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## Bouquets for mom

TRIBUNE PHOTO BY JO-ANNE PROCTER

Jack and Maeve Gemmill dropped by Petals and Stems Co. pop-up Make and Take Bouquet Kids Workshop at Prairie Zen on May 9 to create a fresh hand-picked bouquet of flowers for their mom, Kaylee, for Mother's Day. Flowers are a timeless gesture of love, gratitude and beauty, representing the enduring care of motherhood.

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# Balmoral 4-H Club earns national recognition for pollinator project

By Lana Meier

The Balmoral 4-H Club is receiving national recognition — and new funding — for a youth-led initiative aimed at protecting one of agriculture’s most essential contributors: pollinators.

The club was recently named one of 13 winners in the 4-H Canada Agri-Food Challenge, a national program that encourages young people to develop practical solutions supporting sustainable agriculture and food security in their communities. As part of the honour, the Balmoral club received a \$500 grant to continue building on its work.

Their project, titled “Meet the Pollinators,” focused on educating members and the broader community about the critical role pollinators — particularly bees — play in food production and healthy ecosystems.

Across the country, 4-H participants tackled a range of sustainability challenges, including soil health, food waste reduction and food security. Projects included everything from building bee habitats and growing produce for food banks to teaching preservation skills. Balmoral’s submission stood out for its hands-on approach and strong educational component.

For local members, the project was both informative and interactive. Around 30 youth took part in activities designed to bring pollinator science to life.

“Members had the chance to create bee houses made of materials from their house as well as try flavoured honey sticks,” said Melodie Versavel. “They also got to touch honeycomb and learn from informational displays about bees.”



Melodie Versavel suits up in protective beekeeping gear.

One of the highlights for many participants was constructing their own bee hotels — small habitats designed to support solitary bees. The activity not only reinforced lessons about pollinator habitats but also gave members something tangible they could take home and use.

“Members enjoyed building bee houses the most,” Versavel said.

The club also benefited from local expertise. Presentations and materials provided by bee specialists gave members an up-close look at how bees live and work. Youth were able to handle real honeycomb and observe bee frames, helping deepen their understanding of pollination and honey production.

Peyton Marohn said the hands-on experience made the learning especially meaningful.

“Our club was able to hold real bee frames and learn about how honey is

Continued on page 9



TRIBUNE PHOTOS SUBMITTED

Members of the Balmoral 4-H Club display their pollinator-friendly seed packages as part of the club’s award-winning “Meet the Pollinators” project, which recently earned national recognition through the 4-H Canada AgriFood Challenge.



Balmoral 4-H members examine informational bee frames and displays lent by Bee Maid.



Gracie Bergen studies an informational bee frame.



Peyton Marohn hands out flavoured honey sticks.

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# Seeding off to slow start



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ryan Elliot with his son Deacon and nephew Brayden English head out to one of the Storylea Hay & Grain fields on May 9 to till low spots and prepare a better seedbed for the upcoming wheat crop. According to Syngenta Canada, fieldwork is moving slowly in the Interlake. Seeding in the region is off to a slow start due to cool, moist soils and lingering wet areas, although a few growers have begun work on drier fields. Help the *Tribune* record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca.

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# Stonewall Florist celebrates 35-year milestone

By Jennifer McFee

After 35 years in business, Stonewall Florist has blossomed into a mainstay business in town.

Tami Couch launched the company in June 1991, yet her interest in everything floral sprouted long before that.

"I've always loved flowers, and I wanted to start a business here in Stonewall," she said. "People have been so good to us in Stonewall and the surrounding area too. It's been 35 years and they've kept us in business. I really credit everybody for keeping us going."

Over the decades, the local florist has been part of many life-changing moments for people in the community. And if you look closely, you might even catch a glimpse of the well-known shop in different movies and shows that have been filmed on site over the years.

"Whether it's a wedding or funeral or anniversary or engagement, we're there," Couch said.

In addition to flowers, visitors to Stonewall Florist can also peruse a variety of other items.

"We've got a lot of plants and home décor items," she said. "We've got jewelry and creams with a focus on handmade, natural and organic. Lots of it is Manitoba-made or even locally made."

And after all these years, the business still brings joy to its owner.

"There are so many things I love about it. I always love coming to work. I love getting all the new flowers and the different flowers for each season and changing up my decorations outside," she said.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Celebrating 35 years in business, Stonewall Florist continues to brighten the community with flowers, plants and locally made gifts. Pictured from left are Heather Dumas, Bryana Colter, owner Tami Couch, Shirley Thomas and Lydia Morales, whose combined years of service and dedication have helped make the shop a longtime fixture on Stonewall's Main Street.

"I love seeing all the people, and it's fun talking to them about their events. I love being on Main Street because everybody pops by."

Continued on page 5

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# Manitoba energy debate continues as former Stonewall resident calls for nuclear shift

By E. Antonio

A former Stonewall resident is calling for a major rethink of Manitoba's electricity system, arguing climate-driven drought conditions and increasing reliance on imported power are exposing vulnerabilities in the province's hydro-based grid.

Todd De Ryck said his interest in nuclear energy began after hearing a 2012 CBC Radio Quirks and Quarks interview discussing thorium-based power generation. The program, he said, prompted him to reconsider long-term energy options in the face of climate change.

"I knew then that because of climate change and greenhouse gas emissions, we had to stop using fossil fuels and replace them with something else," he said, adding that his early support focused on wind and solar power before shifting toward nuclear research.

Since then, De Ryck said he has spent years researching nuclear energy and broader energy systems, believing a stronger understanding of energy production is necessary to permanently reduce fossil fuel use. He said his interest in microreactors developed later after concluding many large-scale nuclear reactor designs currently in production would not be a practical fit for Manitoba.

De Ryck argues Manitoba's heavy reliance on hydroelectric generation leaves the province vulnerable during drought conditions. In his view, increasing electricity imports from the

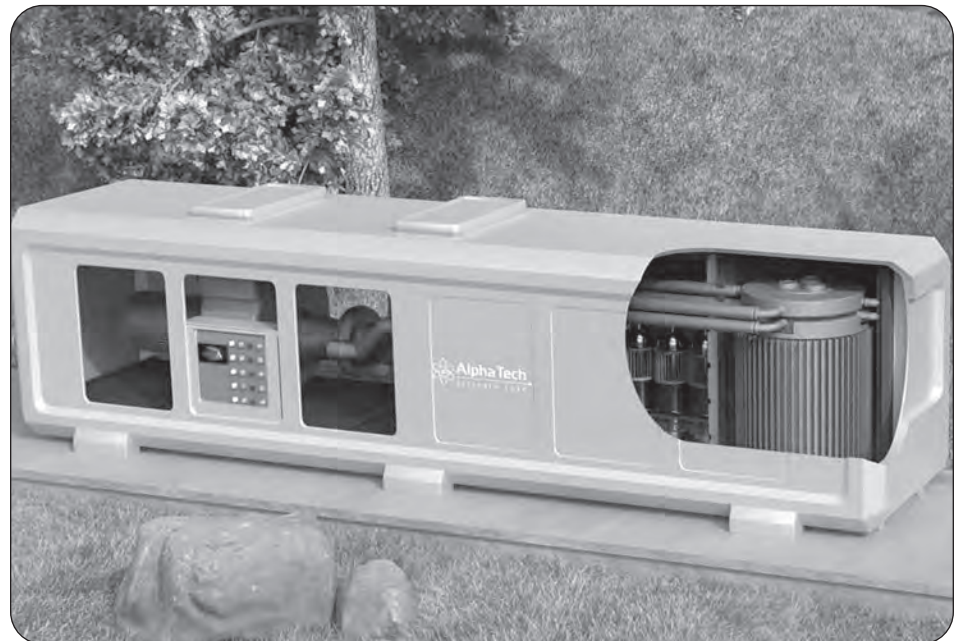


Dr. Matthew Memmott is the CEO and founder of Alpha Tech Research Corp, the leading organization behind the molten salt reactor development.

U.S. Midwest grid highlight those risks.

"Because of the droughts, Manitoba Hydro is losing money too rapidly and is overly dependent on importing electricity from the MISO (Midcontinent Independent System Operator) grid in the U.S.A.," he said, noting reliability concerns and emissions intensity on the grid are part of his reasoning for supporting diversification.

He also pointed to Manitoba's geography and transmission infrastructure as additional challenges, noting the long distances between northern generating stations and population centres, along with the ongoing costs of major transmission projects.



TRIBUNE PHOTOS SUBMITTED

Researchers and engineers are exploring using nuclear energy, in the form of molten salt microreactors, to become the main power source in communities.

De Ryck referenced the approximately \$5-billion Bipole III transmission line project and more recent announcements involving billions more in transmission upgrades. He also argued Manitoba Hydro's management of water levels can impact communities, referencing challenges faced by York Factory First Nation during low-water conditions.

A key part of De Ryck's argument centres on small-scale nuclear tech-

nology, particularly molten salt microreactors such as the ARC design developed by Alpha Tech Research Corp.

The company was founded by Dr. Matthew Memmott, who recently delivered a presentation at the Manitoba Museum on the future of nuclear energy.

Memmott, who holds both a mas-

Continued on page 11

## > 35 YEARS, FROM PG. 4

When she thinks about her favourite flower, it's an easy choice.

"I love tulips," Couch said with no hesitation. "They just have an amazing spring feel."

She expressed gratitude for the support of her customers over the decades, from near and far.

"I want to thank all the people. They're always helpful, nice and understanding. They come from the city, from Stonewall, from the RM of Rockwood and the surrounding area. A lot of people support us," she said.

"My employees are also awesome,

and they've been with me almost the whole time. They make a big difference — and I wouldn't be able to do it without them."

To celebrate the milestone 35-year anniversary, Stonewall Florist has a special initiative to brighten customers' days.

"We are giving flowers away to each person that comes in all year for our 35th anniversary year," Couch said. "People just love it."

Stonewall Florist is located at 407 Main St. Learn more on the Stonewall Florist Facebook page, visit [stonewallflorist.com](http://stonewallflorist.com) or call 204-467-2470.

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Jennifer McFee  
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## RM of Rockwood shares statement about quarry decisions

By Jennifer McFee

The RM of Rockwood shared a statement on social media to provide additional context for council's recent decision to approve conditional use applications for two quarry companies.

In late 2025, Heidelberg Materials and Amrize Canada both submitted conditional use requests to mine land outside aggregate extractive holding area.

In March 2026, council hosted public hearings that drew large crowds and extensive community input.

"Council does not take decisions of this magnitude lightly and has carefully considered the full scope of planning history, applicable regulations and community input in reaching its decision," notes the statement, which was released on May 7.

The statement notes that council recognizes both the importance of the quarry industry to the region's economy and infrastructure, as well as the concerns expressed by neighbouring property owners and residents.

"Rockwood council has heard these perspectives and is committed to strengthening oversight and enforcement of quarry operations moving forward," it says. "Council welcomes continued dialogue, including the opportunity to meet with resident delegations, and encourages residents to contact the RM if they observe potential infractions, as timely and detailed reports assist council and staff in responding effectively and supporting enforcement efforts."

On April 8, council approved both applications, keeping in mind a re-

cent Municipal Board decision related to a previous conditional use application from Maple Leaf Construction followed by a lengthy appeal process. Council initially denied a rezoning request in March 2022, which led to an appeal that the Municipal Board rejected. The developer then initiated a judicial review, which sent the matter back to the Municipal Board. In March 2026, the Municipal Board confirmed that the rezoning is to proceed.

The statement notes that legal fees cost the municipality more than \$120,000, while lost quarry hauling and transportation revenue cost an estimated \$500,000 per year.

The statement notes that denying the conditional use applications for Heidelberg Materials and Amrize Canada could result in another five-year-long process similar to the Maple Leaf Construction situation. Other considerations include "potential revenue loss of approximately \$40 million over 20 years" and "reduced funding and ripple effects on municipal and shared regional services with the Town of Stonewall" such as fire protection, handi-van service, library services and recreation services.

The statement also indicates that the RM of Rockwood could face "potential increases to the municipal portion of property taxes (estimated at up to 20 per cent per year) to offset reduced quarry revenue" and "reduced contributions to and growth of municipal reserve funds."

"Council remains committed to balancing responsible economic development with the protection of community well-being and quality of

life. The RM of Rockwood will continue to monitor quarry operations closely, uphold regulatory standards and engage openly with residents as this work progresses," the statement notes.

"Through ongoing oversight, transparent communication and a willingness to listen, council aims to ensure that decisions made today continue to serve the best interests of the broader community over the long term."

### IN OTHER COUNCIL NEWS:

- Rockwood's chief administrative officer Chris Luellman is preparing to retire, and the municipality is accepting applications from candidates to fill the position. He will remain on contract part-time for a year to work in a different capacity and to mentor the incoming CAO.

- Some rumours have been circulating that the land developer involved with the Stony Mountain seniors housing project has withdrawn from the project. Luellman has confirmed that this is false information and the project is going forward as planned.

- The RM of Rockwood has applied to the Public Utilities Board for revised water and wastewater rates for the Stony Mountain utility. If approved, the current minimum quarterly service charge of \$92.11 would increase to \$118.32 in Year 1, \$119.09 in Year 2 and \$120.03 in Year 3. Comments and concerns can be submitted to the Public Utilities Board at [pubmanitoba.ca](http://pubmanitoba.ca) until June 1. More information is posted on the RM of Rockwood's website at [rockwood.ca](http://rockwood.ca).

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# get informed

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## Emergency preparedness starts at home, says Manitoba EMO

By Jo-Anne Procter

As Manitoba marks Emergency Preparedness Week, residents across the Interlake are being encouraged to take steps now to prepare for emergencies before disaster strikes.

The Manitoba Emergency Management Organization's (EMO) new "MB Ready" campaign focuses on helping Manitobans become informed, create emergency plans and build emergency kits that can sustain households for at least 72 hours during a crisis.

The campaign now includes the launch of the new MB Ready mobile app, announced by the Manitoba government on May 4 as part of Emergency Preparedness Week activities.

Transportation and Infrastructure Minister Lisa Naylor, who is also the minister responsible for EMO, said the app is intended to help Manitobans stay informed and better prepared during emergencies.

"Emergency Preparedness Week is a reminder of the importance of preparation in helping keep all Manitobans safe, and this year we are pleased to announce the rollout of the new MB Ready app to support that effort," said Naylor. "Planning ahead makes a real difference during emergencies, and this app will help keep Manitobans informed with clear, accessible and up-to-date information."

The MB Ready app provides real-time, location-based notifications for emergencies and incidents such as severe weather, wildfires, floods, road closures and power outages. Users can set alerts for specific addresses



Scan to download the MB Ready app.

or geographic areas, allowing them to stay informed about conditions that may affect their home, workplace or other important locations.

The platform is available in both official languages and also includes guidance on building emergency kits, creating household emergency plans, understanding local risks and accessing safety information during emergencies.

For residents in the Interlake, emergency preparedness is not a new concept.

Communities throughout the region have experienced repeated spring flooding, severe storms, blizzards, extended power outages and growing concerns related to wildfire smoke and evacuations in recent years.

The Manitoba government says the MB Ready initiative is designed to help families better prepare for emergencies before they happen by under-

standing local risks and developing household emergency plans.

The MB Ready app allows users to receive location-based emergency notifications for areas where they live, work or travel. The platform also includes preparedness checklists, emergency planning information and safety guidance for before, during and after emergencies.

For rural Manitobans, preparedness can be especially important due to longer emergency response times, rural road conditions and the potential for communities to become isolated during major weather events.

Interlake residents are often encouraged to prepare for emergencies by:

- maintaining a 72-hour emergency kit
- keeping extra food, water and medications on hand
- ensuring backup charging options are available
- having plans for pets and livestock
- monitoring emergency alerts and weather warnings
- checking on seniors and vulnerable neighbours during emergencies

The province notes that emergency preparedness is a shared responsibility between governments, organizations and individual households.

The MB Ready campaign coincided with Emergency Preparedness Week, held nationally from May 3 to 9.

Residents can learn more about emergency preparedness resources or download the MB Ready app through the provincial emergency preparedness website.

## worship

with us > FAITH

### The Path

Do you ever pray for guidance then wonder if you are on the right path? I wonder if Moses felt that way when he fled Egypt for fear of his life but God directed him to a safe place. As he sat by a well in Midian, seven daughters came to draw water for their father's flock. He witnessed shepherds come and drive them away, but Moses stood up and saved them. It is no wonder their father welcomed him into his home. Here he made a new life, married and became a shepherd. It would seem that he was far away from where he started and from God's plan, but the Lord got his attention.

While leading his flock through the wilderness a flame of fire appeared out of the midst of a bush. He turned to investigate why it burned and was not consumed. Exodus 3:4 says, "And when the LORD (Yehovah) saw that he turned aside to see, God (Elohiym) called unto him out of the midst of the bush and said, Moses, Moses. And he said, Here am I." God got his attention. I am so encouraged by this! Could Moses have been wondering if he was missing it? Did he think he was running away? Doesn't matter. God knew exactly where he was and how to get his attention.

Do you feel a bit like that today? To be perfectly honest I do. Life looks so different right now than it did last year. So many parts have changed and I find myself in a place that feels a bit foreign, but I know God is with me. He hears my prayers and continues to guide my steps. Thankful that there is nowhere we can go that can be out of His sight. Psalm 139:7 says, "Where can I go from Your Spirit? Or where can I flee from Your presence? God had a plan for Moses and He has a plan for you. Is He trying to get your attention? All you need to do is respond and draw near. As you do, He will let you know the rest, one day at a time.

Laura Lawrence  
Church of the Rock, North End Campus

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**Clubroom Events for the Week of May 11**

Wednesday 4-Close 8:30 Chase the Queen Draw Pot is at \$1,176.50  
Thursday 4-Close 7:00 Crib final night until the fall  
Friday 4-Close 5:00 BBQ 6:30 Meat Draw  
Saturday 2-close Elvis Tribute Show Tickets are \$20 available at the bar  
Upcoming Events May 23 Members Night 7pm Band to start after the pins are distributed  
June 7 Decoration Day  
May 30 Dinner will be Chicken Skewers Greek Style \$15.00  
Tickets available at the bar

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

# Open house promotes emergency preparedness and community safety

By Jo-Anne Procter

Local residents learned more about emergency preparedness during the Town of Stonewall Emergency Measures open house held May 4 at the Quarry Park Heritage Arts Centre.

The free community event was part of Manitoba's Emergency Preparedness Week and featured information booths, emergency vehicles, safety demonstrations and opportunities to meet local emergency responders.

Children from École R.W. Bobby Bend School took part in activities during the day, while local Cubs, Scouts and Beavers attended in the evening to learn more about emergency preparedness, explore emergency vehicles and take information home to their families.

The event was designed to help residents and families better prepare for emergencies at home and in the community.

Participants also had the opportunity to create a take-home personal identification kit. Fingerprints were taken using an ink pad and imprinted on a sheet for families to keep. Organizers noted that no personal information was retained.

Several organizations partnered for the event, including the Stonewall-Rockwood Fire Department, RCMP, Manitoba Emergency Management Organization, Canadian Red Cross, Lifesaving Society, Interlake-Eastern Regional Health Authority, Commissionaires and the Town of Stonewall Emergency Measures Office.

Stonewall resident Bob Schkawritka, a regional emergency manager with the Manitoba Emergency Management Organization, was on hand to answer questions about emergency preparedness and community resilience. He also encouraged residents to register for MB Ready, an app that provides real-time, location-based emergency alerts for severe weather, wildfires, floods and other hazards to help Manitobans stay informed and safe.

Residents were also able to sign up for the Voyent Alert system to receive emergency notifications from the Town of Stonewall.

A colouring contest for students at École R.W. Bobby Bend School was also part of the open house. The grand prize, a bicycle, was won by Cyane



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Members of the Stonewall Cub Scouts stopped by the Canadian Red Cross station during the Emergency Preparedness Open House in Stonewall on May 4, where Emmanuel Opara and Christopher Plett shared information on how the Red Cross supports communities and families during emergency situations.



Stonewall Beavers Wyatt Schott and Evan Hodge check out the RCMP Argo search and rescue vehicle.



Left photo: Winnipeg Police Forensics Unit Sgt. Chris McLean fingerprints Ali McGimpsey. Right photo: Stonewall rec director Kyle Andrade and Stonewall's emergency coordinator Dennis Peterson present Cyane Henry with a new bicycle after she was named the winner of the colouring contest.



Henry. Gift cards valued at \$50 each were awarded to Mya Yurick (Kinsmen Lake), Ryder Fulton (Quarry Lanes), Theo Fischer (The Kiln Drive-

In) and Fox (Flicks Cinema).

The event also included a free barbecue and family-friendly activities for residents of all ages.

# Stonewall counselling center launches 'Therapy Talks' series

By Lana Meier

A growing demand for accessible mental health support in the Interlake has inspired Stonewall Counselling Center to launch a new community-based workshop series aimed at making therapy tools more approachable.

Beginning June 18, the centre will introduce its "Therapy Talks" series, offering two-hour sessions designed to provide practical strategies and insight in an informal, welcoming

setting. The first workshop, Self Talk & Self Confidence, will run from 6:30 to 8:30 p.m. and is open to the public. Attendees are invited to arrive at 6 p.m. for refreshments and connection before the session begins.

The session will be facilitated by therapist Damaris Bredin and will explore how internal dialogue can shape confidence, relationships and everyday experiences. Organizers say the goal is to provide participants with tools they can apply in daily life.

"Not everyone is ready to commit to ongoing therapy, but many people are hungry to understand themselves better," Bredin said. "They want tools. They want language for what they're experiencing. These talks are a way to meet people right where they're at."

Bredin said the idea for the series grew out of conversations with people who were curious about mental health support but hesitant to pursue traditional counselling.

"Perhaps the cost felt like a barrier,

maybe therapy felt too heavy or too clinical, or maybe they just didn't know where to start," she said. "I wanted to create a space that felt warm and low pressure, where someone could show up, learn something meaningful and leave feeling more equipped."

She described the workshops as an "appetizer to therapy," focusing on education, practical tools and connection rather than clinical treatment.

Continued on page 17

# Molly's Creations brings great flavours to Manitoban homes for more than 30 years

By E. Antonio

Stonewall's Molly Smadylla has been sharing the flavours of the Interlake for more than three decades.

Through her business, Molly's Creations, Smadylla sells a wide range of homemade goods including jams, jellies, pickles, perogies, perishky, cabbage rolls and kitchen towels.

The venture began in 1995 while Smadylla was still working as a school teacher in Ashern. At the time, organizers of local Christmas and spring craft sales were looking for vendors who could help attract more people from the surrounding community.

"Nobody was selling these products and I was already making them for myself, friends and family, so I decided I would put a table in," she said.

What started as a small craft sale table eventually grew into a regular business. After retiring and moving to Stonewall, Smadylla continued producing her homemade foods and expanded to farmers markets and craft sales across several Interlake communities.

Today, Molly's Creations features more than 35 flavours of jams and jellies along with a variety of pickles and traditional Ukrainian foods. Smadylla sources many of her ingredients locally and often picks berries herself in the Stonewall area.

Her jam selection ranges from classic

flavours like strawberry and raspberry to more unique varieties including pumpkin, cranberry, pineapple and carrot, as well as creative combinations of fruits and vegetables.

Smadylla also offers both sweet and savoury perogies. With Ukrainian heritage of her own, she said she is proud to share traditional flavours with the community.

"I am glad I can do this and I am thankful for the communities who support me," she said. "It gives me something to do and look forward to."

Her recipes are a blend of family traditions and dishes discovered in recipe books over the years, each refined to her taste through decades of experience.

Production time varies depending on what she is making. A batch of jams or jellies can take a few hours, while preparing large quantities of perogies or cabbage rolls can turn into a full-day process.

While her production methods have largely remained the same, Smadylla has adapted her techniques over time to meet updated food production rules and regulations.

One of the biggest changes she has seen is the growth of her customer base. While many of her earliest supporters have since passed on, new generations continue to discover her



TRIBUNE PHOTO BY LANA MEIER

Molly Smadylla of Stonewall displays a selection of homemade jams, jellies, pickles and traditional Ukrainian foods from her business, Molly's Creations, during a craft sale last summer. Smadylla has been sharing her homemade products at markets and craft sales across the Interlake for more than 30 years.

products.

"I enjoy when parents or grandparents buy and share my things with their young people," she said. "They know my products are better than what they would find in a store."

Smadylla's goods are made without artificial flavourings or additives, something she believes helps customers feel confident about what they are eating.

Customers can find Molly's Cre-

ations at several upcoming markets. Smadylla will be in Winnipeg Beach on Saturday, May 16. Beginning in July, she plans to alternate Fridays between the Stonewall and Teulon farmers markets and will also be at the Lockport market every Sunday.

Orders, including large quantities, can also be placed by calling Smadylla at 204-467-9798.

## > POLLINATOR PROJECT, FROM PG. 2

made," Marohn said. "We also tried a bunch of delicious honey sticks and got to see pictures of bees in their hives."

Through the project, members explored the life cycle of bees and learned how pollination directly impacts agriculture. The takeaway was clear: pollinators are essential to food production.

"Bees are very important because the pollen they accumulate while drinking nectar gets distributed onto crops, and that allows the crops to grow," Versavel explained.

Marohn echoed that message, noting the broader implications for food security.

"Pollinators and bees are really important for our farmers, food supply and flowers," she said. "Without pollinators, we don't have food."

Members also learned practical ways to support pollinator health in their own communities. Simple actions — such as planting native flowers, reducing pesticide use and leaving early-season food sources like dandelions — can make a significant difference.

"Please do not spray dandelions," Versavel said. "They are the first food source for bees and one of the most important."

Marohn added that small changes at home can have a lasting impact.

"We learned ways to protect pollinators like not using chemicals on our grass and planting native flowers," she said. "You can also leave water out for pollinators so they have somewhere to drink."

As part of the initiative, each 4-H member received pollinator-friendly seed packages to plant this spring, extend-

ing the project's impact beyond meetings and into the wider community.

The national recognition has been a source of pride for the club, which saw full participation from its membership.

"It was nice to be recognized nationally and everyone was excited," Versavel said.

The \$500 grant will help the Balmoral 4-H Club continue its work, with members already looking at ways to expand their efforts and further support pollinators locally.

Beyond the funding, the project has reinforced a broader message about youth leadership in agriculture and environmental stewardship. By combining education with action, Balmoral 4-H members have demonstrated how small community-based initiatives can contribute to larger conversations around sustainability and food security.

As the growing season approaches, the club hopes its message resonates throughout the community.

"We need to work together to protect pollinators so they can pollinate our food," Marohn said.

With enthusiasm, creativity and a strong commitment to learning, Balmoral's young 4-H members are proving that even small projects can have a meaningful impact — both locally and nationally.

### AI-Anon and AA Meetings Information

**Balmoral AI-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 AI-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

# Interlake horse camp helps veterans reclaim confidence

By E. Antonio

A horse camp in Manitoba's northern Interlake is giving veterans and first responders the opportunity to reignite their spark this September.

Red Rose Ranch Veterans Horse Camp (R3VHC) is a free overnight camp near Dallas, Man., that teaches participants the fundamentals of horsemanship while offering a supportive environment for healing and connection.

For Stonewall resident Becky Lemon, the camp has been life-changing.

A retired Canadian Air Force traffic technician with 19 years of service, Lemon first attended R3VHC as a participant in 2023. She later returned as a volunteer ranch handler in 2024 and 2025 and plans to return again this year.

During her military service, Lemon developed an occupational stress injury — something she describes as closely related to post-traumatic stress disorder — which brought frequent episodes of depression and anxiety into her daily life.

"It makes your world very small," she said.

Lemon first learned about the camp through Soldier On, a program that helps serving members and veterans adapt and thrive after physical or mental injury. She applied in hopes of regaining some of her self-confidence.

"I had nothing to lose, and this camp had everything to give," she said. "It was an opportunity that helped me not let my world get as small as it could."

Although she arrived with few expectations and no prior experience with horses, Lemon said the experience quickly exceeded anything she had imagined.

"This was a turning point in my life," she said. "I got part of the old me back."

Throughout the week, Lemon said she not only learned horsemanship skills but also gained a deeper understanding of herself. Despite the initial nerves of working with such large animals, she now considers the experience transformative.



Stonewall resident Becky Lemon, a 2023 R3VHC participant and current volunteer, is pictured with Melody. Lemon says attending the camp helped her regain confidence and a renewed sense of purpose.

"There is something about this place — it inspired me to continue my story," she said. "I know how much this place can make a difference in people's lives. It is something that saved mine."

A key part of the camp's impact, Lemon noted, is the strong sense of peer support. During her first year, she formed a close friendship with fellow Stonewall veteran Kate Shields.

"When you're with people who share a similar background, it creates a powerful bond — not just with each other but with the horses as well."

The five-day camp, which offers separate weeks for women and men, fully immerses participants in ranch life. Each day begins with a 6 a.m. coffee chat, followed by chores such as cleaning stalls and mucking fields. Campers then gather for a family-style breakfast in the more than 100-year-old barn.

Mornings and afternoons are dedicated to horsemanship training, where participants learn about saddles, halters, equine equipment and riding techniques. Evenings include shared meals, downtime and bonfire discussions before campers turn in for the night in the barn loft.

While the schedule is full, Lemon said organizers strike a careful balance.

"It's busy, but it never feels overwhelming," she said. "They make



TRIBUNE PHOTOS SUBMITTED

Participants at the Red Rose Ranch Veterans Horse Camp (R3VHC) take part in hands-on horsemanship training during the weeklong overnight camp near Dallas, Man., where veterans and first responders build skills, confidence and connection.

sure it stays fun and manageable."

The week culminates in a long horseback trail ride on Thursday, complete with a fireside lunch and a visit from a Knowledge Keeper from Peguis First Nation.

One of the most important aspects of R3VHC is that the program is completely free for participants.

"We know that cost can be a major barrier, and we want to eliminate that obstacle," Lemon said.

As a non-profit organization, the camp relies on community donations and sponsorships to cover expenses such as horse rentals, food and utilities.

Bobby Wuskynyk, a founding member of R3VHC and current board director, said the camp has had a profound impact — not only on participants but on himself as well.

A 22-year veteran of the Canadian Armed Forces and a current RCMP member, Wuskynyk said he understands the challenges that come with high-stress careers.

He turned to horses as a source of peace and well-being, finding benefits for his emotional, physical, social and spiritual health.

The idea for an equine therapy program in Manitoba began nearly 15 years ago, but it wasn't until 2021 that the vision became reality.

"I met a group of veterans who shared the same love of horses," he said. "Conversations started, and one

thing led to another. I'm so proud of what this camp has become."

Looking ahead, Wuskynyk hopes to expand the program to include a family or spouses' week, recognizing the important role loved ones play in the healing process.

"To see the traction and the impact we're having is incredible," he said. "This wouldn't be possible without our directors, volunteers and donors who continue to support us year after year."

R3VHC hosts several fundraising events throughout the year and accepts ongoing donations through its website.

Its next fundraiser, the R3VHC Charity Horse Show, will take place Saturday, May 16. The event marks the start of the horse show season and is sanctioned by both the North Interlake Show Circuit and the Manitoba Horse Council. This year's event will feature 10 competitions, along with food, music and family-friendly activities.

Additional details will be shared on the organization's Facebook page closer to the date.

The camp is also seeking sponsors to support the event. More information is available at [www.r3vhc.com](http://www.r3vhc.com).

Applications for the September camps are expected to open later this spring. With only eight spots available per week, interest is high and applicants are carefully selected based on established criteria.

"This camp can change your world," Lemon said. "So apply and try and see the life-changing difference R3VHC can make."

"THIS WAS A TURNING POINT IN MY LIFE," SHE SAID. "I GOT PART OF THE OLD ME BACK."

## What's *Your* story?

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The Stonewall Teulon Tribune connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out? Please share your story ideas at [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca) Phone 204-467-5836

Stonewall Teulon  
**Tribune**

## > NUCLEAR POWER, FROM PG. 5

ter's degree and PhD in nuclear engineering, said molten salt reactor technology offers "serious benefits" over conventional systems. He described the reactors as lower cost, transportable, modular, autonomous and capable of operating for decades while safely containing nuclear waste.

"What these bring is reliability, consistency, long-term security and the opportunity for remote communities to have this power without needing to buy into huge infrastructure," he said. "Once installed, it's designed to last around 50 years, providing power at the negotiated contract price agreed upon installation."

Memcott estimated the cost of electricity generation would range between six and 10 Canadian cents per kilowatt hour, below the current Canadian average of 15 to 17 cents. The pricing structure, he said, would remain fixed under long-term agreements tailored to each community's needs.

"It can be 10 years or 200 years — whatever agreement needs to be made for us to work together," he said.

According to Memcott, molten salt technology allows radioactive material to remain safely contained within the reactor system while enabling spent material to be removed safely. He said the reactors would also require much smaller exclusion zones than conventional nuclear facilities.

"You can stand on the outside of this reactor and hug the blue walls of the reactor all day, every day for a year and not get an appreciable dose of radiation," Memcott said. "The technology of molten salt reactors addresses that concern in a very unique way — its safety is unparalleled."

He said the company's goal is for each reactor site to occupy roughly seven acres while producing about 1.2 megawatts of energy. The reactors themselves are designed to be compact, continuously generating heat and electricity while using only a small portion of their fuel supply over several years of operation.

After approximately six years of full-

time use, the reactors would be replaced and returned to Utah or another future manufacturing location for maintenance and waste removal.

"We designed the reactor to be something that worked with today's framework, with today's technology and today's laws," he said.

Memcott said demand for molten salt reactors is already high, with requests from communities significantly exceeding the company's current production capacity. He said the company hopes to eventually manufacture approximately 1,000 reactors annually, with distribution based on order timelines and agreements.

He added Canada is among the markets being considered for future deployment, with a current target timeline of roughly five years. He also noted the reactors are designed to be transportable enough for remote deployment, including by military aircraft if required.

De Ryck believes the ARC concept stands out because it is designed to operate independently of weather conditions and could be deployed closer to communities, reducing dependence on long-distance transmission lines.

"The ARC molten salt reactor will be capable of operating in all weather conditions. It will not require water. It is capable of providing ancillary services to the grid and does not emit pollution or greenhouse gases," he said.

He also suggested rural and northern regions could benefit the most from localized power generation and reduced reliance on diesel fuel in remote communities.

"Rural and northern communities would likely benefit most, as their source of clean, reliable, quiet power could be located right near them," he said.

De Ryck said he has been actively involved in facilitating discussions on nuclear energy, including organizing virtual conversations with industry representatives and interested organizations. He said some Manitoba Hydro staff and Manitoba Chambers of Commerce representatives attended previous discussions.

He described the reaction from residents and stakeholders as mixed but generally curious.

"Mostly intriguing and prominent business organizations are very interested," he said, adding skepticism is understandable given nuclear energy's public reputation.

On concerns surrounding radioactive waste and safety, De Ryck argued the topic is often misunderstood.

"Nuclear energy and spent nuclear fuel are widely misunderstood; be open-minded and patient," he said, adding he believes spent fuel could eventually be viewed as a resource rather than waste.

De Ryck links his advocacy to broader concerns about climate change, energy security and Manitoba Hydro's

financial volatility during low-water conditions. He believes expanding nuclear options could help stabilize electricity supply while positioning Manitoba as a stronger power exporter.

"I hope Manitobans realize we need to make significant changes to our electricity grid," he said, adding he sees the potential for Manitoba to become a "global clean energy centre of excellence."

While Canada has explored small modular reactor development in several provinces, any future nuclear development in Manitoba would remain subject to extensive federal regulation, environmental review processes and public consultation requirements.

Questions regarding molten salt reactor technology can be directed to De Ryck at todddedyck@gmail.com, with additional videos and resources also available online.

Interlake Community Foundation Inc.



### Notice of Annual General Meeting

Please join us for our AGM.

Thursday, May 21, 2026 7:00PM

at the Balmoral Community Hall

6003 E Highway 236, Balmoral MB

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# Interlake FMD support group raising awareness

By Katelyn Boulanger

Communities in the Interlake, including Gimli and Selkirk, are lighting up in support of Fibromuscular Dysplasia (FMD) awareness month this May.

Julie Vogelsang is a member of an informal Winnipeg support group for people in the region with FMD. She said that there were some tears when the group found out that the water tower was going to be lit up to bring awareness.

FMD is a disease that causes one or more arteries in the body to have abnormal cell development in the artery wall. Because of that, areas of narrowing, aneurysms or tears can happen. If narrowing or a tear causes a decrease in blood flow through the artery, people can see symptoms. Many people with FMD don't have any symptoms or signs and are diagnosed during a scan for another problem.

"It can result in arterial defects, aneurysms; strokes like a TIA (transient ischemic attack) or SCAD (spontaneous coronary artery dissection), which is a type of heart attack; hypertension; migraines; headaches; or pulsatile tinnitus, which is like a whooshing sound in your ears," said Vogelsang.

She explained that it's a pretty rare condition that mostly affects women.

"It doesn't always lead to problems in every artery. So, for instance, I only have problems in my neck arteries. A lot of people have problems in their kidney arteries and, what you will present with as a problem there, is people will have really high blood pressure. They put on all these medications, and they'll really have problems controlling it," she said.

"Oftentimes, they don't realize they have FMD because what happens with the kidney arteries is it can be stenosis, which is a narrowing of the artery, and that narrowing of the artery is what is causing the high blood pressure. Unless you get a scan of

your renal arteries, like a CT scan, you're not going to know that that's what's causing it, so you're going to be treated for high blood pressure until you have a more critical health event and you then possibly get a CT scan."

Her diagnosis story started with an accidental finding, since she has a different health condition that she was seeking treatment for.

"They did a head to pelvis scan, a CT scan, and that's where they found the FMD in my neck arteries," said Vogelsang.

She explained that this condition has meant she's had to make quite a few changes in her life.

"I used to be quite active but I have to manage my blood pressure. So I'm looking at anything that's going to create blood pressure spikes, like athletic activity — heavy weights or even (certain) sports could increase your blood pressure. (There's also) caffeine, alcohol and elevation if you're at high elevation. I'm constantly monitoring my risks versus my activities," Vogelsang said.

Tamara Carter, a fellow member of the group from our area of the Interlake, was diagnosed three years ago.

She was first diagnosed when she saw a medical professional about some troubling symptoms and she was first told she probably had an ear infection.

"My gut has always been really strong. And I said, 'You know what? I don't have an ear infection.' I was having some really severe headaches, pulsatile tinnitus, a lot of dizziness, fatigue, all these symptoms that I knew weren't related to an ear infection because I've had ear infections. Sometimes we have to listen to our gut and say, 'No, you're wrong.' So (the physician's assistant) excused herself from the room and went to speak to the doctor, and he said, 'Well, we're going to schedule you for a CT so we can get this looked at,'" said Carter.

The results came back, and Carter was diagnosed with FMD, and further scans revealed that she also has it in her renal arteries.



TRIBUNE PHOTO SUBMITTED

Some of the Members of the informal Fibromuscular Dysplasia support group in Manitoba meeting at The Forks Market in Winnipeg. Pictured: Marie Morissette, Tamara Carter, Kathi MacKay, Marcie Baird Holubitsky, Inga Skundberg, Julie Vogelsang and Nancy Sacco.

She explained that she's been able to do her own research about what FMD is, but she hopes that increased awareness helps increase education since she's found that going in to seek health-care services for other issues means that she has to explain what FMD is to health-care professionals.

"Sometimes I have to remind the doctors, is that going to be safe for me?" said Carter.

The support group that Carter and Vogelsang are a part of came together originally through posting in the Fibromuscular Dysplasia Society of America and realizing that some of them were local to Manitoba.

"It's a rarely diagnosed disorder, and a lot of doctors don't know a lot about it, so it was good to meet as a group and share common experiences and learn from each other," explained Vogelsang.

She said that their first meeting was hours long since the group, chatting about their stories, felt they could connect with each other's journeys. The group originally only had six members, but they have grown to 14 people and welcome anyone else with FMD to join.

"I had organized the (original) get-together and I didn't expect (that connection). It just showed to me how important it was for these women or anyone diagnosed with FMD to talk to other people and to feel heard," said Vogelsang.

She reflected that learning that the water tower would be lit up also made her feel heard and less alone, knowing that people were bringing awareness to FMD.

"It's not just creating awareness for people who might have FMD or symptoms of it, but it's also starting an awareness campaign," said Vogelsang.

She hopes that, in addition to people with FMD, this awareness helps to have more doctors learn about FMD so that they can better support their patients.

If you have been diagnosed with FMD and want to join or learn more about the informal support group, you can contact Vogelsang at [julievogelsang@shaw.ca](mailto:julievogelsang@shaw.ca).

She also recommends that those newly diagnosed or wanting more information check out the Fibromuscular Dysplasia Society of America.

"Often, a diagnosis of FMD is very overwhelming for people, and it feels like it's a drastic stop to what you were able to do or who you were in the past. And what I would say in encouraging people is just because you have a diagnosis of FMD doesn't mean that you can't go forward and lead a healthy, long life. Managing the symptoms of FMD, joining a support group and educating yourself about FMD can do wonders for your coping skills and your ability to manage your disease," said Vogelsang.

## NOTICE OF ANNUAL GENERAL MEETING

### Oak Park Estates Inc.

Residents and members of the public are invited to attend the Annual General Meeting of Oak Park Estates Inc., to be held on:

**Date:** Monday June 15th

**Time:** 7:00 p.m.

**Location:** Oak Park Estates Common Room  
120 Parker Street, Woodlands, MB

The meeting will include a review of the past year's activities, financial statements, and the election of board members.

**All are welcome to attend.**

For more information, please contact:  
Susan Bullock, Building Manager  
431-482-8403

## Association for Community Living Interlake 61<sup>st</sup> AGM



June 18, 2026  
at 7pm at  
307 Main Street,  
Stonewall

# Mother's Day flowers



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Petals & Stems Co. owner Jody Collins and Prairie Zen owner Breanna Perron teamed up to host a Make and Take Bouquet Kids Workshop last Saturday. Ten lucky moms received specialty bouquets this Mother's Day, handmade by their own children. Each unique bouquet included three roses and 10 additional stems, featuring a variety of mums, carnations, alstroemeria, daisies and tulips. Pictured clockwise from top left: Collins assists Hazel and Scarlett Dingwall in choosing flowers for their mom, Kelsey; Ozzy and Oliver Anderson show their dad, Cole, the flowers they selected for their mom, Allison; and Theo Boonstra shows his aunt, Vanessa Faulkner, the flowers he chose for his mom, Jenna.

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# Students showcase creativity at Hutterian art exhibition

By Lana Meier

More than 200 students from across the Interlake School Division's Hutterian schools gathered April 30 to celebrate creativity, learning and community at a student art exhibition showcasing work from all eight schools.

The exhibition featured artwork from kindergarten through Grade 12, highlighting a wide range of artistic styles and mediums and offering a glimpse into the creativity and talent found across the division's Hutterian communities.

"Our schools are truly special, and it was essential for our community to come together to create a meaningful art show," said Hutterian schools administrator Helen Ladyka. "The creativity found in each school is abundant, making it a wonderful opportunity to unite and showcase our talents."

Displays filled the exhibition space with colour and imagination, as students had the opportunity not only to view their own work but also to explore pieces created by their peers. According to Ladyka, that experience stood out as one of the most impactful aspects of the day.

"The students' excitement for exploring their own artwork and choosing other favourite pieces was genuinely inspiring," she said. "They selected the art mediums they wanted to recreate at school."

Students took pride in seeing their work featured throughout the exhibition, reinforcing the value of creative expression within the classroom and beyond.



TRIBUNE PHOTOS SUBMITTED BY HELEN LADYKA

Jerry Maryniuk leads a hands-on plasticine sculpting session during the Interlake School Division Hutterian schools art exhibition April 30.

"It was exciting to watch the students light up as they explored the displays and shared their work with others," Ladyka said.

A highlight of the event was a hands-on plasticine sculpting activity led by Arborg artist Jerry Maryniuk. Students rotated through short, interactive sessions where they learned how to sculpt an owl before creating their own animals using plasticine.

"When we decided to host the art show, I felt it was essential for the students to engage in an art lesson simultaneously," Ladyka said. "We began searching for someone who could not only display their art and creativity but also guide the students in creating their own pieces."

With limited time available — approximately 30 minutes per class — organizers carefully planned the sessions to ensure students could both learn and create.

"I was drawn to the idea of incorporating three-dimensional art," she said. "That's when we came across Jerry's name. After a bit of discussion, he kindly agreed to lead mini-lessons for our students."

In addition to demonstrating sculpting techniques, Maryniuk shared his personal journey as an artist, offering students insight into creative pathways and careers.

Educators say events like the exhibition underscore the importance of arts programming within schools. Research has shown that participation in the arts can support academic success, enhance critical thinking and memory, and contribute to students' emotional and social development. Art activities can also build confidence, strengthen fine motor skills and increase engagement — all factors linked to improved attendance and higher school completion rates.

Within the Hutterian school system, art is seen as an im-



Students learned how to create owls and other animal figures.

portant complement to academic programming.

"Our comprehensive school plan embraces all eight schools, highlighting our strong focus on academics while also celebrating the incredible creativity present in our communities," Ladyka said. "We are excited to make art accessible to everyone, ensuring that each student's unique talents not only shine but also inspire

Continued on page 15

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**Annual General Meeting**

**Tuesday, May 19th, 2026 at 7:00pm**  
**Stonewall Legion, Club Room**  
**459 Main Street Stonewall**  
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If you have items you would like to donate but cannot attend, please contact Lana Gabbs at 204-915-6386 to make arrangements.





> ART EXHIBIT, FROM PG. 14

those around them.”

The exhibition also aligned with broader divisional priorities focused on accessibility, equality and responsiveness.

“Every student took an active role, which underscores our dedication to these values,” Ladyka said. “When students present their work and others show genuine interest in their creations, it fosters an environment rich in engagement and participation.”

That sense of shared experience helped strengthen both confidence and connection among students.

“This high level of involvement not only celebrates student achievements but also significantly boosts their confidence,” she said.

Beyond the educational benefits, the exhibition provided a space for students to express themselves and connect with others through creativity, reinforcing a strong sense of community among the participating schools.

Organizers described the event as both a celebration of student achievement and a meaningful opportunity to bring together students from across the division in a shared creative experience.

Following the success of this year’s exhibition, there is hope the event will continue to grow.

“Everyone had a great time participating in the art show, and we’re

hopeful that it will become a regular event every two to three years,” Ladyka said.

The exhibition ultimately highlighted not only the artistic abilities of students but also the strength of collaboration and community within the Hutterian schools — where creativity continues to play an important role in student development.



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# New board brings renewed momentum to Green Acres Art Centre

By E. Antonio

Green Acres Art Centre programming is back in full swing following a recent transition in its board of directors.

Zach Ward, GAAC director, said the changes bring new voices, perspectives, energy and momentum to Teulon.

"The previous board had done good work to move Green Acres forward," he said. "Now, we are working hard to maintain vibrant arts programming in the Interlake."

Earlier this year, Andrea Hancox became chair of GAAC after a new board was elected at the organization's annual general meeting on Feb. 15. She said the new board is made up of enthusiastic community volun-

teers working as a cohesive group to bring top-level arts programming to Teulon. Their efforts include maintaining open public communication, organizing finances and funding, and preparing new opportunities for aspiring artists.

"There is no denying that it takes a large amount of work to run a community organization, especially after a significant transition of leadership," Ward added. "The board is committed to and focused on the future and providing meaningful arts opportunities to members of our community."

In the fall of 2025, several programs at the centre were paused as leadership roles transitioned. Since February, programming has begun to resume, with new classes and increased



TRIBUNE PHOTO SUBMITTED

Green Acres Art Centre board members, pictured left to right, top row: Steve Klotz; middle row: Andrea Hancox, Sheryl Ward; and bottom row: Nancy Masson and Zach Ward.

opportunities for public engagement on the horizon.

Updates are being posted to the centre's Facebook page, and its website is expected to relaunch in the near future. All inquiries can be sent to [info@greenacresartcentre.ca](mailto:info@greenacresartcentre.ca), where a board member will respond.

Upcoming classes include a three-session Clay Owl Class on May 11, 25 and 27, a dot art painting class on May 16, Rock Band evenings for adults and youth, and an eight-week dance session.

"Our priorities are to bring what the community is looking for and if possible, find the instructor and provide it," Hancox said, noting the board is open to community requests and ideas for future programming.

GAAC is a non-profit organization

that relies on grants as part of its operating budget. Additional funding comes from memberships, registration and rental fees, helping ensure the centre remains financially stable while continuing to seek out and apply for grants that align with its mandate.

Annual memberships provide access to member-exclusive programming and discounts not available to the general public. Those interested in becoming a member can email the centre for more information.

GAAC is also seeking volunteers to join its board of directors, particularly individuals with experience in grant writing and fundraising, as well as those committed to supporting the future of arts programming.

"We, as a board, want to look to the future. We hope that we can meet the expectations of the community and serve the arts long into the future," Hancox added. "I was truly feeling very overwhelmed in February and at this point, I'm very happy to have the board we have. We are all committed to the future of the art centre and collectively providing arts programming to the community."

Looking ahead, GAAC plans to relaunch its website as the main hub for program, contact and registration information. The organization will also continue to keep the community informed through Facebook, newsletters and its mailing list.

"We believe that our communities care about arts programming," Ward said. "The feedback we've received has been great and people are looking forward to Green Acres providing arts to the community long into the future."




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Bidding starts: May 21st, 2026 at 9:00AM  
Lots start closing on May 28th, 2026 at 10:00AM. Pick up days: Friday, May 29th from 9 AM to 5 PM

**May ONSITE Week 3 Consignment Sale**

Viewing: May 25th - 28th from 9 AM to 5PM.  
Bidding starts: May 28th, 2026 at 9:00AM  
Lots start closing on June 3, 2026 at 10:00AM.  
Pick up days: Friday, June 5th & Saturday, June 6th from 9 AM to 5 PM











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# Ready, Set Grow Expo welcomes future kindergarten students

By Jo-Anne Procter

The Interlake School Division and Interlake-Eastern Regional Health Authority teamed up to host the annual Ready Set Grow Wellness Expo at École R.W. Bobby Bend School last Thursday in conjunction with the school's kindergarten orientation.

The annual event gives families an opportunity to connect with school staff and local health professionals ahead of the upcoming school year.

Children entering kindergarten in the fall of 2026 were able to visit display booths focused on early childhood development topics including nutrition, speech and language, dental care, fine and gross motor skills,

and sensory self-regulation.

Health-care professionals, including occupational therapists, physiotherapists, speech-language pathologists, nurses and dietitians, were on hand to answer questions and provide resources for families.

Children who will attend École R.W. Bobby Bend School in the fall also had an opportunity to tour the school, meet some of their teachers and explore classroom spaces in a relaxed setting.

The drop-in format allowed families to participate at their own pace while getting a preview of the kindergarten experience.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Interlake School Division and the Interlake-Eastern Regional Health Authority teamed up to host the annual Ready, Set, Grow Wellness Expo at École R.W. Bobby Bend School last Thursday in conjunction with the school's kindergarten orientation. Pictured from top right: Brayden English practises dental care at the dental health booth; Morgan Wilson has her hearing tested by audiologist assistant Jodi Woods; Maeve Kovac has her face painted; Lovella Bolun tries out sensory activities used for mental health self-regulation; and future kindergarten student Raelynn Rance and her sister Rebecca pose with Stonewall-Rockwood firefighter Quin Arsenault.



## > THERAPY TALKS, FROM PG. 8

Participants are not expected to share personal experiences, and an anonymous engagement platform will allow attendees to ask questions comfortably.

The launch reflects the continued growth of Stonewall Counselling Center, founded in 2020 by Erica Hildebrand during the COVID-19 pandemic. What began as a small practice has expanded into a team of four counsellors and social workers serving clients of all ages.

In addition to individual counselling, the centre offers telehealth services, therapeutic groups, workshops and community presentations, helping residents across the region access support closer to home.

Bredin said the Interlake continues to face mental health challenges including anxiety, depression, burnout, grief and relationship difficulties. She added stigma surrounding mental health support can still be more pronounced in rural communities.

"All of this is what we're seeking to address with Therapy Talks," she said. "We are trying to normalize

these kinds of conversations."

Staff say the series is part of a broader effort to reduce barriers to mental health support, particularly for those uncertain about entering traditional therapy or facing financial challenges accessing counselling.

"Wanting help and being able to access it are still two very different things for a lot of people," Bredin said. "Insurance coverage for mental health is generally hit and miss."

The first topic, Self Talk & Self Confidence, was selected after organizers surveyed clients about areas where they wanted more support. According to Bredin, self-talk was the top response.

"The way we speak to ourselves shapes so much: how we show up in relationships, how we handle challenges, how we move through the world," she said.

Participants will learn about the origins of self-talk, how to recognize negative thought patterns and strategies for building more compassionate



Continued on page 20



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## Should you consider getting a wheel alignment this spring?

Many drivers take advantage of the warmer weather to catch up on vehicle maintenance. Spring is an excellent time to get fluids checked, change the tires and give your car a

deep cleaning. Should wheel alignment be on your spring auto-care checklist? Here's what you need to know.

What's a wheel alignment?

For your car to handle properly and drive safely, its wheels must sit perpendicular to the road and parallel to each other. Mechanics use specialized equipment to adjust their position and ensure everything lines up correctly.

Is spring a good time to do the job?

According to experts, a wheel alignment is necessary after a car has been in an accident or when major components have been replaced. As temperatures alternate between freezing and thawing in the spring, potholes form on the roads. If you hit one of these bumps at regular speed, the strong impact could knock your wheels out of alignment.

Wheel alignment isn't required in the spring, but this season often increases the risk of damage. Be aware of these signs of poor wheel alignment:

- Your vehicle pulls to the right or left when the steering wheel is straight
- Your steering wheel sits off-centre when you drive in a straight line
- Your tires show uneven wear

If you notice any of these signs, make an appointment at your local repair shop as soon as possible.



## Do you know how to test your car battery? Winter may have taken its toll

During the cold season, extreme weather conditions and humidity can be hard on your car, especially the battery. Spring is just around the corner! Now is the perfect time to check whether your battery is still holding a proper charge. Not sure how to do it? Use this guide.

### HOW TO DO IT

Open the hood of your car to access the battery. In some cars, the battery is in the trunk. Using a digital multimeter, connect the red cable to the positive (+) terminal and the black cable to the negative (-) terminal. This device is available at most auto parts retailers for around \$20.

A multimeter reading between 12.4 V and 12.6 V means your battery is in good condition. Keep the multimeter connected to the battery and start the engine. When idling or accelerating slightly (without engaging the clutch), the multimeter should display between 13 V and 15 V, confirming that the charging circuit is working properly.


### SIGNS TO WATCH FOR

If you get results outside ideal ranges, you may need to take action. Watch for:

- **Less than 12.1 V before starting.** This means that the battery is discharged. Use a trickle charger or consult your mechanic.
- **Less than 13 V when the engine is running.** This could indicate a faulty charging circuit. Have it repaired to prevent a breakdown.
- **More than 15 V when the engine is running.** This is a sign that the voltage regulator isn't working correctly. Visit your mechanic immediately.

A healthy car battery is the key to a smooth ride into spring. If you're unsure or start having car trouble, call a local automotive professional.

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# Surface rust - Use the warmer spring weather to touch up your paintwork

As the warmer weather returns, have you noticed small brownish spots on the hood or roof of your car? These marks are probably surface rust, which often becomes more noticeable after your first spring wash. It's time to touch up your paintwork! Here's what you need to know.

### KEY STEPS

Start by preparing the affected areas by sanding them with sandpaper or a wire brush. Then, wipe away all dust and apply an automotive rustproof primer. Once it dries, touch up the area with matching paint.

Are you wondering how to find the right shade of paint for your car? You can usually find a colour code in your owner's manual or on the sticker inside the driver's side door. Give this code to a car paint supplier to get an exact match.

### BEST PRACTICES

Once you've finished touching up the paint, remember to wash your car every two weeks to remove dirt and debris that could damage the fresh paint. Waxing your car will also extend the life of your touch-ups.

If you notice that the rust has penetrated deeper into your car's bodywork and it's starting to crumble, consult a mechanic. You may need to invest in more extensive repairs.

Not sure which products to buy for



your touch-ups? Visit a car detailing shop in your area for advice.

# Young Women's Conference sparks interest in trades and technology

By Jennifer McFee

A group of Grade 8 girls from across the Interlake School Division (ISD) had the chance to gain hands-on experience at a new conference geared just for them.

On Tuesday, May 5, the Young Women's Conference took place at the Heritage Arts Centre in Stonewall through a joint effort between ISD and Skills Manitoba, a charitable organization that works to raise awareness about careers in skilled trades and technologies.

Offered for the first time in the In-

terlake School Division, the one-day event aimed to spark young women's interest in trades and technology while also sharing information about related careers available in today's job market.

Maria Pacella, executive director of Skills Manitoba, explained that the Young Women's Conferences are designed to introduce young women in Grades 6 to 12 to a variety of careers in the skilled trades and technology

Continued on page 21



TRIBUNE PHOTOS SUBMITTED

Grade 8 students work with PEX piping during a hands-on activity at the Young Women's Conference held May 5 at the Heritage Arts Centre in Stonewall. The event introduced female students from across the Interlake School Division to careers in skilled trades and technology.

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# Country Girls Market



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The fourth annual Mother's Day Country Girls Market took place this past weekend, with this year marking the first time the event expanded to two days. Approximately 650 shoppers attended Friday evening, while nearly 1,400 came through on Saturday. In addition to vendors and crafters, visitors enjoyed entertainment, food trucks and local services including on-the-spot manicures, tattoos, piercings and photographs. Make-your-own flower bouquets and mocktails were also available. Tails of Freedom Rescue was selected as the charity recipient for the gate proceeds and raised \$6,000, funds that come at a crucial time after the rescue took in 106 animals during April. Looking ahead, Country Girls will host a market on May 29 during the Spring in Stonewall celebration, as well as a Canada Day Night Market on July 1 in Stonewall during Quarry Days.



> **THERAPY TALKS, FROM PG. 17**  
internal dialogue. The session will also explore the neuroscience behind self-talk and why "toxic positivity" is not an effective confidence-building tool.

Located within the community it serves, the counselling centre empha-

sizes a relationship-based, locally focused approach to care.

Bredin said organizers hope the series becomes a regular part of wellness routines throughout Stonewall and the Interlake.

"We're just getting started, and we're really excited about where it's going," she said.

The next Therapy Talks session, planned for fall 2026, will focus on anxiety, with future topics expected to include grief, burnout, relationships, communication and parenting through a mental health lens.

Early bird registration for the June 18 session is \$20 before June 1 and \$25 afterward. The workshop is open to anyone age 18 and older.

Registration and additional information are available at [stonewall-counsellingcenter.com](http://stonewall-counsellingcenter.com).

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# Controlled burn planned for Ruby Roe Tall Grass Prairie

By Jo-Anne Procter

A controlled burn is planned for the Ruby Roe Tall Grass Prairie Preserve west of the Stonewall & District Health Centre as part of ongoing efforts to restore and maintain one of Manitoba's most endangered ecosystems.

The prairie was established as a nature preserve in the early 1990s when the health centre was built and has since been maintained by the Rockwood Environmental Action Community Taskforce (REACT). The 2.25-acre site is owned by the Interlake-Eastern Regional Health Authority.

REACT has contracted Ducks Unlimited Canada to carry out the prescribed burn. Prairie ecologist John Morgan told the *Tribune* the burn is expected to take place sometime between May 9 and June 15, weather permitting.

Morgan said prescribed burns at this time of year typically begin around noon because spring morning humidity levels are often too high.

The work is expected to take about half a day and will not occur on weekends or holidays.

The burn marks the beginning of a broader prairie revitalization project.

Controlled burns are a common land-management practice in native grasslands. They help remove excess thatch — the buildup of dead plant material — which can weaken native grasses and increase susceptibility to



Map of the Ruby Roe Tall Grass Prairie located west of the Stonewall & District Health Centre.

invasive weeds.

Removing that material promotes healthier plant growth and helps maintain a more diverse prairie ecosystem. When timed properly, burns can encourage the growth of taller and more visually striking native plant species.

Staff with Ducks Unlimited Canada, who have more than a decade of experience conducting prescribed burns, will use a surround-fire technique and follow standard safety protocols.

Tall grass prairie is among the most endangered ecosystems in North America. Periodic fire helps suppress



TRIBUNE PHOTOS SUBMITTED

Corey King of Grosse Isle tending a carefully controlled prescribed burn at the Tall Grass Prairie for the Vintage Locomotive Society near Grosse Isle earlier this year.

invasive species and woody growth while supporting deep-rooted native plants that evolved alongside natural fire cycles over thousands of years.

Without fire, non-native species can quickly overtake prairie landscapes. Conservation groups use carefully managed burns to replicate the natural role fire once played in maintaining these ecosystems.

Ducks Unlimited Canada draws on more than 85 years of wetland and native grassland research, restoration

and conservation experience, using science-based practices to restore and sustain natural landscapes.

Residents in the area are advised to keep windows and doors closed during the burn because of possible smoke.

For more information about the controlled burn at Ruby Roe Tall Grass Prairie Preserve, residents can contact Brett Thalman, Burn Boss, at 204-495-0073 or by email at b\_thalman@ducks.ca.

## > TRADES AND TECHNOLOGY, FROM PG. 19

sectors through hands-on activities that showcase opportunities in the trades.

The program also aims to build awareness and partnerships within industry, education and the community at large. The goal is to introduce and increase employment opportunities for young women in skilled trades and technology careers.

"As women remain significantly underrepresented in the skilled trades in Canada — approximately 10 per cent of apprentices and likewise 10 per cent of certified workers — it is important now, more than ever, to introduce young women to the well-paying careers of skilled trades," Pacella said.

In total, 45 female students from across the ISD, along with their teachers, took part in hands-on learning experiences with representatives from multiple organizations. These organizations included Manitoba Aviation and Aerospace, Piping Industry Technical College/UA Local 254, Manito-

ba Trucking, Supply Chain Management and UBC Built Local 343, which represents carpenters. The Mechanical Contractors Association of Manitoba and Electrical Contractors Association of Manitoba also engaged students in interactive activities.

Participants learned about different vocations in trades and technology while also having the chance to meet female mentors working in these fields.

Steve Proskurnik, career development and high school apprenticeship program support teacher, shared some of the benefits of the initiative.

"This was an opportunity to expose female students to the career possibilities in several of the skilled trade areas," he said.

"Students had fun building sprinklers out of PEX piping, testing their aerodynamic airplane-building skills, learning about supply chain logistics, wiring a switch and light bulb, and testing their hammering skills. The hope is to make it a yearly event."



Grade 8 students test their hammering skills.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall's Meier selected by Silvertips in WHL draft

By Kieran Reimer

Stonewall's Liam Meier is headed to the Western Hockey League after being selected by the Everett Silvertips in last Wednesday's Prospects Draft.

The Stonewall forward was selected by the Everett Silvertips in the eighth round, 182nd overall, during last Wednesday's WHL Prospects Draft. Everett acquired the pick from the Spokane Chiefs moments earlier in exchange for its eighth-round selection in 2028.

"It means a lot," Meier said Friday. "I wanted to get drafted to the WHL since I was a child. It's a dream come true, but the work starts now."

The 15-year-old Stonewall product is the son of Michael Meier and Shanna Meier. He led U15 AAA Winnipeg Wild Red with 61 points during the 2025-26 season, scoring 33 goals and adding 28 assists in 32 games.

He added six goals and seven assists in six play-off games as the Wild swept both the Central Plains Capitals and Yellowhead Chiefs to win the Winnipeg AAA Hockey U15 B-Side Championship.

Everett's head scout was the first team representative to call Meier after he was selected, followed by conversations with the team's coaches and general manager.

The Washington-based Silvertips are currently in the WHL Championship series against the Prince Albert Raiders, adding to Meier's excitement about joining a franchise with a recent track record of success.

"I think it's a pretty nice place from what I've heard, and it's going to be a lot of fun," he said.

Everett also has six Manitobans on its active ros-

ter: Carter Bear of West St. Paul, Nolan Chastko of Brandon, Ryan Gould of Headingley, Reid Nicol of Brandon, Brek Liske of Beausejour and Raiden Le-Gall of Morden.

Meier was one of 15 Manitobans selected in the draft and one of three Interlake players chosen. St. Andrews defenceman Marko Malbasa was taken 42nd overall by the Brandon Wheat Kings, while East St. Paul goaltender Champ Vannus was picked 157th overall by the Edmonton Oil Kings.

The 2025-26 season marked a 57-point improvement for Meier after he recorded four points during an injury-shortened 2024-25 campaign with the U15 AAA Interlake Lightning.

He and his twin brother, Blake, made the move to the Wild in hopes of finding more team success and gaining added scouting exposure. Liam said the move helped him play with more confidence.

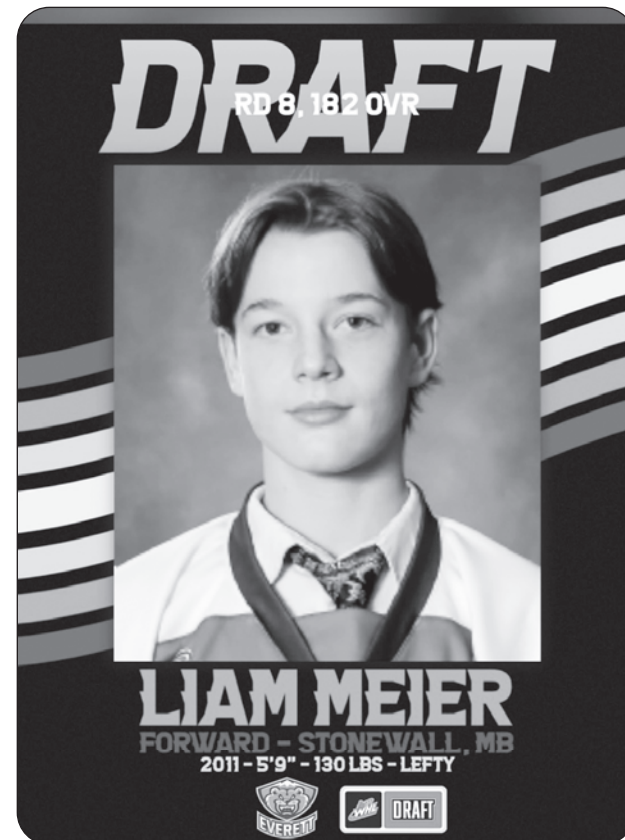
Blake also had a strong season, finishing above a point-per-game pace and leading Wild defencemen in scoring.

"I've played with him my whole life and I just think our chemistry is really good, and we both had a pretty good season," Liam said.

Meier is now preparing for a busy summer, including a trip to Everett to skate with fellow prospects and become more familiar with the team's staff.

He is also in the middle of Team Manitoba tryouts for the 2027 Canada Games and has advanced to the Top-40 camp, which will run May 21 to 24 at the Southeast Event Centre in Steinbach. He will also play summer ball hockey with the provincial team.

Meier said ball hockey has helped improve his stamina and hockey IQ.



TRIBUNE PHOTO SUBMITTED

Stonewall's Liam Meier was selected in the eighth round, 182nd overall by the Everett Silvertips in last Wednesday's WHL Prospects Draft. The 15-year-old forward led the U15 AAA Winnipeg Wild Red in scoring with 33 goals and 28 assists in 32 games in 2025-26.

## Interlake talent selected for Team Manitoba POE Top-40 camps

By Kieran Reimer

Local hockey players have moved one step closer to selection for Team Manitoba at the 2027 Canada Winter Games.

Hockey Manitoba released its Top-40 camp rosters for the boys U16 and women's U18 Program of Excellence, which is phase two of three in the selection process.

Eight Interlake-area players were selected for the boys U16 Top-40 camp, including Connor Lemieux of Stonewall, Champ Vannus of East St. Paul, Asher Carey of Selkirk, Marko Malbasa of St. Andrews, Blake Meier and Liam Meier of Stonewall, Aiden Christie of East St. Paul and Wyatt Sydenham of Hodgson.

Three local players were also named to the women's U18 Top-40 camp, in-

cluding Mya Grenier of Powerview and West St. Paul products Cali Lavallee and Sophie Woznesensky.

Phase one saw the players competing alongside other prospective talent in front of Hockey Manitoba evaluators earlier in 2026.

The Top-40 camps will run May 21-24 at the Southeast Event Centre in Steinbach.

Phase three on the boys side will consist of a summer skills camp in August at the Hockey for All Centre in Winnipeg.

Phase 3 for the girls will include a pre-championship series against the Manitoba Bisons women's ice hockey in September at Winnipeg's Wayne Fleming Arena and Hockey for All Centre.

The 2027 Canada Winter Games are

scheduled for Feb. 27 to March 14, 2027, in Quebec City.

Selected players and 2025-26 statistics:

### BOYS U16:

- Connor Lemieux (Stonewall) — 22 GP, 2-16-2, 5.69 GAA, .893 SV%, 2 SO with Interlake Lightning U15 AAA

- Champ Vannus (East St. Paul) — 19 GP, 8-10-1, 3.15 GAA, .910 SV%, 1 SO with Winnipeg Thrashers U15 AAA

- Asher Carey (Selkirk) — 29 GP, 7 G, 8 A, 15 PTS with Winnipeg Thrashers U15 AAA

- Marko Malbasa (St. Andrews) — 30 GP, 7 G, 24 A, 31 PTS with RINK HA Winnipeg U15 Prep

- Blake Meier (Stonewall) — 31 GP, 8 G, 29 A, 37 PTS with Winnipeg Wild

U15 AAA

- Aiden Christie (East St. Paul) — 30 GP, 8 G, 11 A, 19 PTS with RINK HA Winnipeg U15 Prep

- Liam Meier (Stonewall) — 32 GP, 33 G, 28 A, 61 PTS with Winnipeg Wild U15 AAA

- Wyatt Sydenham (Hodgson) — 29 GP, 7 G, 13 A, 20 PTS with RINK HA Winnipeg U15 Prep

### WOMEN'S U18:

- Mya Grenier (Powerview) — 24 GP, 7 G, 14 A, 21 PTS with Eastman Selects U18 AAA

- Cali Lavallee (West St. Paul) — 28 GP, 22 G, 13 A, 35 PTS with Winnipeg Avros

- Sophie Woznesensky (West St. Paul) — 28 GP, 14 G, 17 A, 31 PTS with Winnipeg Ice

# Phillies legends inducted into Manitoba Softball Hall of Fame

By Kieran Reimer

It's already been 13 years since Team Manitoba softball's incredible run at the 2013 Canada Games that saw them capture the province's best-ever finish at the tournament in the form of a silver medal.

Fifteen girls aged 18 to 21 from the province of just over one million at the time sent shockwaves through the Canadian ranks that August when they placed first in the round robin in Sherbrooke, Que., which included victories over powerhouse province's British Columbia and Ontario and later over host Quebec in the playoff round.

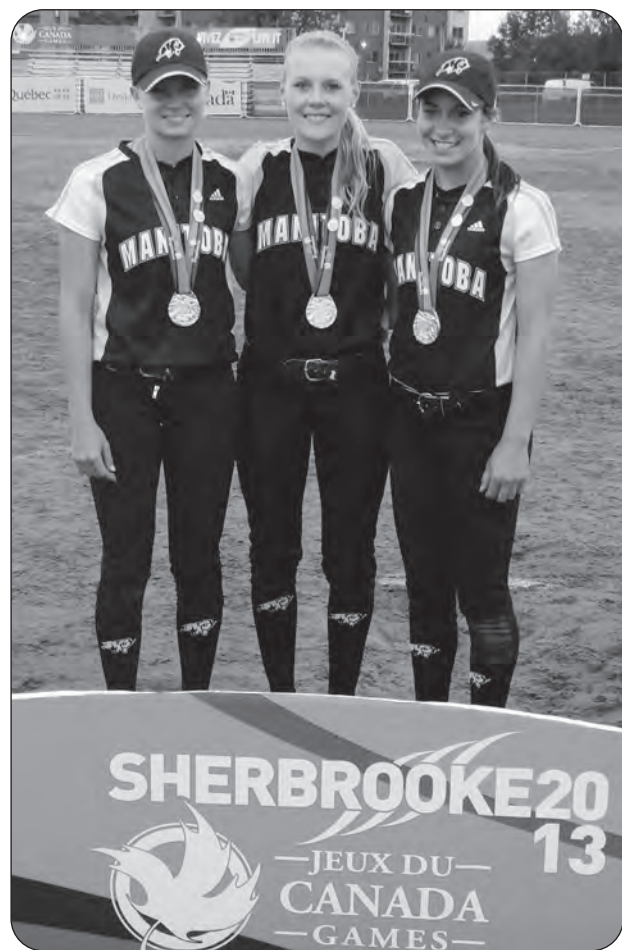
They ultimately fell to the reigning champions from B.C. in the gold medal game on Aug. 9, 2013, at Parc Bureau.

Their time in Quebec, however, still lives on as the pinnacle of Softball Manitoba moments, with provincial teams nowadays hoping to replicate the same experience the 2013 team had.

Last Saturday, the same players from that team were re-united at the Victoria Inn Hotel & Convention Centre in Winnipeg for the Manitoba Softball Hall of Fame 2026 Induction Ceremony, where they got their names etched into history as part of the 2026 induction class.

"I think it represents just the history of Softball Manitoba and how even a small, more rural prairie province can overcome with a good softball program over the years," said Regan Lawrence, a pitcher with the 2013 team.

Originally from Stonewall, Lawrence is one of three Interlake locals from that team, along with Stonewall's Courtney Robak (Kwasnitza) and Grosse Isle's Taylor Sholdice (Studler).



Regan Lawrence, Taylor Sholdice and Courtney Robak were among the members of Team Manitoba's 2013 Canada Games softball squad recognized during the Manitoba Softball Hall of Fame 2026 Induction Ceremony in Winnipeg.

The three former Interlake Phillies have since moved from their hometowns.

Lawrence moved to furthest to Fargo, N.D., the same state that she played her college softball in for Dickinson State University.

Robak and Sholdice, meanwhile, stayed close, with Robak now residing in Winnipeg and Sholdice just a few kilometres from Grosse Isle in nearby Stonewall.

The two were in attendance Saturday along with most of the 2013 team, while Lawrence was unable to attend due to graduating medical school the same day at the University of North Dakota.

"It's really special because we kind of get to have a built-in team reunion," said Robak. "I think at the stage of life I'm in now with a young family and on the other end of things now coaching, it's just a special reminder of the really great memories that sport had for me as a young person."

Robak coaches the Steinbach Regional Secondary School Sabres Varsity Girls Softball Team, who are currently underway in the 2026 season, while also teaching at the school and being a mother to her two sons.

Following her high school days, she went on to play four years of college softball where she was a starting catcher at Illinois College in Jacksonville, Ill.

She said her time growing up in a small town such as Stonewall helped spark her interest for pursuing a teaching career.

"Just seeing the power of people working really well together inspired me to stay in that realm of working with kids and hopefully showing them the same thing," said Robak. "Stonewall's a pretty special place. I know I don't live there now, but I think it's a really great community for people to grow up in. It's a nice safe town that offers still a lot of opportunities for kids. I wanted to be close to home because I still have family there, and then I just ended up finding a job, which is honestly similar. Steinbach's a little bigger, but it is still a bit of a rural vibe, which is something that I think is why I like my job now because I get to remember those times of being in a bit of a rural town and going to high school softball tournaments and all that stuff."

Sholdice took a very similar route, now a teacher in the Interlake School Division following her college softball tenure at Minot State University in Minot, N.D., where she got to play every position except catcher.

She also spent time coaching after college alongside Robak at the Regional Skill Development Academy, along with the Interlake Phillies with the goal of "giving back" to the game for the many great years it gave her.

"Growing up in a smaller community, you really feel how invested people are in your journey," said Sholdice. "My parents and grandparents never missed a game, and my sisters and I spent many hours feeding one another balls from the pitching machine in Grosse Isle. My coaches gave countless hours of their time — travel tournaments, games, practices, training, video sessions and so much more over the years. That support system made a huge difference and is a big reason I was able to play softball at a higher level. The summer leading up to the Manitoba Summer Games, Team Manitoba practised out of the Grosse Isle softball diamond, which was my home community. It felt like



TRIBUNE PHOTOS SUBMITTED

Taylor Sholdice (left) and Courtney Robak were in Brandon on Saturday as part of Team Manitoba's 2013 Canada Games softball squad reunion and recognition.

our own hidden spot to develop as we prepared for the Games and I was so proud to have my home town such a special part of it."

As for Lawrence, she is now preparing to work in rural family medicine in the United States following her medical school graduation.

She's now well-acquainted to living south of the border where she spent four years as one of Dickinson State University's top pitchers, helping the team to a NAIA World Series appearance in her senior year while also being named an all-star all four years.

Her father Lyle Lawrence, played a large part in each of the three girls' playing careers, coaching them all the way up through the Phillies organization, along with Wayne Dixon who later became their assistant coach at the 2013 Canada Games.

Early in their careers, he knew the girls had potential to go on to big things when he saw their dominance at several Western Canadian Championships and Canadian Championships against larger provincial teams.

He said they used to refer to the trio as the "big three."

"We went to Westerns one year, and we were playing a team from B.C.," said Lyle Lawrence. "The coach comes over after the game and he says, 'Good team and that, good game. We're a small organization. We're only drawing from like 25,000 or whatever. How about you guys?' I said, 'We had 10 kids come to the tryout and we took every one of them.' His eyes kind of bugged out, but it was the truth."

During that period, the Phillies would go on to win gold at two Westerns. Some of the members of that team were also a part of two provincial-winning Stonewall Collegiate Rams teams.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Interlake trio has Nighthawks soaring early at Centennial Cup

By Kieran Reimer

It's been a dream start to the 2026 Centennial Cup for the Niverville Nighthawks.

The Manitoba Junior Hockey League champions have collected wins in both of their games so far, played Thursday and Saturday, and currently share first place in their five-team pool at Credit Union Place in Summerside, P.E.I.

The trio of Interlake locals on Niverville's roster — Hayden Wheddon (Stonewall), Adam Vigfusson (Gimli) and Dawson Zeller (St. Andrews) — have also been effective, with each collecting their first goals of the National Junior A Championship.

Niverville was one of six teams to play on Thursday's opening day, where the Nighthawks spoiled the host Summerside Western Capitals' (Maritime Junior Hockey League) tournament opener with a 5-4 overtime win in front of the hometown crowd.

The hosts opened the scoring with a Simon Mullen tally in the early stages of the first period.

The Nighthawks wasted no time responding as Marlen Edwards and Zeller scored less than six minutes apart to give Niverville a 2-1 lead heading into the first intermission.

Both offences continued to click in the middle frame as Summerside scored twice off goals from Lane Sim and Alexandre Guy, while Wheddon netted his first of the tournament for Niverville, leaving the game tied 3-3 through 40 minutes.

Summerside's Jordan Shaw gave the hosts a 4-3 lead midway through the third before Vigfusson cashed in on the power play moments later to tie the game at four apiece.

Action then shifted to overtime, where it took Edwards just 14 seconds to score the winner for Niverville af-

ter breaking up a Summerside stretch pass and beating netminder Kolton Bourret.

Both Bourret and Niverville's Austin Dubinsky finished with 17 saves, with both clubs earning a point and the Nighthawks collecting an extra point for the overtime victory.

The Nighthawks then turned their attention to a Saturday matchup with the Superior International Junior Hockey League champion Thunder Bay North Stars in Game 2 of the tournament, where Niverville showcased the same dominance it displayed all season while posting a 51-6-1 regular-season record in the MJHL.

A four-goal first period helped propel the Nighthawks to an eventual 7-2 victory over the SIJHL champions.

Vigfusson, Parker Rolston, Zeller and Kole Mears scored for Niverville in the opening frame, while Easton Gloucher replied for the North Stars as the Nighthawks carried a 4-1 lead into the first intermission.

The second period was much of the same, as Niverville extended its lead with Wheddon tallying his first of the tournament while Vigfusson and Mears each netted their second goals of the game. Thunder Bay's only response was a late-period marker from Mitch Vanderway.

Neither club scored in the third period as the Nighthawks secured the full three points for a regulation victory.

Dubinsky improved his tournament record to 2-0, finishing with 15 saves, while Thunder Bay's Morgan Blackwood totaled 34 saves in his club's second loss of the tournament.

With the win, Niverville moved into a share of first place in its group with the Canmore Eagles (Alberta Junior Hockey League), who also have a regulation win and an overtime win for five points through two games.

The two clubs sit one point ahead



TRIBUNE PHOTO BY MIKE BERNARD PHOTOGRAPHY

Interlake locals Adam Vigfusson (Gimli) and Hayden Wheddon (Stonewall) have helped power the Niverville Nighthawks to a 2-0 start at the 2026 Centennial Cup in Summerside, P.E.I. The pair each scored during the tournament's opening games as the MJHL champions moved into a share of first place in their preliminary-round pool.

of Summerside, four points ahead of the Rockland Nationals (Central Canada Hockey League) and five points ahead of Thunder Bay through Sunday.

Meanwhile, in the other pool, the Toronto Patriots (Ontario Junior Hockey League) won both of their first two games in regulation to sit first overall as the tournament's only six-point team so far.

They are followed by College Français de Longueuil (Ligue de hockey junior AAA du Québec) with three points, the Greater Sudbury Cubs (Northern Ontario Junior Hockey League) with three points, the Truro Bearcats (Maritime Junior Hockey

League) with zero points and the Flin Flon Bombers (Saskatchewan Junior Hockey League) with zero points.

The Bombers are the only other Manitoba-based club competing at the tournament.

As for Niverville, the Nighthawks are set to face Canmore on Tuesday and Rockland on Wednesday to wrap up their four-game preliminary-round schedule.

The top team from each pool earns an automatic berth into the semifinal round, while the second- and third-place finishers advance to the quarterfinals, meaning Niverville currently controls its own fate entering the final preliminary-round games.

MJHL teams have won the Centennial Cup just three times in the tournament's 55-year history dating back to the inaugural event in 1971.

The Portage Terriers became the first MJHL team to win the national title in 1973 and also captured the league's most recent championship in 2015.

The Selkirk Steelers are the only other MJHL club to win the tournament, accomplishing the feat in 1974.

### UPCOMING GAMES:

- Tuesday, May 12 vs. Canmore Eagles (AJHL), 2 p.m. CDT
- Wednesday, May 13 vs. Rockland Nationals (CCHL), 2 p.m. CDT

To see more photos of your favourite Interlake Athletes

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# U15 Phillies continue dominant start as U17s roll and U13 season approaches

By Annaliese Meier

The Interlake Phillies U15 squad has opened the 2026 Manitoba Premier AAA Softball League season in dominant fashion, extending its unbeaten start to 6-0 after another pair of victories this past weekend.

The U15 Phillies swept both Central Energy and the Smittys Terminators during the opening two weekends of league play while showcasing one of the league's most productive offenses.

Interlake opened the season May 3 at the Carman Sportsplex North Field with a pair of victories over Central Energy, winning 6-3 before adding a 14-4 victory in the second game of the doubleheader.

The Phillies kept rolling May 9 at Moffat 2 against the Smittys Terminators. Interlake earned a 16-7 victory in the opener before completing the sweep with an 11-2 win in Game 2.

Interlake continued its strong start May 10 at Quarry Park Diamond No. 3 in Stonewall, defeating the Westman Magic 8-1 in the opener before securing a 10-3 victory in the second game of the doubleheader.

Through six games, the U15 Phillies have outscored opponents 65-20.

Interlake will next travel to Friedensfeld on Saturday, May 16 for a

doubleheader against the Eastman Wildcats, with games scheduled for 12 p.m. and 2 p.m.

The U17 Phillies also delivered a strong performance over the weekend, sweeping Central Energy in a home doubleheader on May 10 at Quarry Park.

Interlake earned a 13-3 victory in the opener before adding a 15-8 win in game two, continuing the program's trend of high offensive output. The wins provide early momentum as the team builds consistency through the opening portion of the schedule.

The U17 squad will now head on the road to face Westman Magic on Saturday, May 16 at ANSC Rotary, with first pitch set for 12 p.m. and the second game to follow at 2 p.m. before hosting the Winnipeg Lightning on May 20 at JBSC 1.

At the U13 level, the Phillies are preparing to open their 2026 regular season later this month. Interlake will travel to face the Manitoba Angels in a doubleheader on Saturday, May 23 at JBSC 5, with games scheduled for 1 p.m. and 3 p.m. The following weekend, the Phillies return home to Stonewall Quarry Park #3 where they will host the Winnipeg Lightning on Sunday, May 31 at 10 a.m. and 12 p.m.

The U17 squad faces a busy opening



TRIBUNE PHOTO BY LANA MEIER

Interlake Phillies' Jersey MacMillan slides safely into home during the second game of the U17 doubleheader against Central Energy on May 10 in Stonewall. The Phillies reclaimed the lead in the first inning and went on to earn a 15-8 victory.

month that includes matchups against the Westman Magic, Winnipeg Lightning, Manitoba Angels and Smittys Terminators as the team prepares for another competitive AAA campaign.

Following the opening weekend, the U17 Phillies will travel to face the

Westman Magic on May 16.

The upcoming slate across all three age groups offers a busy stretch, with each team looking to build on early-season performances and continue establishing consistency as league play progresses.

## Badminton champions



TRIBUNE PHOTO SUBMITTED

The Interlake School Division junior high divisional badminton tournament took place at Collège Stonewall Collegiate on May 4. The Stonewall Stingers captured the 2025-26 divisional banner with 69 points. The Teulon Saints finished second with 36 points, while the Grosse Isle Flyers placed third with 17 points.

## Division 3 champions



TRIBUNE PHOTO SUBMITTED

The Master Batters powered their way to the Division 3 title at the Back to the Ball Slow Pitch Park Tournament, held May 2-3 at Little Mountain Sportsplex. The club capped a dominant weekend with a 16-2 victory over Soft Balls & Hard Bats in the championship game, finishing the tournament with a 6-1 record. The event drew 56 teams competing across five divisions. The Master Batters, back row (left to right): Scott Bohn, Mitchell Lockhart, Rhett Woods, Kobe Davies, Brody Stovin, Matthieu Meier; front row: Tayler Kotelko, Haley Cvar, Cole Emberly, Brayden Kohlman and Emma Gisti. Missing from the photo are Mollie Meier and Annaliese Meier.

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- Guaranteed minimum hours and performance bonuses available for certain positions
- Competitive Compensation with Health and Dental package
- Profit-Sharing Plan
- Training will be provided for ideal candidates

**CHARISONS BREEDER FARMS**

Work directly with live turkeys inside a controlled barn environment

- Must be reliable, punctual and available for early morning shifts
- Required to be physically fit and capable of lifting 30 plus pounds frequently throughout day
- Frequent, standing, walking and bending
- Farm duties; includes collecting/grading eggs, general husbandry, nest cleaning & maintenance
- Cleaning, sanitizing, barn preparation
- Mandatory shower-in and shower-out facilities
- Duties will vary by position
- Valid driver's licence is preferred
- Work week will consist of four 10-hour shifts
- Competitive Compensation with Health and Dental package
- Production Bonuses
- Training will be provided for ideal candidates

Please submit resume and availability start date to shaunne@charisons.ca  
Or call 204-886-2922 for further information.

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## EMPLOYMENT OPPORTUNITY

### SEASONAL OPERATOR 3 - TRUCK DRIVER (2 Positions)

The RM of Woodlands is accepting applications for two Seasonal Truck Driver positions for the 2026 season. Duties include operating municipal equipment and hauling/applying gravel on municipal roads.

**Requirements:**

- Valid Manitoba Class 1 licence with air
- Experience operating semi-truck with belly dump and end-dump trailers
- Knowledge of equipment safety and pre-trip inspections
- Ability to perform minor equipment maintenance
- Team-oriented with ability to adapt to changing tasks
- Available May through September

Applications must be made in writing and may be sent to finance@rmwoodlands.ca or delivered to 57 Railway Ave, Woodlands.

A job description is available on our website at www.rmwoodlands.ca

Applications will be accepted until the position is filled.

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

## HELP WANTED

Winnipeg Livestock Auction Mart is looking to hire for sale days (Thursdays & Fridays) & weekends (8am-4pm)

- CATTLE EXPERIENCE IS AN ASSET BUT NOT NECESSARY
- EXPERIENCE WITH LARGE EQUIPMENT IS REQUIRED



Drop off resume at  
Winnipeg Livestock Sales Ltd.  
Corner of Hwy 236 & 6  
Call Dylan 204-228-4754  
Email: winnieglivestocksales@gmail.com

## EMPLOYMENT OPPORTUNITY

**Kletke Seed Farm Ltd** is hiring for a **Shipper/Labourer.**

Forward resume to  
info@kletkeseedfarm.com  
204-886-2822

11080 E Road 91N, Teulon, MB  
Kletkeseeds.com



## LIQUOR LICENCE APPLICATION PUBLIC NOTICE

**WASKAYGAN HOLDINGS LTD.,**

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at **MB-7 & 7 STREET**  
**TEULON, MANITOBA R0C 3B0**

has applied for a **RETAIL BEER VENDOR**

to serve liquor from: **MONDAY TO SUNDAY**  
**8:00 A.M. to 2:30 A.M.**

**1:00 P.M. to 2:00 A.M. REMEMBRANCE DAY**

Citizen and community input is an important part of the application process.

Please contact the Liquor, Gaming and Cannabis Authority of Manitoba at 204-927-5300 if you have questions about this application.

Please contact your municipality if you have questions about zoning bylaws and requirements.

If you want to make a formal objection to this application, please send us your objection in writing by 4:30 p.m.

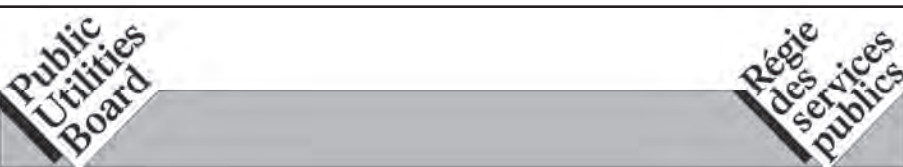
**14 DAYS FOLLOWING THE PUBLICATION OF THIS ADVERTISEMENT**  
You can email, mail or fax your objection. Please include your contact information.

Email: objection@LGCAmb.ca

Mail: LGCA Objections  
1055 Milt Stegall Drive  
Winnipeg, MB R3G 0Z6

Fax: 204-927-5385

- We respond to all formal objections and will work to resolve objections before issuing a licence.
- A copy of the objection, including the name of the person who submits the objection, will be provided to the licence applicant.
- Each person who submits an objection will be advised in writing of the outcome to the licence application.



## NOTICE OF APPLICATION RURAL MUNICIPALITY OF ROCKWOOD REVISED WATER AND WASTEWATER RATES STONY MOUNTAIN WATER AND WASTEWATER UTILITY

April 17, 2026

The Rural Municipality of Rockwood has applied to the Public Utilities Board (Board) for revised water and wastewater rates for the Stony Mountain Water and Wastewater (Utility) as set out in By-law No. 05-26, read the first time on January 14, 2026. Rates were last approved in 2025 in Board Order No. 80/25, with current rates coming into effect July 1, 2025.

The current and proposed rates are as follows:

	Current Rates	Year 1	Year 2	Year 3
Quarterly Service Charge	\$ 13.36	\$ 24.42	\$ 25.04	\$ 25.68
Water (per cubic meter)	\$ 2.60	\$ 2.70	\$ 2.66	\$ 2.64
Wastewater (per cubic meter)	\$ 2.65	\$ 3.56	\$ 3.61	\$ 3.65
Minimum Quarterly Charge*	\$ 92.11	\$ 118.32	\$ 119.09	\$ 120.03
Bulk Water (per cubic meter)**	\$ 3.03	\$ 3.38	\$ 3.37	\$ 3.36
<b>Disposal, licensing and vehicle fees for septic haulers</b>				
Lagoon - initial access fee***	n/a	\$ 300.00	\$ 300.00	\$ 300.00
Lagoon - annual access fee***	n/a	\$ 250.00	\$ 250.00	\$ 250.00
Replacement of access code	n/a	\$ 150.00	\$ 150.00	\$ 150.00
Switch access code from one vehicle to another	n/a	\$ 200.00	\$ 200.00	\$ 200.00
Disposal fee****	n/a	\$ 4.60	\$ 4.60	\$ 4.60
Reactivation of access code due to non-payment	n/a	\$ 200.00	\$ 200.00	\$ 200.00

\*Based on 15 cubic meters

\*\*Bulk water rates will include an additional \$100 flat fee per fill.

\*\*\*for each sewage truck

\*\*\*\*based on 85% load capacity of sewage truck tank, per kilolitre

Details of the RM's application are available for review at the Municipal office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the Rural Municipality of Rockwood.

If you have concerns/comments regarding the Rural Municipality of Rockwood's application for water and wastewater rates, please go to [www.pubmanitoba.ca](http://www.pubmanitoba.ca) and provide your comment. Please note all comments will be forwarded to the Municipality.

Questions or comments should be sent on or before June 1, 2026.



## NOTICE OF APPLICATION RURAL MUNICIPALITY OF ROCKWOOD AMALGAMATION OF THE BALMORAL WATER AND WASTEWATER UTILITY AND THE GUNTON WATER AND WASTEWATER UTILITY REVISED WATER AND WASTEWATER RATES

May 8, 2026

The Rural Municipality of Rockwood (RM) has applied to the Public Utilities Board (Board) to approve the amalgamation of the Balmoral Water and Wastewater Utility (Balmoral) and the Gunton Water and Wastewater Utility (Gunton). The RM has also applied for revised water and wastewater rates for the amalgamated Utility as set out in By-law No. 30/25, read the first time on June 12, 2025.

Rates for Balmoral were last approved in 2025 in Board Order No. 7/25, with current rates coming into effect January 1, 2025. Rates for Gunton were last approved in 2024 in Board Order No. 133/24, with current rates coming into effect January 1, 2025.

The current and proposed rates are as follows:

	Current Rates		Proposed Rates		
	Balmoral	Gunton	By-Law 30/25 Year 1	By-Law 30/25 Year 2	By-Law 30/25 Year 3
Quarterly Service Charge	\$ 22.50	\$ 23.50	\$ 23.00	\$ 23.28	\$ 23.59
Water (per cubic meter)	\$ 3.50	\$ 3.00	\$ 4.23	\$ 4.10	\$ 4.10
Wastewater (per cubic meter)	\$ 4.25	\$ 2.53	\$ 2.57	\$ 2.48	\$ 2.51
Minimum Quarterly Charge*	\$ 138.75	\$ 106.45	\$ 125.00	\$ 121.98	\$ 122.74
Bulk Water Sales (per cubic meter)**	\$ 3.94	\$ -	\$ 5.54	\$ 4.90	\$ 4.90

\*Based on 15 cubic meters

\*\*Plus, a flat fee of \$100.00 per fill

Details of the RM's application are available for review at the RM's office or the Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the RM.

If you have concerns/comments regarding the RM's application for water and wastewater rates, please go to [www.pubmanitoba.ca](http://www.pubmanitoba.ca) and provide your comment. Please note all comments will be forwarded to the RM.

Questions or comments should be sent on or before June 22, 2026.

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**Tribune**

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## Rural Municipality of Armstrong

### NOTICE OF REGISTRATION OF PROSPECTIVE CANDIDATE FOR GENERAL MUNICIPAL ELECTION

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

NOTICE IS HEREBY GIVEN that candidate registrations will be received:

For the office of head of council:

Between May 1, 2026 and September 22, 2026

For the office of councillor:

Between June 30, 2026 and September 22, 2026

at the Rural Municipality of Armstrong office, 1094 PTH 17 Inwood, Manitoba during the regular hours of business.

To obtain a registration form contact the municipal office at 204-278-3377.

Dated at Inwood, Manitoba on May 1, 2026.

Angie Dzuba

Senior Election Official (S.E.O.)

## WOODLANDS MUSEUM

### is hiring for two Summer Student Positions (AGE 16-29) June 29 - August 29

Funding support through MMF & CSJ

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- 35 hours per week includes alternating weekends
- Tour Guide/Museum Ambassador
- Ability to operate lawn maintenance equipment

**Deadline to apply is May 20th, 2026**

Submit to: woodlandsmuseum@outlook.com

Only those considered for an interview will be contacted.

### R.M. of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

Tuesday May 26, 2026  
1:00pm.

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

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

CONDITIONAL USE: # 2026-A-09

ROLL NO: 0068170.000

OWNER: Teri Nicholson & Boris Wessner

APPLICANT: Teri Nicholson & Boris Wessner

AREA AFFECTED: Legal Description: SE14-19-2E  
Civic Address: Lot 1, Plan 73236  
FRASERWOOD, MANITOBA

ZONE: Agriculture Limited Zoning District

SUBJECT: R.M. of Armstrong Zoning By-Law No. 6/04  
Part 11.3 23 Tourist Campsite

**TOURIST CAMPSITE:** A development of land which has been planned and improved for the seasonal short-term use of motor homes, tents, campers and similar recreational vehicles and is not used as year-round storage, or accommodation for residential use. Typical uses include recreational vehicle parks, campsites and tenting grounds.

**CONDITIONAL USE REQUESTED:** To allow for up to 2 RV Trailers until a permanent residence can be established. Will be personal not public.

**WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm FRIDAY MAY 22, 2026, by calling or emailing the below email and/or number.**

**For further information, please contact:**

Cori Audet - Permit & Planning Services Phone: 1 (204) 278-3377

Rural Municipality of Armstrong Fax: 1 (204) 278-3437

Box 69, Inwood, MB R0C 1P0 e-mail: planning@rmofarmstrong.com

Documents related to the matter to be considered at the hearing may be inspected or copied at the RM of Armstrong Office during normal office hours 8:30-4:30, Monday to Friday.

### R.M. of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

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

Tuesday May 26, 2026  
1:00pm.

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

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

CONDITIONAL USE: # 2026-A-08

ROLL NO: 0076260.000

OWNER: Trevor & Brenda Barnes

APPLICANT: Trevor Barnes

AREA AFFECTED: Legal Description: SE23-19-2E  
Civic Address: 10097 PR231  
FRASERWOOD, MANITOBA

ZONE: General Development Zoning District

SUBJECT: R.M. of Armstrong Zoning By-Law No. 6/04  
Part 9.3 45 Non-Accessory Parking

**NON-ACCESSORY PARKING:** A development providing vehicular parking which is not primarily intended for the use of residents, employees or clients of a particular development. Typical uses include surface parking lots and parking structures located above or below grade.

**CONDITIONAL USE REQUESTED:** To allow for an overflow parking lot for the Fraserwood Pub.

**WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm FRIDAY MAY 22, 2026, by calling or emailing the below email and/or number.**

**For further information, please contact:**

Cori Audet - Permit & Planning Services Phone: 1 (204) 278-3377

Rural Municipality of Armstrong Fax: 1 (204) 278-3437

Box 69, Inwood, MB R0C 1P0 e-mail: planning@rmofarmstrong.com

Documents related to the matter to be considered at the hearing may be inspected or copied at the RM of Armstrong Office during normal office hours 8:30-4:30, Monday to Friday.

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**OBITUARY**



**Gord Boklaschuk**  
April 16, 1962 - May 1, 2026

It is with great sadness that we announce the passing of our beloved dad, papa, friend, mentor and Tracey's soulmate on Friday, May 1, 2026 with all of us by his side.

He leaves behind the love of his life, Tracey Malone; his children, Deena (Rod), Derek (Carly), Devon (Regan), Damon (Amy); Tracey's children, Kendra (Cody), Abbey (Cole), Deaghan (Isaac); and their grandchildren, Lennyn, Cole, Wren, Alex and Robin.

Gord was a professional, confident and skilled pilot, carpenter, and father - capable of things many could only dream of. We are grateful for the values and life skills that he instilled and the experiences that he gave each of us.

Though he can no longer fly with us, we will carry on - flying together.

A Celebration of Life was held on May 9, 2026 at The Farm in the RM of Woodlands. Blue skies & tailwinds Gordo!



204-467-2525  
mackenziefh.com

**OBITUARY**



**Richard Gordon Reykdal**  
October 30, 1954 - May 6, 2026

It is with heartfelt sadness that our family announces the passing of Richard Gordon Reykdal, our beloved husband, father, papa, brother, uncle and cousin. Rick was fortunate to be at home with his family by his side when he passed.

He is survived by his loving wife of 49 and a half years, Valerie; his two children, Scott (Amber) and Candace (Darryl); his three loving grandchildren, Blaze, Isabella and Everly. Also surviving him are his sisters, Linda (Ron), Donna (Allan), Sandra (Dale); brother-in-law Louie; numerous nieces and nephews and great nieces and nephews.

Rick was predeceased by his parents John and Isabel Reykdal and his sister Cheryl.

Rick grew up in Winnipeg Beach and worked most of his life in the family business as a dairy distributor. Later in life, Rick worked for Moars Plumbing. Rick loved baseball, playing fast ball in his early years and slow pitch as he got older. Rick's passions were curling and golfing. In the winter you could always find Rick playing in a curling bonspiel and in the summer on a golf course.

He made many good lifelong friends throughout his years while enjoying these hobbies. Rick cherished his time with his family especially his grandchildren. Rick took immense joy watching his grandchildren grow up and was so proud of them all in everything they did.

We would like to thank the doctors and staff at the University of Alberta Hospital, Selkirk Hospital, HSC, St. Boniface Hospital, Transplant Wellness Centre and Palliative Care.

A celebration of life will be held on Saturday, May 23, 2026 at 1:00 p.m. at the Fraserwood Community Hall.

In lieu of flowers, donations can be made to the Manitoba Lung Association. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



# Announcements

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**OBITUARY**



**Julia Angabora (Johnson) Lee**  
January 31, 1928 - April 30, 2026

Peacefully, on April 30, 2026, Julia passed away at the Bethesda Regional Health Centre in Steinbach, Manitoba, at the remarkable age of 98.

Born in Stony Mountain in 1928, Julia was the daughter of Arthur Alexander Johnson and Mary Ellen Thomsen. She grew up during a time of great change, in an era where hard work was not just a necessity, but a way of life.

She was predeceased by her beloved husband, George Lee, with whom she shared 61 years of marriage, building a life centered on the love of family and home. She was also predeceased by her siblings: Arthur, Margaret, and Doreen; and is survived by her brother, Bobby.

Julia was deeply known for her devotion to her community and her legendary talent for baking. Her bread, buns, and pies were highly sought after at local bake sales and served as a cherished staple at every family celebration for decades.

An avid gardener, Julia found great peace working in the soil. She dearly looked forward to her annual spring trips to the garden center, carefully selecting the flowers that would colour her home for the season. Whether she was kneading dough in her kitchen or harvesting vegetables from her garden, she approached life with a deep appreciation for simple pleasures and the steady support of her family.

Above all, Julia thrived in the company of those she loved. She leaves behind a legacy of a life well lived, where her sharp wit and humor will be dearly missed. She loved to greet everyone with open arms and truly enjoyed her weekly outings, connecting with friends and neighbours in the community.

Julia's memory will be cherished by her family. She was predeceased by her beloved daughter, Joanne (Gary). She is survived by her sons, Chuck (Marion) and David (Darlene). Her legacy continues through her many grandchildren: Pamela (Wesley), Eugene (Silvana), Robert (Scott), James, Christine (Colin), Terri (Keith), Korey (Krista), Steven (Stephanie), and Angie. She was the proud great-grandmother of Jessica (Brad), Stephanie (Kyle), Alyssa, Dexter, Maverick, Austin, Maddie, and Willow. Julia was also extremely fortunate to have four great-great-grandchildren: Natalie, Madison, Robin, and Calvin. She also had numerous nieces and nephews.

Mom especially cherished the visits and stories shared with her family, particularly those with her granddaughter Pam and her great-granddaughters Jess and Stephanie from Alberta, whose presence brought her immense joy.

A celebration of Julia's long and full life will be held on June 5, 2026 at 1:00 p.m. at the Stony Mountain United Church, 9 Main St.

In lieu of flowers, the family requests that donations be made to a charity of one's choice, such as the Stony Mountain United Church or the Heart and Stroke Foundation of Manitoba.



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**Teulon & District Chamber of Commerce 15th Annual COMMUNITY YARD SALE**

**June 6, 2026 9 am - 3 pm RAIN OR SHINE**

In your yard or a table under popup tents on Main Street \$15 per yard or table under the Main St. location Table provided for the tents, must bring a chair.

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

All yards sales will be advertised on a Town Wide Map ~ Online and in Teulon Chamber Businesses to be announced ~ Maps will be available June 5, 2026 by 10 am

**To be a participant in the yard sale please contact Jan 204-886-7982 or SPR Hair Salon 204-886-3910 for any questions & registrations**



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