After backing up to the implement, the



The Drawhand is a handheld extendable tool that allows an operator to insert a hitch pin from the cab of a tractor.

operator inserts the pin using the tool, applies slight pressure by easing the clutch, then releases the pin with a simple twist.

"You can do the whole job yourself, from the cab," Howardson said. "There's no one standing behind the tractor, and you're not climbing in and out multiple times."

Howardson said the tool is intended to reduce the risk of crushing injuries, finger loss and fatalities that can occur during hitching. He also noted its benefits for older farmers or those with mobility issues.

"I talked to a lot of older farmers at

Continued on page 26



TRIBUNE PHOTO SUBMITTED

Lundar-area inventor Kurtis Howardson, second from left, poses with his eight-year-old son, Harlon, after accepting a runner-up Farm Safety Award for The Drawhand during the Innovation Showcase at Manitoba Ag Days 2026 in Brandon.



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Provincial government to axe PST from prepared foods, other edible items

By Patricia Barrett

With the cost of food continuing to push some Manitobans to the brink of food hunger, the provincial NDP government plans to implement a tax break on select products in grocery stores.

As part of Budget 2026, the government will remove the provincial sales tax (PST) from ready-to-eat food and other edible products starting July 1.

The PST cut is intended to apply only to grocery stores; products sold in small convenience stores and restaurants will still be subject to PST.

Manitoba Premier Wab Kinew announced the tax-relief measure last week, saying he recognizes the pressure faced by many Manitobans.

"Manitobans are feeling the cost of groceries every week," said Kinew in a March 25 news release. "Budget 2026 offers real relief for Manitoba families on the items you pick up when you are in a rush to feed the family before hockey practice and swimming lessons."



TRIBUNE PHOTOS BY PATRICIA BARRETT

The provincial government intends to remove the PST from prepared food items, such as the fruit tray (top row middle), and from ultra-processed foods such as chips, cupcakes and doughnuts. The price of fresh fruits and vegetables continues to skyrocket, with items such as cherry tomatoes priced at \$11 to \$12, and peaches, pears and plums from South America priced at \$4.99 per pound at one city grocery store last week.

The list of items that will be exempt from the PST include ready-to-eat sandwiches, soups, rotisserie chicken, prepared fruit and vegetable platters, chips, salted nuts, candy, muffins, cupcakes and other baked goods, and carbonated drinks and fruit juices.

The government embarked on a study earlier this year to look at the overall affordability of food.

"In February, we launched a government grocery study to examine food prices and affordability province-wide, including access, availability, market concentration and unfair pricing practices that contribute to higher grocery costs," states the budget. "This study will help us identify steps the provincial government can take to lower grocery costs."

The high cost of food continues to exert undue pressure on household budgets, with fruit, vegetables, meat, bread and milk becoming unaffordable to some Manitobans.

Winnipeg-based Harvest Manitoba welcomed the PST cut, saying in the news release that any means of saving money on groceries can make a difference to those forced to make choices

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Two bulls fetch \$20K at 58th annual Lundar sale

By E. Antonio

Strong prices and competitive bidding highlighted the 58th annual Lundar Bull Sale on April 4, with two bulls topping the event at \$20,000 each and steady demand across all categories.

According to sale secretary Rayna Gleich, two-year-old bulls led the market with an average of \$14,500, while yearling bulls averaged \$10,673.08. Purebred heifers sold for an average of \$6,437.50, and commercial heifers averaged \$5,460.

"The sale was well attended and we saw good participation from both returning buyers and new faces," Gleich said.

Sale president Jack Cruise said they saw record-breaking sale prices and averages, marking this year's event as "the best we've ever had."

He noted their excellent quality of animals and the current economic state of the cattle industry contributed to the success.

The first bull through the ring, consigned by Rawcliffe Grange Stock Farms, set the tone early, selling for \$20,000 to Twin View Polled Herefords. Another top-selling bull from Acorn Ridge Polled Herefords also reached \$20,000 and was purchased by Lundar's Sigga and Steina Vigfusson.

Michael Vigfusson, Sigga and Steina's father, said this was an easy purchase for them as it "checked all the boxes," including ensuring the bull's health and quality. He hopes their new addition fits in well with their current herd and remains healthy for a long time.

Kevin Funk of Acorn Ridge in Kleefeld said he was very grateful and humbled by this year's Lundar Bull Sale.



The donated heifer from the 58th annual Lundar Bull Sale was won by Raymond Bazinet.

"We are fairly new, this being our fourth consecutive year, and have always been treated very well by the staff and other consigners," he said. "It's a very welcoming atmosphere. They have done a really good job promoting the sale over the years, providing a fun and comfortable place to buy and sell cattle."

He explained much goes into raising bulls, starting with artificial insemination for strong genetics and desirable traits. Selecting a calf to sell also comes with challenges, with Funk noting they must "show good growth, vigour and temperament from birth to the time they are sold."

Phenotypically, he looks for bulls with a high degree of muscle, moderate birth weight and strong annual gains until they reach yearling stage, along with dark red colouring, good pigment around the eyes and a tall frame with long ribs and broad hips. Genotypically, he wants his bulls to have strong EPDs — Expected Progeny Difference, a genetic prediction of an animal's ability to pass traits to its offspring.

He purchased his top-selling bull a



TRIBUNE PHOTOS SUBMITTED

Buyers take part in active bidding during the 58th annual Lundar Bull Sale on April 4, which saw record prices and strong demand across all categories.

few years ago from another high-selling bull at the Lundar Bull Sale.

"His dam is a beautiful Frontier 174E daughter and out of a very maternal cow family," he said. "His temperament, I'm sure, was a huge selling feature — our daughter was constantly in the stall with the bulls at the sale. She was busy brushing and cleaning up after them."

He added that forming good relationships and providing consistency within the cattle industry is also vital for success.

Gleich said volume buyers also played a key role in the sale's success. Albert Russell and Keen Stock Farms led the way, each purchasing seven animals.

"Having strong support from repeat buyers, along with those buying multiple head, really helps build consistency in the market," she said.

In addition to the sale itself, a long-standing fundraising tradition once again contributed to the event's community impact.

Each year, a member of the bull sale

committee donates a heifer, with raffle tickets sold for a chance to win the animal. Proceeds from the initiative support the local agricultural society.

"This has become a highlight of the sale," Gleich said. "It's a great way to give back while also creating some excitement."

This year's donated heifer was won by Raymond Bazinet, marking the third time he has taken home the prize.

Cruise said the fundraiser has been held for the past 11 years, raising funds for the facility built that same year. The building was constructed to host sales and provide space for the Lundar Fair and other community events. This year, approximately \$16,500 was raised, with all funds going toward the loan originally taken out for the build.

"We are thankful to be able to have such a good community event," Cruise added. "Our success comes from the volunteers, sellers and buyers who work hard to support us year after year."

> SEED FARM, PG. 20

"Both those factors led to the decision to do a completely new seed plant in a brand-new building with a new office attached. The timing of the old plant needing work and the new generation becoming involved led to the decision to invest in new."

In total, 95 per cent of the genetics that Unger Seed Farm relies on come from Canadian breeders.

"Canadian plant breeders are important because they create stronger, more productive and more sustainable crops that support farmers and help feed people in Manitoba and Canada. Productive crops give farmers a bigger opportunity to support

the local economies as well," he said.

"Farmers tend to buy their seed, fuel, fertilizer and other products close to home, which helps support local businesses as well. Farmers support local schools, restaurants, community centres, 4H clubs, arenas, curling clubs and so on. It might not seem like it, but Canadian plant breeders are important — their work helps support a lot of people in and around agriculture."

Genetics are also crucial to help farmers combat the ever-changing needs of consumers and as well as the changing environment, he added.

"Better genetics give you better yields, better quality crops that are more adapted to the final consumer

needs," Darcy said.

"Weather patterns are changing and the weather is more diverse. We need the ability to protect ourselves from disease, drought, excess rain and insects, and better genetics can give us that. Farmers are dependent on good genetics to help keep us successful."

Looking ahead, Darcy shared some concerns about the future of Canadian plant breeding.

"The federal government is slashing funding for Canadian plant breeders. The abilities of the breeders to develop and adapt new varieties that are needed to combat new disease, weather and insect pressure will be greatly diminished without this funding. We are losing testing facilities

where these new genetics are grown and analyzed to see which varieties will be an added benefit," he said.

"Our ability to react will be compromised, and the effects of the decreased funding won't be known for five to 10 years. Canada's agriculture sector could be at a severe disadvantage going forward to react to changing environments — and the Canadian food supply, which has always been thought of as secure, could be compromised."

To view Darcy's video for the On the Brink series, visit Seed World Canada's website at seedworld.com or check it out on Seed World Canada's Facebook page. New episodes are released every Wednesday.

Ice-fishing activity reels in interest of Teulon students

By Jennifer McFee

An outdoor ice fishing adventure hooked the attention of a group of Teulon students.

On Monday, March 16, Ash Hnatiuk's Grade 7/8 classes from Teulon Collegiate Institute enjoyed a day of ice fishing on Norris Lake. In true community spirit, Teulon Game and Fish members came out with the class to set up tents and heaters, drill all the holes and provide the rods and tackle. The organization also brought food for the kids to cook over a fire.

Learning support teacher Amber Oughton outlined the impetus of the memorable outing.

"Mrs. Hnatiuk is always looking for ways to connect her students with the community," she said. "She also loves providing her students with opportunities to learn outside of the classroom, be outside in nature and experience things they may not get to experience at home."

Hnatiuk and Oughton began chatting about how ice fishing could be a fun day of community building. They soon expanded the idea by connecting with representatives from Teulon Game and Fish. They also reached out to Kathy Simcoe, Interlake School Division's Indigenous education support teacher, in an effort to connect ice fishing to Indigenous culture and teachings.

"We know that incorporating Indigenous culture into our education is an important part of Truth and Reconciliation, so we felt it was important to include this in part of our day," Oughton said.

"Connecting with Teulon Game and Fish felt like the perfect opportunity to connect our students with members of the community."

The initiative proved to be an engag-



ing experience for all.

"The kids really loved the day. It quickly turned into a friendly competition of who would catch the most fish. Although students had lots of bites, only one student, Raeanna Powroznik, caught a fish," Oughton said.

"Some students didn't want to leave, even after several hours of being on the ice. It was really great to see them so engaged and loving the day."

Lunch time was definitely a highlight, since the students had the chance to cook and eat out on the ice.

"They loved it. Kathy Simcoe brought out bannock for students to cook over the fire. Teulon Game and Fish provided hot dogs, drinks and snacks for everyone as well," she said. "The kids were well fed for the day."

All in all, it was an unforgettable adventure for students and staff alike.

"I think the whole day was absolutely amazing. It's always so great to see students in a different environment



TRIBUNE PHOTOS SUBMITTED

Teulon Game and Fish shared the joy of ice fishing on Norris Lake with a group of Teulon Collegiate students on March 16.

than the traditional education system and how they all thrive in different ways," Oughton said.

"It's really nice to just let kids be kids and create fun memories for them. It was really amazing to see students, teachers, parent volunteers and community members come together to make the day so great."

At the same time, Oughton said Teulon Game and Fish was fantastic to work with.

"We originally reached out hoping someone would even just come drill a few holes for us. How much they did for this day far outweighed our expectations. They had fishing tents all set up with heaters, chairs and holes already drilled for when we arrived. All the students had to do was grab a rod, which Teulon Game and Fish

provided, and start fishing," Oughton said.

"Many members of Teulon Game and Fish also took the time to teach students how to bait their hooks and use the rods. They had a huge fire going for the day, provided lunch and gave each student a free toque."

Marvin Coverdale, president of Teulon Game and Fish, said the volunteers also enjoyed the outdoor adventure.

"Everyone had a fantastic time. It was a great outing," he said, adding that they recently collaborated on similar events with other local schools.

"Hopefully it will become an annual event, if the kids are willing. It worked out great."



Expert patient here to help!

By Susie Schwartz

I can't believe it. This is my birthday month, and it feels like I just wrote last year's April column!

Now that I'm most definitely in my 50s (if there was any doubt the last couple of years, ha), when it comes to health — and sickness — I think my friends are catching up with me. One friend needs a hysterectomy. Another needs prolapse surgery. Yet another has stomach issues and is waiting for test results to see if they are benign or cancerous. Knee surgeries, hip replacements and back surgeries — my male and female friends alike are heading in for hospital holidays.

So I find myself in a different seat. Sure, I still have my ongoing chronic illnesses such as gastroparesis and Type 1 diabetes — and, and, and — but now I'm not the only one keeping

the doctors guessing. I'm also in a position to understand what my friends are going through and offer compassion and support. I find all my past medical traumas (think: brain surgery, biopsies, blindness and eye surgeries) have led me to this moment — a moment to give back.

And that's good for their health and mine.

I've said it before and I'll say it again: research shows that helping others helps us. According to the AXA Health U.K. website: "When you're kind to another person, your brain's pleasure and reward centres are activated, as if you were the recipient of the good deed — not the giver. This phenomenon is called the 'helper's high.'" It goes on to say, "There's growing research that your body benefits too, with kindness associated

with lower blood pressure and levels of the stress hormone cortisol," and "... [kindness] is connected with living longer and functioning better as we age."

I can attest to this. It brings a warmth to my body and mind to help my friends. This could mean offering a ride to an appointment, but in my case, it usually means regular text messages or phone calls to check in and offer love and hugs. I don't do it for any reward, but I have to say, I feel like I've been hugged back just by offering one. (I guess it takes two to tango, doesn't it?)

So, as I celebrate another year on this planet, I plan to be the best support to my friends that I can in the coming months and years.

Everyone wins from kindness and support.



Susie Schwartz

Less health stress, yes?

*A published author and musician, Susie currently lives in the U.K. Find her on Instagram @authorsusieschwartz and at www.lesshealthstress.com. Email: info@lesshealthstress.com. Author of *Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments*.*

> FARM SAFETY, FROM PG. 21

the show with bad knees or hips," he said. "They said, 'Where was this tool years ago?' Anything that cuts down steps and downtime makes a big difference."

The Drawhand is designed for tractors ranging from approximately 20 to 140 horsepower and features an adjustable friction-lock system that allows the tool head to be angled for different drawbar heights.

The Farm Safety category at the Innovation Showcase was sponsored by Manitoba Ag Days and *Grainews*. First place was awarded to the Fence Mower by R-Tech Industries, which

cuts grass along fence lines without damaging posts.

Runner-up winners receive a cash prize and advertising credit as part of the recognition.

Howardson said the experience at Ag Days was overwhelmingly positive and provided valuable feedback from producers across Manitoba and beyond.

"It was my first time at Ag Days and my first time showcasing anything like this," he said. "The interaction with farmers was huge. People really saw the benefit right away."

Howardson holds patents for The Drawhand in both Canada and the United States and is now exploring

manufacturing and investment options to bring the tool to market.

"I'm keeping my options open," he said. "I'm looking for the right partner — someone with deeper pockets — to help take this from prototype to production."

Howardson said showcasing The Drawhand at Manitoba Ag Days also helped validate the years of work that went into developing the tool. A patent agent he worked with during the process was surprised a similar product hadn't been introduced decades earlier.

While the tool is not yet in commercial production, Howardson said interest from farmers, manufacturers

and potential partners continues to grow. Several attendees at the show expressed a willingness to purchase the tool immediately if it were available.

"For me, this was about proving the concept," he said. "Now it's about finding the right path to get it into farmers' hands."

For now, Howardson is focused on spreading the word and building momentum through agricultural shows and community exposure.

Howardson can be reached at 204-214-0104 or by email at khowardson29@gmail.com.

> PST, FROM PG. 22

between eating and other expenses.

Although the PST cut is sure to be appreciated, many of the items the government is exempting are ultra-processed foods (UPF), which scientific studies have linked to poor health outcomes.

UPFs are industrial formulations that may contain some measure of food ingredients but also contain combinations of fat, salt and sugar and other substances harmful to health. UPFs undergo chemical modifications when they're made and include additives that make the final product hyper-palatable, according to a 2019 report titled *Ultra-processed foods, diet quality, and health using the NOVA classification system* published by the United Nations' Food and Agriculture Organization.

UPF products include breakfast cereals, energy bars, cookies, fruit and

carbonated drinks, packaged snacks, chocolate, candy, ice cream, yogurts, mass-produced breads, margarine and other spreads, pies, nuggets and sticks made from chicken or fish, sausages, hot dogs, instant soups and meal replacement shakes.

The consumption of UPF products can lead to excessive levels of sodium, sugar and fat intakes. They can also fail to deliver adequate intake of dietary minerals such as potassium and magnesium, vitamins, fibre and protein.

UPFs are associated with a range of harmful health conditions, including obesity, cardiovascular disease, cancer, depression, asthma, gastrointestinal disorders and frailty.

"In sum, the evidence from analyses of nationally-representative data sets collected in 11 countries from 2001 to 2015 shows that the displacement of non-ultra-processed by ultra-processed foods is consistently associ-

ated with an overall deterioration of the nutritional quality of diets," states the report. "This has several important implications for public health including a clear potential to increase the risk of several non-communicable diseases."

The provincial government declined to comment when asked whether it has concerns that removing the PST may encourage people to turn to UPF products as the cost of real food increases, and whether it anticipates rising health-care costs associated with the consumption of UPF products.

The plan to cut the PST on grocery store items comes after a number of provincial government interventions to help lower the cost of living for Manitobans. Those included the elimination of the gas tax and a price freeze on a one-litre carton of milk.

In Budget 2026 the government will be extending measures to lower

the cost of groceries, including banning algorithmic pricing that uses consumers' data to raise item costs, potentially implementing regulatory oversight over "shrinkflation," in which stores charge the same price for a product that has shrunk in weight or volume, and allowing competition in the grocery industry by removing grocery chains' exclusive property agreements that prevent other grocery chains operating in their vicinity.

The government is also introducing supports for people with disabilities, free transit for children, free child care for low income families, increasing the renters affordability tax credit for Manitobans — including a top-up for seniors — an affordability tax credit for homeowners, and measures to lower costs for farmers.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall's Ritchie receives inaugural Father Stan Leadership Award

By Kieran Reimer

It was another award-winning season on the football field for Stonewall's Logan Ritchie.

The St. Francis Xavier University X-Men defensive back was named the recipient of the inaugural Father Stan Leadership Award at the StFX Athletics Awards Gala on Wednesday, April 1.

In his third season with the Nova Scotia-based team, Ritchie helped captain the X-Men to a Loney Bowl (Atlantic University Sport) appearance while battling through a shoulder injury that caused him to miss time mid-season.

Ritchie returned late in the regular season and helped lead the X-Men through the AUS playoffs as one of their top shutdown players.

He finished the campaign with 11 tackles and six assists, along with two interceptions in four regular-season games. He added to those totals in the post-season with another seven tackles and a fumble recovery in two playoff games.

His play earned praise from his teammates, who voted him the Father Stan award — given to the player who best demonstrates kindness, compassion and true Xaverian spirit.

"It means a lot. To receive the Father Stan Award — it's unfortunate that Father Stan isn't here with us anymore. He was such a nice, humble, kind man. He would tell stories, give you a fist bump, and he had the classic 'Go X Go!' chant you would hear at sporting events he attended," said



TRIBUNE PHOTO BY DYLAN PROVOST
Stonewall's Logan Ritchie helped lead the St. Francis Xavier University X-Men to a Loney Bowl appearance during the 2025 AUS football season. His top performance came Oct. 18, when he recorded two interceptions in a 45-3 win over Bishop's University.

Ritchie.

"To have your teammates vote for you for an award like that means a lot. It shows the impact I have on people and really opens my eyes to the impact I have on the team and the individuals in the locker room. I'm just super grateful and honoured."

The award marks the second of Ritchie's X-Men career after winning the Iron X Award last season, presented to the player who best exemplifies the team's values in the weight room.

He led in the same way this past season, particularly while recovering



TRIBUNE PHOTO BY BRYAN KENNEDY

Stonewall's Logan Ritchie received the inaugural Father Stan Leadership Award at the StFX Athletics Awards Gala on April 1. The award recognizes athletes who lead with kindness, compassion and true Xaverian spirit, as voted by their teammates.

from injury.

After tearing his AC joint in practice the day before a game, Ritchie spent the next month rehabbing to return before the end of the season.

He credits the team's sport performance and strength and conditioning staff for helping him through the process, which allowed him to return with two games remaining in the regular season.

He made an immediate impact in his return, recording two interceptions in a 45-3 victory over Bishop's University.

"I think a lot of guys see my leadership through example," said Ritchie.

"At times, I'm not the guy who's going to give you words of wisdom — that's not really my style of leadership, although I do that at times. I think the biggest thing is leading by example and bringing energy, encouragement and kindness to motivate the guys and say, 'Hey, we're a team and we're going to get this done together.'"

Ritchie is now looking ahead to the upcoming season, which is already approaching following StFX's spring camp.

He will soon return to Manitoba to continue training and enjoy some time off before the 2026 season.

To see more photos of your favourite Interlake Athletes

GO TO

Stonewall Teulon Tribune | flickr

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Stonewall's Woods excited for historic season with Blizzard

By Kieran Reimer

It's been five years since Ty Woods first suited up for the Winnipeg Blizzard.

The Stonewall native was still a teenager when he made his Junior 'B' Tier 1 box lacrosse debut with the Blizzard of the Rocky Mountain Lacrosse League.

Playing against men up to five years older, Woods found ways to contribute through his skill at the forward position and his leadership qualities.

He then played a large role in the team reaching back-to-back finals over the next two seasons, including a championship victory in 2024, while also competing in field lacrosse in the spring for Davenport University.

In 2025, he had a standout box lacrosse season, recording 56 points in 20 games and earning the Blizz's Offensive Player of the Year honours.

While players often retire before their fourth year to focus on work or school, Woods' love for the game has kept him coming back.

He is now preparing for his fifth season with the Blizz, which will make him just the 10th player in franchise history to play through his full junior eligibility.

"I just love being with the Blizz," said Woods. "I love all the coaching staff and playing with all the guys who are there. It's just like a big family, and for five years it's just been who I am."

One of the coaches he has worked with throughout the program is Colin Poitras, who will run the Blizz offence in 2026.

He will once again count on Woods as his go-to option for an offensive spark.

"Through his hard work on and off the floor, Ty has continued to improve his skills each season," said Poitras. "The biggest improvements I've seen

over the years come from his leadership and confidence. He's well-liked by all of his teammates, and when he starts to heat up during a game, it provides a huge spark to our offence."

This season is also a special one for the team, as it will make its debut in the RMLL's Junior 'A' division — the first time a Manitoba team has competed at that level.

For Blizz players, it will be their first time competing in the top division.

They boast a fairly young roster, along with several veterans who have played in previous seasons and at the college field lacrosse level.

"Just with having our offence and defence both going at the same time — and we don't have a lot of offensive players dressed — we're really trying to push the fast break, and hopefully that will be our key to success," said Woods. "It's playing the transition game, pushing the offence up the floor quickly, creating fast breaks and just overall trying to outrun the other team."

Joining the top division means competing against four other teams in Western Canada: the Miners (Edmonton), Mountaineers (Calgary), Raiders (Calgary) and Saskatchewan Swat (Saskatoon).

Players from the league often go on to National Lacrosse League careers, something that excites Woods.

"I'm excited just to play all those better players. We'll be playing players who are playing Division 1 lacrosse right now, and players who will probably move up to play pro, so I'm just ready to compete against those players," said Woods.

He added the team's goal is to show Manitoba can compete at the higher level.

The Blizz have also added a Junior 'B' Tier 2 team this year, which will serve as a development squad



TRIBUNE PHOTO SUBMITTED

Ty Woods of Stonewall is preparing for his fifth and final junior season with the Winnipeg Blizzard as the team enters the Rocky Mountain Lacrosse League's Junior 'A' division for the first time.

for call-ups, along with a Senior 'B' team for graduated players.

Woods and the Blizzard will open their season in late May, with home games at Notre Dame Recreational Centre.

Interlake-led Nighthawks reach finals after dominant semifinal performance

By Kieran Reimer

A trio of Interlake locals will play for the Turnbull Cup this week.

Hayden Wheddon (Stonewall), Adam Vigfusson (Gimli) and Dawson Zeller (St. Andrews) have punched their ticket to the Manitoba Junior Hockey League championship after their Niverville Nighthawks defeated the Waywayseecappo Wolverines in the MJHL semifinals last week.

The top-ranked Nighthawks capped the best-of-seven series with a dominant 7-0 victory at Niverville CRRC in last Friday's Game 5 and will now play for the franchise's first title.

On the Wolverines side, the 2025-26 season comes to an end for their trio of locals: Noah Oughton (St. Laurent), Blake Farthing (Stonewall) and Ryder Kirk (Stonewall), who helped Wayway reach its first-ever semifinal this season.

The two sides entered last week with the series tied at one win apiece before Niverville rattled off three consecutive victories to complete a gentleman's sweep.

They opened with a 4-2 win in Monday's Game 3 in front of 900 fans at Niverville CRRC.

Wayway's Max Collyer and Ben Roulette gave the Wolverines an early 2-0 lead, which was cut to one when Vigfusson scored his sixth of the playoffs late

in the opening frame.

Another 20 minutes passed before Vigfusson struck again, scoring his second of the game at 16:36 of the second period to tie it 2-2.

Niverville's Evan Panzer scored the eventual winner at 11:03 of the third before Zeller added an empty-net goal in the dying seconds to secure a 2-1 series lead.

Austin Dubinsky made 21 saves for Niverville, while Wayway's Jase Wareham stopped 24 shots.

The series then shifted to the Waywayseecappo Arena Complex for a pivotal Game 4 on Wednesday, where Niverville took a commanding 3-1 series lead behind a 24-save shutout from Dubinsky.

His strong play lifted the Nighthawks to a 3-0 victory in front of 708 fans.

Merik Boles opened the scoring midway through the second period before Marlen Edwards added an insurance marker, assisted by Vigfusson and Wheddon, to make it 2-0 at 7:18 of the third.

Vigfusson later added his eighth of the postseason with an empty-net goal amid Wayway's last-ditch efforts.

Niverville held a 28-24 edge in shots, while Wareham made 25 saves in the Wayway crease.

The win gave Niverville momentum heading home for Friday's Game 5, where it closed out the

series with a 7-0 win in front of 1,025 fans at Niverville CRRC.

Calyb Moore scored just 26 seconds into the game, sparking the dominant performance.

Edwards and Boles added two more before the end of the first period, followed by three goals in the second — including Moore's second, along with tallies from Zeller and Kole Mears.

Vigfusson extended his goal streak to three games with the final goal late in the third.

In net, Dubinsky recorded his second consecutive shutout with 18 saves, while Wareham and Mariko Bercier combined for 26 saves for Wayway.

Niverville will now play for its first championship, with the winner advancing to the 2026 Centennial Cup.

This year's tournament will be hosted by the Maritime Junior Hockey League's Summerside Western Capitals from May 7 to 17, featuring the host team along with nine other champions from across the Canadian Junior Hockey League.

Niverville will face the winner of the Steinbach Pistons and Virden Oil Capitals in a best-of-seven final for a berth.

Virden currently leads Steinbach 3-2 in their semifinal series.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Free basketball clinic coming to St. Laurent for local youth

By E. Antonio

Young athletes in St. Laurent will soon have a chance to sharpen their basketball skills at no cost through an upcoming clinic hosted by Rival Basketball Winnipeg in partnership with the St. Laurent and District Recreation Commission.

The clinic will take place at the St. Laurent School gym, with separate sessions for students in grades 6 to 8 and grades 9 to 12 on several dates this spring.

Rival head coach Culley Kipling said the program was created in response to a clear need for more athletic opportunities in the community.

“The youth in St. Laurent have a lot of skill and potential to play basketball,” Kipling said. “They need more opportunities to develop their skills, so there is always a need for these types of sports programs.”

Kipling also pointed to the success of the local junior varsity girls team as part of the inspiration behind the clinic.

“The St. Laurent JV girls did really well this year, so providing camps like this allows them to further develop the skills necessary to compete,” he said.

One of the most notable aspects of the clinic is that it is being offered completely free of charge.

“The program is 100 per cent

non-profit. Rival does not aim to make a monetary gain from youth,” Kipling said. “That is the opposite approach to developing youth in sports.”

He credited Tammy Hiebert, St. Laurent recreation director, for helping make the program possible by securing the necessary school permits and organizing local arrangements.

For Kipling, success will be measured by community participation and youth engagement.

“As long as youth show up and want to get involved, that is a win in my eyes,” he said. “The barrier of no camps being offered is removed — that alone is a huge achievement for St. Laurent.”

If the response is strong, Kipling said he would welcome the opportunity to continue the program.

“I am so passionate about basketball — it is an obsession that needs to be shared with our youth. Basketball is a healthy way to stay active and allows players to find a community to be part of and grow.”

Pre-registration is required. Parents and players can register or request more information by emailing rec@rmstlaurent.com.

Neighbouring communities interested in hosting their own free basketball clinics can contact Kipling at Culleyfiles@gmail.com.

Rams earns crossover win, advances at WSHL rookie tournament

By Annaliese Meier

The Stonewall Rams turned a strong round-robin showing into a playoff berth at the WSHL 2026 Rookie Tournament.

Stonewall finished 2-1 in Pool 1 to place second and advance to the crossover round.

The Rams opened with a 3-2 win over the Lord Selkirk Royals rookie team before recording a dominant 6-0 shutout against St. John's-Ravenscourt. Their only setback came in a 3-1 loss to the Steinbach Regional Sabres, who secured top spot in the pool.

Stonewall responded in the crossover stage with a convincing 5-2 victory over the Garden City Gophers, earning a place in the A Division playoff bracket.

The Rams are now set to face the Gabrielle-Roy/Pointe-des-Chênes (Co-Op) Cavaliers on April 14 at Seven Oaks in A Division playoff action.

With momentum from their crossover win, the Rams will look to carry their balanced attack and steady defensive play into the next stage of the tournament.

What's *Your* story?

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

Stonewall Teulon
Tribune



REQUEST FOR QUOTATION (RFQ 02-2026)

Accessible Washroom Renovation Project

The Town of Teulon invites qualified contractors to submit quotations for the Accessible Washroom Renovation Project at the Teulon Rockwood Centennial Centre. The project includes renovations and accessibility upgrades to the male and female washrooms, including demolition, new fixtures, finishes, mechanical, and electrical work.

Location: Teulon Rockwood Centennial Centre, 14 Main Street, Teulon, MB

RFQ No.: 02-2026

Submission Deadline: 12:00 Noon CST, May 15, 2026

Mandatory Site Visit: April 23, 2026 at 2:00 pm

Submission & Documents: Email or deliver sealed quotations to the Town of Teulon. RFQ documents available from the Town.

Project Inquiries: Randy Borsa, R&L Consulting | 204-481-4560 | randyborsa@hotmail.com

The Town of Teulon reserves the right to reject any or all quotations and is not required to accept the lowest submission.

EMPLOYMENT OPPORTUNITY

Job Posting: Building Manager - 55+ Residence

Location: Oak Park Estates, 120 Parker St, Woodlands MB

Hours: Part-time (approx.15 hours per week)

Salary: Negotiable - based on experience

About Us:

Oak Park Estates is a well-maintained 55+ residence dedicated to providing a comfortable and secure living environment for our residents. We are seeking a reliable and organized individual to fill the following role.

Key Responsibilities:

- Handle bookkeeping and financial records.
- Attend monthly Board of Directors meetings and provide updates.
- Communicate with residents and board members regarding building matters.
- Manage the building's tenant waiting list and coordinate move-in/move-out processes.
- Maintain accurate tenant files and records.
- Perform general maintenance and regular building inspections.
- Arrange for third-party contractors for necessary repairs and services.
- Oversee snow removal and ensure walkways/entrances are safe and clear.
- Maintain cleanliness in common areas.
- Conduct general landscaping (lawn care, minor gardening, seasonal upkeep).

Qualifications & Skills:

- Basic bookkeeping and financial management skills.
- Strong organizational and problem-solving abilities.
- Ability to work independently and communicate effectively.
- General knowledge of maintenance, repairs, and landscaping.
- Ability to identify issues and coordinate appropriate solutions.
- Self-motivated with strong attention to detail.

Application Requirements:

Interested applicants are asked to submit the following:

- A resume outlining relevant experience.
- Two references.
- A cover letter (optional).

Successful candidates will also be required to provide a Vulnerable Persons Check and Criminal Record Check prior to final hiring.

Please submit your resume to woodlandsoakpark@gmail.com

Deadline to apply April 22, 26 with interviews to follow.

We look forward to hearing from you!

THE RURAL MUNICIPALITY OF ROCKWOOD PUBLIC NOTICE

MEETING DATE CHANGE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Committee of the Whole Meeting of Council has been changed:

From: Wednesday, April 22, 2026 starting at 9:00 a.m.

To: Wednesday, April 29, 2026 starting at 9:00 a.m.

Council,
Rural Municipality of Rockwood

EMPLOYMENT OPPORTUNITY

Now Hiring: Full-Time Bakery Team Member Teulon Bigway

Teulon Bigway is seeking a reliable and organized individual to join our bakery team in a full-time role. This position is ideal for someone who enjoys working in a fast-paced, early-morning environment and takes pride in keeping operations running smoothly.

Key Responsibilities:

- Assist with bakery production and daily operations
- Organizing workspace and maintaining cleanliness standards
- Supply ordering and inventory management
- Supporting a positive and efficient team environment

Qualifications:

- Strong organizational skills and attention to detail
- Reliable, punctual, and able to work early mornings
- Team-oriented with good communication skills
- Previous bakery or retail experience is an asset, but willing to train the right candidate

If you're passionate about baking and enjoy both hands-on work and keeping things organized behind the scenes, we'd love to hear from you.

Apply by email: TeulonBigWay@hotmail.com

Subject line: Bakery Position



NOTICE OF REGISTRATION

Of Prospective Candidates for the General Municipal Election

Please be advised that a municipal by-election will be held on Wednesday, October 28, 2026.

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations:

For the office of head of council (Mayor): Between May 1, 2026 and September 22, 2026

For the office of councillor: Between June 30, 2026 and September 22, 2026

at the office of the Town of Teulon, 44-4th Avenue, S.E., Teulon, Manitoba, during the regular hours of business.

To obtain a registration form contact the SEO at the email or telephone number listed below.

Roger A. Bouvier
1-204-792-0849
rogerbouvier47@gmail.com

Dated at the Town of Teulon on April 15, 2026

Roger A. Bouvier
Senior Election Officer (SEO)
Town of Teulon

Stonewall Teulon
Tribune

Classifieds

Book Your Classified Ad

Today - Call 467-5836

or Email

ads@stonewallteulontribune.ca

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid. Phone Alf at 204-461-1649.

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

FEED AND SEED

FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Free Delivery! Birch Rose Acres Ltd. 306-921-9942.

LIVESTOCK



SPRUCE RIDGE STOCK Farms at Ashern has a good selection of 2 yr old and yearling Angus bulls on offer. These are big growthy bulls developed on TMR silage based ration in 15 acre runs to ensure longevity. Perfect feet, strong joints, moderate birth, combined with top of the breed growth. These are hard muscled bulls sired by some of the top A. I. bulls in Canada. Semen tested, delivered when needed, guaranteed. Call Ross and Helen Jerney and Family. 204-768-0333

APARTMENT FOR RENT

Farview Place in Teulon has 1 & 2 bedroom suites available for \$921 to \$1088 per month. Includes hydro, water, Valley Fiber TV/Phone/Internet. This 55+ Seniors independent living cooperative housing building is 5 storeys and has an elevator, paid outdoor parking, 4 laundry rooms, exercise room, lounge for family gatherings and events, fridge & stove in each suite. Local amenities include grocery store, post office, Shoppers Drug Mart, Access Credit Union, medical clinic, several restaurants & small shops. Please contact Andrea at 204-886-2760 or farviewplace1989@gmail.com for more information.

LAND FOR SALE

160 ACRES AGRICULTURAL FARMLAND FOR SALE. One whole quarter section of prime land with good yields, drainage, no trees, no stones. Located in R.M. of St. Andrews, Mb. Section NW23 14 3E between Oak Hammock Marsh and Hwy 8. Serious inquiries only! Ph: 204-482-7351 leave message.

BOOKKEEPING

Year-end, quarterly, monthly. \$72.50 per month. profitrecoverycentre.com 204-330-1910.

WANTED

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

Classifieds Stonewall Teulon Tribune

467-5836 or Email ads@stonewallteulontribune.ca

NOTICES

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

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HEALTH

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

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Call Today! 204-467-5836

Eddies Gravel Supply is looking for

CLASS 1 DRIVERS FOR LOCAL GRAVEL HAULING

Must have a valid license Experience is an asset. Valid Class 1 driver's license
Must report daily to Winnipeg Beach head office
Call 204-389-2023 to apply or info@eddiessupply.com

EMPLOYMENT OPPORTUNITY

Ross Creek Landscaping Inc. Landscape and Construction Team Member
Full Time Benefits
Must have Valid Class 5 (Class 3 an asset)
Email Resume to nolan@rosscreek.ca

EXPRESS YOUR THANKS with a message in the Tribune



GREEN TEAM

The Interlake School Division invites applications for the 2026 Summer Green Team season. This position is suitable for high school or university students. Duties include lawn maintenance of all 15 buildings of the Interlake School Division, maintaining grounds and playgrounds, cleaning building exteriors, and assisting division staff as required.

Details of the position can be found on the Division's website at <https://www.interlakesd.ca/employment/>

Deadline for applications is April 24th, 2026, at 3:00 pm.

RM of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

Tuesday April 28, 2026 1:00pm.

RM of Armstrong Municipal Office Civic # 1094 Lot 55 PTH 17, Inwood MB R0C 1P0

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

CONDITIONAL USE: # 2026-A-04
ROLL NO: 0040000.000
OWNER: DEBRA DOWLER
APPLICANT: DEBRA DOWLER
AREA AFFECTED: Legal Description: NW7-18-3E Civic Address: 103143 ROAD 12E KOMARNO, MANITOBA
ZONE: Agricultural General Zoning District
SUBJECT: R.M. of Armstrong Zoning By-Law No. 6/04 Part 13.3 11 - General Industrial - Used Car Sales

AUTOMOTIVE AND RECREATIONAL VEHICLE SALES: Retail sale or rental of new or used automobiles, motorcycles, snowmobiles, tent trailers, utility trailers, boats, travel trailers or similar light recreational vehicles or crafts, together with incidental maintenance services and sale of parts. This Use Class includes automobile dealerships, car rental agencies and motorcycle dealerships.

CONDITIONAL USE REQUESTED: To allow to sell used vehicles. Sole Proprietorship Ownership, small home relaxed business, more of a hobby. No buying or fixing any wrecks or collect parts.

WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm MONDAY APRIL 20, 2026, by calling or emailing the below email and/or number.

For further information, please contact:
Cori Audet - Permit & Planning Services Phone: 1 (204) 278-3377
Rural Municipality of Armstrong Fax: 1 (204) 278-3437
Box 69, Inwood, MB R0C 1P0 e-mail: planning@rmofarmstrong.com

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



REQUEST FOR TENDER

2026 STREET PAVING 2026-01

The Town of Teulon invites you to tender on the following project:

1. Surface Reclamation and Asphalt Overlay with Localized Base Reconstruction - Third St SE from Beach Road to Fifth Ave SE, approximately 480 meters.

Projects must be completed by Monday, August 31, 2026.

For further information on this project contact the Teulon Public Works Foreman at 204-886-7080.

Tenders shall be submitted enclosed and sealed in an envelope clearly marked "2026 Street Project" at the Teulon Civic Centre until **12:00 p.m. CST on Wednesday, April 29, 2026.**

Tenders submitted by internet electronic mail (e-mail) will be accepted.

Tenders submitted through MERX will be accepted.

Town of Teulon
PO Box 69 Teulon, Manitoba R0C 3B0
204-886-2314
info@teulon.ca



REQUEST FOR PROPOSAL (RFP): 2026-01

One (1) Pumper/Fire Engine Apparatus

Issue Date: April 15, 2026
Closing Date: May 29, 2026

The Town of Teulon and Rural Municipality of Rockwood (collectively, the "Owner") are requesting proposals for the following:

1. One (1) Pumper / Engine Fire Apparatus

Proposals should address all bid requirements outlined in this document. Incomplete submissions may not be accepted.

Proposal Submission

Proposal packages are available at the Town of Teulon Main Office or through email by contacting the Owner as set out below. The Owner assumes no responsibility for bids submitted through Canada Post. Sealed bids should be marked with project name and clearly display the bidder's name, and must be received by 12:00pm on the Closing Date.

Bids must be received by **12:00 p.m. CST on Friday, May 29, 2026 ("Closing Date")** at the Teulon Civic Centre. *Late submissions will not be accepted.*

Bids may be withdrawn without penalty at any time prior to the time for the opening of bids. Bidders who withdraw their bids after the time for opening of bids may be liable to the Owner for breach of contract.

Submission Methods:

- **Email:** info@teulon.ca
- **Fax:** 204-886-3918
- **Mail:** PO Box 69, Teulon MB R0C 3B0
- **Mail Drop:** 44 Fourth Ave SE, West Side Entrance

Contact Information

For any inquiries about this RFP, you may only contact either of these individuals:

Chris Yuen, CAO
Phone: 204-886-2314
Email: info@teulon.ca

Scott Skinner, Fire Chief
204-886-7001
teulonfire@gmail.com



EMPLOYMENT OPPORTUNITY GENERAL LABOURER

Charisons Turkey Hatchery is currently hiring for general labourer type positions.

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

Please submit resume to shaunne@charisons.ca or call 204-886-2922 for further information.



NOTICE OF REGISTRATION

OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION Rural Municipality of Rosser

Prospective municipal election candidates must register with the Senior Election Official (SEO) during the registration period before they may begin to accept contributions, incur expenses, fundraise, or borrow money for their campaign.

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

For the office of head of council:
Between May 1 and September 22, 2026

For the office of councillor:
Between June 30 and September 22, 2026

at the Rural Municipality of Rosser office, 77 E PR 221, Rosser, Manitoba during the regular hours of business.

To obtain a registration form contact the municipal office at 204-467-5711.

Dated at Rosser, Manitoba on April 6, 2026.

Ernie Epp
Senior Election Official (S.E.O.)



RURAL MUNICIPALITY OF WOODLANDS PUBLIC NOTICE

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

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

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

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

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

Rural Municipality of Woodlands
57 Railway Avenue
P.O. Box 10
Woodlands, MB R0C 3H0
Telephone number: (204) 383-5679
Fax number: (204) 383-5169
Email: admin@rmwoodlands.ca

The next General Election takes place on October 28, 2026

Ernie Epp
Senior Election Official

Classifieds

Stonewall Teulon
Tribune

Call 467-5836 or Email ads@stonewallteulontribune.ca



Rural Municipality of St. Laurent Municipalité rurale de Saint Laurent

Under the authority of The Municipal Act NOTICE OF PUBLIC HEARING

Public Notice is hereby given pursuant to Section 162(2) of *The Municipal Act* that the Council of the Rural Municipality of St. Laurent shall hold a Public Hearing to present its 2026 Financial Plan.

HEARING LOCATION: RM of St. Laurent Recreation Centre, PTH #6 & Veteran's Memorial Rd., St. Laurent, Manitoba.

DATE & TIME: APRIL 29TH, 2026 @ 7:00 pm

At this time Council will present the proposed 2026 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection.

A draft copy of the 2026 Financial Plan is now available.

Dated this 2nd day of April, 2026.

For additional information, please contact:
Billie Jean Oliver
CAO for the RM of St. Laurent

THE RURAL MUNICIPALITY OF ARMSTRONG PUBLIC NOTICE

2026 DUST CONTROL NOTICE

The Rural Municipality of Armstrong will now be accepting requests for the application of dust control on rural roads in front of residences in the RM of Armstrong on a **PRE-PAYMENT BASIS ONLY**.

Costs are as follows:

- 12 ft x 300 ft \$291.83 plus GST = \$306.42
- 16 ft x 300 ft \$408.69 plus GST = \$429.12

Areas to be serviced must be staked out by the applicant prior to application.

Applications can be made in person or by using our drop box at the municipal office at 1094 PTH 17 in Inwood Manitoba. You may mail in your application form with payment to the RM of Armstrong.

All information on the application form must be completed or your order may not be processed. Forms can be found at www.rmofarmstrong.com. Cheques should be made payable to the RM of Armstrong. We also accept cash or debit. You may make a payment by e-transfer to cao@rmofarmstrong.com. Please call the office for details 204-278-3377. **Applications will be received up to and including April 30, 2026.**

The Municipality can not guarantee the effectiveness of the dust control suppressant. Once a dust control suppressant has been applied, no refunds will be made. The use of a dust suppressant is meant to control dust on the roadway, not to eliminate it completely.

It is mandatory for residents, who choose to apply their own dust control, to use an approved, environmentally friendly product. You must notify the RM office before April 30, 2026 to ensure that road grading can be scheduled accordingly. Residents will not be compensated should they choose to apply prior to road grading.

Angie Dzuba - Senior Administrative Assistant
Rural Municipality of Armstrong



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OBITUARY



**Beulah (Bea) Mallon (nee Raven)
In Loving Memory**

It is with deep sorrow and much love that the family of Beulah (Bea) Mallon (nee Raven) mourns her passing on Good Friday, April 3, 2026, at Rosewood Lodge in Stonewall at the age of 96.

Mom was born on August 16, 1929 in Poltimore, Quebec. She was the third oldest of 11 children. It is there that she met and married her beloved husband, Fred. They would have celebrated 71 years of marriage on May 25. After their marriage in 1955, Mom and Dad moved to Winnipeg, where their two sons were born. They settled in Stony Mountain in 1958 and soon welcomed two daughters.

Mom was a devoted and loving mother and homemaker and she only had to give "the look" when we were misbehaving, and we knew better. Mom had many hobbies, but she especially loved knitting and crocheting, as well as curling and golfing. She and Dad enjoyed traveling and eventually settled in Stonewall in 1998 to be closer to their children.

Mom is survived by her husband Fred; her five sisters: June (John), Norma, Ruth (Jack), Gloria (Doug), and Diane (Terry); her sons, Bruce (Jan) and Barry; and her daughters Audrey (David) and Diana (Lockie). She is also survived by seven grandchildren and five great-grandchildren.

She was predeceased by her parents, Ruby (Hewson) and Errol Raven; her three brothers, Doug, Floyd and Burton; her two sisters, Aletha and Shirley; and her daughter-in-law, Paulette.

The family extends heartfelt thanks to all the home care workers and staff at Rosewood Lodge for their loving and gentle care of our mother during her battle.

In lieu of flowers, please consider a donation to Rosewood Lodge Personal Care Home or to a charity of your choice.

A service for family and close friends will be held at MacKenzie's Funeral Home, followed by interment at the Stonewall Cemetery at a future date.

OBITUARY



**Lorraine Oughton
1945 - 2026**

In the early morning hours of Easter Sunday, April 5, we are devastated to announce that our beautiful, strong, beloved Mom, slipped away surrounded by immeasurable love in the arms of her children. Her last words to us were, "I love you".

Born on May 24, 1945, to Nick and Lena Pashnyk (Hopko), Mom was the fourth of five children. Raised on the family farm near Stonewall, Manitoba, where she lived until she met and married our dad, Harold, in

1964 – and the life they shared together in their 33-years of marriage was one for the books.

Growing up, Mom was an incredible athlete and excelled in all sports, but her true love was baseball. Her passion for ball started at a young age where she played on a senior girls' softball team for the West Kildonan Tigerettes. In her later years, Mom was fearless on first base with our mixed slo-pitch team that Dad started back in the 80's - no ball ever got past her. With quick reflexes and unwavering determination, she caught anything that our guys could fire her way!

Our Mom loved her four children more than anything else in this world and for our entire lives she always had our best interests at heart. She was our biggest cheerleader and staunch supporter, and we still laugh at the stories of how fierce Mom was, should you ever cross one of her "babies". While she loved many things in life, she beamed with joy when all four of her kids and their families were with her. She would sit back and take it all in with a little smirk on her face as we bickered back and forth.

Mom was always up for a game of Scrabble (of which she was a walking dictionary), cribbage, Yahtzee, cards, left-right-centre...you name it and she'd be ready. And, you definitely didn't want to interrupt her while she was watching Jeopardy. She loved campfires, road trips, great food and a glass of wine – and if you ever wanted to see her famous evil glare – put an ice cube in her wine. We thought it was funny – she didn't.

Our sister, Laurie, said it best "Death" was afraid of our mother. She had many close calls over the years, but she was determined to go only on HER terms and when she was ready. In 2016 three angels, Shane, Cody, and Nancy, gave us another 10 years with our incredible Mom – a lifetime of the most precious memories. Thank you.

Left to carry on her legacy, Mom leaves behind the most important part of her life (according to her) – her four children: Lana Oughton (Jerry Castellano), Darren Oughton (Tricia), Laurie Oughton (Leo Wilzer), and Dale Oughton. She also leaves her grandchildren, Fraser McCullough (Chantal), Cara McCullough (Bryce), Thomas Oughton and Nikolai Oughton, and great-grandson, Nolan McCullough, as well as dear sister, and often partner in crime, Shirley Piche. She also leaves many very special friends – people loved our mom – what you saw is what you got, and she would tell you like it is – often delivered with her sharp dry wit.

When Mom left us on April 5, the reunion in Heaven would be magical as she was greeted with open arms and tears of joy by her mom and dad Lena and Nick Pashnyk, brother and sister-in-law Richard and Nancy Pashnyk, brother and sister-in-law George and Carol Pashnyk, and son-in-law, Fraser McCullough Sr. Even though Mom and Dad were no longer married, they became good friends again before Dad passed away in 2020 – and you can be sure he was there to greet her as well – the bond they shared was unbreakable.

As a result of life-saving CPR that saved our mom in 2016 we would love for donations to be made to the Heart & Stroke Foundation in her honour.

Our family would also like to thank the entire team at the Selkirk Regional Hospital – the care Mom received was exemplary and you were all amazing.

Abiding by our mother's wishes, cremation has taken place and a private family reception will be held this summer – most likely with a bonfire and glass of wine...no ice.

Mom, imagining our lives without you is unbearable. We made a promise to you, we will take care of each other and your legacy and stories will live on forever. Visit us often – we'll feel your presence. We love you most.



204-886-0404

OBITUARY



Dr. Joe Meek

It is with profound sadness that we announce the sudden and unexpected passing of our deeply loved father, Papa, brother-in-law, uncle and trusted friend on March 30, 2026 at the age of 88. It is the end of an era for our beloved "Doc". A man who was the epitome of honour, kindness and a true gentleman.

Left to mourn is daughter Stacey (Vic), grandson Hudson, granddaughter Jessica (Steven), granddaughter Sydney (Seth), great-granddaughter Everly, sister-in-law Cindy, sister-in-law Linda (Dick) and nieces Debbie, Wendy, Keely and their families along with Melissa who he considered like a second daughter.

Joe was predeceased by his wife Diane in 2002 and son Jeff in 2025.

He was born on September 4, 1937 in Cannington, Ontario to Sidney and Audrey Meek where he spent most of his childhood.

A couple of years were spent living in Thunder Bay and Toronto but the family, including brother Ken, returned to Cannington.

From a young age he was an extraordinary athlete excelling in track, baseball, hockey and football. He prided himself with his athleticism. Along with great success in sports also brought his competitive spirit.

He came from an impoverished childhood and at times lived with barely a roof over their heads. He realized early in life about the importance of hard work and even had small jobs from the age of 5 to help bring in a little money for his family. His resilience to survive was instilled in him for life.

Summer jobs in Ontario included working construction, delivering ice cream for Silverwood Dairy, raising chickens and working for Ontario Hydro.

He worked some of those very jobs to save enough money to put himself through school and graduated from the Ontario Veterinary College in 1964 with his Doctorate of Veterinary Medicine. In university he played both hockey and football which was unheard of at the time all while studying for his degree.

After a chance meeting with Diane, originally from Domain, Manitoba, who was working as a flight attendant in Toronto, he decided to move west to Manitoba to start his practice in Arborg.

Together they worked as a team providing around the clock services for both small and large animals in the Interlake area with the clinic set up in their basement. He was the first vet in the area and it is said that Joe could drive his VW through any snow drift to get to an animal in need. Pay was received at times in the form of chickens when famers had no money but that didn't matter to Joe as long as he could help.

He loved everything about the Interlake and the people. He especially loved Alice Gudmundson's Icelandic baking and he had hoped one day to return and own a small piece of land in the area he considered home. He may have moved away but his heart always remained.

After a few years in Arborg they moved to Winnipeg where Joe opened the McPhillips Animal Hospital. Realizing that he missed working with large animals he took a job as the Commission Veterinarian with The Manitoba Horse Racing Commission at the Assiniboia Downs and stayed for 53 years.

During this time he also worked full time as the Chief Field Veterinarian for the province for over 20 years, was a member of The Manitoba Veterinary Board and was a key influence in the PMU Industry. He also worked as the on staff vet at Weiller & Williams at the Winnipeg Livestock Auction Mart.

Interested in the idea of flying Joe pursued his pilot's licence in 1975 and to this day still keeps that same licence in his wallet.

He retired from the Assiniboia Downs at the age of 85. Retirement was very difficult for a man who only knew about hard physical work. An issue with vestibular loss forced this decision because we know that otherwise he would have been getting ready for another race season.

Joe had a kind and gentle spirit. He was quick witted. A man of his word with a generous spirit and a love for rural Manitoba. He loved all animals and was thankful for many years to have cattle of his own throughout Manitoba. He was an avid sports fan, incredibly handy and took great pride in taking care of the things around him.

He lived a very full life far too filled to summarize. He knew that the importance of life was not in what you had, but rather who you had. Thank you Dad, for being an amazing role model and demonstrating what it means to be a good person.

The family wishes to acknowledge special friend Charlie. His daily Tim Horton's tea buddy. Thank you for your amazing friendship with Joe especially over these last few years.

A Celebration of Life will take place on Monday, June 15, 2026 at 1:00 p.m. at the Assiniboia Downs.

Memorial tributes may be sent to www.ethicaldeathcare.com and to view a short tribute video.

OBITUARY

Janice McLeod

It is with great sadness we announce the passing of Jan McLeod of Warren, MB. on Sunday April 12, 2026 at Selkirk Regional Health Centre. Longer obituary to follow.



204-886-0404

OBITUARY

Henry Albert Voth

Peacefully on Wednesday, April 8, 2026 Henry Voth formerly of Stonewall passed away at Hunter Memorial Hospital Teulon. Arrangements pending. www.klfuneralservices.ca



204-886-0404

OBITUARY

Timothy Andrew William Barylski

It is with great sadness the we share the news that Tim took his final breath in the early morning of April 3rd, 2026.

He will be deeply missed by so many.

Service of Remembrance will be held on Sunday, April 26, 2026 at 2:00 pm at Teulon – Rockwood Centennial Hall, 14 Main Street Teulon, MB.



204-886-0404

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CARD OF THANKS

How can one put into words to thank my amazing friends, family and church family for your support, love and prayers during my five month battle with cancer. They truly carried me through the darkest moments and gave me strength. Thank you for the phone calls, food, visits and cards. I am so blessed and thank you for all your support as I continue to recover. God Bless you all.

-Love, Linda Dodd

BIRTHDAY



Happy 60th birthday to our favourite vintage model, Penny.
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-Love your family

IN MEMORIAM



Bruce Albert Moore
August 9, 1938 – April 13, 2024
We miss your laughter,
Your teasing, your big smile,
But most of all,
You!
-Loving you always, Lynne,
Curtis and Maria,
Kelly and Randy,
Darcy, Lenore and Veta

IN MEMORIAM



In Loving Memory of
Thomas Berra
2016 – 2026
It has been a decade since we lost you, yet your presence is felt in everything we do. Time has gone by so fast, but the memories we share remain as vivid and cherished as ever. You are missed beyond measure and loved beyond words. You left a legacy that continues to guide us every day. Thinking of you always.
-With all our love,
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