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Bunny love

TRIBUNE PHOTO BY JO-ANNE PROCTER

Cousins four-month-old Kyler Mantik, left, and seven-month-old Braxtin Krasnesky had their first visit with the Easter Bunny last Saturday in Warren. The West Interlake Trading Company hosted a pancake breakfast and story time with the Easter Bunny at the Warren Memorial Hall.

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Born and raised on the family farm in Inwood MB, Matt has a deep understanding of rural living, farmland, and the unique needs of buyers and sellers in these areas.

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Stonewall egg-splorers dressed to impress



TRIBUNE PHOTOS BY BONNIE FORTIN
Dane Fortin, Nash West and Brody Kirk had a blast solving riddles and snapping creative photos for the Town of Stonewall's Easter photo scavenger hunt on Sunday. The trio dressed the part for each stop — donning Team Canada gear, bathing suits by the beach, a staged proposal at Stonewall Florist, and Oreo cookie costumes at Something Beautiful. Participants followed clues to iconic local spots and submitted their photos for a chance to win prizes for creativity, speed and humour.



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Spreading some bunny love



TRIBUNE PHOTOS SUBMITTED

The Easter Bunny made a special stop at the Stonewall Children's Centre last week to spread some bunny love and pose for photos with excited youngsters.

Egg-cellent adventures



TRIBUNE PHOTO BY ASHLEY WERSTIUK

Claire Werstiuk and her best friend Paisley Wilson teamed up for the Stonewall Ultimate Easter Riddle Hunt. The event offered a fun way for participants to get outside and enjoy some springtime adventure. The mercury rose to 19 C on Sunday, which was 8 degrees above the daily high. Help the *Tribune* record the weather of the week and send in a photo of friends and family enjoying the outdoors to: news@stonewallteulontribune.ca

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SOUTH INTERLAKE PLANNING

Planning a Project this Construction Season?

Spring and summer are busy seasons for construction, and it's also a time when many are preparing to enjoy the outdoors.

With this in mind, the South Interlake Planning District (SIPD) would like to issue a reminder that **Development and/or Building Permits** are required for most types of construction, renovations, and structures (pre-built, site-built, temporary or permanent). These include but are not limited to: **Pools, Hot Tubs, Decks, Sunrooms, Gazebos, Pergolas, Sheds, Fabric Shelters, Interior/Exterior Renovations or Repairs, Solar Panels, Window and Door Installations (structural only), Basement Developments, etc.**

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

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

REACT AGM to spotlight native plant restoration on April 26

By E Antonio

Re-root, restore and rejuvenate — three topics that will be explored at the Rockwood Environmental Action Community Taskforce's (REACT) AGM on April 26.

Earth Day, which falls on April 22, is a time to celebrate the planet and remind citizens of the importance of conserving the environment to ensure a healthy future. REACT uses Earth Day to raise awareness about the sustainable impacts communities can make and aims to educate others on preserving the environment at their AGM.

"Our community is small but growing," said Heather McDermid, REACT chair. "Community members are consistently reaching out with suggestions on programs or how they can get involved with the group."

The next opportunity to connect with REACT is at their AGM on April 26, taking place in the Fullbrook Room at the Heritage Arts Centre at 2 p.m. Community members are invited to attend the free event, which will review the past year's achievements and offer a look ahead at what's to come.

"Right now we are really focusing on figuring out our management plan for the Tall Grass Prairie. The presentation is connected to what we want to see to help it thrive and make sure that area stays protected," McDermid said.

She added that last year was a busy one for the organization. A highlight was holding a mattress collection day in the fall. In collaboration with Mother Earth Recycling, they hosted a depot where Rockwood residents



could properly dispose of their old mattresses.

"With Mother Earth, we were able to collect close to 30 mattresses to be recycled instead of leaving them in the landfill," McDermid said.

At the AGM, Jenn Dyson, a terrestrial restoration specialist with Native Plant Solutions, will give a presentation on planting native species.

Dyson's presentation will explore the concept of naturalization and explain the benefits of gardening with native plants. She will offer guidance on restoring land to a more natural state and provide strategies to support the long-term success of natural areas. The talk will be suitable for all ages, whether you're interested in backyard gardening or larger-scale projects such as the Tall Grass Prairie restoration.

Dyson, who has researched the history of forest plant community dynamics after disturbances and the in-



TRIBUNE PHOTOS SUBMITTED

The Rockwood Environmental Action Community Taskforce (REACT) will host its AGM on April 26. This year's meeting will feature a presentation by Jenn Dyson (left photo), a terrestrial restoration specialist with Native Plant Solutions, on the benefits of gardening with native plants.

fluence of soil nutrients on tall grass prairie restoration, said she understands the privilege of having access to natural habitats.

"My passion for protecting these spaces grew as I learned about the essential ecological benefits and services our ecosystems provide. I hope that by sharing some of my experience, I can help foster a deeper understanding of how native plants contribute to ecological balance, biodiversity and the health of local ecosystems."

She added that by raising awareness about the benefits of naturalization, the community may be more likely to

support and participate in conservation efforts, helping to preserve natural habitats for future generations.

REACT continues to advocate for sustainable changes in the RM. Since their founding in the 1990s, they have initiated curbside recycling programs, e-waste collection, plastic bag recycling and community tree-planting events.

They are currently seeking new volunteers to join their team. Anyone interested in contributing to environmental sustainability is encouraged to visit www.reactinc.org or email info@react.org for more details.

CHRIS RIDDELL

Chris was born and raised on a farm in the Interlake near Warren. Upon completing his education, he joined the Winnipeg Police Service in 1980.

During that time he worked in several different divisions such as Traffic Division, General Patrol, Vice Division and Community Relations.

He served for several years on the Board of the Winnipeg Police Association in positions of Director, and Treasurer, also as President of the Manitoba Police Association and Manitoba Vice President for the Canadian Police Association.

After retiring from the Police Service, Chris worked in sales—mostly in the agriculture sector in rural Manitoba, including the Interlake.

Chris, a Father, grandfather, and husband, presently lives in the Interlake.

He is running for the United Party of Canada because they stand for truth, and we are not getting much if any truth from the present big three parties.

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Join South West District Palliative Care's annual hike May 4

By E Antonio

Get ready to hike, pedal and roll for the South West District Palliative Care (SWDPC) Hike on May 4.

Starting at 9 a.m. in front of the Lions Manor, participants will travel through the streets of Stonewall with family and friends while raising funds and awareness for the SWDPC.

The local organization supports individuals and families in the Southwest Interlake through several community programs, including Nav-CARE, grief and loss support, and Camp Stepping Stones — a grief camp for youth hosted by the Interlake-Eastern Regional Health Authority.

This year's goal is to raise \$10,000, with proceeds directly funding SWDPC's support programs.

"(The hike) brings people together in a meaningful way to support a cause that touches so many lives," said Jen Beirnes, administration person for SWDPC.

Everyone is welcome to join, regardless of where they reside. SWDPC supports people in Stonewall, Teulon and the rural municipalities of Rockwood, Rosser, Woodlands, St. Laurent and parts of Armstrong.

"Hosting the event in Stonewall, with participation from Teulon and surrounding areas, strengthens community connections, raises awareness for SWDPC programs and fosters a shared commitment to compassionate palliative care," added Beirnes.

Whether hiking, biking, scooting or simply cheering on others — all that's needed is a healthy attitude and a good appetite.

To fuel the adventure, a pancake breakfast will be generously hosted by the Lions Manor from 9 a.m. to noon. Featuring a plate of fluffy hotcakes, juicy sausages and your choice of beverage, it's the perfect way to start your morning before hitting the streets. The breakfast is \$10 for adults, \$5 for children or free for anyone registering for the hike.

While out and about, hikers will be collecting pledges in support of SWDPC.

Those unable to attend in person can still take part virtually from their own community. Anyone interested in participating remotely can email admin@swdpc.com for details on how to engage and collect donations.

Proceeds from the hike directly support SWDPC's community-based programs.

The more funds raised, the more each program will benefit — including Nav-CARE, a community outreach initiative that encourages social connection between clients and volunteers.

Gwen Sharp, volunteer coordinator with Nav-CARE, said the program is funded by donations, with most proceeds going directly toward supporting clients. Whether it's meeting for coffee or baking cookies together, the



TRIBUNE PHOTO SUBMITTED

Join South West District Palliative Care's annual hike on May 4. Help fundraise for community support programs while enjoying time outdoors. Pictured are participants from the 2024 hike.

goal is to make life easier.

"We want to provide enrichment and improve the quality of life," Sharp said.

Anyone interested in getting involved with Nav-CARE, either as a client or volunteer, can contact Sharp at navcare@swdpc.com.

She encourages everyone to come out for the event.

"It is such a great way to engage

with the community and bring attention to the fact that there are so many support services out there."

Registration will take place the morning of the event. Online donations are being accepted through www.canadahelps.org/en/charities/south-west-district-palliative-care-inc/p2p/2025-Hike_for_SWDPC until May 11.

Access CU reports on another year of steady growth

By Ashleigh Viveiros

Access Credit Union reported on a year of growth and fielded questions from concerned members about changes connected to that growth at its annual general meeting last week.

The meeting, held virtually April 16, saw board president Curt Letkeman go over some of the highlights of 2024.

"Following two years dedicated to amalgamations — Noventis and Sunova in 2022, and Casera, Carpathia and Amaranth in 2023 — 2024 focused on aligning business processes from the legacy credit unions and building the culture of the new Access," he said. "This process has been exciting and has opened new opportunities that we all can be excited about — opportunities such as the corporate sponsorship with the Blue Bombers, support of the St. Boniface Hospital Research Foundation, the Children's Hospital, Elm Creek Arena and many more."

Letkeman stressed that communi-

ty-building remains a core focus of the financial institution, and they were honoured for prioritizing that by being named as the Outstanding Corporate Philanthropist for the year by the Association of Fundraising Professionals of Manitoba.

"[It's] an honour all members can be proud of," he said.

On the business front, Access CU continues to strive to offer competitive rates and services, Letkeman said, delivered by dedicated staff members.

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Looking to the future, Letkeman acknowledged the uncertainty looming from the effects of tariffs, global con-

flicts and cyber threats.

"Spending on technology is becoming more crucial and expensive," he noted. "In fact, in 2023 one of the big five banks spent roughly \$725 million

Continued on page 11

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> Got news?



Jennifer McFee
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Interlake-Eastern Health celebrates hundreds of volunteers during appreciation week

By Lana Meier

Interlake-Eastern Health is recognizing the efforts of 368 volunteers this National Volunteer Appreciation Week, celebrated from April 27 to May 3.

With the theme “Volunteers Make Waves,” the regional health authority is shining a light on the individuals who support health facilities and programs across the region.

“Each of our volunteers contributes to the health care system in their own way,” said Interlake-Eastern RHA CEO Marion Ellis. “People who donate their time, energy and personal resources to help others are inspiring. Volunteers make communities stronger and healthier through the connections they make and the people they help. Together, volunteers generate waves of positive change and we are grateful for all that they do.”

Board chair Michele Polinuk said health care offers many meaningful ways to make a difference in the lives of others.

“If you or someone you know is looking to make a difference in the community and be of help to patients, residents and staff members, we have many different opportunities available. We thank and applaud each volunteer for their service throughout the year,” she said.

Volunteer opportunities are available in the recreation, palliative care and spiritual care programs, with roles that include friendly visiting, reading, crafts, assisting with meals and transportation, and more. Several health facilities and community partners, such as seniors resource councils, also have specific volunteer openings.

The palliative care program is cur-

rently seeking volunteers for Camp Stepping Stones, an annual grief camp for children held at Camp Arnes. This year’s camp runs from May 30 to June 1. Those interested in volunteering can contact Barb Ramsay, Interlake-Eastern RHA’s volunteer coordinator, at bramsay@ierha.ca or 1-855-494-7369.

The spiritual care program is also hosting its “Spirit of Caring” training course on Wednesdays from April 30 to June 25, from 12:30 p.m. to 3 p.m. Completion of the training allows individuals to volunteer in spiritual health care. To register, contact Ferdinand Funk, regional spiritual health services coordinator, at 204-461-3414 or ffunk@ierha.ca by April 25.

For more information on how to get involved, visit www.ierha.ca and click on About Us > Community Involvement > Volunteer Opportunities.

letter to the editor

Bill 43 sparks concern over rights, gender language

Bill 43 is set to be passed at lightning speed — a bill that makes using the wrong pronoun a violation of the law.

Bill 43 undermines our civil liberties and holds potentially serious implications for Manitobans who stand on the biological truth that there are only two genders — that a man is a man and a woman is a woman. Un-

der Bill 43, you will lose the right to freedom of speech, to freedom of conscience and to freedom of expression. You will be forced to deny your beliefs, values or religion to satisfy an ideology.

Never before has the Manitoba government dictated which words a person must use, under threat of legal sanction. Regardless of how they

spin it, Bill 43 is compelled speech.

This Thursday, April 24 at 6 p.m., any Manitoban can express their opinion at the legislature in Winnipeg. Register to speak by calling the clerks’ office @ 1-204-945-3636 or by registering in person upon arrival.

Free speech is not just another value. It is the foundation of Western society. And it’s worth defending while you still have the chance.

- J. Friesen, Gretna

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New fire trucks for St. Laurent and Winnipeg Beach to bolster rural emergency response

By Annaliese Meier

New fire trucks are coming to St. Laurent and Winnipeg Beach.

The Manitoba government is investing more than \$500,000 to help the two Interlake municipalities upgrade their fire protection services and improve emergency response times, Municipal and Northern Relations Minister Glen Simard announced Wednesday.

"We want to make sure that our first responders have the equipment they need to protect Manitoba families in communities across the province," said Simard. "We're proud to support municipalities in purchasing new fire trucks and equipment that will keep you safe."

The Rural Municipality of St. Laurent will receive \$472,500 to purchase a new 2026 fire truck, while the Town of Winnipeg Beach will receive \$40,000 for a specialized fire truck with the capacity to tow its 16-foot boat. The vehicle is expected to enhance response times for water rescues and other water-related emergencies.

Reeve Richard Chartrand said the investment is a major step in improving

safety and emergency response in the RM of St. Laurent, especially during the busy summer season when the population more than doubles.

"Our council has been diligently working to make our community safer and a place where ratepayers, as well as visitors, can enjoy," said Chartrand. "A new fire truck provides a quicker response to various situations including vehicle collisions, grass or brush fires, and structure fires."

Chartrand added the RM's population grows from approximately 1,550 permanent residents to as many as 4,000 during the summer months.

"This investment will go a long way in helping our volunteer fire department keep up with demand," he said. "We've not only applied for this vehicle but have also made improvements to our fire hall, along with purchasing equipment that keeps our firefighters safe and confident in their duties."

Chartrand thanked Premier Wab Kinew and Minister Simard for approving the Manitoba GRO grant application, and noted the RM will continue to listen to community input as it grows.

"The ratepayers have a voice in how we run this municipality, and we continue to listen to their concerns and comments," he said. "While we may not be able to answer all as quickly as possible, we are working to make St. Laurent a great place to live and visit."

The funding is part of the \$42-million Manitoba Growth, Renewal and Opportunity (GRO) program, which supports critical infrastructure projects in growing and sustainable communities.

In total, the province is contributing \$424.3 million in funding for municipalities and Northern Affairs communities.

Budget 2025 builds on a two per cent increase in municipal funding introduced in 2024, with another two per cent increase in 2025, along with four per cent of the gas tax allocated through the new One Manitoba Growth Revenue Fund.

More information about the Manitoba GRO program is available at: www.gov.mb.ca/mr/mfpp/mgro.html.

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Why Easter

Easter is a bit of a silly holiday: egg-laying rabbits, hunts for chocolate, and a whole lot of spring colours before they are really emerging here in Manitoba. As the religious foundation of Canada continues to erode more and more (which you may consider a good thing!), these other symbols have largely overtaken the original purpose of this holiday. Now, you may know the story, but I think it's important to remind you of it once again. In fact, it is likely the case that the story of Easter stretches back further than you know and makes an impact which you have never considered. The story of Easter is, at its heart, the story of the whole world.

This world was created by God, and after making a beautiful world, God made humans to rule as his vice-regents over it. But rather than choosing to rule faithfully over what God had given humanity, we chose to rebel; he gave good gifts, we responded with ingratitude and a rejection of his role as king.

As a result of this rebellion, our relationship with God was broken. He is a good God, but his character also requires him to be just, and justice meant that rebellion could not be ignored. This is what Christians call sin, these human acts and inclinations to turn against God and go our own way, and all of us continue to do what the first humans did: rebel.

But the story of Easter is the answer to the problem we caused. On Good Friday 2000 years ago, Jesus of Nazareth was crucified on a Roman cross, and in his death he paid the penalty that sin deserved. On Easter Sunday, he rose from the dead, showing that God had approved of his death in the place of those who would believe in him so that they could be made right with God again. By faith in that perfect sacrifice of Jesus, God offers us relationship once again, freely, not based on our merits, but based on what Jesus has done. I invite you today, look beyond the silliness of Easter, and consider what it is truly about.

Daniel Bredin

MPI launches online appointment booking to reduce wait times

By Annaliese Meier

Manitoba Public Insurance (MPI) has introduced online appointment booking for many common transactions to help reduce wait times by lowering volumes of walk-in appointments at all of its service centres throughout the province.

Using the new system, customers can book appointments for the most popular customer transactions, including renewing a driver's licence or registering a vehicle.

"Our customers are increasingly looking to book and manage service appointments online, and our new system is helping us offer that convenience and flexibility to Manitobans," said Jeff Sass, MPI's interim vice-pres-

ident and chief operations officer. "This new tool makes it easy to book a time for our most common services and it will cut down on the time spent waiting for assistance."

Building on the corporation's existing booking options for Class 5 and 6 driver licensing knowledge and road tests, MPI expanded its online offerings with a successful pilot program in November 2024 that has now become fully operational. Since November, more than 90 per cent of customers have been seen within 10 minutes of their appointment time. Previously, only 62 per cent of customers were under that threshold. Walk-in service remains available at all MPI service centres, with customers being assist-

ed in between booked appointments.

Self-serve kiosks are also available in MPI service centres. Customers can use the kiosks to book and check in for appointments, helping to ensure everyone receives timely assistance as they access MPI's frontline services. Since the launch, 93 per cent of MPI customers have booked an appointment online or through a kiosk. Thirty-five per cent of those appointments were made by rural customers.

Customer feedback on the online booking system and kiosks has been extremely positive, with more than 90 per cent of customers saying the tools are easy to use and 80 per cent saying the wait time for service met their expectations.

> 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.

Election forum focuses on Selkirk-Interlake-Eastman candidates

By Jennifer McFee

More than 100 people packed the Stonewall legion last week — and even more tuned in online — for a chance to meet their federal election candidates and hear them offer insights on key issues.

Five of the six Selkirk-Interlake-Eastman candidates shared opinions on topics presented by Stonewall and District Chamber of Commerce, which hosted the event, as well as answering questions from constituents. The event was also live-streamed through the Stonewall & District Chamber of Commerce Facebook page.

In attendance were Wayne James of the Green Party, Josef Estabrooks of the NDP, Byron Gryba of the People's Party of Canada, Chris Riddell of the United Party and Rhonda Nichol of the Liberal Party. Incumbent James Bezan of the Conservative Party didn't attend the forum.

"Due to a prior commitment, which was locked in at the beginning of the campaign, I regret that I was unable to participate in the Stonewall electoral forum. I have never missed a debate in our riding in all eight elections in which I have been the Conservative candidate. It is important to note that my campaign team suggested two alternate dates but the forum organizers stated they 'reached out to the venue, moderator and the time keeper and unfortunately, we cannot make your available days work,'" Bezan said via email.

"If anyone has questions they had wanted to ask of me during the forum, I encourage them to send an email to my campaign at vote@vote-jamesbezan.ca and I will make sure they get answered."

Among the five candidates in attendance, the tone was respectful even when they didn't share the same viewpoints. At times, they sometimes agreed with each other on certain points, and they all kept their comments within the tight time constraints of the event.

After introducing themselves, each candidate outlined some top priorities for the riding.

Wayne James of the Green Party highlighted the importance of a guaranteed minimum income as a way to reduce poverty, which could also help to reduce the crime rate. He said the Green Party is also in favour of eliminating income tax on earnings under \$40,000. In addition, he would like to see members of the public have input into determining the tax structure of the country. He said the wealth of the planet is controlled by a handful of people and we need to address this problem.

Josef Estabrooks said the NDP platform includes removing GST from essential items like groceries, necessary medication and clothing. At the same time, he agreed with James about the importance of a universal income, which he said could save money by cutting through the bureaucracy of the myriad of existing programs. Like James, he also feels a universal income could help to reduce crime. In addition, he would prioritize the voice of the people. He would also fight to get the capital gains tax back on the books since it would only apply to Canadians who earn \$1.4 million per year or more. He said that if you make more money, you pay more taxes.

Byron Gryba of the People's Party of Canada said it's a priority to promote economic development, which would include getting rid of climate policy and bureaucracy standing in the way. He said if Manitoba could develop resources, including critical minerals, it would lead to a prosperous province that could afford many social programs. When it comes to firearms, he said gun control efforts should focus on unlawful gun owners rather than lawful gun owners. He also spoke out against the focus on gender ideologies.

Chris Riddell, who is the only United Party of Canada candidate running in Manitoba, said the party would reinforce Canadian sovereignty. He said the United Party would terminate agreements that aren't in the Canadian interest, exit global climate accords, repeal policies derived from the World Economic Forum recommendations, and decentralize federal power and move it to the provinces and the people. He said the United Party would also implement a family-based tax structure, ban medical gender transitions for minors, repeal Bill C-4, prohibit gender ideology in schools without parental consent and protect female-only spaces and sports. He added that repealing gun laws would be popular in the riding.

Rhonda Nichol of the Liberal Party said the top priority is economic development and supporting local industries like agriculture, manufacturing and tourism. She said Mark Carney has already made key announcements to support businesses and reduce interprovincial trade barriers. Another priority would be to increase the affordable housing supply for seniors and first-time homeowners by implementing federal programs. By eliminating GST for first-time homeowners, she said families could save up to \$50,000, adding that the riding has a need for both



TRIBUNE PHOTO BY JENNIFER MCFEE

Selkirk-Interlake-Eastman candidates, left to right, Wayne James, Josef Estabrooks, Byron Gryba, Chris Riddell, Rhonda Nichol and Stonewall and District Chamber of Commerce president Rob Price-Lewis at the federal election forum at the Stonewall Legion on April 15.

new housing initiatives and personal care home space. As a nurse of more than 35 years, Nichol also stressed the importance of access to health care in rural areas.

Next, the candidates had the chance to outline how they would ensure that local voices are heard in Ottawa.

Nichol said she has already communicated with Mark Carney about a concern from a resident in the riding and she has received a response, indicating that he is listening. She added that her role in health care and her work with MLA Cindy Lamoureux has given her many years of experience in advocating for others. She recognized the importance of MPs maintaining communication with local representatives and residents, adding that all levels of government need to be connected. She pointed to her passion for putting people first and said her grit and determination would make sure the residents' voices are heard in Ottawa.

Riddell said he would ensure the flow of correct information would be readily available to everyone in the riding. His key focus would be communication and availability. He said he would develop a news feed and host regular town hall meetings throughout the riding. One of his goals would be to have the most informed constituents in Canada to make the best-informed decisions. He also noted the importance of ensuring young people are aware, and he stressed the need for facts rather than fear-causing propaganda to make decisions. He said he would also entertain the idea of a think tank to engage and involve the community in making decisions about what's best for the riding.

Gryba agreed with many of Riddell's comments. He said the problem with politics is that MPs are beholden to their parties and not allowed to speak out for fear of reprisal. He said he didn't have any problem with losing connection with the party when standing for his riding. He believes the most important aspect is to be representative of the constituents. Truth and transparency are important to Gryba, who is open to listening to different ideas that might even cause him to change his own perspective. He stressed the need for sitting down and defining goals together in Ottawa. If the goal is community betterment, then he said it's OK to sometimes let other people have the win for the sake of civil discussion and legislation.

Estabrooks shared his "board game" theory of life. He plays board games with his family on Sunday afternoons and frequently plays with friends. Although they try to win the game, that is not the goal of sitting down together. Instead, they value having a good time together. Similarly, he said the goal of MPs should not be to beat the other parties; rather, their job is to try to make a better Canada. He said when we try to beat each other, we lose the entire purpose of sitting together in the first place. Estabrooks added that Mark Carney seems to be applying economics to everything, which doesn't necessarily address underlying systemic issues. He noted the importance of respecting the experts in other areas.

James said he's a proud member of the National Farmers Union, which long ago recognized that climate change is real and that weather pat-

> ELECTION FORUM, FROM PG. 8

terns are shifting, including rain patterns in the prairies. He highlighted that the Green Party is advocating for the Prairie Farm Rehabilitation Program, which would provide funding for drought adaptation, soil conservation and water management initiatives. He added that the Green Party supports the idea of having small sustainable farms, which would be a source of local food. The Green Party is also advocating for a national energy grid based on sustainable energy, which would create new wealth and jobs for Canada.

After that, audience members had the chance to ask a question of one or all candidates. The questions broached a wide range of topics including interprovincial trade barriers, climate change, repeat offenders, strengthening democracy, deportation, charitable status of churches and how to keep connected with the riding.

Wrapping up the two-hour event, each candidate provided closing comments.

Up first was James, who said that when he was a young man, he used to wonder what defined being a Canadian. For him, it meant a sense of fairness. While travelling in his younger years, he noticed how Canadians were recognized internationally for being fair-minded people. However, he said Canada is no longer recognized as peacekeepers, which is a profound change in the country's characteristic.

He also pointed out that over the course of Canadian history, only two parties have ever been elected and formed government in this country.

"I hold them responsible for the craziness that is going on right now. If we want real change, we have to vote for change. Voting the old-line parties is like going to the fox and the coyote and saying, 'OK, which one of you guys is going to give me a better deal on protecting the chickens?'" he said, eliciting laughter from the crowd.

"It doesn't work that way. We have to hold ourselves accountable. And if we want to change, we have to vote for that change."

Estabrooks drew attention to the fact that incumbent candidate James Bezan wasn't at the forum. He added

that he has a lot of respect for the Conservative mindset, noting that there's an important place for considering tradition and proceeding with caution.

However, he pointed out that the current Conservative Party is not acting conservatively, giving the example of Pierre Poilievre's promise to defund the CBC.

"It's not conservative. There's so much eagerness for rapid change and dissolution," Estabrooks said. "And I think one of the most important messages we can give this election is that if you're not happy with what Mr. Bezan has been giving you, vote against him."

He pointed out that in the last federal election, Bezan received 57.1 per cent of the vote while then-NDP candidate Margaret Smith got 19.4 per cent of the vote, with significantly lower campaign spending.

"So I'm inviting you, if you're not a dyed-in-the-wool conservative, if you've listened to anyone here today who might inspire you, to scare him a little," Estabrooks said.

"Bring that (57.1%) down — and whoever you bring up, maybe he'll start listening a little bit to the views that we each present."

Next, Gryba also encouraged everyone to get out to vote — and to encourage others to vote as well.

"I do believe that the strength of our communities starts with strong families, and that's where I see the strength of our province, the strength of our country. ... I think everyone could agree that strong families is a good thing and if we started that movement, then we could encourage civil discussion on so many things that we disagree, recognizing that we all should have the goal of attaining the truth," he said.

He added that it's important to recognize that no one has a monopoly on the truth and that truth might never be found.

"The only possibility of it being found is by speaking together and discussing ideas civilly — not throwing out ideas, not blaming people but recognizing we have a common goal of making this a much better country by sharing our ideas, as far apart as

they may be," he said. "I think that's how we'll attain it."

Riddell said the size of the crowd at the election forum indicates that some people are not happy with the current state of things while others are still undecided.

"Nothing changes if nothing changes, so if we keep going back and forth with the same two teams, nothing's going to change. So the United Party of Canada is bringing reform and great common-sense grassroots changes," he said.

"This talk of tariffs has exposed the fact that the parties that have traded power back and forth over the last several decades have failed at building an independent Canada. My feeling for a long time is we were not getting the representation we needed and paid for. So I encourage everyone to vote with their hearts on the 28th if you want to see the change you want. We've got to start somewhere."

Nichol said if all five candidates at the forum were to sit down together, they would have a good conversation and be willing to acknowledge each other's viewpoints without anger — and she said that's what needs to start happening for the country.

"I want to ensure the needs of our community at large are met. Our current member of Parliament has not advocated enough for many of us. I am disappointed in some of the key initiatives that he has voted against, especially those concerning health


care, seniors and children. ... If I were to become your MP, I could guarantee you that your voices would not be lost," she said, adding that the prime minister has already committed to supporting the trades, housing, seniors, health care and the military with a plan to build the economy while protecting the environment.

"He has shown us this plan to grow Canada strong by removing interprovincial trade barriers and create key relationships with other countries other than the U.S. This divisiveness and harmful rhetoric that's out there has to stop. I've seen the Conservative government go too far to the right. It is not uniting the country. We are better than this. The future of our country is at stake, and the results of this election will impact future generations for years to come. With your vote, we can make Canada the best that it can be. As a member of Parliament, I would not take that job lightly."

For those who would like to learn more about the Selkirk-Interlake-Eastman riding, please refer to the candidate profiles published in the April 17 editions of the *Stonewall Teulon Tribune*, *Express Weekly News* and *Selkirk Record*.

In addition, a recording of the entire election forum is posted for viewing on the Stonewall & District Chamber of Commerce Facebook page.


Election day is April 28.



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Phone-based seniors' session to focus on Stonewall quarry history

By Jennifer McFee

Manitoba seniors have the opportunity to delve into a range of topics from the comfort of home through a phone-based program — including an upcoming session focused on the history of Stonewall's quarries.

On Tuesday, April 29 from 1:30 to 2:30 p.m., seniors across the province can join a telephone talk entitled "Stonewall Quarry History: A Trail Through Time." Stonewall Heritage Committee members Catherine Precourt and Allison Mankewich will lead the hour-long chat.

This event is part of the Senior Centre Without Walls (SCWW) program, an initiative of A & O: Support Services for Older Adults. This Winnipeg-based non-profit organization is dedicated to providing supports to older adults aged 55-plus with a focus on three pillars — safety and security, social engagement and counselling services. The SCWW program falls under the social engagement pillar.

Julie Nybakken, A & O's Manitoba lead for Senior Centre Without Walls, said the program is designed for older adults aged 55-plus across the province who may be experiencing social isolation or loneliness — or who simply want to engage in something new in an interactive way.

"SCWW is essentially a senior centre, but all programming takes place over the phone, similar to a conference call. Participants join from the comfort of their homes, and there can be anywhere from 10 to 40 people in any given program," she said.

"The free phone-based format allows people without internet access or computers to participate, making the program inclusive and accessible. SCWW was inspired over 15 years ago when one of our managers saw a similar program in the U.S., and it has been operating successfully ever since."

The programming covers a range of categories, including community presentations, health and wellness, literature clubs and more. From learning about container gardening to meditation, poetry and trivia, there's truly something for everyone.

Programs run Monday to Friday, with both a morning and an afternoon session, each lasting 30 to 60 minutes. There's always time for questions and answers at the end of each session to encourage interaction and engagement.

"SCWW has made a significant impact in reducing social isolation and loneliness among older adults, fostering a sense of connection and belonging," Nybakken added.

"Loneliness and social isolation can have severe effects on physical and mental health, leading to conditions like heart disease, depression and cognitive decline. Programs like SCWW help mitigate these risks by offering a supportive community where participants can connect, learn and laugh together."

As one of the presenters for the Stonewall history talk, Catherine Precourt hopes the topic will pique the interest of participants from near and far.

"We can't tell the history of Stonewall and the quarries without talking about the ancient sea creatures of 450 million years ago because that's how our local limestone was formed. Without those ancient sea creatures, we would have no limestone — and without the limestone, there would be no Stonewall," she said.

"Everything is interconnected. History is made up of layers of stories, and every layer contributes something in the pathway. That's why we're starting with those ancient sea creatures."

After that, the next big impact on the local quarry dates back to the Ice Age.

"On top of all that glorious limestone, there's a thick layer of glacial till left behind from the last Ice Age," Precourt said. "The quarry workers had to scrape that all off to get to the limestone."

From there, Precourt and Mankewich will acknowledge the Indigenous community that existed before the settlers arrived.

"We talk about the Indigenous people and how the trails they followed for thousands of years eventually became wagon trails that the white



TRIBUNE PHOTOS FROM STONEWALL TURNING A CENTURY

Early 1900s photos show workers extracting limestone from the Stonewall Quarry, a key industry that shaped the town's development. Seniors can explore this history during a phone-based session on April 29 through the Senior Centre Without Walls program.

settlers followed. A lot of those trails crisscrossed all around what would become the town, so it draws you to that area," Precourt said.

"We also talk about Samuel Jackson, who is known as the town founder that brought us from an agricultural base to the start of a town. The town and the stone quarries got started around the same time. They're so intertwined that you really can't take those two apart. As the quarries grew, so did the town. We'll talk about the quarries and how they affected life in Stonewall."

The duo will also mention how quarry producers still exist in the area, but limestone is no longer processed to quick lime.

"When that industry shut down in the 1960s, Stonewall had to make a bit of a pivot. We weren't an industrial community in the same way we had been," Precourt said.

"So a lot of workers found jobs in the city and we became a bedroom community. We can enjoy everything the city has to offer but live in a place like Stonewall that has so much to offer to its citizens."

And while Precourt has given many presentations over the years, this will mark the first one she's giving over the phone.

"It's a different format, but it's a great way to keep it accessible to everyone. You can get comfy on the couch with a cup of tea and just sit, listen and participate. We're hoping our topic will be of interest to people. I think it's going to be a fun chat," she said.

"I'm retired now, and Senior Centre Without Walls is something new for me. I'm so glad I heard about it because the talks look really interesting. There are so many opportunities out there to learn new things and keep active. I think it's a great idea."

Kathy Turner, who chairs the program committee for South Interlake 55-Plus, helped forge the connection with the Stonewall Heritage Committee for the upcoming SCWW session.

"The fact that we have a local topic coming up should create some interest among people in the community to listen, connect and learn about this educational program," said Turner, who has enjoyed a couple SCWW talks along with her husband.

Before she retired, Turner dedicated her career to working with seniors as a home-care coordinator, so she knows first-hand how impactful this type of program can be.

"I know there are isolated seniors

Continued on page 11



> ACCESS CU, FROM PG. 5

just on AI research alone. These costs are going to continue to increase, making it difficult for smaller financial institutions to compete."

Manitoba's credit union network has seen an increasing number of amalgamations in recent years — there are just 15 credit unions right now, down from 70 a few years ago — and it's expected more mergers are on the horizon.

"We expect amalgamations both provincially and nationally to continue," Letkeman said. "As we move ahead, know that your board's focus is on providing our members with excellent service and creating a credit union we can all be proud of."

In his report, retiring president and CEO Larry Davey highlighted the organization's work, post-mergers, on providing a consistent level of service across all its branches as well as on its online and mobile platforms.

"We're immensely grateful for the patience that all members provided us during that transition and we expect that they will continue to benefit from that work for many years to come," he said.

Access gave back over \$2.2 million this past year to support a variety of projects and causes in the communities it operates in, Davey shared.

"Whether it was capital investments in hospitals across our area or investing in community centres that enable

a wide demographic of participants, we know that our members hold great value in these initiatives and we are pleased to play a significant role in supporting, promoting and championing these exceptional opportunities."

He also shone a spotlight on their financial literacy program, which reached over 1,200 people in 2024.

Access saw strong growth this year, Davey noted.

"We are reaching more Manitobans than ever before, and in building those relationships we continue to see our business expand," he said, noting they've also been working to control expenses and increase efficiencies across their service network. That has included consolidating or closing branches in communities where there are other nearby locations able to service members.

The decision to close the Lowe Farm branch drew questions from members at the meeting, who stressed its value to the community, expressed frustration at the decision to shutter it without consulting members and asked if the board might reconsider.

"The board looks at all branch closures and branch operations," Letkeman said in response. "The reality is we are operating in a very unique system. When we look at some of our competitors, the largest competitor in Manitoba would probably have three branches, whereas Access has 50-plus."

"We really look to see a lot of things that go into these closures. One of the

realities is also traffic. In some of the smaller branches, we run the numbers and in some cases we have fewer than 10 members a day coming into some of these branches, which really makes it challenging to operate.

"And also it provides some security challenges, as we've had some unfortunate instances of robberies in the past few years, which has jeopardized the safety of our staff. So these are all things that play into it. Proximity to other branches in the nearby area plays into it.

"Branch closure are something we continue to take seriously," Letkeman said. "We look at all aspects of it."

Davey noted their data shows many members living in communities with small branches are already making regular trips to larger markets for shopping or work.

"We don't take [closures] lightly," he said, echoing Letkeman, "but at the same time we're trying to provide the same competitive rates that are put forward by credit unions with much fewer number of branches."

"The reality is ... we have a responsibility to all 200,000 members of Access," Letkeman said in response to the impact the Lowe Farm closure specifically will have on that community. "When we make a decision, it's taking the overall organization into account."

Davey noted Access has reached out to the large account members potentially impacted by this particular closure and have found they are gen-

erally understanding of the metrics behind the decision.

"To date, we have not seen any sort of large impact," he said in response to concerns members may move their business to other financial institutions.

The meeting saw the board announce a combined member rewards payout of \$5.7 million in 2024, paid out to members as a dividend in the form of surplus shares.

Further financials shared include the \$13.4 million in assets Access CU currently has — an increase from \$12.3 million the year before — as well as \$11.5 million in members' loans, \$11.6 million in deposits and a net income of \$48 million (down slightly from \$49.3 million the year before).

Gross operating expenses came in at \$181.5M, up from \$152.3M the year before. Davey noted the increase reflects the fact the expenses of Casera CU and Carpathia CU were only on the 2023 financial statement for six months of that year, whereas it's for the full year in 2024.

He noted administrative expenses also increased, owing largely to increases in technology costs and in prices-per-transaction on payments, which were anticipated.

"Technology costs continue to rise, which is again [one of] the benefits of being a larger organization. Allowing us to absorb and spread these costs has really been beneficial to Access," Letkeman noted.

> HISTORY, FROM PG. 10

out there, and they can be challenging to reach. You could be amongst people and feel isolated and lonely," she said.

"We know that lonely and isolated people make far more visits to the doctor's office than if they are socially integrated and have purpose. There are so many services out there for seniors."

She points to the services offered by South Interlake Seniors Resource Council, Age Friendly, Nav-CARE and South Interlake 55-Plus, as well as social prescribing through doctors and nurse practitioners.

"In my opinion it takes a personal touch to reach out to an isolated senior and help to bridge their contact with those services," Turner said. "So if you have a friend or know someone who might be feeling isolated, encourage them to engage with these services."

If you or anyone you know is interested in learning more about Senior Centre Without Walls or attending the upcoming Stonewall Quarry event, they can contact A & O at 204-956-

6440.

All participants will be called in 10 minutes prior to the program start time using an audio-conferencing system. Participants will also be provided with a toll-free number in case they need to call themselves in. More information about this system will be provided upon registration.

"We offer physical copies of our guide, which can be mailed to individuals or groups. Registration is available online, by mail or fax, but a phone call is often the best way to sign up for the first time. This allows us to answer any questions and help participants feel more comfortable before they join," Nybakken said.

"SCWW is a warm and welcoming community where we share, learn and grow together. We hope to have many more participants join us for this fun and enriching pro-

gram."

To learn more about A & O's programs, including Senior Centre Without Walls, visit www.aosupportservices.ca or call 204-956-6440 or 1-888-333-3121 (toll-free).

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From Manitoba to Uganda: tractors bring hope

By E Antonio

Fifteen small motorized tractors, two drilling machines and a portable welding unit are on their way from Manitoba to Africa as part of the Riding Tractor Project.

The machines were built by Interlake farmers for test marketing in Uganda and South Sudan and officially shipped out April 14. The tractors were designed using accessible materials so they can continue to be produced in Kampala, Uganda, and sold to farmers across the continent.

Riverton's Brian Dyck, Marquette's Kurt Porteous and Inwood's Cameron Kleinsasser spearheaded the initiative with a shared goal: to help combat hunger in Africa.

Dyck, who has travelled to both Uganda and South Sudan, said he's seen the crisis firsthand. Many farmers still work with hand tools, limiting their production. He first visited Uganda in 2016, spending three months helping farmers develop sustainable practices and trialling prototypes for simple walking tractors. He's since returned to Africa three more times, most recently in 2023 to South Sudan, each time introducing modernized farming equipment into local practices.

During one trip, war broke out and Dyck's 450-acre project was looted, with all the equipment reduced to scrap. But he returned undeterred and began exploring ways to help farmers in the most economical, practical way possible.



A drill press and other equipment are also en route to Africa as part of the shipment.

"I discovered that in places like India, Bangkok and eastern Asia, people were repurposing motorcycle parts to create their own little tractors, and they were improving their agricultural output," Dyck said.

With support from other farmers, Dyck turned his research into action. Production began in January 2025, with all 15 tractors built at K&E Welding, a shop owned by Porteous in Marquette.

The tractors are powered by 212cc motors from Princess Auto and built from mild steel, including box tubing, angle iron, round shafts and bushing materials.



TRIBUNE PHOTOS BY EMILY ANTONIO

Volunteers who helped build the tractors pose at K&E Welding in Marquette, where all the machines were assembled.

Each machine fits into a four-by-four-by-eight-foot frame and is described as "easy to use" — any simpler and it would no longer be effective. Each tractor took about 70 hours to assemble and pack.

To fit them all in a 40-tonne shipping container, the tractors were disassembled. That left about five feet of space for other equipment, including a met-

Continued on page 13



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Brian Dyck, Kurt Porteous and Cameron Kleinsasser led the Riding Tractor Project, which built and shipped 15 motorized mini-tractors to Uganda and South Sudan.

> TRACTORS, FROM PG. 12

al lathe, air compressor and various hand tools that will support ongoing production in Uganda.

The container will travel by truck to Winnipeg, then by train to Montreal before crossing the Atlantic. It's expected to arrive in Uganda in early July, where Dyck, Kleinsasser, Porteous and other team members will meet with African

farmers to train them on building and maintaining the tractors.

"We don't want these people to be fully dependent on us, so assembly on their part is required," Dyck said. "We made sure these tractors are easy to build and repair, and we'll address long-term maintenance so farmers can keep using them effectively."

Dyck said market interest is already strong, with farmers eager to put the tractors to use.

More than 600 volunteer hours from about 30 builders went into the project. Several Hutterite colonies donated materials and labour, including Keystone Colony, which provided painting services, while others that helped with steel cutting.

The project's send-off was celebrated with a barbecue on April 2 at K&E Welding for volunteers and supporters. Dyck offered words of encouragement and thanks to those who helped bring his long-time vision to life.

As they monitor the shipment's journey, the team is also seeking donations to help cover costs. The Riding Tractor

Project has cost more than \$95,000, covering supplies, labour and shipping.

Donations can be made through www.equipcanada.org/donate, with an option to direct funds specifically to Brian and Ruth Dyck's work. To follow the project's progress, Dyck also shares updates through his newsletter at www.appropiate technologies.ca.

Al-Anon and AA Meetings Information

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

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

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

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

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- Remove** interprovincial trade barriers
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Sweet fundraiser for Starting Blocks

Smile Cookies on sale at Stonewall's Tim Hortons April 28 to May 4

By Jo-Anne Procter

Stonewall's Starting Blocks Daycare is joining forces with Tim Hortons in Stonewall for a sweet venture from April 28 to May 4. This delicious fundraiser promises to be an enjoyable way to contribute to the daycare while satisfying your sweet tooth.

The proceeds will help refurbish the rubber hill at the daycare's main site and tackle a hefty repair bill for their bus.

This iconic week-long event sees Tim Hortons guests and restaurant owners nationwide come together in support of local charities, including Starting Block Daycare.

During the campaign, Tim Hortons will offer its famous Smile Cookies at every restaurant across the country. These delightful chocolate chunk cookies, adorned with cheerful pink and blue icing smiles, not only bring joy to customers but also contribute to the well-being of local communities.

A total of 100 per cent of the proceeds from each Smile Cookie sold will be donated to charities operating within the respective communities of Tim Hortons restaurants. This initiative is part of Tim Hortons' long-standing commitment to giving back, with over 25 years of fundraising for local charities.

Last year alone, Tim Hortons raised an impressive \$18.8 million for charities and community groups nationwide, adding to the Smile Cookie legacy of over \$150 million since the program's inception. New this year is an ooey, gooey chocolate chunk cookie!



TRIBUNE PHOTO BY JO-ANNE PROCTER

Children from Stonewall's Starting Blocks Daycare are excited to be the recipients of Tim Hortons' spring Smile Cookie campaign taking place April 28 to May 4.

Supporting the Smile Cookie initiative is a sweet opportunity for every-

one. Cookies can be purchased singly, by the dozen or half-dozen.

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Refreshments served

For further details, visit us at reactinc.org
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Rockwood Environmental Action Community Taskforce incorporated

Hoppin' good time at Warren's Easter Bunny Breakfast



TRIBUNE PHOTOS BY JO-ANNE PROCTER

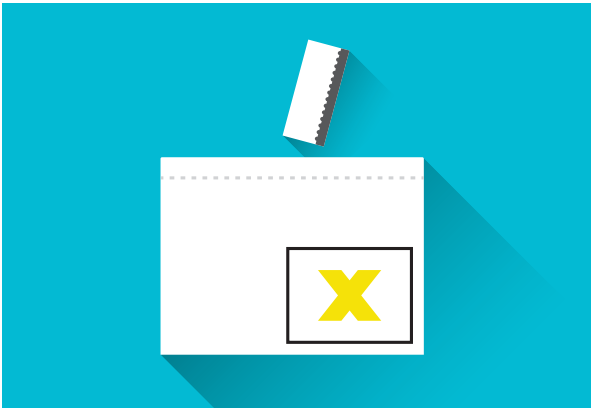
Families gathered at Warren Memorial Hall for Breakfast with the Easter Bunny, hosted by the West Interlake Trading Company on Saturday. The fundraiser supports the Warren Elevator Site's upkeep and programming, including a summer day camp. Left photo: Volunteers Darrin Mason, Lana Cowling-Mason, Darrien and Dale Bullied served pancakes and sausages; middle photo, the Easter Bunny checked in on Beau and Laney Myskiw during breakfast; right photo: Liam and Connor Hoyle enjoyed a story with the Easter Bunny.

FEDERAL ELECTION / MONDAY, APRIL 28

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- are at least 18 years old
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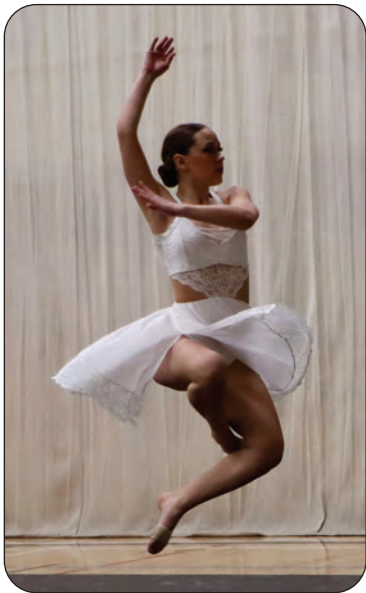
Check your voter information card or visit elections.ca to find out where and when you can vote.

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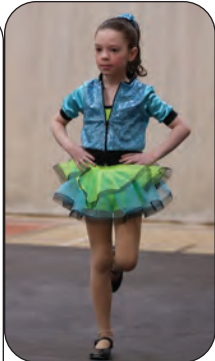
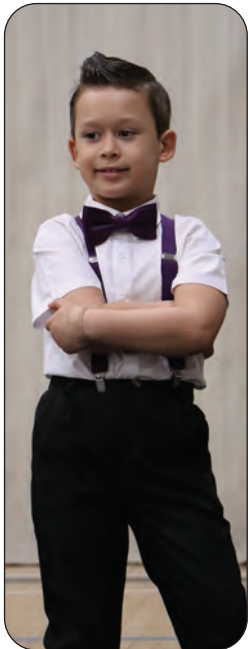
 Elections Canada

Rockwood Festival showcases, dance, music and voice



TRIBUNE PHOTOS BY LANA MEIER AND JO-ANNE PROCTER

The 66th Rockwood Festival of the Arts took place in Stonewall and Teulon April 12-17. Participants took part in competitive and non-competitive piano, choral/vocal, band, instrumental and dance.





Phase 2 pre-leasing begins for The Renaissance

By Jennifer McFee

Pre-leasing is now underway for Phase 2 of The Renaissance in Stonewall, with occupancy to begin next fall.

Ventura vice-president Tim Comack describes The Renaissance as an age-friendly building targeting empty-nesters who are looking to downsize into an amenity-rich environment. At the same time, they're able to join an active community of like-minded peers.

"What makes The Renaissance unique is that we have a full-time, live-in Building Ambassador — think caretaker, brand ambassador, plus event planner and curator — who hosts a bunch of exciting events for residents, whether they be seasonal, holidays or monthly gatherings and outings," Comack said.

"These get-togethers ensure that residents don't just live in our building, but rather become part of a vibrant community of their peers. Residents enjoy Thanksgiving dinners together in the main floor amenity room, listen to live music, enjoy barbecues on the outdoor patio, have fun going to sporting events together, do exercise

classes and get involved in a variety of speakers we bring to the building to help them stay connected to the community."

Phase 1 is already complete and has been occupied for many years. The first phase building is home to 33 suites, complete with an indoor community gathering space with kitchen and outdoor patio.

Some other highlights include indoor heated parking, two elevators, quartz countertops and nine-foot ceilings. The suites also feature large balconies, master bedroom ensuites (some with roll-in showers), extra wide corridors and entrance areas, storage spaces for each suite and a garden courtyard out front with seating areas.

Now Phase 2 is about to begin, offering 26 luxury suites — most of which are large two-bedroom, two-bathroom spaces.

The second phase will add indoor garbage and recycling, as well as more indoor parking, indoor bike storage, a three-season games room and an extended patio. There's also a huge fitness centre with an outdoor wellness

patio and a new pet park area.

"The pick-up and drop-off area out front is now completely covered, enabling a safe path to vehicles picking up and dropping off residents," Comack added.

Adding to the amenities, the Phase 2 building will offer a top-floor visitors' guest suite that residents can book for family or friends.

"This guest suite will be fully furnished and offer luxury finishes," Comack said. "This is something not offered in any other building in the area."

In addition, Phase 2 features a few bachelor and one-bedroom suites that are designated for "market affordable" rents via Canada Mortgage and Housing Corporation requirements.

"This makes living in The Renaissance uniquely affordable for a few lucky residents who might not otherwise be able to afford to live in such a luxurious setting," says Dimitrios Cotsianis, director of property management for Renaissance Property Management Inc.

"The remainder of the suites are well-appointed, luxury-driven suites

with walk-in closets, ensuite bathrooms, comfort height vanities and toilets, quartz counters and large open-concept spaces. These are all very large two-bedroom suites with two bathrooms, which makes this building a little different than Renaissance 1."

All 33 suites are currently occupied in Phase 1, although some suites will be available in the short term and tours of the existing building are being offered for viewings. Pre-leasing opportunities are available for Phase 2, and these much-anticipated suites are already generating a lot of interest in the community and beyond with more than 25 per cent now pre-leased.

"We are now accepting non-refundable deposits on suites, meaning residents can put down \$2,000 and hold a specific suite for themselves at a known all-inclusive rental rate per month," Cotsianis said. "The estimated move-in is late fall 2026."

For more information, email Dimitrios Cotsianis, director of property management, at dimitrios@venturadevelopments.ca or call 204-942-7744.



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Woodlands council prepares for 150th with Park150 tree project

By Jennifer McFee

Preparations are already taking root for the RM of Woodlands' sesquicentennial celebration in 2030.

As one way to mark the 150th anniversary milestone, the municipality is developing Park150, which is a new park that honours the history of the municipality and the people who shaped it. It's located along the abandoned rail line between the municipal office and Provincial Trunk Highway 6.

Park150 has welcomed dignitaries from all government levels to plant a tree in recognition of their contributions to the community since its ground-breaking event in October.

From now until 2029, Park150 will continue with the tree-planting project to recognize and celebrate the contributions of local residents, as well as community groups and organizations.

Each year, up to 20 trees will be planted, adding up to 100 trees over five years.

Council will accept nominations for the 2025 Park150 tree planting until June 15. The 2025 recognitions will take place on Sept. 20 during National Forest Week. Any unselected nominations will carry over for consideration for subsequent tree plantings.

All nominations can be sent to ad-



TRIBUNE PHOTO SUBMITTED

An aerial view shows the developing Park150 site in the RM of Woodlands, where 100 trees will be planted by 2030 to honour the municipality's 150th anniversary and the people who helped shape its history.

min@rmwoodlands.ca or dropped off at the municipal office in a sealed envelope marked "2025 Park150 Tree Nomination."

Learn more on the RM of Woodlands website at www.rmwoodlands.ca.

Park150 will officially open during the 150th celebration weekend in July 2030. In addition to the trees planted by all levels of government and community volunteers, it will feature a tall grass prairie, pollinator garden, recreation pad and walking path leading to the local historical museum.

In other Woodlands news:

- Council provided a \$25 donation to Meadow Lea Hall for their

Easter bingo, which was held on Friday, April 11.

- Council accepted Janet Brown's letter of retirement, and the RM will start advertising for the posi-

tion of office administrator.

- Council gave first reading to a bylaw to levy taxes for 2025. Coun. Lorna Broadfoot and Coun. Bryan Myskiw voted against the resolution.

Let the Professionals Handle Your Taxes – You've Got Enough on Your Plate!

It's that time of year again! The season of tax forms, and that overwhelming feeling of "Did I do this right?" You could spend hours wrestling with complicated deductions, or you could do yourself a favour and let a tax professional handle it. After all, you're a pro at your job, so why not let the experts be pros at tax filing?

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

Let's be real: Tax season is stressful. But you don't have to face it alone. Hiring a local professional means you get someone who knows the ins and outs of the system and will fight for you. Plus, we all know that the last thing you want is for the CRA to come knocking on your door with questions.

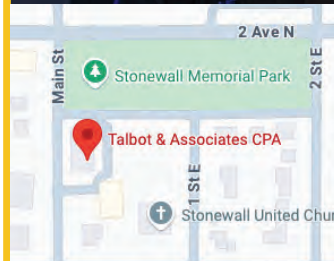
So, put down the calculator and step away from the coffee-fueled tax marathon. Trust a tax expert to get the job done right. Your taxes are important, but your peace of mind is priceless. Let us handle the heavy lifting so you can focus on what really matters: getting back to your life (and maybe a little bit of Netflix!)

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Home and yard care 10 essential springtime tasks

The days are growing longer and warmer, coaxing you to step outside and enjoy the invigorating spring air. Warmer weather also means it's time to tackle some important chores. Here's an overview:

1. Inspect the roof. Check for missing shingles, popped nails, standing water, membrane damage and signs of mould. If you notice any of these signs, repairs are needed.
2. Clean the gutters. Look for cracks and remove debris that could prevent water from draining. Make sure water drains away from the foundation.
3. Look at the attic and ceiling. Look for signs of leakage, such as rings, mould or peeling paint. Check also for nests or droppings that indicate the presence of unwanted pests.
4. Inspect the foundation. If you notice narrow cracks, seal them with an appropriate prod-

uct. Consult an expert if the cracks are wider than a centimetre.

5. Examine the windows. Check for damaged caulking and replace it if necessary. Ensure all your windows open and close smoothly and the screens are intact.
6. Deal with exterior taps. Turn on the water and inspect the tap for leaks. Cover the mouth of the faucet with your thumb. If everything is functioning properly, you shouldn't be able to stop the flow easily.
7. Prepare the soil. Fertilize and amend the soil as needed. If you haven't done this in a few years, consider getting a soil analysis to determine how to boost plant growth.
8. Trim vegetation. Cut back perennials you didn't get to in the fall and trim any branches that are dangerously close to your house. Remove broken branches that didn't survive the winter.
9. Maintain your gardening tools. Ensure your hedge trimmer, lawnmower, edger and other tools are ready to use. Sharpen the blades, check the oil levels and clean or replace any parts as necessary.
10. Test your air conditioner. Follow the manufacturer's recommendations on changing or cleaning your air conditioner's filters and coils. Then, turn it on, test it and fix any issues before the first heat wave hits.

Call a maintenance professional or get started right away and make the most of this spring.



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Feather forecast: water rising



TRIBUNE PHOTO BY LANA MEIER

Canada geese swim through a flooded field after weekend temperatures reached 19 C, melting most of the remaining snow. Help the *Tribune* record the temperature of the day and send in a photo depicting the weather including, friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca

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Celebrate the arrival of spring with Shelley Eros' virtual art exhibit

By E Antonio

See the beauty of nature come to life through Shelley Eros' limited-time virtual art exhibit, unveiled April 16.

The exhibit, titled Nature's Pulse, features 20 monoprint paintings and is available for viewing on Eros' page at www.artistsincanada.com until April 30.

Eros, an abstract artist from Gunton, has been working full time with multiple mediums since 2018. She fell in love with the hobby alongside her late husband, who was also a painter. "Our whole life was art, and we always made time for it," she said.

Nature's Pulse captures the seasonal shift from winter to spring, with Eros' work highlighting the budding beauty of Manitoba and Canada as the warmer months approach.

She said monoprint is the most fun medium she works with, noting the uniqueness of each piece and the near impossibility of replicating a print.

"Monoprints are a layered design, created by pressing paints using a printing plate," she said. "It is always a bit of a mystery what you will create because you are never quite sure how things will turn out. They are one of a kind, and no two paintings will ever be the same."

This marks her first exhibit exclusively featuring monoprints, as she typically keeps her paper artworks private. While waiting for spring to arrive in Manitoba, she dedicated



TRIBUNE PHOTOS SUBMITTED

Gunton artist Shelley Eros' virtual art exhibit, "Nature's Pulse," is available to view online until April 30.

much of her time to developing the techniques needed to bring her vision to life.

One of her favourite pieces in the exhibit is Ivy Glimmer, directly inspired by her own 20-year-old ivy plant.

"I store this plant during the winter

months to protect it, but come spring I like to bring it out and see it bloom," she said.

Ivy Glimmer, along with the rest of Eros' works, can be viewed online at www.artistsincanada.com/art-show/natures-pulse-31. All pieces are for sale, with purchase inquiries accepted through the exhibit page.



"Ivy Glimmer," one of Eros' favourite paintings in the exhibit, was inspired by her 20-year-old ivy plant.



100% of the proceeds go to Bethel Rays of Hope Ministries

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Environmental Allergies In Dogs: Causes And Natural Remedies

Did you know that as many as 40% of dogs suffer from allergies? They're a big problem. Dog owners talk a lot about food allergies ... but environmental allergies in dogs are actually more common.

What Causes Environmental Allergies In Dogs?

Allergies happen when your dog's immune system overreacts to something in her environment ... known as a "trigger." That trigger could be something like pollen, dust, mold or other airborne substances.

Common symptoms of allergies in dogs include:

- Itching and scratching • Hives
- Ear infections (sometimes chronic) • Hair loss
- Chewing or licking paws • Sneezing
- Runny eyes

How To Treat Environmental Allergies In Dogs

If you can't remove the allergen and you want to stay away from dangerous drugs, how can you ease your dog's suffering? There are a few natural solutions that can help.

Simple Natural Remedies For Environmental Allergies

Bovine Colostrum

To give colostrum for dog allergies. Ie: Bovine Colostrum by Four Leaf Rover

Apple Cider Vinegar

Raw, organic apple cider vinegar can relieve allergy itches.

Apple Cider Vinegar Foot Bath

Mix two parts water and one part apple cider vinegar. You can prepare this in a large bowl or bucket at the door, ready to use as soon as your dog comes in from a walk.

- Soak your dog's paws for up to 5 minutes each.
- Don't rinse, but dry her paws well after soaking.

Apple Cider Vinegar Body Rinse

If her skin is itchy, you can also use an apple cider vinegar rinse for her whole body. You'll need ...

- ½ cup apple cider vinegar
- ½ cup cooled green tea
- 1 cup filtered water

After bathing your dog with a natural shampoo, rinse ... then pour the ACV mixture all over her and pat dry.

Apple Cider Vinegar Spray

If your dog has flea allergies, use an apple cider vinegar spray. This will make her skin and coat unattractive to fleas. You'll need ...

- 4 oz warm water
- 6 oz apple cider vinegar
- ¼ tsp sea salt or pink Himalayan salt

Mix the ingredients in a small spray bottle. Spray your dog's coat and underbelly weekly. Avoid her eyes or any open wounds, to avoid stinging.

Omega-3 Fatty Acids

Research shows omega-3 fatty acids help regulate the inflammatory response that causes allergies. You'll find the omega-3 fatty acids EPA and DHA in cold water oily fish ... so mackerel and sardines are good choices to feed. They have a higher content of EPA and DHA, the fatty acids that help regulate inflammation. You can also add a supplement with these fatty acids. Ie: Safe Sea by Four Leaf Rover

Quercetin

Research shows that quercetin can turn off histamine production. It can also stop the production of inflammatory molecules and prevent itching.

Some fruit and vegetables contain quercetin. You can add these to your dog's diet including apples, bananas, berries, broccoli, garlic and parsley. You can also give a dog supplement with quercetin, ie: Red Rover by Four Leaf Rover

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Four candidates throw their hats in the ring

Who are they? What do they stand for? Why do they think they deserve your vote April 28

Meet the candidates for Winnipeg West, which now includes the RM of Rosser after a boundary redistribution. Voters in the riding will have the chance to cast a ballot for Dennis Bayomi of the Green Party, Doug Eyolfson of the Liberal Party, incumbent Marty Morantz of the Conservative Party or Avery Selby-Lyons of the NDP.

The Assiniboia Chamber of Commerce had planned to host an all-candidates debate on April 14, but the event was cancelled at the last minute.

The Tribune reached out to each candidate with a list of questions. Here are unedited responses from each candidate except Avery Selby-Lyons, who did not respond to the request.

All four Winnipeg West candidates will be vying for votes on election day, which is set for April 28.

DENNIS BAYOMI GREEN PARTY

* I'm a born and raised Winnipegger, been a vegan for the past 30+ years

* I'm a retired IT professional with a MSc in Community Health and BSc (Hons) in Computer Science

* Currently President & Co-Deputy Leader (Health critic) of the Green Party of Manitoba, since Spring 2023

* This is my fourth political campaign, first Federal campaign, previously ran provincially in Kirkfield Park (2019, 22, 23)

* People tell me that I'm a good listener and bring people together and with my coaching experience (pre-teens basketball), emphasize team building, important qualities of any Member of Parliament

* I'm a HUGE hockey, basketball and football fan (Go Jets, Sea Bears, and Bombers!)

* Yes, similar to across the country, the vast majority of constituents are very concerned w/our new, unpredictable relationship with the U.S. and are voting strategically to be confident the new PM/government can carry us through these turbulent times

* I've had some people — including family and friends — who like and would've voted Green but felt they

had to vote strategically

* My goal is not to "win votes" but to "win minds" by getting some key messages out, like my priorities: the Climate Emergency, Basic Income and election reform (ie proportional representation).

* Other priorities include bringing much more collaboration and collegiality back to the House of Commons, and politics in general and reduce divisiveness and mudslinging

* As well I'd like to see much greater Federal support for our public libraries and community centres across the country, pillars of our democracy (BTW, we have a handful of "Meet Your Green Candidate" sessions scheduled at local libraries in our riding)

* I also have been mentoring young volunteers, to engage them in the political process, and hopefully one day also run for elected office!



Dennis Bayomi

DOUG EYOLFSON LIBERAL PARTY

I'm a runner, a loving husband, a Trekkie, and a fierce advocate for vulnerable populations. I've lived and worked in the riding for most of my life and I can't think of anywhere else I'd rather be. For as long as I can remember, I've wanted to help others. I decided to pursue a career in emergency medicine because I was motivated to help those with the most urgent needs. I want to use my experience and my voice to make sure Winnipeg West continues to thrive.

I'm running to protect the best interests of Canadians living in Winnipeg West and from coast to coast to coast. In my first term as MP, our government made significant progress in policies that ben-



Doug Eyolfson

efit everyone in Canada, including Pharmacare. But there's still work to be done. My experience as an ER physician makes me uniquely qualified to speak to what's best for Canadians, as I've seen first-hand how policies affect every facet of life, including health outcomes. In the face of growing economic threats, homelessness, and addiction, Winnipeg West needs compassionate, strong advocacy in Ottawa.

Affordability is a big issue, as well as housing, crime, economic growth, and the addiction crisis. The Liberals have evidence-based plans that will create jobs, dramatically boost the rate of housing construction, cut taxes for the middle class, and build the fastest growing economy in the G7.

One of my main priorities is to make life more affordable for Canadians. This means advocating for increased funding for housing, strengthening social supports, and supporting policies to invest in workers and our economy. Another big priority for me is to build safer communities here in Winnipeg West. Our plan to tackle crime will ensure all Canadians feel safer where they live, work, worship, and play.

We are seeing hateful rhetoric and disinformation seep into Canadian politics and these cheap political games only benefit those who are seeking power. These tactics seek to divide us when we are stronger together. Unity is more important now than ever, and only the Mark Carney-led Liberals will build Canada strong

MARTY MORANTZ CONSERVATIVE PARTY

It's my honour to introduce myself to readers in the RM of Rosser and, hopefully, my future constituents. I know there's a high bar representing your community, especially following my colleague James Bezan's 20 years of dedicated service.

Before entering federal politics, I practiced law for over 20 years and then served as Finance Chair for the City of Winnipeg, where I delivered three consecutive balanced budgets. From 2014 to 2018, I was the City

Councillor for Charleswood-Tuxedo, where I championed local projects like the new sports courts at LaFleche Park.

During my time in Parliament, I've served as a member of the Standing Committee on Finance, Vice-Chair of the Foreign Affairs Committee, Shadow Minister for National Revenue, and Associate Shadow Minister of Finance. I've also supported local organizations, including the Bruce Oake Recovery Centre.

I'm seeking re-election because I believe our country is at a critical juncture. Canadians are facing a growing affordability crisis, rising crime, and a lack of government accountability. I want to continue standing up for Winnipeg West with common-sense solutions to the challenges that matter most.

While tariffs and trade are important, this election is about far more. Inflation, housing affordability, and public safety are top concerns. Parents are anxious about their kids' futures, seniors are struggling with higher costs, and families are looking for leadership that puts their needs first.

For our riding, my priorities are clear. I want to make our streets safer by pushing for tougher bail laws. I will continue advocating for tax relief for working families and for infrastructure investments that grow our local economy.

I'm incredibly proud of the work we've done so far, but there's still more to accomplish. Whether it's helping constituents navigate federal services, or fighting for fiscal responsibility, I've always tried to lead with integrity and listen closely to those I represent.

I'm asking for your support so I can continue delivering results for Winnipeg West.



Marty Morantz

AVERY SELBY-LYONS NDP

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

McDonald rink, dressage steward Adey-Bagg win Sport Manitoba awards

By Jeremiah Knight

Cam Olafson can point to two moments when he realized his team was playing well beyond its years.

The first came in February 2024, when Team Jordon McDonald — a group of 19- and 20-year-olds still in the junior ranks — made an improbable run at the Manitoba men's curling championship in Stonewall.

McDonald, along with third Dallas Burgess, second Elias Huminicki and Olafson, who throws lead, survived nearly every team in the 30-team modified double-knockout playdowns and pushed tournament favourite Brad Jacobs to the brink before falling in an extra end in the semifinal.

It was the second time that week the young rink had taken the Olympic champion to the limit.

"At the time, you're disappointed because obviously you want to win every game," said Olafson. "And then I was thinking about it leading up to (Thursday), retrospectively — we were literally playing an Olympic champion as a junior team. That's kind of unbelievable, really, especially playing in one of the biggest games of our lives and raising our performance level."

The second moment came in September at the PointsBet Invitational — one of the premier events on the men's and women's curling calendars. Team McDonald had qualified for the bonspiel after winning the U25 NextGen Classic.

"We come out firing," said Olafson. "We won that first game against (world No. 4) Matt Dunstone, then we beat (two-time world champion) Kevin Koe, and again, took (world champion) Brad Gushue to the ropes. That was three of the teams I've been watching since I was a kid — and kind of taking them to the ropes — that was pretty cool."

The rest of the campaign became a season of tremendous growth for Team McDonald, which recorded two wins and seven top-three finishes while climbing to No. 6 in the country and No. 17 in the world.

Last week, the McDonald rink was named Sport Manitoba's Team of the Year. They were recognized for their 2024 season alongside five other recipients: Susan Adey-Bagg of Stonewall, Official of the Year; Raya Surinx of Winnipeg, Athlete of the Year; Carla Wolfenden and Clayton Swanton of Dauphin, Volunteers of the Year; and Shari Hebert of Winnipeg, Coach of



Susan Adey-Bagg was named Sport Manitoba's Official of the Year for 2024

the Year.

"I didn't expect it to go the way that it did. It was a shock — pretty much — that we went as far as we did this year," said Huminicki, a resident of Winnipeg Beach.

Team McDonald also received a \$1,500 award to help cover expenses next season.

While the team hoped to qualify for the playoffs in every event — and nearly did, missing out at just two — Huminicki said his focus was on less tangible goals, like team growth and bonding through the rough patches they expected to hit against seasoned men's teams.

"Most of our goals got surpassed because of all the experiences we had," he said. "Quite frankly, we forgot about our goals because of the crazy events that we didn't even think about at the start of the year. So any goals that we did have set were majorly surpassed just by attending those events."

Team McDonald made its Grand Slam of Curling debut at the WFG Masters in January and reached the playoffs at the Manitoba men's championship. Though they narrowly missed direct qualification for the Olympic trials, they'll compete at the pre-trials this October in Wolfville, N.S.

"One major takeaway I had at the end of this year was we didn't quite understand how young we were compared to our competition," Huminicki said. "The takeaway was that it doesn't matter your age — if you get the experience and do what you want to do in sport, you can get to the big guys. You can meet (Brad) Gushue at PointsBet or something like that at



TRIBUNE PHOTO SPORT MANITOBA

Team Jordon McDonald, left to right, Jordan McDonald, Dallas Burgess, Elias Huminicki and Cam Olafson, was named Sport Manitoba's Team of the Year for 2024.

our age.

"If the younger kids are watching us and they believe they can do it, I guarantee you they can. We'll definitely be seeing a lot more younger curlers in the men's circuit in the future."

Meanwhile, Adey-Bagg remained busy in 2024 as an equestrian steward.

She is Manitoba's only senior dressage steward, and one of just eight in Canada to hold that title. As a Level 3 official, she is certified to work Olympic events and chief Five Star competitions.

"It's quite rewarding to be at that level, and there aren't that many of us at that level," she said. "That's the reason I'm in the U.S. so much — they need more officials there, as well."

The Stonewall resident spent much of the year officiating international dressage competitions in places like New York, Florida, California, Kentucky and B.C., often working World Cup qualifiers featuring top horses and riders preparing for the Paris Olympics.

"You get used to packing efficiently from packing so much," she joked.

Adey-Bagg was first approached about stewarding at age 18 and needed little convincing to stay involved. Four decades later, she's one of Canada's most influential voices in the sport.

A former civilian member of the Winnipeg Police Service's training division, she's used her background to help advance equestrian sport in Canada. She's worked Fédération Equestre Internationale (FEI) events including the Pan Am Games, World Cups and Olympic qualifiers, and has helped shape national standards through Equestrian Canada and the Manitoba Horse Council.

"For myself, a big part of it was the horses. I absolutely love horses," she said. "And a big part of being a steward is we're there for the welfare of the horse. It was important to me that I was there not just for the (rider) but for the horse."

She also created the internationally recognized Stewards Hub website to support others in her role.

Now a part-time official, Adey-Bagg is receiving recognition both locally and nationally.

"I'd actually heard I'm receiving Equestrian Canada's Official of the Year, which in our sport is really tough to get," she said. "So I was really excited about that. But when I also heard I received it for Manitoba — not that it meant more — but going up against other officials doing basketball, hockey, soccer... this one meant a lot to me."

Balmoral Judo Club earns medals at Portage Open

By Lana Meier

Athletes from the Balmoral Judo Club brought home a collection of medals after a strong showing at the annual Portage Judo Club Open on April 19.

The event drew more than 140 competitors from across Manitoba and Northwestern Ontario. Balmoral's judokas competed across several divisions, with many earning podium finishes.

In the U10 participation category, Phoenix Wakeham, Jax Coverdale, Gabriel Rootsart and Leo Paton represented the club with strong performances.

MEDAL WINNERS INCLUDED:

U12 Girls - Raeghan Wakeham - Gold

- U12 Boys - Maverick Paton - Silver
 - U14 Male (-50 kg) - Avery Wakeham - Bronze
 - U16 Female - Allison Mushaluk (+70 kg) - Bronze
 - Rhiannon James (-57 kg) - Silver
 - U16 Male - Avery Wakeham (-50 kg) - Silver
 - Greg Panchuk (+73 kg) - Silver
 - U18 Male (-73 kg) - Nate Panchuk - Bronze
 - Senior Men Novice - Chase Wakeham (-81 kg) - Gold
 - Marc James (+100 kg) - Gold
 - Veteran Male (+100 kg) - Marc James - Bronze
 - Senior Men Advanced (+100 kg) - Cai James - Silver
 - Newaza (+90 kg) - Cai James - Silver
- The club's next and final event of the season will be the Nakamura Open in Winnipeg, taking place on May 3.



TRIBUNE PHOTO SUBMITTED

Athletes from the Balmoral Judo Club gathered for a team photo at the Portage Judo Club Open on April 19, where they competed against more than 140 participants from across Manitoba and Northwestern Ontario.

From practice to provincials: Interlake ready to rally

By Kieran Reimer

The schedule is about to get even busier for the six Interlake Volleyball Club girls' teams as provincials loom in the coming weeks.

This season, Interlake has rostered three 14U teams, along with 15U, 16U and 17U squads that all compete in Volleyball Manitoba's competitive circuit.

As of the most recent Volleyball Manitoba provincial championship rankings, each team remains in the mix as the regular season nears its end.

"Each team has had lots of success, so it's been pretty fabulous to see us competing against the larger city teams," said club director Tyler Oliver. "We've held our own with a lot of big teams out of Winnipeg, so with provincials coming up, we're hoping to be kind of pushing into the top 10 bracket with some of our teams. Our 15U team — we're hoping they get pushed into that top 10 realm — they're really strong."

The next stop for each team is the Volleyball Manitoba provincial championships, which will begin at differ-

ent times over the next three weeks, depending on the age group.

First up is the 14U championship, running April 18 to 20 in Winnipeg and Steinbach.

Next is the 15U division from April 25 to 27 in Winnipeg and Niverville, followed by 17U from April 26 to 27 in Winnipeg, and 16U from May 2 to 4 in Winnipeg and Niverville.

Each team will then wrap up its season at the 2025 Youth Nationals:

- 14U from May 8 to 11 at the RBC Convention Centre in Winnipeg
- 15U from May 14 to 17 at the

Edmonton EXPO Centre

- 16U and 17U from May 18 to 21 at the same venue in Edmonton

Now in its third year, the Interlake Volleyball Club program continues to grow, with the addition of a third 14U team helping drive momentum.

Oliver said volleyball in the Interlake has continued to strengthen, especially over the last five years.

The club is also planning to host upcoming development camps, which may include an introductory session and a fall camp.

CSC hosts junior varsity badminton tournament



TRIBUNE PHOTOS BY SUBMITTED

Approximately 80 athletes from Interlake schools competed at Collège Stonewall Collegiate's junior varsity badminton tournament on April 15. Winners, pictured left to right, include WCI's Torie Galbraith and Paige Seidel defeated TCI's Kate Rawlings and Olivia Price in girls doubles; CSC's Alec Harrisko and Carson Kirk defeated TCI's Vander Lowe and Connor Reed in boys doubles; WCI's Ryder Clare and Cadie Huard defeated TCI's Liam Marmonier and Kiera Spence in mixed doubles; WCI's Mya defeated TCI's Grace Dalton in girls singles; and CSC's Josh Learmond defeated CSC's Nick Turner in boys singles.

Warren girls hit the ice at MWHSHL Rookie Showcase

By Kieran Reimer

Warren Collegiate hockey players had the chance to show off their skills at the 2025 Manitoba Women's High School Hockey League Rookie Showcase, held last week at Southdale Community Centre.

Warren was represented by eight Grade 9 and 10 players competing in the 12-team tournament.

Joslyn Tetlock, Brooklyn Waldbauer, Maria Riddell and Annika Reesink suited up for Team Yellow, while Nicole Hutchinson, Blake Darragh, Ella Riddell and Daisy Ducharme played for Team Dark Green.

Team Yellow came out on top in the championship game, edging Team Purple 5-4 on Wednesday night.

Waldbauer scored in the final, while Reesink added an assist.

Tetlock was named Player of the Game in the semifinals after back-stopping Team Yellow to a 1-0 shutout over Team Pro Blue earlier that day.

Team Yellow finished the tournament with a perfect 5-0 record after going 3-0 in Pool 2 with a 5-3 win over Team Pink and an 8-0 victory over Team Dark Green on Monday, followed by a 3-1 win over Team Grey on Tuesday.

Team Dark Green's tournament ended in pool play following three losses: 3-0 to Team Grey and 8-0 to Team Yellow on Monday, and 3-1 to Team Pink on Tuesday.



TRIBUNE PHOTO BY MICHELLE RIDDELL

Warren Wildcats suited up for two different teams for the MWHSHL Rookie Showcase in Winnipeg April 14-16. Team Yellow won the tournament after defeating Team Purple 5-4. Pictured left to right, back row: Annika Reesink, Maria Riddell, Joslyn Tetlock and Brooklyn Waldbauer; front row: Daisy Ducharme, Blake Darragh, Nicole Hutchinson and Ella Riddell.

Stonewall girls contribute to Team Green's success at MWHSHL Rookie Showcase

By Kieran Reimer

Collège Stonewall Collegiate had



TRIBUNE PHOTO BY SANDI SWANSON

Collège Stonewall Collegiate Rams Emily McMurtry, left, and Riley Swanson played for Team Green in the MWHSHL Rookie Showcase in Winnipeg April 14-16. Swanson scored for Team Green in their 3-2 win over Team Red on April 14.

two representatives on the ice at the 2025 Manitoba Women's High School Hockey League Rookie Showcase, held last week at Southdale Community Centre.

Emily McMurtry and Riley Swanson played for Team Green in Pool 1 of the Grade 9 and 10 tournament and helped their squad find success in a competitive field.

Their tournament began last Monday with a narrow 3-2 loss to Team Purple, who went on to finish first in Pool 1.

Team Green bounced back later that day with a 3-2 win over Team Red, evening their record at 1-1.

In their Pool 1 finale on Tuesday night, McMurtry and Swanson's squad edged Team Orange 4-3 in another close contest.

The victory secured Team Green a second-place finish in Pool 1 with a 2-1 record as their tournament came to a close.

Team Purple, the Pool 1 winner, advanced to the final but fell to Team Yellow on Wednesday night.

TCl varsity girls excel in badminton



TRIBUNE PHOTO SUBMITTED

TCl's Shiloh Nault and Teagan Price placed second in girls doubles at the Collège Louis-Riel Varsity Badminton Tournament in Winnipeg on April 19. The pair defeated Garden City's Udita and Vidita 21-14, 21-18 in the semifinal before falling 21-19, 21-19 to Miles Mac's Elisha and Heder in the final. Pictured left to right: Mark Shinnie (coach), Shiloh Nault and Teagan Price.

To see more photos of your favourite Interlake Athletes

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Terry McRae remembered as champion curler, true teammate

By Kieran Reimer

One of Petersfield's finest will be remembered not only for his incredible career on the curling ice.

Terry McRae, whose death came suddenly on March 4, 2025, was a five-time provincial champion with multiple national appearances. But more than that, he was a beloved teammate and figure in his community.

In 2020, injuries ended McRae's impressive playing career, but his love for the game and support for his team never stopped.

Up until his passing at 61, the former Team Manitoba member could still be found at the rink, cheering on his former teammates and offering pointers as they pursued a Canadian Senior Curling Championship.

Whether for team events or neighbourly get-togethers, McRae's garage in Petersfield was the place to be — often after a victory from the squad that dominated the Manitoba circuit for so long.

McRae's common-law wife, Lori McEwen, who was also a competitive curler on the women's side, said it was his welcoming spirit that drew everybody in.

As a youngster growing up in Clan-deboye, McRae's sporting career began on the ice — but with a goalie stick in hand rather than a curling stone — as a AA goalie in Selkirk.

McRae's childhood hero was Montreal Canadiens goaltender Ken Dryden. In the 1973-74 season, an 11-year-old McRae had a Dryden-esque year, winning the Most Outstanding Goalie Award with the Selkirk Minor Peewees.

Despite his natural talents, other challenges — such as his slight build, being the youngest of six siblings, travel, and the expenses of hockey equipment, especially as a goaltender — made it difficult to pursue the sport. That ultimately led him to switch to curling.

McRae began curling the following season out of the more affordable Petersfield Curling Club, alongside friends who were also early in their curling careers.

McEwen said the challenge, courtesies, and camaraderie of the game were what attracted McRae to the sport, which kickstarted a lengthy curling career.

"Curling for nearly 50 years, he displayed qualities of sportsmanship, skill, dedication and a friendly spirit worthy of his five provincial championships," said McEwen.

Those championships included three Curl Manitoba Senior Men's Provincial titles from 2018 to 2020, a Manitoba Mixed Championship in 2000 and



In 2018, Team Boehmer featuring Terry McRae, third; Dave Boehmer, skip; Tom Want, second; George Hacking, lead; and Kerry Fedorchuk, fifth, lifted their first Curl Manitoba Senior Men's Provincial Championships at Assiniboine Memorial Curling Club.

a Legion Championship representing Selkirk Branch #42 in 1989.

Throughout his career, he played on multiple team combinations with friends from the area and respected the game, passing on valuable life lessons to those he coached.

In 2018, Team Boehmer — featuring McRae at third alongside skip Dave Boehmer, second Tom Want, lead George Hacking and fifth Kerry Fedorchuk — captured their first Curl Manitoba Senior Men's Provincial Championship at Assiniboine Memorial Curling Club.

Though they didn't win nationals, that season marked the beginning of a dominant run for Team Boehmer, which continues to this day.

With a new and capable lineup, the team has remained a top contender in the senior men's ranks.

On March 19, they claimed their fifth Senior Men's Provincial title in the past decade.

The win, however, came with heavy hearts. McRae's passing just two weeks prior to provincials in East St. Paul left a deep void for his family, friends and the curling community.

At the tournament, Team Boehmer — now made up of Boehmer, Hacking, Sean Bracken, Scott Szydluk and Dale Lott — wore patches in honour of Terry McRae.

Hacking said they would rub the patch when in trouble.

"It's really been a hole in our hearts and it felt so good to win because I don't know what we'd have done if we didn't win," said Hacking. "It wouldn't have felt right. We kind of had to win. It's a weird thing to say but we were pretty happy when we did."



TRIBUNE PHOTOS SUBMITTED

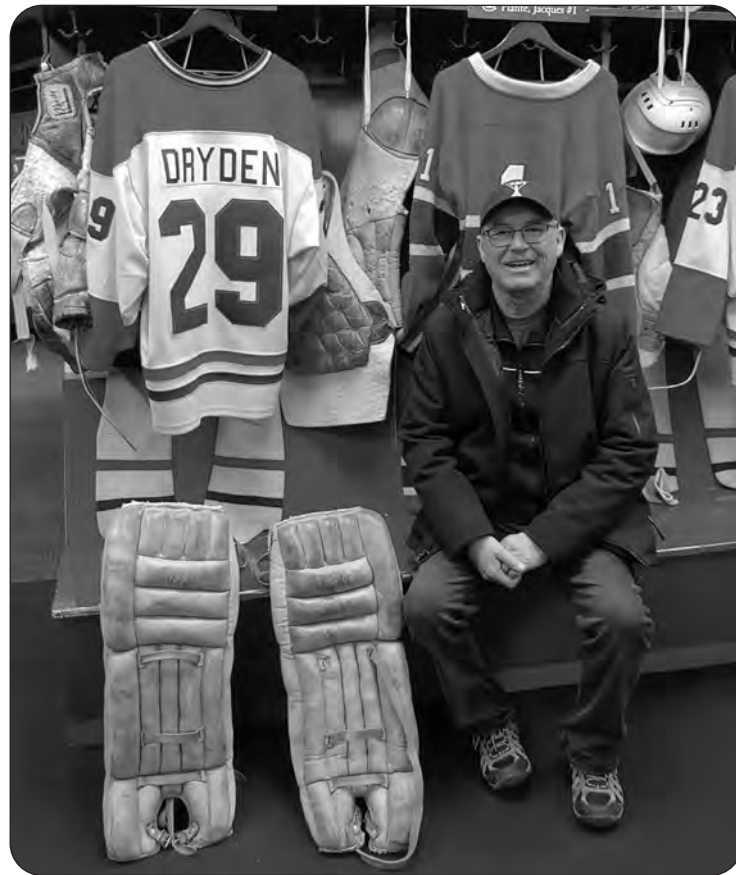
Terry McRae's provincial plaques are displayed in his beloved sports themed garage. McRae won three Curl Manitoba Senior Men's Provincial Championships from 2018-2020, a Manitoba Mixed Championship in 2000 and a Legion Championship representing Selkirk #42 Branch in 1989.

Also in attendance for the win was McEwen, who will continue to support the team and reflect on the memories they created together on and off the ice.

With the team bound for nationals in Ottawa in late November, McEwen and more than 40 of the team's supporters are expected to attend.

"Terry would visit the rink often and share stories of past events with a laugh," said McEwen. "For as long as the Boehmer team's competing, he will be watching with great pride and respect for the game that gave him so many lasting friendships and fond memories."

Team Boehmer has sponsorship



Terry McRae at the display of former Montreal Canadiens goaltender Ken Dryden at the Hockey Hall of Fame in Toronto in December 2023. Dryden was McRae's childhood hero. In 1973-74, an 11-year-old McRae had a Dryden-esque season as a AA hockey goaltender, winning the Most Outstanding Goalie award with Selkirk Minor Peeewe's coached by Tom Waterman.

opportunities available. They will compete in the 2025 Canadian Senior Curling Championships in Ottawa from Nov. 29 to Dec. 6.

get inspired

> MEAL IDEAS

FamilyFoods
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Savory Street Tacos

queso, for serving
Cover chuck roast with taco seasoning then place in slow cooker. Pour beef consommé over roast and cook on low 6 hours to braise.
Heat oven to 425 F.
Use fork to shred roast.
Brush outside of tortillas with avocado oil and fill with meat and shredded cheese. Place in casserole dish and bake 10-15 minutes until tacos reach desired crispiness.
Place on tray and serve with salsa, guacamole and queso.
Tip: Recipe can be doubled for large crowds.

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6
1 chuck roast (2-3 pounds)
1 package taco seasoning
1 can (10 ounces) beef consommé
16-20 street taco tortillas
1 package (8 ounces) shredded cheese
1/4 cup avocado oil
salsa, for serving
guacamole, for serving



Hot Honey Chicken Rice Crackers and Ranch Dip

1 tablespoon thyme
1 tablespoon sugar
1 cup heavy cream
salt, to taste
pepper, to taste
cucumber sandwiches, for serving
Chop carrots and celery. In pot, saute with butter.
In bowl, mix chicken with lemon juice and lemon pepper then set aside.
After carrots and celery are tender, add broth and orzo to pot. Then add garlic powder, onion powder, thyme and sugar. Simmer 10 minutes then add chicken and cream; simmer about 5 minutes.
Add salt and pepper, to taste. Serve with cucumber sandwiches.

Lemon Chicken Orzo Soup
Recipe courtesy of "Cookin' Savvy"
Servings: 4-6
2 carrots
2 celery stalks
3 tablespoons butter
2 cups cooked, chopped chicken
1/3 cup lemon juice
2 teaspoons lemon pepper
6 cups broth
1 cup orzo
1 tablespoon garlic powder
1 tablespoon onion powder



Roasted Tomato Soup

1 cup heavy whipping cream
salt, to taste
pepper, to taste
grilled cheese sandwiches, for serving (optional)
Heat oven to 375 F.
Slice tomatoes. Slice onions and garlic, if desired. Place in baking dish.
Sprinkle garlic powder, onion powder, sugar and mesquite seasoning over tomatoes. Drizzle avocado oil over top and mix well.
Bake about 1 hour. Blend until smooth.
Pour into pot and mix in broth and whipping cream. Bring to simmer and add salt and pepper, to taste.
Serve with grilled cheese sandwiches, if desired.

Recipe courtesy of "Cookin' Savvy"
Servings: 4-6
3 pounds tomatoes
1/2 onion (optional)
1 garlic bulb (optional)
1 tablespoon garlic powder
2 teaspoons onion powder
1 tablespoon sugar
1 tablespoon mesquite seasoning
avocado oil
1 1/2 cups broth of choice

Ask the money lady

Dear Money Lady,
I am now finally retiring at 66 after working all my life in retail, since I was 15 years old. I am looking forward to not working, but I am still worried about not having enough money. My condo is paid for, I don't have any debt, but I also only have \$120,000 in savings. Do you think that is enough?

- Gemma

Dear Gemma – it might be enough. You will now be receiving your OAS and CPP, plus any LIRA/LIF income from company pensions. The fact that you own your condo free and clear and have no consumer debt is also a very good thing. Let's talk about the costs of aging since I know many Canadians may also be wondering if they have saved enough as well.

If we look at the time you will be retired based on a standard life expectancy for a single woman, you would need to plan for about 25 to 30 years (that would make you 91 to age 96). Planning for out-of-pocket expenses must be something you keep in mind as you age. The three most common expenses for seniors today are dental, hearing loss, and vision. I know many will think these are not important, but these are needs that can lead to many other issues if overlooked or ignored. Thankfully the Canadian government has many programs available for their aging population.

The Canadian Dental Care Plan (CDCP) is available for all seniors over 65 and children under 18. Aging is hard on the teeth, and everyone should go to the dentist once a year to ward off tooth decay and oral cancer. Hearing loss as you age doubles your risk of dementia and severe hearing loss makes dementia five times more likely to occur. Almost 50% of Canadians over 75 have significant hearing loss. In Ontario and Alberta seniors are covered for hearing aids and other provinces have different programs, for example, Manitoba seniors receive \$2,000 towards hearing aids – so it's a good idea to check what is available where you live. The days of the obnoxious, oversized hearing aids are now gone. Today you can join in on conversations by using a small, discrete hearing device. Glasses are a fact of life for most seniors and the Canadian government helps out with this expense too. Here is a link for those interested.

<https://www.canada.ca/en/health-canada/services/healthy-living/your-health/lifestyles/seniors-aging-vision-care.html>

The key to not running out of



Christine Ibbotson

money for all seniors is to try to find ways to create multiple streams of income and keep your expenses to a minimum. And this should be easy enough to do, since by the time you get to retirement, you really should not be needing to buy the "big-stuff" anymore. The government security benefits will make up one stream of income, but then you will need to find more. This could include a part-time job, having a boarder in your basement, company pension plans, rental income, RRSPs and TFSA's, or annuity strategies. As a single in retirement with a small retirement savings, (less than \$400,000) why not consider a straight-life annuity that protects against longevity risk and will provide a guaranteed income for life.

A solid fixed, straight-life annuity with a good rate of return would be a great option for you Gemma. The annuity will provide you with a guaranteed monthly income for life from your \$120K investment. My worry would be that you might make excessive withdrawals from these savings in retirement for expensive hobbies, travel or just simply increasing your lifestyle, and then find that the funds deteriorate faster than you thought. The annuity will provide you with a life-long income that you can plan your new retirement budget around (along with other incomes: pension, OAS, CPP, etc.). Another tip before you retire would be to also take out a secured line of credit on your condo. I know you don't need it, but having this available in the event of an unseen emergency will make it easier to use some of your home equity if you are short on funds. Good planning and forward thinking will always ensure you live comfortably your way.

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, Syndicated National Radio Host, and now on BNN Bloomberg News and CTV News every day in every province. Send your money questions, (answered free) to info@askthemoneylady.ca

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INTERLAKE SCHOOL DIVISION GROUNDSKEEPING TENDER

The Interlake School Division invites contractors to send sealed bids to cut all the grass on properties owned by the Interlake School Division. Contractors will be expected to cut lawns, play area, boulevards, and ditches. Also included is trimming around the buildings, trees and play structures, etc. at the following locations.

Balmoral School	Gov't Rd Allowance E SW7-15-2E
Brant Argyle School	48 E PR323
Grosse Isle School	97 E Road 72N
École R.W. Bobby Bend	377-2nd Ave N
Rosser School	PR221
École Stonewall Centennial	573 2nd Ave N
Collège Stonewall Collegiate	297 - 5th Street West
Stony Mountain School	139 School Road
Teulon Collegiate	59 - 1st Street NE
Teulon Elementary School	20 Beach Road
Warren Collegiate	119 MacDonald Ave
Warren Elementary School	300 Hanlan Street
Woodlands School	222 Good Street
ISD Office - Stonewall	192 - 2nd Ave N

- The contract is for a three-year period - 2025, 2026, and 2027.
- The annual contract will commence May 19 until October 31. Schedules of cuts will be provided.
- Grass cutting will not be permitted during regular school hours between the months of May to June and September to October of each year. During May to June and September to October, grass can be cut between 7:30 am to 9:00 am and 3:45 pm to 9:00 pm. July to August grass cutting will be permitted at any time.
- Bids submitted must indicate machinery to be used (Zero Turns / Riding Mowers, Mowers, Trimmers, Blowers, and Auxiliary equipment).
- Detailed information can be found on Interlake School Division's website - <http://www.interlakesd.ca>
- The successful bidder must provide proof of liability insurance of \$2 million with Interlake School Division listed as an additional insured, along with proof of WCB coverage in good standing.
- We thank all contractors for submitting proposals, only awarded contractors will be contacted.
- Lowest or any proposal not necessarily accepted.
- May be subject to a Criminal Record Check.

Tenders must be submitted by Wednesday, May 7th, 2025, at 3:00 pm

Please send sealed Tenders marked
"GROUNDSKEEPING PROPOSAL"

Attention to:
Anthony Cornwell
192-2nd Ave. N. (PTH 67)
Stonewall, MB R0C 2Z0

ADVERTISE IN THE TRIBUNE



INTERLAKE SCHOOL DIVISION PUBLIC NOTICE

Public Notice is hereby given that the **Interlake School Division** intends to conduct the following Rodenticide and Pesticide Control Programs during 2025: Wilson Mouse Out - Rat and Mouse Killer Pellets, Rodents Away Odor Free, Wilson Predator Wilsarin Rat and Mouse Killer, King Rodentex Mouse Bait, and Tomkat Mouse Killer.

The proposed dates of application for insecticide programs are May 1, 2025 through October 31, 2025.

- To control insect pests including wasps, hornets and yellow jackets, the following insecticide may be used: Wilson One Shot Wasp and Hornet Long Shot.
- To control ant colonies, the following insecticides may be used: Ortho Ant B Gon Max Ant Eliminator Liquid, Ortho Ant-B-Gon, and Raid Max Double Control Ant Baits.

Any person may, within 15 days after the notice is published, send a written submission to the department, regarding the control program or register with the department their written objection to the use of pesticide next to their property:

Environment and Climate Change
Environmental Approvals Branch
Box 35, 14 Fultz Boulevard
Winnipeg MB R3Y 0L6

Poison applications may be done at any or all of the following locations:

Administration Office, 192 - 2nd Ave. N., Stonewall, MB
Transportation/Maintenance/Technology Facility,
Winfield & Summit Rd., Stonewall, MB
Balmoral Elementary School, Balmoral, MB
Brant Argyle Elementary School, Argyle, MB
Grosse Isle Elementary School, Grosse Isle, MB
Rosser Elementary School, Rosser, MB
École R. W. (Bobby) Bend School,
377 - 2nd Ave. N., Stonewall, MB
École Stonewall Centennial School,
573 - 2nd Ave. N., Stonewall, MB
Stony Mountain Elementary School,
139 School Rd., Stony Mountain, MB
Teulon Elementary School, 20 Beach Rd., Teulon, MB
Warren Elementary School, 300 Hanlan St., Warren, MB
Woodlands Elementary School,
222 Good St., Woodlands, MB
Collège Stonewall Collegiate,
297 - 5th Street W., Stonewall, MB
Warren Collegiate, 119 MacDonald Ave., Warren, MB
Teulon Collegiate, 59 - 1st Street NE, Teulon, MB

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EXPERIENCE REQUIRED

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NOTICE TO FARMERS AND RANCHERS

ASHERN AUCTION MART SALES FOR MAY AND JUNE

APRIL 30, 2025
MAY 14, 2025
MAY 28, 2025
JUNE 11, 2025

THERE IS NO SALE ON
MAY 7th, May 14th or JUNE 4th

TO BOOK YOUR CATTLE OR
FOR MORE INFORMATION

ASHERN AUCTION MART 204-768-2360
KIRK KIESMAN 204-768-0019
LARRY KORNELSEN 204-494-0455
License #1128

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NOTICES

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FOR SALE IN THE TRIBUNE

NOTICE TO CREDITORS

IN THE MATTER OF:
The Estate of Edith May Hauber, late of the Postal District of Stonewall, in Manitoba, deceased.
All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 28th day of May, 2025.
DATED at Stonewall, Manitoba, this 15th day of April, 2025.
GRANTHAM LAW OFFICES
Solicitors for the Executrix

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RIDE DAY
Saturday
May 31, 2025

10am
Earls Polo Park
(Winnipeg)

Visit ridefordad.ca/manitoba

to register or make a pledge

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SUMMER STUDENTS

The Teulon and District Museum is hiring

2 STUDENTS (AGE 15-30)

Must be continuing their education

30 hrs per week for 9 weeks

June 30 - August 29, 2025

Deadline to apply May 15, 2025

Please send resume to:

Teulon & District Museum

Box 44, Teulon, MB R0C 3B0 or

email: teulonmuseum@gmail.com



INTERLAKE SCHOOL DIVISION WIRELESS NETWORK UPGRADE TENDER

The Interlake School Division is accepting tender bids for the of supply the following wireless network hardware:

Manufacturer	Model
HPE Aruba Access Point	615
HPE Aruba Access Point	635
HPE Aruba Hardware Controller	7210
HPE Aruba 2930 PoE switch 8 port	2930
HPE Aruba 2930 PoE switch 12 port	2930
HPE Aruba 2930 PoE switch 24 port	2930
HPE Aruba 2930 PoE switch 48 port	2930
HPE Aruba 6000 PoE switch	CX 6000

Detailed tender information can be found on the Division's website at www.interlakesd.mb.ca

Tender bids must be submitted by Wednesday, May 7th, 2025 12:00 NOON.

Please send sealed Tenders marked "WIRELESS NETWORK UPGRADE TENDER" to:

Interlake School Division
c/o Melanie Mousseau
192-2nd Avenue North
Stonewall, MB R0C 2Z0

Direct inquiries to Rob Hume, Network Administrator,
Tel: 204-467-9753.

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THE RURAL MUNICIPALITY OF ROCKWOOD



PUBLIC NOTICE

Residents with Curbside Waste Pick-up ONLY

Spring Yard Clean-up pick-ups will occur on May 1st, and May 8th, 2025, where unlimited yard waste will be picked up from the curbs to help you dispose of your yard debris responsibly. Yard waste must be in paper bags and branches bundled in 3-foot lengths.

If you do not have curbside waste pick-up, yard waste and branches may be disposed of at the Teulon-Rockwood Waste Disposal Grounds or Winfield Transfer Station.

For further information please visit our website at www.rockwood.ca

THE RURAL MUNICIPALITY OF ROCKWOOD



2025 DUST CONTROL PROGRAM

When requesting application of dust control, the Applicant acknowledges and accepts the following:

1. The product to be used for dust control purposes is Magnesium Chloride. The Municipality does not guarantee any dust control product.
2. For safety purposes, the maintenance of roads by the Municipality takes priority over anyone's application of dust control.
3. The Municipality shall not be responsible to replace anyone's application of dust control.

The Rural Municipality of Rockwood will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS ONLY**, on municipal roads in front of residences in the Rural Municipality of Rockwood. This includes residences in the Rural Residential Zones.

If receiving Private Dust Control, please notify the office prior to Dust Control being applied.

Ratepayers may obtain dust control on the basis of **\$545.00** per application. **Orders and pre-payments** for same to be made to the Rural Municipality of Rockwood Administration Office by **Friday, May 23, 2025**. The application will consist of actual width of road x 100 metre strip. The area to be serviced must be staked out prior to application. Dust Control will be applied during the early part of June, weather permitting.

In the event of there not being sufficient requests for a truckload, payments will be refunded.

Application forms are available on our website at: www.rockwood.ca

The Rural Municipality of Rockwood

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Don't forget to send your special wishes to your friends and family.

Tribune

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May 7th @ 7:00PM

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April 27 & 28, 2025

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BIRTHDAY



Happy 90th Birthday
Jim Riddell
Come and Go
Birthday gathering will be held
On Sunday, April 27th
Noon – 3 p.m. at the Warren Hall
Lunch will be served.
Everyone welcome.

IN MEMORIAM

SMITH, Helen
In loving memory of our dear Mother
who left us April 24, 1967.
-Forever remembered
by son Richard and his wife Sheelagh,
Children Sheena and Shawn and
Daughter Judy, husband Ken Paluk,
Children Wesley and Trevor
Always loved and never forgotten

IN MEMORIAM



Wes Killbery
date of birth September 2nd, 1982 -
April 27th, 2023

It's been two years since you left us,
And not a day goes by that you are not missed,
Or we don't say your name.
We carry your love with us always –
In everything we do, in every memory,
In every heartbeat.
You are forever loved and deeply missed.
-Your wife, J'aime
and kids Easton and Tamsen

*Your memory will live forever
Engraved within our hearts.*

IN MEMORIAM



Wes Killbery
September 2, 1982 – April 27, 2023

Dear Wes...
When you love someone,
You trade souls with them;
They get a piece of yours,
And you get a piece of theirs.
But when your love dies,
A piece of you dies with them.
That's why it hurts so bad.
But that little piece of you is still inside of us.
So through our eyes...
You can see the world and everything you love!
That is our promise to you Wes!
Miss you and love you forever and ever!
-Mom, Dad
and families



OBITUARY

Curtis Duane Kowalski
March 13, 1979 – March 13, 2025

We sadly announce the passing of Curtis Duane Kowalski on March 13, 2025 at the age of 46 years of Winnipeg, MB.

He is survived by his parents Stan Kowalski, Shelly (Gordon) Normand; brothers Dennis (Lil), Bryce; as well as many aunts, uncles and cousins.

He was predeceased by grandparents Stan (Sr) and Frances Kowalski, Orville and Anita Jones. Cremation has taken place, and a private service will take place at a later date.

Thank you for all the support we have received and to Ken Loehmer Funeral Service.

KL
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

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

Teulon Chamber 14th Annual Community Yard Sale



June 7, 2025 9 am - 3 pm
RAIN OR SHINE

All yards sales will be advertised on a Town Wide Map
~ Online and in Teulon Chamber Businesses ~
Maps will be available June 6, 2025 by 10 am

BBQ Hotdogs & Hamburgers
(at tent on Main St.) from 11 am - 1 pm

\$15 Registration

In your yard or a table under the Chamber tent on
Main across from the TD Bank (just bring a chair)
We do all the advertising, provide maps, and put
out the Chamber Community Yard Sale Signs.

Bouncetoo's

To register or for more information please contact
Jan 204-886-7982 or 204-886-3910

Don't forget to send your special wishes to your friends and family.

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

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