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Kaelynn Griffin of Woodlands browses handmade goods at the third annual Country Girls Mother's Day Market in Stonewall on Saturday, which featured 75 vendors and more than 90 per cent locally crafted items.

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# Walking for awareness: Manitobans step up for celiac disease

Walk-a-thon and BBQ on Saturday, June 7 at Assiniboine Park

By Lana Meier  
The Canadian Celiac Association – Manitoba Chapter is inviting Manitobans to lace up and speak out as part of a growing movement to support those living with celiac disease. As part of Celiac Awareness Month, the organization is hosting a Walk-a-thon and gluten-free barbecue on Sat-



Chelsea Lukawy, president of the Canadian Celiac Association – Manitoba chapter.



TRIBUNE PHOTOS SUBMITTED

The Manitoba Celiac Association Annual Walkathon & BBQ supporting Manitobans living with celiac disease and gluten intolerance is being held Saturday, June 7 at the Assiniboine Park.

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urday, June 7 at Assiniboine Park. The event aims to raise awareness about celiac disease —an autoimmune condition triggered by the ingestion of gluten — and to foster a stronger sense of community among those navigating the challenges of a strict gluten-free lifestyle.

Chelsea Lukawy, president of the Manitoba chapter, says the day is all about connection, education and visibility. “From the outside, you may look fine,” said Lukawy. “But even the smallest amount of gluten can cause significant harm internally. That’s why

we’re walking — to make this disease more visible and understood.”

While celiac disease isn’t typically referred to as an “invisible illness” in clinical contexts, many of its effects — such as internal inflammation, fatigue or nutrient deficiencies — aren’t always immediately apparent to others. At the same time, more than 300 known symptoms can manifest in highly visible ways, including rashes, digestive issues and delayed growth.

Lukawy knows the realities of living with celiac disease all too well. She was diagnosed at age 12 after struggling with digestive issues, extreme fatigue, sore joints and delayed

growth. “I remember constantly feeling sick and so tired I couldn’t keep up with my friends at school,” she said. “At first, doctors weren’t sure what was wrong. It wasn’t until celiac disease was suggested that things started to make sense.” Celiac disease causes the body’s immune system to attack the small intestine when gluten — a protein found in wheat, barley and rye — is consumed. The resulting inflammation damages the intestinal lining and interferes with nutrient absorption,

Continued on page 11

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# Winnipeg Jets spirit



TRIBUNE PHOTO BY YVETTE BUORS

Stonewall Co-op gas bar employee Ali Knapp wears her "We Believe" Winnipeg Jets shirt in support of the team as they battle the Dallas Stars in the second round of the NHL playoffs, following a dramatic Game 7 double-overtime win over the St. Louis Blues.

## Kids craft floral surprises for Mother's Day



TRIBUNE PHOTOS BY JO-ANNE PROCTER  
Some lucky moms received specialty bouquets this past Mother's Day, handmade by their own children. Petals and Stems owner Jody Collins and Prairie Zen owner Breanna Perron teamed up to host a Kid's Workshop – Make and Take Bouquets last Saturday. About 35 children had more than 1,000 flowers to choose from to create unique bouquets for their moms. Pictured right: Emory and Oakley Glass work together on their arrangements. Top photo: the first group of the day.

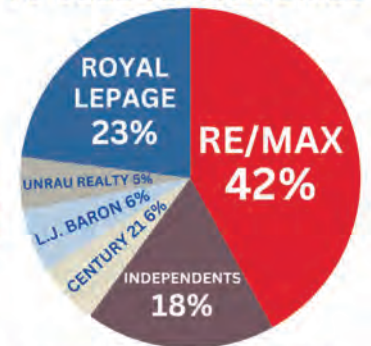


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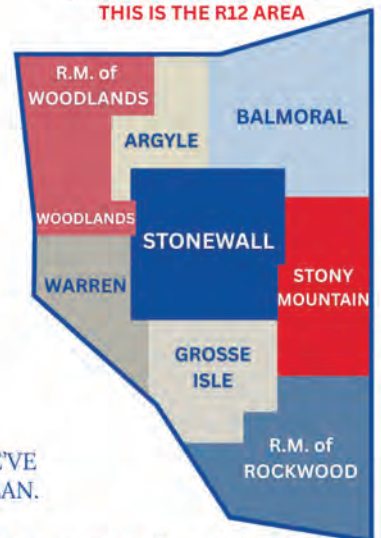
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- Has walls or a roof; or
- Is intended to support a structure such as a hot tub or pergola.



You do **NOT** need a permit for an unenclosed or detached deck less than two feet in height, or for landings of 50 ft<sup>2</sup> or less in floor area. However, please note that zoning setbacks shall be satisfied whether a permit is required or not.

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

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



# Kindergarten teacher balances family and community life

## MOTHER'S DAY FEATURE

**THERE'S SOMETHING TIMELESS AND POWERFUL ABOUT A MOTHER'S LOVE — QUIET MOMENTS, WARM HUGS, ENDLESS SUPPORT AND TIRELESS CARE. ON MOTHER'S DAY, WE TAKE TIME TO HONOUR THE WOMEN WHO HELP SHAPE OUR LIVES IN COUNTLESS WAYS, OFFERING THEIR STRENGTH, WISDOM AND COMPASSION DAY AFTER DAY. WHETHER IT'S THROUGH GUIDING YOUNG HEARTS, CHEERING FROM THE SIDELINES OR SIMPLY BEING PRESENT, MOTHERS MAKE THE WORLD A BETTER PLACE — ONE LOVING MOMENT AT A TIME.**

By E Antonio

For Randi Findlay, the best part about being a mom is watching her kids learn and grow.

The mother of two is always on the go with her family from Grosse Isle.

"Being a mom is feeling this love for them that is unlike anything else you've felt before," she said.

Findlay has a five-year-old daughter, Ryenn, and a four-year-old son, Will,

who keep her on her toes. They enjoy exploring together and sharing their discoveries — always on the lookout for a new adventure.

She said motherhood can be challenging at times, but with the profound impact it has had on her life, she wouldn't have it any other way.

"Motherhood — and parenthood, respectfully — has definitely shifted our priorities. While I still try very



TRIBUNE PHOTO SUBMITTED

The Findlay Family: Ryenn, 5; Will, 4; Brock and Randi.

hard to take care of myself so I can be the best mom and person I can be, the focus is on their well-being and providing a safe, happy and nurturing childhood."

She added that while she's far from perfect, she learns and grows each day, appreciating the simple pleasures that motherhood brings.

Findlay said becoming a mom has also helped her form new connections with other mothers and deepened her appreciation for the childhood her own parents gave her.

This Mother's Day, she spent time with her children and husband, Brock.

"I was spoiled with the cutest handmade cards and crafts," she said, offering a special shout-out to teachers and daycare providers.

Her celebrations started Saturday with a barbecued steak and shrimp dinner prepared by her husband and two little sous-chefs, followed by a movie night watching *Finding Nemo* with her three favourite people. On Sunday, they enjoyed brunch and watched the Jets game.

"It was low-key; it was perfect," she said.

Findlay said she is grateful for every opportunity she has to spend with her family. She has always loved being around others — especially children.

That passion is reflected in her ca-

reer as a kindergarten teacher at École RW Bobby Bend in Stonewall and in her many community roles, including vice-president of the Grosse Isle Community Club, parent advisory council member and baseball coach.

"I see the types of people that make our community a great place to be — a place I love to live in and want to raise our family in," Findlay said. "When you have those people in your life, you are around them and you learn from them."

As a teacher, she said she appreciates the joy, laughter and honesty her students bring, and she holds many classroom memories close to her heart.

One of her fondest memories was learning that a classroom volunteer had been inspired to pursue education and become a kindergarten teacher herself.

"I was so touched that she had such a positive experience in our classroom and was able to experience that connection and joy with the kids."

Findlay thanked the many people who have made an impact on her life — from her youngest students to her oldest friends.

"They have certainly helped shape the person I am and the person I hope I can be for someone else," she said.

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# Lightning sparks grass fire near Oak Hammock Marsh



Charred ground surrounds the Harry J. Enns Wetland Discovery Centre at Oak Hammock Marsh on Monday. The fire came within 350 metres of the building but was pushed away by wind and brought under control by midnight.

By E Antonio

A grass fire near Oak Hammock Marsh burned through a portion of the conservation area Sunday night, prompting a multi-department fire-fighting response.

Crews were called around 8 p.m. and managed to get the blaze under control by midnight.

Jacques Bourgeois, marketing and communications manager with Oak Hammock Marsh, said the fire was likely sparked by lightning. It came within 350 metres of the Harry J. Enns Wetland Discovery Centre, but wind conditions pushed the flames away from the building.

About 25 per cent of the marshland area was burned, he said, likely destroying some bird nests.

"It is still early in the season, so birds will re-nest," said Bourgeois, who added that programming at the centre was not impacted. Oak Hammock Marsh's Wetland Discovery Centre is still scheduled to celebrate its grand re-opening on May 24.

Farmer Curtis McRae was seeding on his tractor two miles away when he saw the lightning strike.

"I was starstruck — I had only heard of lightning starting fires," he said. "I was also fearful because I didn't know where the fire was and I had to

assess what kind of danger I was in."

McRae's property was not affected. He said he saw smoke almost immediately and flames within five minutes, prompting him to notify local volunteer firefighters that they would likely be getting a call.



TRIBUNE PHOTOS SUBMITTED

Flames race through the marshland near Oak Hammock Marsh on Sunday evening after a lightning strike sparked a grass fire that burned roughly 25 per cent of the area.



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Jennifer McFee  
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## MPI to offer condensed Driver Z courses this summer

By Annaliese Meier

Manitoba Public Insurance (MPI) is giving more young drivers the chance to hit the road safely this summer by offering condensed versions of its Driver Z high school program in several communities.

The new five-week course format — available in select locations across Manitoba in July and August — will allow students to complete training in less than half the time of the regular 12-week program. The condensed offering is in response to high demand and is expected to expand access to the popular driver education initiative.

"We are able to offer this alternative in the summer months as students are off school and able to participate during the day," said Maria Campos, MPI's vice-president and chief customer and product officer. "This makes it possible to cover all the course content and ensure they have the necessary training to be safe drivers on our roadways."

Driver Z combines online learning, virtual and in-person classroom instruction and in-car driving lessons to equip students with the knowledge and skills to reduce risk and avoid collisions.

The summer version will include two weeks of virtual classes followed by three weeks of in-car instruction. Students must attend all sessions with no exceptions.

"Students will need to diligently complete the lessons, study for the knowledge test and practise driving with their co-pilots to be successful," Campos added.

Courses will be offered in the following locations:

July: Arborg, Beausejour, Brandon, Portage la Prairie, Steinbach, Winkler,

Winnipeg

August: Brandon, Steinbach, The Pas, Winkler, Winnipeg

Registration opens May 28 at 8 a.m., with a full listing of courses to be published on MPI's website May 23. Students are advised to visit an Autopac agent or MPI service centre ahead of time to become set up as a customer and purchase the Driver Z service, which will make phone or in-person

registration faster.

"We have doubled our student capacity from last year and look forward to continuing to expand how many students we can accommodate," said Campos. "We are hiring new driving instructors and introducing innovative ways to offer Driver Z to Manitobans, like this condensed summer program."

## Swinging into spring



TRIBUNE PHOTO BY HALEY CVAR

Haleigh Bohn spent last Saturday afternoon enjoying a round of golf at Bel Acres Golf Course. It was a perfect spring day to be out on the greens. The weather was ideal, with temperatures reaching a high of 24 C on May 10. Help the *Tribune* record the weather of the week by sending in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca.

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# Celebrate National Nursing Week from May 12 to 18

By Jennifer McFee

A career in nursing offers opportunities to make a difference in the lives of many.

For Jamie Boyer, she decided to pursue a career in nursing in order to turn a negative experience into a positive future.

"I had some experiences with health care that weren't very good, one in particular which resulted in the death of my father in part due to racism and stereotyping," shared Boyer, who is a member of Sagkeeng First Nation.

"This was a huge factor in choosing to pursue a career in health care as I wanted to make a difference in workplace culture and how my people are treated when they access care."

She launched her nursing career by going back to school as an adult learner through Red River College's Access program.

Over the years, she has provided nursing care in many different areas, including long-term care, acute care in medicine, the operating room, the emergency department, home care, primary care and public health.

It's a career with many opportunities to make a difference, including a transition to her current role as regional manager of Indigenous Health.

"I really loved bedside nursing — having a direct positive impact on the patients' health-care experience. I get to do that now in my role as manager through the creation of policies and procedures that support my people during their health-care journeys and also through the mentoring and leader-

ship of the team I manage," she said.

"I am so grateful to be knowledgeable in the various areas of clinical practice as it allows me to see where Indigenous Health can make the most meaningful impact on plans of care and discharge planning."

The theme of the 2025 National Nursing Week is "The Power of Nurses to Transform Health," which strikes a positive chord with Boyer.

"Oh, I love this theme as this is the essence of the work we are doing in Indigenous Health with full support of Interlake-Eastern Regional Health Authority," she said.

"We want the medicine wheel to be incorporated into health care. Spiritual, emotional and mental health are just as equally important to a person's health and well-being — but for some reason, the overall health-care system places more importance on the physical aspect."

For those who might be considering a career in nursing, Boyer offers some wise words based on her own experience.

"Nursing can be such a rewarding career," she said. "Nurses touch the lives of everyone they care for — and that in itself is such a gift."

National Nursing Week runs from May 12 to 18. It's an ideal opportunity to recognize and celebrate the hard work and dedication of nurses in your community and beyond. Other noteworthy dates include Indigenous Nurses Day and International Nurses Day on May 12 as well Student Nurses Day on May 14.



PHOTO SUBMITTED

Jamie Boyer, regional manager of Indigenous Health, turned personal tragedy into purpose by becoming a nurse and working to improve health-care experiences for Indigenous patients.

## Mother's Day market supports Make-A-Wish Canada



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Country Girls' third annual Mother's Day Market was a huge success, drawing more than 1,670 shoppers to Stonewall's Veterans Memorial Sports Complex last Saturday. Visitors came out to support vendors and raise funds for Make-A-Wish Canada, with over \$5,000 collected through \$3 admission fees. The event also featured two tattoo artists, a piercer and a photographer. Food trucks were set up outside to complement the bustling indoor market. Next up is the Country Girls Canada Day Night Market, scheduled for 3 p.m. on July 1 at Stonewall's Quarry Park. Pictured left: Ivan and Voiletta Mikho with Violet's Cakes hand out samples of cheesecake and baklava; middle: Martha Corbin and Stephaney Goettler shop for the baby girl she's expecting this summer, purchasing from Cassidy Myskiw, owner of Little Laney Bow Co.; right: AM Custom Leather Work artist Autumn Michalski of Woodlands and her boyfriend Noah Long had a successful sales day at the market.

## Stonewall RCMP respond to fatal collision

By Annaliese Meier

Stonewall RCMP responded to a two-vehicle collision on Highway 67 in the RM of Rockwood at approxi-

mately 10 a.m. on May 4.

The crash occurred just east of Highway 7, where an eastbound SUV crossed the centre line and collided

head-on with a westbound semi-truck.

The driver of the SUV, a 34-year-old Winnipeg man, was taken to hospital

but later died from his injuries. The driver of the semi, a 41-year-old Selkirk man, was not injured.

Stonewall RCMP, along with an RCMP forensic collision reconstructionist, continue to investigate.



# Interlake students make waves in watershed competition

By Jennifer McFee

A recent watershed-focused contest not only showcased students' environmental initiatives, it also showed that the world is in good hands with the next eco-minded generation.

On Saturday, April 26, the Top 10 finalists in the Caring for Our Watersheds contest gathered at the newly renovated Wetland Discovery Centre at Oak Hammock Marsh.

Delivered in Manitoba in partnership with Ducks Unlimited Canada and Nutrien, the program invites students from Grade 7 to 12 to submit a proposal to answer one important question: "What can you do to improve your watershed?"

As part of the competition, participants need to research their local watershed, identify an environmental concern and come up with a project proposal to implement a realistic solution.

In total, 439 students from 21 Manitoba schools submitted 304 proposals for this year's competition. The Interlake was well represented in the Top 10, with finalists coming from Gimli, Selkirk and Warren, as well as from Winnipeg.

Kiera Schutz, a Grade 11 student at Warren Collegiate, was surprised to hear the news that she ranked among the Top 10.

"I'm in an environmental science class and our teacher had all of the students participate in this project. You had to create a project that was beneficial to your watershed, so I came up with my project called The Greener Cleaner," she said.

"It's a project that plans to implement eco-friendly cleaning supplies

in my school and in the elementary school in my town. That would be Warren high school and Warren Elementary."

After submitting her project proposal, Kiera received an email a few weeks later telling her that she made it to the Top 10 out of the 304 entries from across Manitoba.

"I was really excited about that. That entailed that I had to go to a gala and present my project in front of a panel of judges. I was really nervous. I was the last to present out of all 10," she said.

"During the presentation, there was a time for questions from the judges. The judges let me know after my presentation that they really liked my responses to the questions and that they were really well thought out, so that was really nice to hear."

The four-person panel of community judges scored the students based on their environmental literacy, innovation, budget and inclusion of how their projects supports sustainable development goals. The judges' scores were then combined with the students' scores from the earlier round of judging. In total, \$12,000 was awarded with cash prizes for the students and matching prizes for their schools starting with \$1,000 for first place. Nutrien, the contest sponsor, is also providing \$10,000 worth of funds to help contestants implement their projects.

To Kiera's surprise, the judges called her name as the second-place winner.

"It was really nerve-wracking, but once I was called, I was really excited," she said. "I get \$900 for myself, and my teacher gets \$900 for the environmental fund at our school. And a separate amount will be going towards my project to fund it."

First place went to students from Maples Met in Winnipeg for a project called Breathing Life into the Dead, which seeks to work with the City of Winnipeg to plant riparian plants around a storm pond and monitor the water quality.

Throughout the Interlake, other students also earned recognition for their environmental ideas.



TRIBUNE PHOTO SUBMITTED

Warren Collegiate student Kiera Schutz accepts a \$900 prize for placing second in the Caring for Our Watersheds contest, held April 26 at Oak Hammock Marsh. Her project, "The Greener Cleaner," aims to introduce eco-friendly cleaning supplies at local schools.

From Lord Selkirk Regional Comprehensive Secondary School, Natalie got fourth place and \$700 for her project called Sustainable Flow: Redefining the Cycle, which focuses on educating students about more environmentally friendly period options.

Mackenzie got fifth place and \$600 for a project called Free with the Trees, which proposes to design a book to teach Grade 1 students about the importance of trees while also co-ordinating tree planting.

In addition, Lilja earned 8th place and \$400 for a project called Reduce, Reuse, Recycled Rubber, which aims to recycle rubber gloves used at grocery stores.

From Gimli High School, a group of students from an environmental club — Malakai, Vira, Beth and Liuba — ranked seventh and earned \$450 for their proposal called Project Zero: Bus-Loop Forest. This project proposes to plant trees in the bus loop.

Manitoba program co-ordinator Kandra Forbes expressed appreciation for the students' efforts in the Caring for Our Watersheds contest, which operates in Canada, the United States and Argentina.

"Every year it is amazing to see the

passion these students have for their communities and their local environment. Many see the effects firsthand when they recreate at Lake Winnipeg, so they are inspired to make a change," she said.

"Giving the students a platform where they can have adults listen to their passion and ideas, as well as support their project financially, is key to building the next generation of leaders."

At the same time, Kiera expressed appreciation for teacher Amanda Dion, who encouraged the students to get involved.

"My teacher was super supportive," she said. "It was great to have her through the whole process."

And for Dion, she was filled with pride to watch her student excel with her idea.

"It was wonderful to watch Kiera mould her project into something that was practical and will make a measurable difference for the environment," Dion said.

"It's always incredible when the students become passionate about making an impact in their community. I am so proud of her."

## Al-Anon and AA Meetings Information

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

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

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

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

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**Clubroom Events for the Week of May 12**  
Wednesday 4-10 Chase the Queen Draw at 8:30 Pot is over \$1,100  
Thursday 4-10 Crib at 7pm sharp! Last night for the summer!  
Friday - 5:30 BBQ 6:30 Meat Draw  
Saturday 2-close  
Tickets on sale for the Last Saturday Meal - Ukrainian Plate - \$12.50 available at the bar  
**All are welcome - please support your local legion!**



# Stonewall library displays giant version of classic children's book

By Jennifer McFee

Prepare to be dazzled by a larger-than-life display of a classic children's book set up at the Stonewall library.

Readers of all ages will enjoy the eye-catching display of a giant version of *Chicka Chicka Boom Boom* by Bill Martin Jr. and John Archambault, illustrated by Lois Ehlert.

"We are so excited to share this terrific alphabet book with our community. Many people of all ages will be familiar with the story of the lowercase letters racing up the coconut tree," said branch librarian Joan Ransom.

"We have transformed the pillars in our building into larger-than-life-sized coconut trees — and the sto-

ry flows around the library as we see how the letters weigh down the tree and then fall to the ground. The cheeky letters get up and, under a full moon, think about racing up the tree again."

Ransom explained the impetus for this creative literary project.

"We chose to feature this story as it incorporates so many literacy skills such as alphabet recognition, rhyming and sequencing, as well as it is bright and colourful — and it is so fun to read over and over," she said.

"We invite readers of all ages to 'skit skat skoodle doot, flip flop flee; come and have some fun in the library! Boom boom!'"



TRIBUNE PHOTO SUBMITTED

A group of youngsters and staff members from Starting Blocks visited the Stonewall library for a Chicka Chicka program with Mrs. Tara.

# SRFA to host second annual Backdrafts 'N Brews event

By Jennifer McFee

Things are heating up for the second annual Back Drafts 'N Brews fundraiser hosted by the Stonewall Rockwood Firefighters Association.

The much-anticipated event will take place on May 30 from 7 to 10 p.m. at the Stonewall Legion (459 Main St.).

Firefighter Jesse Harrisko said last year was the first time they ran the event and it was a complete success.

"We heard nothing but positive comments from all of the patrons coming through the door so we just kept getting asked when the next one would

be," he said.

"This time, we've got 22 different vendors from across Manitoba coming out. They'll be sharing with us a number of their new craft beers and seltzers."

Attendees will be provided with a mini beer mug to sip all the different brews.

"You can do all the sampling you want at all the different tables and see if there's something you like," he said.

"You're going to get to try all the different featured brews that our local providers are providing right now.

The majority of them are local Manitoba brands, and we have some bigger name companies featuring some of their new products."

The event will also feature music from a DJ, as well as a silent auction and food available for purchase.

"Proceeds will go to the Stonewall Rockwood Firefighters Association as well as a number of charities throughout Stonewall," he said, adding that they're looking to create a scholarship for Collège Stonewall Collegiate.

Last year's event raised more than \$8,000, which included a \$5,000 con-

tribution to South West District Palliative Care.

For those planning to attend the event, Harrisko offers some simple advice: Come thirsty.

"It's a great opportunity to try different products. It's a great advertisement for the vendors and it's a great fundraiser for us," he said. "It's a real great time."

Tickets cost \$40 each and are available through any firefighter. Alternatively, you can reach out to through Stonewall Rockwood Fire Department's Facebook page for tickets.



# Quiz night champions

TRIBUNE PHOTO SUBMITTED

Ken's Heroes claimed the coveted Bird Cup at Rosser's Quiz Night last Friday, outsmarting six other teams in the annual battle of the brains. The event raised more than \$1,000 for the community centre. Ken's Heroes will defend their title at Grosse Isle's Quiz Night this fall. Back row, from left: Laura Wiebe, Dusty Wiebe, Rolly Gillies, Janelle Fitzpatrick and Weldon Hiebert. Front row: Joshua Bird, Kennedy Bird, Gary Letkeman and Liam Fitzpatrick.

## South Interlake ATV Club (SIATV)

Do you enjoy Quadding and the outdoors, meeting new people and travelling through Canada's back country? Creating lifelong memories and friends in the process.

The SIATV was the first ATV club in Manitoba and the Interlake Pioneer Trail was the first designated multiuse trail in Manitoba. The Interlake Pioneer Trail has been managed and maintained by the SIATV Club as a multiuse trail for all to use since 2009.

ATV'S and Side by Sides can ride from Stonewall to Fisher Branch through the R.M.'s of Rockwood, Woodlands, Armstrong and Fisher. Through farmland to the Boreal Forest, past the Narcisse Snake Dens, Inwood, Chatfield, Broad Valley and Fisher Branch.

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**For More Information Contact:**

Cam @ (204) 651-1464

Facebook: South Interlake ATV Club (Group)

Email: southinterlakeatvclub@gmail.com

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# Stonewall residents learn how to prepare for emergencies

By Jennifer McFee

Stonewall residents can feel ready to respond to emergencies after attending the community's first ever Emergency Preparedness Week open house event.

On Monday, May 5, crowds gathered at the Heritage Arts Centre in Quarry Park for the well-received event that coincided with Emergency Preparedness Week, which ran from May 4 to 10.

"The importance of the event was to raise awareness with our residents and recognize the importance of being prepared for an emergency event," said municipal emergency coordinator Dennis Peterson.

"The Town of Stonewall's emergency measures team was on hand at the event to answer questions about emergency preparedness along with Emergency Measures Organization Manitoba, Public Safety Canada, Stonewall's fire department and the Commissionaires. STARS Air Ambulance was also there with one of their helicopter pilots. Unfortunately, Canadian Red Cross was called away at the last minute to assist with evacuations because of the wildfires in Manitoba's northern communities."

One highlight of the event was the attendance and participation of students from Ecole RW Bobby Bend School. Peterson was impressed with the number of questions the kids asked.

"The students were able to get a chance to see the vehicles operated by the town, fire department and EMO Manitoba up close and get a chance to see inside of each vehicle," he added.

Everybody needs an emergency plan, and Peterson posed some important questions to help you prepare.

"Where do you go if there is an evacuation of the town? If you only have minutes to leave your home, what do you take? If there is a power outage, do you have a way of charging your electronic devices? Do you have battery-powered lights? How would you communicate if help is needed?" he asked.

"These are some of the things each person as an individual must think of and make a plan to be prepared for an emergency event."

Peterson also noted that the Voyent Alert system will be replacing the town's current CodeRed system. Once the new system rolls out, residents will be using it to receive emergency alerts in and around the community. One of the main reasons for the change is because CodeRed is based out of Flor-



TRIBUNE PHOTOS SUBMITTED

Students from Ecole RW Bobby Bend took part in the Town of Stonewall's Emergency Preparedness Week open house event at Quarry Park on May 5.



Emergency co-ordinator Dennis Peterson, right, presents ERWBB Grade 1 student Harrison Oakes with a \$50 gift card to The Kiln.



Rec director Kelly Kimball, left, presents ERWBB Grade 3 student Ryker Rutledge with a \$50 gift card to Quarry Lanes.



ERWBB Grade 4 student Arla Williams won the grand prize in the EMO colouring contest. Left to right: Dennis Peterson, Arla Williams and Kalyn McGimpsey, Town of Stonewall community and recreation services co-ordinator.

C\$4,500 to C\$5,000 annually, depending on the exchange rate of the Canadian dollar. Voyent Alert has quoted a cost of \$5,400 for 2026.

"While the cost is slightly higher, the benefits from reduced currency fluctuation and retaining our data in Canada outweighed the nominal price increase," Peterson said.

As another component of safety, it's important to note that all residents need to follow the guidelines and rules of the current fire ban. More information is posted on the Town of Stonewall's website at [www.stonewall.ca](http://www.stonewall.ca) and on the RM of Rockwood's website at [www.rockwood.ca](http://www.rockwood.ca).

ida while Voyent Alert is based out of Calgary.

Peterson said that when the town first went with OnSolve, which is the parent company of CodeRed, there weren't a lot of other options available. Recently, another company called GardaWorld bought OnSolve, which creates some uncertainty about the transition.

"The Voyent Alert system is Canadian company, and the town is looking to switch over in the fall of 2025. We believe that Voyent Alert is a better option for our residents," he said, adding that they hadn't experienced any issues with CodeRed.

"We are starting to inform residents of the change and will be collecting contact information for Voyent Alert throughout the summer."

The cost of CodeRed and Voyent Alert is comparable; however, CodeRed charges its fees in U.S. funds. Since the value of the American versus Canadian dollar varies, it can be unpredictable — particularly with the current market.

The cost of CodeRed has been around

## Interlake Community Foundation Inc.



## Notice of Annual General Meeting

Please join us for our AGM and the presentation of the Designated Fund Grants.

**Wednesday, May 21, 2025 6:30PM**

**at the Stony Mountain Community Centre**

**117 School Road, Stony Mountain, MB**

**Everyone is welcome. Please RSVP to**

**[tracy@interlakefoundation.ca](mailto:tracy@interlakefoundation.ca) ph. 204-467-5634**

**[www.interlakefoundation.ca](http://www.interlakefoundation.ca)**



# Lemonade Stands for Hope return to Manitoba this summer

Join the movement to support Manitobans facing cancer

By Annaliese Meier

A Manitoba-made summer tradition is pouring back into communities with purpose.

Lemonade Stands for Hope returns July 18–20, and Manitobans are invited to host lemonade stands in support of those affected by cancer. Stands can also be set up anytime throughout the summer, making it easy for participants to choose a date that works best for them.

Organized by CancerCare Manitoba Foundation, the initiative raises vital funds for local cancer research, treatment and essential emotional and physical support programs. But beyond fundraising, it fosters a strong sense of community connection and purpose.

By hosting a stand, participants help build awareness and show solidarity with friends, family and neighbours touched by cancer. It's a meaningful opportunity for individuals, families and community groups to come together, take action and make a posi-



PHOTO SUBMITTED

Lemonade Stands for Hope invites Manitobans of all ages to host stands this summer in support of local cancer care research and support services.

tive impact in a simple hands-on way.

Setting up a stand is straightforward. After registering online, participants receive a free lemonade stand kit, complete with signage and supplies. Kits are available for pickup or can be mailed to those living more than 30 kilometres from Winnipeg.

Each cup poured contributes to a province-wide effort to improve cancer care and support services for

Manitobans. It's a small gesture that carries lasting significance for those navigating a cancer diagnosis and for the wider community rallying behind them.

How to get started:

- Register your lemonade stand
- Pick up or request your free kit
- Choose a date, spread the word and start fundraising

Lemonade Stands for Hope is a fun, accessible way for people of all ages to get involved and give back. Every stand counts — and every dollar raised brings hope closer to home.

To register or learn more, visit: [lemonadeforhope.ca](http://lemonadeforhope.ca) or call 204-784-2777 to learn more. There are fun social media templates and other tools to help you promote online.

## > CELIAC DISEASE, FROM PG. 2

leading to symptoms that can range from stomach pain and brain fog to infertility, osteoporosis and neurological problems.

The only treatment is a strict, life-long gluten-free diet, and even trace amounts of gluten — such as crumbs from shared cutting boards or toasters — can be enough to cause damage.

"When I was diagnosed and started the diet, it was honestly a relief," Lukawy said. "I finally had energy again. The headaches, the joint pain — it all started to go away. Giving up favourite foods wasn't easy, but feeling better made it worth it."

Navigating life with celiac disease, however, comes with daily challenges. Eating out, travelling or attending social events requires constant vigilance.

"You learn to ask questions and advocate for yourself. I always call ahead at restaurants and ask if they use a dedicated fryer, separate prep area or fresh gloves," said Lukawy. "I've learned to never assume that 'gluten-free' on a menu means 'safe for celiac.'"

Lukawy says the misconception

that celiac is simply a dietary preference continues to be a major hurdle. Gluten-free diets have risen in popularity, but for people with celiac disease, the consequences of cross-contamination or misinformation can be serious.

"People sometimes think you're being picky or dramatic," she said. "But this isn't a trend. Even a crumb of gluten can set off a severe reaction. For some people, that means days of illness."

The Manitoba Chapter of the Canadian Celiac Association is working hard to educate the public and support those newly diagnosed. The organization holds bimonthly support meetings, runs workshops and advocates for improved understanding of celiac disease across sectors, from health care to hospitality.

One of their newer initiatives, Kids' Corner, creates space for young children with celiac to learn about their diagnosis and connect with others who share their experience.

"When I was diagnosed as a kid, I felt very alone," said Lukawy. "Programs like this can make a huge

difference — they show kids that they're not the only ones and help build confidence early on."

The June 7 walk and barbecue at Assiniboine Park will feature a short accessible walking route, a safe and certified gluten-free barbecue, children's activities and resource tables with information for the public. Everyone is encouraged to wear green — the official colour of celiac awareness.

The event caps off a month of advocacy that has included radio campaigns, public interviews and outreach efforts throughout Manitoba.

"Celiac Awareness Month is our chance to amplify real stories from real people," Lukawy said. "There are still so many who are undiagnosed or struggling silently. Awareness can change that."

She said it's especially important for restaurants, schools and workplaces to offer safe gluten-free op-

tions — not just for convenience but for inclusion and safety.

"Food is such a big part of how we connect and celebrate," she said. "When you can't participate safely, it's isolating. Having true gluten-free options available means we can be part of those moments without fear."

Above all, Lukawy hopes the walk and barbecue sends a message: those with celiac disease deserve to be heard, respected and supported.

"To anyone living with celiac, especially those newly diagnosed: you're not alone, and you're not being 'too much' by asking questions or taking precautions," she said. "You're taking care of yourself — and you deserve to feel safe."

For more information about the June 7 Walk-a-thon and BBQ, or to learn more about the Canadian Celiac Association – Manitoba Chapter's support programs, visit [www.manitobaceliac.com](http://www.manitobaceliac.com) or email [manitobacachapter@gmail.com](mailto:manitobacachapter@gmail.com).

"WHEN YOU CAN'T PARTICIPATE SAFELY, IT'S ISOLATING."



# Fires rage across Interlake amid severe dry conditions and widespread burn bans

By Emma McGill

High winds, dry weather and early-season heat are fuelling fire activity across Manitoba's Interlake region during Emergency Preparedness Week, pushing local fire departments to their limits and prompting full burn bans across multiple municipalities.

To the west, the Woodlands Fire Department responded to a major grass fire Thursday night on the far west side of the RM, which burned for more than 30 hours and consumed over 16 square miles of land.

"This fire was a good example of how quickly a fire can grow with the right conditions," the department said in a social media update.

Strong winds and marshland terrain helped the blaze spread rapidly. Firefighters from Woodlands were joined by crews from St. Laurent, Rosser and Portage la Prairie Professional Firefighters Local 1079, along with many community volunteers.

"Without the help of our mutual aid partners, we might still be out there," the post read.

Despite the fire's size, damage to farms and homes was minimal thanks to the swift and co-operative response — along with a bit of help from the weather.

Teulon Fire Department has responded to 14 calls in the past three weeks, nearly all of them grass fires. Conditions have made the fires especially hard to control, according to officials.

The South Interlake ATV Club has temporarily closed the Interlake Pioneer Trail to off-road vehicles to help

prevent new ignitions.

"We don't want anything to happen to all the communities and RMs in our area," said club chair Cam Goodman, citing both fire risk and trail maintenance concerns.

Virtually every Interlake municipality has issued a full burn ban prohibiting open-air fires. Many, including St. Andrews, have gone further by banning fireworks and motorized backcountry travel.

Jordan Nastiuk, director of municipal safety and head of the St. Andrews Fire Department, said the combination of hot temperatures, low precipitation and dry vegetation left over from last year has significantly increased the fire risk.

"We can educate people by informing them of impacts caused by wildfires — some of those we are witnessing this season across the province," said Nastiuk. "That includes the loss of homes and infrastructure, evacuations, financial strain and pressure on local fire resources."

Fire officials are urging residents to reduce fire hazards around their properties by keeping dead vegetation clear, properly storing firewood and never discarding cigarettes in potted plants or dry grass.

"The public has been great during the early stages of the ban," said Nastiuk. "We understand fire bans can be inconvenient and frustrating. The St. Andrews Fire Department appreciates the cooperation from our residents."



TRIBUNE PHOTO BY RANDY RITCHIE

The Stonewall Rockwood fire department battled a blaze north of Stonewall on Road 81N on May 4.

Several First Nations communities have also been hard hit. On May 4, a wildfire broke out in Peguis First Nation, destroying at least one home, several outbuildings and forcing the evacuation of about 350 residents to Selkirk and Winnipeg. Another 60 residents stayed behind despite the dangers.

Doug Thomas, communications director for Peguis First Nation, described a harrowing scene: "From my vantage, it looked like my house was burning because the smoke was thick, so I thought for sure these houses were burning."

The quick action of water bombers was credited with preventing further damage. Fire Chief Shaun Spence praised the teamwork involved.

"We're out there battling this fire to save our homes, our community members' homes and to make sure

our communities are safe," Spence said.

Chief Stan Bird said the state of emergency was lifted after the fire was brought under control and residents have begun returning home.

Amid extremely dry conditions and elevated wildfire danger, the Manitoba Wildfire Service is escalating its fire and travel restrictions to a full ban on all motorized backcountry travel starting Friday, May 9 at 8 a.m. in several high-risk regions.

## THE UPGRADED RESTRICTIONS INCLUDE:

- A total ban on all motorized backcountry travel, including ATVs and off-road vehicles, at all times.
- A ban on open fires from 8

Continued on page 13

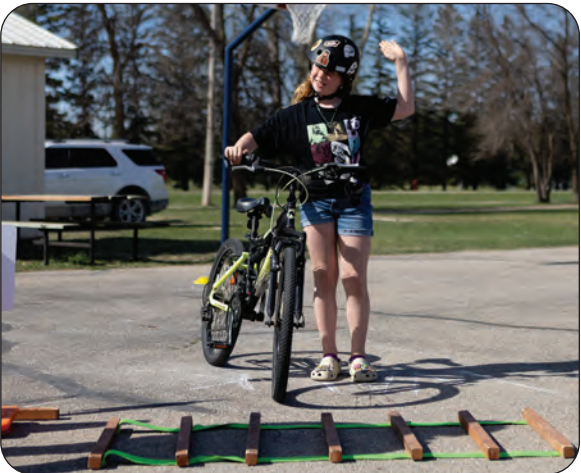


TRIBUNE PHOTOS KRISTY HILL - WOODLANDS FIRE DEPARTMENT

Woodlands Fire Department crews battled a blaze overnight at St. Ambrose marsh on May 8 and 9. Fires can smoulder underground for months before reigniting under strong winds. Firefighters use thermal imaging cameras to locate hidden hot spots, remove debris and douse the areas with water to prevent flare-ups.



# Students learn the rules of the road on their bicycles



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Grade 5 students from École Stonewall Centennial School took part in a bike rodeo hosted by Manitoba Public Insurance at the school last Friday. The rodeo includes a 25-minute theory session — an interactive demonstration that teaches children about bicycle safety — and a 25-minute practical component where students ride through a course to apply what they've learned. Topics include the rules of the road, hand signals, proper helmet fitting and how to check whether a bike is safe to ride. Pictured left: MPI's Ava Syrnyk shows Helena Gaboury how to signal a right turn. Middle: Alex Comte practises stopping while using a hand signal. Right: Peyton Marohn signals and dismounts before crossing railroad tracks.

## > FIRE RAGES, FROM PG. 12

a.m. to 8 p.m. Fires are only permitted outside of those hours and must be contained within approved campfire pits.

- All motorized travel to access remote cottages via forestry roads or trails will require a travel permit from the Department of Natural Resources and Indigenous Futures.
- Industrial and outfitter operations must consult with local departmental offices for site-specific requirements.

As an additional safety measure, all burn permits under the Wildfires Act are cancelled in the eastern and Interlake regions and will not be reissued until conditions improve. Burn permits for essential agricultural, municipal or industrial use may still be granted on a case-by-case basis and will require site inspections and strict compliance. Failure to comply with restrictions could result in fines of up to \$100,000 under the Manitoba Wildfires Act. Many rural municipalities have also issued their own burn bans this spring. Manitobans are encouraged

to check with local authorities or view the provincial burning restrictions map at [manitoba.ca/wildfire/burn\\_conditions.html](http://manitoba.ca/wildfire/burn_conditions.html). For wildfire updates, maps and permit information, visit [gov.mb.ca/wildfire](http://gov.mb.ca/wildfire) or follow the Manitoba government on X (formerly Twitter). To report a wildfire, call 911 or the province's toll-free TIP line at 1-800-782-0076.



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# Your FARM



## Teulon's Forest Mama getting people back to nature and branching out

By Patricia Barrett

A Teulon-based entrepreneur that specializes in making herbal beauty products and remedies is branching out with a new product line and continuing to attract buyers from across Canada.

Lisa Barnes, a wildcrafting herbalist, launched Forest Mama during the COVID-19 pandemic to help support her family through a tough economic time.

After treating her own children's colds and other ailments with natural ingredients, she realized the benefits of getting away from consumer products containing harsh industrial ingredients, additives, preservatives and chemical fragrances.

When she started offering her products to consumers, Forest Mama really took off and has been "amazing" since then.

"More and more people I talk to say they're wanting to get away from artificial fragrances, synthetic ingredients and preservatives," said Barnes. "I don't use any preservatives except natural preservatives such as honey and tallow, which are pretty shelf stable."

Barnes and her family head out to the forest to forage for plants, berries and mushrooms that she uses in a variety of her products that range from tinctures and creams to body butters and sprays. She forages for plants primarily in Manitoba but has gone to British Columbia for things such as mushrooms and other plants Manitoba doesn't have.

"My family and I forage for 95 per cent of the ingredients I use, and then I make all the products," she said. "I make elderberry products, body oils, magnesium sprays and a magnesium body butter that's good for minor aches and pains."

She said she's been working with herbs for 12 years and is primarily self-taught, but she has tak-

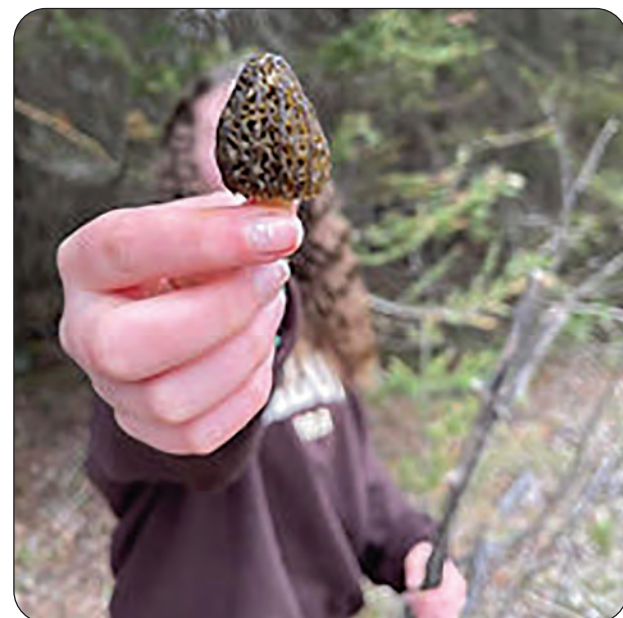


Lisa Barnes of Forest Mama makes beauty and healing products using foraged plants.

en some courses.

And she's branching out with a line of products containing tallow, which is a fat derived from cattle and contains vitamins such as A, K, E and B12.

"I'm always making new products. Recently, I just



TRIBUNE PHOTOS COURTESY OF FOREST MAMA  
Foraging morel mushrooms.



Chanterelle mushrooms, yarrow  
hysop and mullein.



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released my tallow line. I've had a lot of people asking me to make it so I decided to come with this amazing skincare line."

Some of her tallow-containing products include the Cuts & Bruises Salve (for 13 years and older) to use on minor injuries to promote new cell growth and prevent infection. It contains tallow, coconut oil, wild plantain, comfrey and yarrow among other ingredients. The Cracked Hands & Feet Salve contains ingredients such as cocoa butter, tallow and peppermint.

"I'm in contact with a farm that has grass-fed cows and are only fed organic feed. I get the tallow from them. I render it down myself and add it in to my skin care products" she said. "It's a moisturizer and it also helps with skin issues such as acne, eczema



# Your FARM



## Farmers urged to be cautious near power lines after Hydro tower damaged

By Annaliese Meier

Manitoba Hydro is urging agricultural producers to use extra caution around overhead power lines and utility structures after several incidents involving farm equipment this spring — including one that brought down a high-voltage transmission tower.

The most serious incident occurred in the Interlake region last week when farm machinery made contact with Manitoba Hydro's Bipole 1 high-voltage direct current (HVDC) transmission line, toppling a tower. The tower was replaced and the line returned to service later in the week.

Other incidents involved damage to distribution poles near Russell and Oakville, causing localized outages. No injuries were reported in any of the incidents.

"While the HVDC line contact didn't affect electrical service, damage to overhead lines, poles and towers can cause outages that impact hospitals, emergency services and thousands of customers," Manitoba Hydro said in a statement.

The Crown utility is reminding farmers that modern agricultural equipment is larger than ever, increasing the risk of accidental contact with electrical infrastructure. In addition to causing service

disruptions, these incidents pose serious electrocution risks.

### PRODUCERS ARE ADVISED TO:

- Know the height and width of their machinery.
  - Apply for a clearance permit from Manitoba Hydro if equipment exceeds 4.8 metres in height.
  - Maintain a minimum distance of three metres (10 feet) from overhead lines when operating equipment.
  - Identify hazards before moving or operating machinery, stay alert and review safety procedures with all workers.
  - Clearance permits for farm equipment are available online and remain valid for the entire growing season: [hydro.mb.ca/service/permits/farm-equipment-clearance](http://hydro.mb.ca/service/permits/farm-equipment-clearance).
- If contact with a power line occurs, producers should remain in the equipment and call 911. Emergency responders will work with Manitoba Hydro to secure the scene safely.
- "Safety — yours and ours — is our top priority," the utility said.



**TRIBUNE PHOTO SUBMITTED**  
Hydro crews use cranes to safely rebuild a damaged transmission tower on the Bipole 1 line in Manitoba's Interlake region after it was brought down by farm equipment.

## > FOREST MAMA, FROM PG. 14

and other skin conditions."

Studies suggest that tallow can help with moisturizing and hydrating the skin and has anti-inflammatory properties that can potentially improve skin conditions.

Barnes also makes Hibiscus Rose Whipped Face Tallow, Frankincense and Manuka Honey, Chamomile, and Vanilla Whipped Tallow.

She said a family member told her that the smell of the Vanilla Whipped Tallow "takes away her donut craving."

For those who burn the midnight oil, Barnes' Bye Bye Under Eye treatment can help reverse fine lines, bags or age spots. It contains hexane-free castor oil and organic frankincense essential oil. It can also be used as a topical pain reliever for conditions such as carpal tunnel.

Barnes said she ships her products to people across Canada, including Yukon, and has sent some orders to America. With U.S. president Donald Trump's tariff and annexation threats, though, she's unsure if that may affect her business in future.

"I don't know if I will be affected at all. I'm assuming that when I ship to

the U.S., it will cost a little more. But I'll eat that cost myself," she said.

Forest Mama's website encourages people to do their own research on products and advises that herbal products are not intended to cure, treat or prevent disease. If people have a specific medical condition or are pregnant or nursing, they should first speak to their doctor before taking any herbal product.

Barnes said people can also contact her if they have questions about her products.

"I know sometimes people find natural products a little overwhelming and don't know where to start," she said. "So they can contact me or message me on any of my social media sites."

People can place orders for Barnes' products via her online store. They can also check out her products in person in Teulon at Lori Benn Massage Therapy, in Selkirk at the Cozy Fox, and in Winnipeg at CG Pure Wash on Ness Avenue.

Lisa Barnes can be contacted via social media sites, her website's contact form, by emailing [forestmama204@gmail.com](mailto:forestmama204@gmail.com) or calling 204-999-8724.

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# get inspired

> MEAL IDEAS



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## Potato Salad

salt, to taste  
pepper, to taste  
smoked paprika, for garnish

Coarsely chop potatoes. In Dutch oven, boil until fork tender. Drain then add coarsely chopped eggs and pickles.

Add garlic powder, onion powder, bacon pieces, mayonnaise and mustard. Season with salt and pepper, to taste. Mix well.

Transfer to large bowl and refrigerate 1-2 hours. Garnish with smoked paprika.

Recipe courtesy of "Cookin' Savvy"  
Servings: 4-6  
3 pounds potatoes  
4 boiled eggs, coarsely chopped  
2 dill pickles  
1 tablespoon garlic powder  
1 tablespoon onion powder  
1 package (2 1/2 ounces) real bacon pieces  
2 cups mayonnaise  
2 tablespoons mustard



## Greek Beet and Watermelon Rice Salad

chopped, for garnish

Prepare rice according to package directions. Allow to cool completely.

In medium bowl, whisk oil, lemon juice, salt and pepper.

Add rice to bowl with dressing and stir to combine. Let stand 5 minutes.

Transfer rice to serving platter. Lay beet slices down one side of rice. Lay watermelon slices down opposite side. Top with feta, olives, red onion and mint. Garnish with walnuts.

Tips: Substitute capers for olives, if preferred.

To diminish "raw" flavor of onions, soak in ice water at least 5 minutes before using in recipe.

Use roasted, boiled, steamed or grilled beets.

Prep time: 15 minutes  
Cook time: 10 minutes  
Servings: 4  
1 bag Success Jasmine Rice  
1/4 cup olive oil  
2 tablespoons lemon juice  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 cup thinly sliced, cooked golden beets  
1 cup thinly sliced watermelon  
1/4 cup feta cheese, crumbled  
1/4 cup pitted black olives, halved  
1/4 cup red onion, thinly sliced  
1 tablespoon fresh mint, thinly sliced  
2 tablespoons walnuts, toasted and



## Spring Corn and Rice Salad

1/2 cup diced red onion  
1/2 cup vinaigrette dressing  
2 green onions, chopped  
1/2 teaspoon salt  
1/2 teaspoon black pepper

Prepare rice according to package directions. Allow to cool completely.

In medium bowl, combine corn, tomatoes, basil, red onions, vinaigrette and green onions. Fold in rice, salt and pepper.

Serve salad at room temperature or chilled.

Prep time: 5 minutes  
Cook time: 10 minutes  
Servings: 4  
1 bag Success Basmati Rice  
1 cup frozen corn, thawed  
2 Roma tomatoes, seeded and diced  
1/2 cup minced fresh basil

## Avoid these training mistakes for better results

By Fitness Expert Julie Germaine Coram

One of the biggest challenges in getting into shape — and staying fit — is maintaining strong motivation, which often comes from seeing great results. If you're feeling frustrated with a lack of progress despite your efforts, you may be making one of these common training mistakes:

Changing your workout too often.

While variety is the spice of life, there's a lot to be said for repetition when it comes to resistance training and muscle development. My clients often experience only slight variations in their exercise programs over the first 12 weeks. This helps their bodies improve at the motions and allows for safely increasing the weight used.

Skipping progressive overload.

If this term is new to you, progressive overload refers to gradually using heavier weights to avoid training plateaus. This technique forces your body to grow stronger over time and is essential for long-term results.

Obsessing over the scale.

While tracking your weight can be helpful, there are many other — often more positive — ways to gauge success. Are you feeling more energetic? Are you lifting heavier? Is chronic pain reduced (not counting sore muscles from workouts, of course)? For women especially, body weight can fluctuate daily and throughout the month, so focusing solely on the scale often leads to unnecessary frustration.

Not pushing hard enough during workouts.

Imagine I'm right there with you. You're nearing 12 shoulder press reps, and I say, "10 more!" If you can do 10 more, then it's time to increase the weight. The ideal rep range for strength training is 8 to 12 reps



Fitness Expert Julie Germaine Coram

per set. More than that leans toward endurance training and won't help build muscle mass as effectively.

Working too hard.

This might seem contradictory, but sometimes more isn't better. Rest days are crucial for recovery and muscle repair. As you become more fit, your rest schedule and training intensity should adjust accordingly.

Let's banish training plateaus for good! Consider these suggestions to boost your progress. And if you're still stuck, reach out to me before you give up and slip into winter-couch-potato mode — summer's calling, my friend.

Want to chat about your nutrition, health goals or fitness struggles?

Schedule a free online consultation: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

*Coach Julie Germaine Coram is passionate about lifelong health. She's an active mom, Registered Personal Trainer, two-time Pro Fitness Champion, Certified Nutrition Expert and Fitness Specialist. Since 2005, she's helped thousands of people worldwide improve their health and well-being.*



## Easy Pasta Salad

2 tablespoons sugar  
1/2 cup juice from bread butter pickles  
1/4 cup balsamic vinegar  
2 tablespoons mustard  
salt, to taste  
pepper, to taste

Cook pasta according to package instructions. Drain and place in large bowl. Add peas, carrots, ham, bacon pieces and cheese cubes.

In separate bowl, mix mayonnaise, sugar, pickle juice, vinegar and mustard. Season with salt and pepper, to taste. Pour mixture over pasta and mix well.

Refrigerate 1-2 hours before serving.

Recipe courtesy of "Cookin' Savvy"  
Serving: 4-6  
1 pound pasta noodles of choice  
1 can (15 ounces) peas, drained  
1 can (15 ounces) carrots, drained  
1 package (16 ounces) diced ham  
1 package (2 1/2 ounces) real bacon pieces  
1 package (6 ounces) cheddar cheese cubes  
2 1/2 cups mayonnaise



# Local farmers helps crack hunger with egg donations

By E Antonio

Manitoba Egg Farmers (MEF) continue to step up to help Manitobans in need — including doubling their monthly egg donations to Harvest Manitoba.

Notre-Dame-de-Lourdes egg farmer and MEF vice-chair Don Gaultier is one of 170 egg farmers across the province who donate more than 43,000 eggs each month to help feed families.

“When someone needs a helping hand, we should be there to help fellow Manitobans,” said Gaultier.

A first-generation egg farmer, Gaultier and his family began harvesting eggs in 2013 and have grown to love the industry. Their hens live in enriched housing equipped with perches, nests and scratching areas, allowing them to exhibit natural behaviours.

The MEF slogan — “We are egg farmers. We love what we do.” — reflects how Gaultier feels about the work.

“It’s absolutely true,” he said. “We love producing a nice, wholesome and nutritious egg that is both tasty and sustainable. We’re fortunate eggs are one of the most affordable forms of protein.”

That affordability makes eggs an ideal food source for low-income families — high in protein, low in cost and highly versatile.

Since 2020, MEF has made regular donations to Harvest Manitoba. In 2025, they doubled their contribution to meet rising demand.

Gaultier said the decision to increase



Don Gaultier and his wife, Shannon, operate their family egg farm in Notre-Dame-de-Lourdes.

donations was unanimous.

“We wouldn’t be in business if Manitobans didn’t support us,” he said.

“Giving back is woven into our culture, and with great outlets like Harvest Manitoba, it’s one way we can say thanks. Harvest does great work for the province, and the impact they make is huge.”

Harvest Manitoba is a charitable organization that collects 13 million pounds of food annually to distribute through more than 380 food banks and agencies. Each month, they feed more than 100,000 Manitobans — and that number continues to rise.

“This donation comes at a time when families need it most,” said Vince Barletta, president and CEO of Harvest Manitoba. “Eggs are one of our most requested items. They’re nutritious, versatile and bring joy to



TRIBUNE PHOTOS SUBMITTED

Notre-Dame-de-Lourdes egg farmer Don Gaultier, right, is among the 170 Manitoba Egg Farmers who now donate more than 43,000 eggs per month to Harvest Manitoba. Pictured with him is Harvest Manitoba president and CEO Vince Barletta.

our clients. Thanks to Manitoba Egg Farmers, more families will find this welcome surprise in their hampers each month.”

Gaultier toured Harvest Manitoba’s facility this winter and volunteered by packing donated eggs into 12-packs.

He said the experience was humbling.

“Being able to help those in need definitely made it a positive feel-good day for sure,” he said.

Harvest Manitoba is always in need of donations. To support the organization or get involved, visit [www.harvestmanitoba.ca](http://www.harvestmanitoba.ca).

“WHEN SOMEONE NEEDS A HELPING HAND, WE SHOULD BE THERE TO HELP FELLOW MANITOBBANS.”



Manitoba Egg producers board and volunteers, including egg farmer Don Gaultier, gathered at Harvest Manitoba to help pack thousands of eggs donated by Manitoba Egg Farmers.



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# Quarry Choristers celebrate forty years of entertaining

By Jo-Anne Procter

The Quarry Choristers brought their annual dinner theatre to life at the Quarry Park Heritage Arts Centre, running eight performances of *Choristers Return to Clarkleigh Manor* from May 1 to 10.

Audiences were treated to an evening of laughter and charm with a show written by talented members of the cast. Each performance featured a full-course meal prepared by Abas Catering, while desserts for the matinee were provided by the Stonewall United Church ladies.

This year held special significance, marking the 40th anniversary of the Quarry Choristers and their musical contributions to the community. A nostalgic video compilation and an impressive collage of past productions were displayed in the lobby, celebrating the group's legacy and camaraderie.

Set in the eerie Clarkleigh Manor, the story unfolded with suspense and intrigue as secrets emerged from every corner. Widow Clara Lee's legacy drew family and friends together — but not for reasons of nostalgia. Each character brought a hidden agenda, cloaked in grief and ambition.

As tensions rose and control of the mysterious estate hung in the balance, chaos erupted



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Stonewall's Quarry Choristers have entertained the community and beyond for 40 years through music and dinner theatre. Their latest sold-out production, *Choristers Return to Clarkleigh Manor*, ran from May 1 to 10.

when Clara's will was discovered missing, leading to a series of unexpected twists.

Directed by Vhana Moldowan, the production flowed seamlessly with music that elevated the drama, performed by Kirsten Bennett, Don Horbas, George Selley and John Mak. Garth McCurdy oversaw sound and lighting, while backstage support from Jamie Yeo, Alaynna McCurdy and Laticia Berard ensured everything ran smoothly.







# Spring Home & Garden Guide



## The many benefits of growing herbs at home

By Emma McGill

With summer-like warmth arriving early across much of Manitoba, gardeners are dusting off their tools and eyeing empty plots and planters with fresh purpose. One of the easiest and most rewarding ways to bring those spaces to life is by planting herbs.

Herbs offer a trifecta of benefits — they're practical, environmentally friendly and a delight for the senses.

In the Interlake, there are plenty of places to purchase these herbs while supporting local businesses.

One of these businesses is Jaspersen's Greenhouse located on Highway 236 south of Stonewall.

Jaspersen's has been in operation since the late 1980s and is run on the family farm, which has been around much longer. Bruce Jaspersen, owner/operator, recommends planting herbs at home once the frost breaks, usually in the middle of May.

Jaspersen said the most popular herbs among customers include basil, cilantro, oregano, thyme and parsley. Other favourites grown are rosemary, mint, stevia and summer savoury.

There are many benefits to growing herbs at home. Aside from the likelihood of it being more cost effective, Jaspersen shared that the best part about at-home herbs is "just the pure freshness of it." In addition, growing herbs is great for the environment and is likely healthier than anything

pre-packaged.

Herbs are low maintenance and can be grown in a variety of ways — in garden beds, raised planters, outdoor pots or sunny windowsills. Some can even thrive indoors year-round with adequate lighting and warmth.

For those looking to extend the harvest, drying herbs is a simple way to preserve their flavour and nutritional benefits.

"Many customers like to dry herbs themselves and keep them as stock for the winter months," Jaspersen said. Whether hanging them upside down, using the oven or leaving them on a tray to dry, homegrown herbs can be stored in jars or bags and used later as garnishes, seasoning or even in natural remedies.

In addition to Jaspersen's, Interlake residents can pick up plants at Prairie Flora (Teulon), All Farm Herbs



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Jaspersen's Greenhouse owner Bruce Jaspersen keeps the herbs hydrated as planting season begins.

(Stonewall), Friendly Flowers (Arborg), Interlake Garden Center (Winnipeg Beach), Sabados north of Lundar, Searle Greenhouses (East Selkirk) and Whispering Oaks (Argyle).

Whether you're cooking up a summer salad, sipping mint tea on the patio or stocking your pantry for the months ahead, herbs are a small addition that offer big rewards.

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## Keep your car looking as great as it runs



Do you take pride in your car? Do you try your best to keep it looking sleek and polished all year? Take advantage of the variety of services available to pamper your car and get it looking like it did the day you drove it off the lot.

• **Interior cleaning.** A professional cleaner can help get rid of inelegant salt stains on carpets, lingering odours, dust balls and animal hair caught in every nook and cranny. Is there anything better than that fresh new car smell?

• **Exterior cleaning** There's nothing like a thorough cleaning to revive your car's body. A professional cleaner can enhance your car's paint colour, buff chrome accents and get your windows

looking crystal clear.

• **Polish.** Protect your car from UV rays and acid rain with a professionally applied sealant that'll also restore lustrous shine to your paint job.

• **Padding.** Have your car's once-fluffy seats seen better days? Plump them up without delay. If the fabric is torn in places, take the opportunity to mend any rips or fraying seams at the same time.

• **Sealing.** To protect against stains and fading, car care experts can apply a sealant to the fabric of your seats that stops dirt and messes from penetrating into the fibres. Sealants are especially recommended if you have leather seats to preserve their suppleness for years to come.

From rustproofing and paint protection to shampooing and waxing, there's no shortage of ways to keep your "baby" looking flawless!

## Tips for stocking your car's emergency kit for spring

You know about the importance of preparing a winter emergency kit for your car, but what about a spring kit? Hot weather can be hard on your vehicle, resulting in unexpected breakdowns. Here's how to stock your emergency kit to prepare for warmer weather.

- Visibility equipment like road flares or reflective hazard triangles
- Water bottles to stay hydrated in the heat
- Blanket to shade you from the hot sun
- Extra pair of clothing and shoes, including rain gear
- Flashlight or headlamp
- First aid kit, including ointment, gauze, bandages, adhesive tape and tweezers
- Disinfectant wipes
- Sunscreen with SPF 30 or 50
- Booster pack or jumper cables

- Work gloves
- Paper maps
- Insect repellent
- Basic tool kit
- Phone charger or extra battery pack
- Toilet paper
- Snacks that won't melt, such as granola, dried fruit and nuts

Visit local stores to pick up everything you need to stock your spring emergency kit.





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# Spring car maintenance checklist READY FOR SUMMER?

## How to maintain your car's weatherstrip

The rubber seals, or weatherstrips, around the edges of your car doors prevent rain, wind and moisture from seeping through the gaps into the cabin. Here are a few tips for keeping yours in good shape.

1. Wash the weatherstrip. Keep the weatherstrip clean by washing it regularly with car-safe soap and



warm water. Dip a rag or sponge in the bucket and scrub any dirt off the lining. Do this whenever you wash the outside of your car.

2. Repair or replace weatherstrip. When cleaning the weatherstrip, inspect it to ensure it isn't coming loose anywhere. If it is, reattach it with a tube of weatherstrip adhesive. If it's frayed or torn in several spots, replace it.

3. Apply a protectant. To prevent the rubber weatherstrip from drying and cracking, apply a silicone protectant. This'll protect the rubber from excessive heat, preserving its sponginess and lubricating it. The protectant also prevents the strip from freezing in the winter.

Performing these tasks regularly keeps the weatherstrip from dam-



age and helps you avoid replacement. Ask your mechanic to inspect your weatherstrip when you bring your car in for your next maintenance appointment.

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# Oak Hammock Marsh unveils new exhibits, event and conference centre

May 24 grand reopening features half-price admission, gifts for first 100 visitors

By E Antonio

Oak Hammock Marsh is ready for adventure with all-new exhibits, a reimagined café, a state-of-the-art theatre and a new conference and event centre.

The interpretive centre will reopen to the public on May 24 after closing for 18 months of renovations.

"It is going to be quite the fantastic experience," said Jacques Bourgeois, marketing and communications co-ordinator at Oak Hammock Marsh. "We have done a complete overhaul of everything. We completely wiped all the exhibits and had a blank canvas to start from."

The only remaining original feature is the entrance diorama, which received a major upgrade to include a day and night cycle and an ambient soundscape.

While the Harry J. Enns Wetland Discovery Centre at Oak Hammock Marsh was closed, staff offered limited school and outdoor programming. Education programs continued virtually or took place in the Willow Retreat, while outdoor trails and canoe and snowshoe rentals remained accessible to visitors.

As of April 28, full school programming has resumed, and on May 24, Oak Hammock Marsh will celebrate its grand reopening.

Over the weekend, admission will be half price for all visitors, and the first 100 guests on Saturday will receive a special gift from the Oak Hammock Marsh gift shop.

"We look forward to welcoming people back to the centre," Bourgeois said.

The new interactive displays,

multi-dimensional exhibits and a floor-to-ceiling species wall all aim to capture the natural beauty of the wetlands. The centre now also incorporates Indigenous knowledge systems, with Métis artist Justine Proulx painting Indigenous animal teachers throughout the space for visitors to discover.

"We are thrilled to showcase all the new things Oak Hammock Marsh has to offer," Bourgeois added.

In 2020, Oak Hammock Marsh received a \$1.5-million grant from the Manitoba government to renew its exhibits, on the condition that it raised an additional \$3 million.

Bourgeois said the aging exhibits were only part of the issue, with infrastructure problems including electrical wiring, plumbing and HVAC systems also needing attention.

"We thought, 'What's the point of having new exhibits if pipes might burst above them?'" he said.

What began as a \$4.5-million project quickly evolved into a \$25-million overhaul. Nearly 95 per cent of displays, exhibits and office supplies were sold or donated to keep materials out of the landfill.

"Sustainability is very important to us," said Bourgeois, noting he was happy everything found a new home.

The Oak Hammock Marsh Café was modernized and continues to offer panoramic views of the marsh. The theatre now seats 118 and provides an immersive experience for educational programming and special events.

Another major addition is the conference and event centre on the second floor, located in the space formerly used by Ducks Unlimited Canada (DUC). The new facility includes a kitchen, bar and private deck space and can accommodate up to 150 people for seminars, weddings and other large gatherings.

With 90 per cent of DUC staff now working remotely, their former office spaces were transformed into rent-



TRIBUNE PHOTOS SUBMITTED

Oak Hammock Marsh will reopen to the public May 24 following an 18-month closure for major renovations. The Harry J. Enns Wetland Discovery Centre has been completely transformed, offering guests a new experience with interactive exhibits and immersive displays.



able public rooms.

Thanks to new windows and energy-efficient systems, the remodelled building is now 50 per cent more efficient. Bourgeois said the upgrades have made Oak Hammock Marsh one of the most sustainable buildings in Manitoba.

The centre will be open daily from 10:30 a.m. to 4 p.m., with extended hours during fall migration. Oak Hammock Marsh is located at 1 Snow Goose Bay along Highway 220 between Stonewall and Selkirk.





# sports & recreation

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## Providence signs Warren Collegiate standout Lauren Voth

By Kieran Reimer

The Providence University College and Theological Seminary women's basketball team announced the commitment of Warren Collegiate Institute guard Lauren Voth on May 1 for the 2025-26 season.

Voth, a senior at WCI, was a Provincial All-Star at the AA girls basketball championship, a Basketball Manitoba Graduating All-Star and was named to the AA Female All-Manitoba Team. She helped lead the Wildcats to the AA provincial title during the 2024-25 season.

Voth becomes the second Wildcat this year to sign with the Pilots, joining teammate Colby Darragh. Providence competes in the Manitoba Colleges Athletic Conference.

The commitment continues Providence's focus on local talent, particularly from Warren Collegiate.

"Getting someone that can bring up the ball, can handle the pressure with the press," said Wildcats head coach Jason Darragh. "At the next level it'll be intense at the beginning because it's that next step, but she's well capable of handling that. She can dribble the ball, shoot from the outside. On

our team she runs the fast break, so her and Colby — I'm curious to see if the coach there puts them together to see if they can play the same way they do here."

"Usually Colby's feeding it to Lauren because she's already down at the basket, and she can finish her layups at high speed, which is a real asset. She doesn't have to slow down — she catches the ball at full speed, takes a step and finishes it off. Quick-hitting points are kind of how they play, too, so she'll fit right in."

Coach Darragh plans to run off-season workouts with both Voth and Darragh ahead of their transition to college ball. They will also be assigned weight-training programs to prepare for the next level.

Voth's recruitment began after she attended a Pilots game this past season. That visit led to conversations with team staff, who later watched her play in the Graduating High School All-Star Games. She then took part in a team workout and toured the Providence campus.

"The campus is really nice there and definitely a welcoming place," said Voth. "The workout was pretty



TRIBUNE PHOTO SUBMITTED

Lauren Voth, a graduating guard from Warren Collegiate, has committed to join the Providence Pilots women's basketball team for the 2025-26 season.

intense but a lot of fun. We did lots of timed shooting drills and lots of shooting from outside — it was about an hour, hour and a half-ish — so we got lots in and lots of running. It was good."

Voth officially signed on shortly after.

"I'm excited to meet this new group of teammates and am excited for this new opportunity to take my basketball to the next level," she said. "Especially going with Colby too — it's great that we already have that chemistry on the court, so it'll be nice to see what we can do together next year."

## Riddell's recognized with MHSAA Payworks Coach of the Month honour

By Kieran Reimer

Being named the Manitoba High Schools Athletic Association (MHSAA) Payworks Coach of the Month for April is a feel-good moment for a Warren Collegiate Institute alumna who now gives back by coaching and managing multiple school sports teams.

Michelle Riddell, a student counsellor at Warren Collegiate, manages the boys' hockey and baseball teams, coaches the junior varsity girls' basketball team, and co-coaches the track and field squad.

On April 30, the MHSAA announced Riddell as the Coach of the Month for April — a surprise to her.

"One of our students told me in the hallway — I didn't know anything about it," Riddell said on Monday. "It was an honour to be recognized in my home community. This is a community I also grew up in, so I'm just happy to give back my time by volunteering

to coach.

"When I attended Warren Collegiate, I had lots of coaches who gave up a lot of hours coaching me and the teams I played on. So it was just an honour to be recognized."

Riddell has been part of several milestone moments this school year, including the launch of the school's new girls' hockey team, which completed its inaugural season in the top division of the Manitoba Women's High School Hockey League.

She also manages the boys' hockey team, which reached the Winnipeg High School Hockey League Price Division finals this year. Riddell helped coordinate a student fan bus to the championship series at Seven Oaks Sportsplex in Winnipeg and regularly drove athletes to games and practices when needed.

Her junior varsity girls' basketball team captured a Zone 5 champion-

ship in March.

Currently, Riddell is managing the boys' baseball team and co-coaching the track and field squad.

"For me, it's a way to connect with the students," she said. "It's important to build those relationships outside of the classroom, so getting involved with our sports teams and clubs is a way for me to get to know the students in our building."

"I also know what sports did for me growing up — it was kind of an outlet — and I know it's the same for a lot of the athletes in our building. So giving them that chance means a lot."

Among her favourite moments of the year were the girls' hockey team home opener, the boys' hockey team reaching the finals, the large group of student athletes coming together for track and field, and seeing teammates surprise a fellow athlete as he received a Yes I Can Award.



PHOTO SUBMITTED

Michelle Riddell, a student counsellor and multi-sport coach at Warren Collegiate Institute, was named the MHSAA Payworks Coach of the Month for April.



# Rams softball 'in a league of their own' to start the season

By Kieran Reimer

Opportunity is knocking for the Stonewall Rams varsity girls softball team.

This season, the Rams will host provincials after placing third at the event last year.

They'll enter not only as the host

team, but also as a legitimate contender for the championship banner based on their red-hot start to the 2025 campaign.

From May 2 to 3, the Rams travelled to Portage la Prairie for the Saints Classic Softball Tournament, where they defeated every opponent en route to a first-place finish.

They opened the tournament with round-robin wins — 12-0 over Lord Selkirk, 13-0 over Carberry/MacGregor (Co-Op) and 10-0 over Major Pratt — to finish first in Pool 1.

In the playoff round, they faced two other undefeated squads in Pilot Mound and Morden, and again came out on top with a 17-0 win over Pilot Mound and a 3-1 victory against Morden.

The Rams then played three KPAC exhibition games this week, posting a perfect 3-0 record with wins over Lord Selkirk, West Kildonan and Miles Macdonell — outscoring their opponents by a combined 60-0.

It's been a dominant start for a team firing on all cylinders both offensively and defensively.

"When it comes down to it, we're building for the provincial championship, which we're hosting at the end of the month," said coach Curtis Grieve, who shares coaching duties with Denis and Brenda Woods.

"With that in mind, it comes down to who's hot at the right time a lot of times. One of the biggest challenges right now is trying to find competitive games that actually put your players

in a position where they have to play under a little bit of stress.

"We've played eight games now and we've had one where we were under pressure. We know that come Saturday of the provincial championship, there will be six teams that are going to be competitive, and you're going to have to be at the top of your game to win each and every one of those."

The Rams' roster consists entirely of AAA softball players ranging from the U15 to U19 age groups.

On Wednesday, May 14, the Rams will host a tournament before heading to Glenboro for the Panther Invitational Softball Tournament later in the week.

## Dawson Cowan backstops Chiefs to Game 2 victory



PHOTO SUBMITTED

Warren's Dawson Cowan made 19 saves to backstop the Spokane Chiefs to a 6-2 win over Medicine Hat on Sunday, tying the WHL championship series at one game each.

By Kieran Reimer

Dawson Cowan and the Spokane Chiefs have pulled even in the Western Hockey League championship series against the Medicine Hat Tigers.

The Chiefs' offence exploded for four unanswered goals in the first period of Game 2 at Co-op Place in Medicine Hat, Alta., on Sunday night, en route to a 6-2 victory.

Warren's Cowan stopped 19 of 21 shots in net for the Chiefs, earning his league-leading 13th win of the post-season as Spokane tied the best-of-seven series at one game apiece.

The series now shifts to Spokane Veterans Memorial Arena in Spokane, Wash., for Games 3 through 5, with Game 3 set for Tuesday night.

The winner of the series will claim both the Ed Chynoweth Cup as WHL champions and a berth in the 2025 Memorial Cup, scheduled for May 22 to June 1 in Rimouski, Que.

## United set sights on redemption and playoffs after strong offseason

By Kieran Reimer

With a new season comes new opportunity for Stonewall United.

Last year, United looked poised for a playoff run in the Manitoba Major Soccer League's Division 3B after a red-hot start to the campaign.

But as the season progressed and injuries mounted, United's form dipped, and the team ultimately lost its grip on a top-three finish and a spot in the postseason.

After the disappointment of missing out, United went to work in the off-season, playing indoor soccer during the winter and building toward the 2025 outdoor campaign.

On Monday, May 5, United opened their MMSL season with a 2-0 win over rivals Elmwood at Shaughnessey Park — a promising start that showed the off-season efforts had paid off.

"It was great to kind of get them out of the way first," said defender Matt Olnick, who returns to United this season. "They've been in the top three in Div. 3 for numerous years, so they're a tough team, and to get a win right away against them was huge."

"A lot of give-and-goes, a lot of good passing, a lot of possession — that was key to our game," he added. "Toward the end, the other team was quite tired and our conditioning

really showed. We were still running fresh."

Newcomers Bret Sveinson and Israel Ogungbemi powered United's offence, each scoring once, while returning goalkeeper Steffan Hillock earned the clean sheet.

Olnick, one of three team organizers alongside Chris Hunter and Rayden Labelle, also made a key play — delivering the first pass that set up Ogungbemi's goal.

"The indoor season helped a lot," said Olnick. "Physically, I'm as fit as I can be. I had some work-go programs

Continued on page 25

## Grosse Isle wins Interlake junior high badminton title



TRIBUNE PHOTO BY MONICA BALDWIN

The Grosse Isle Flyers were crowned 2024-25 Interlake Junior High Divisional champions following a badminton tournament held May 6 in Stonewall. Athletes from Grosse Isle, Balmoral, Brant-Argyle, École Stonewall Centennial, Stony Mountain, Teulon, Warren and Woodlands schools competed, with Grosse Isle finishing first overall with 37 points. École Stonewall Centennial was second with 35, and Teulon placed third with 32. Event winners included: girls singles — Ashlyn (Grosse Isle); boys singles — Bryson (Stonewall); girls doubles — Kayla and Hailey (Stonewall); boys doubles — Kyle and Lucas (Grosse Isle); and mixed doubles — Emma and Yaseen (Grosse Isle).



# Jr. Bisons Gold on top in Interlake-loaded provincial final

By Kieran Reimer

Interlake locals on both sides of the net made for a special finish to the Volleyball Manitoba 16U Girls Provincial Championship on May 4 at Dakota Fieldhouse in Winnipeg.

In the finals, Interlake athletes Paige Seidel, Julia Oliver, Torie Galbraith, Mackenzie Boonstra and Abi Minnie suited up for Dynamo Volleyball Club Red.

On the other side of the court, Sydney Boughton was the lone Interlake representative on the Jr. Bisons Gold roster.

The teams traded points in the opening set, with Boughton and the Bisons edging Dynamo 25-23. They followed up with a dominant 25-11 win in the second set to capture the provincial title.

"We knew that we had to stay focused and execute," said Boughton. "The first set was pretty close at 25-23. In the second set when we started to pull ahead, we didn't let up and kept pushing hard for the win. It felt great to celebrate with my team."

An outside hitter from Stonewall, Boughton is now a two-time provincial champion, having won last year with WinMan Volleyball Club.

This year's path to the final wasn't without drama, as the Bisons had to



**Stonewall's Sydney Boughton and the Jr. Bisons Gold Volleyball won the Volleyball Manitoba 16U Girls Provincial Championship final against Dynamo Volleyball Club Red on May 4 at Dakota Fieldhouse in Winnipeg.**

battle through a three-set semi-final against WinMan Fire. They held on for a 2-1 victory (25-12, 21-25, 16-14) to book their place in the championship match.

Boughton credited the team's depth



**TRIBUNE PHOTO SUBMITTED**

**Dynamo Volleyball Club Red captured silver at the 16U Girls Provincial Championship on May 4 in Winnipeg. Pictured left to right are Paige Seidel, Abi Minnie, Tori Galbraith, Julia Oliver and Kenzie Boonstra.**

for their ability to win close games.

"Our team is unique in that we have a pretty deep roster. Any of our players could go in at any time and get the job done. Lots of other teams at this age level have a couple of key players, but not the depth we have."

On the opposite sideline, Dynamo head coach Tyler Oliver — also from the Interlake — said despite the loss, his club had a memorable weekend. Dynamo's Paige Seidel was named a Provincial All-Star.

"The team we came up against was

a pretty solid all-around team, so finishing second to them is no slight," said Oliver. "Super proud of the girls for finishing second in the province — it's a huge feat. There's lots of good volleyball teams out there, and going in ranked second and finishing second is pretty awesome."

Both the Jr. Bisons and Dynamo still have more volleyball ahead, as they gear up for Volleyball Canada's 2025 Youth Nationals.

The 16U Girls Nationals will take place May 19-21 at the Edmonton EXPO Centre in Edmonton, Alta.

## 14U clubs gain valuable experience at Volleyball Manitoba Provincials

By Kieran Reimer

The Interlake Volleyball Club's 14U girls teams completed another stop on their road to the Volleyball Canada 2025 Youth Nationals, competing in the Volleyball Manitoba Provincial Championships held April 18-20 in Winnipeg and Steinbach.

The trio of 14U teams — Interlake Erin, Interlake Tyler, and Interlake Chelsea — competed for provincial glory during a jam-packed weekend of games that ultimately saw Jr. Bisons Gold come out on top.

Each Interlake squad gained valuable match experience as they prepared for their ultimate test at Nationals.

For Interlake Tyler, provincials marked their first taste of heightened competition. Head coach Tyler Oliver's squad is composed mostly of 13U players playing up an age level this season.

"Throughout the weekend, it was lots of learning because it was a little bit more pressure than a regular tournament," said Oliver. "Our serving wasn't the best or where it has been all season long, so we lost a few tight games — maybe due to a little bit of inexperience because we're a majori-

ty 13U team. We ended up playing up in the 14U division, so a little bit of inexperience and pressure maybe got to the girls. But by Sunday, they kind of figured it out and put it all together, and we finished off really strong."

Interlake Tyler finished 35th out of 46 teams after defeating local counterparts Interlake Chelsea 2-1 (19-25, 25-10, 18-16) in the 35th-place match on Sunday, April 20 at RRC South.

Interlake Chelsea settled for 36th place with the loss, while Interlake Erin posted the highest finish among the Interlake teams, taking 28th after dropping the 27th-place match the same day at MBCI Red.

"We probably missed our goal a little bit," said Oliver of his team's 35th-place finish. "We were hoping to be in the top, kind of in that mid-20s of the pack. But what the team learned is the importance of showing up for every single point in a volleyball game, because most of our games went to the tiebreaker set and we lost by just a few points."

"We were close in every single game — whether that was Friday, Saturday, or Sunday. By Sunday, the girls were really starting to put it together. Had we played like that earlier, we prob-

ably would've attained our goal, or maybe even gone a bit higher. But we definitely learned lots. Definitely had lots of fun, lots of smiles, lots of laughs. It was all positives, that's for sure."

The season continued for all three teams at the Volleyball Canada 2025 Youth Nationals, held May 9-11 at the RBC Convention Centre in Winnipeg.

Ahead of Nationals, Oliver noted

### > UNITED, FROM PG. 24

for myself that paid dividends during the indoor season, and I want to carry that into the outdoor season as well.

"It's obviously a bigger field, a lot more running, but I'm up for the challenge. And we have a 25-man roster for a reason. Personally, I feel great going into the season."

This year, United is competing in Division 3A after playing in 3B last season. While the skill level is comparable, the league has expanded its playoff format to include more teams — a welcome change for United, who narrowly missed the cut last year.

"Make playoffs and do well going into playoffs — that's the goal," said Olnick. "We've got a young

team, but a very skilful team. A lot of playmakers. If we put it all together, we can be a very dangerous team, front to back."

Olnick noted several early improvements from last year's squad. "Even just through the first game — winning the 50-50 battles, the longer runs, getting shots off where last year we might not have — it's good to see early on."

United will play their home opener on June 6 at Veterans Memorial Sports Complex in Stonewall. Before then, the team continues its road schedule with a match against Bandits FC on Tuesday, May 13 at Shaughnessey Park. Kickoff is at 8 p.m.



# Phillies U13 sweep weekend with dominant bats and pitching

By Annaliese Meier

The Interlake Phillies U13 squad ran the table over the May 3 and 4 weekend with four wins, highlighted by hot bats, solid defence and standout pitching performances from Kardyn Reimer and Krystal Campton.

In Saturday's opener, the Phillies cruised past U13 Westman Magic 2025 13U with a 10-3 win. Reimer got the team on the board in the top of the first with an RBI single and later tossed three hitless innings with eight strikeouts and one walk. Interlake extended the lead in the second with RBI singles from Campton and Kahlie Minnie. The Phillies collected 15 hits in total, led by three-hit performances from Eden Baker and Campton. Piper Tataryn, Devynn Van Hussen and Minnie each drove in two runs. Reimer added two hits and scored twice, while Minnie also stole two bases.

The Phillies followed up with a 14-9 comeback win over Westman Magic in the second game of the day. Despite trailing 7-3 in the second, Interlake rallied with 17 hits. Tataryn singled in the first to bring home one, and Peyton Ballantyne and Adree Williams helped reclaim the lead in the fifth with a groundout and two-run single, respectively. Brooklyn Chetyrbok started for Interlake, allowing one hit and seven runs (six earned) over one and one-third innings, while Campton came in to throw two shut-out innings in relief, striking out one. Campton also went 4-for-4 at the plate and was one of six Phillies with multi-hit games — including Tataryn, Reimer, Van Hussen, Minnie and Williams. Maya Pattie had a two-RBI day, and Interlake swiped seven bases, with Minnie and Campton each stealing twice.

On Sunday, Interlake blanked Central Energy 7-0. Reimer struck out eight over three innings, allowing just one hit and no walks. Campton closed out the game with two scoreless innings, striking out five. Tataryn had two RBIs and went 1-for-3, while Reimer, Baker, Ballantyne and Campton each collected a hit. Minnie led the team with three stolen bases, and Interlake played error-free defence, with Minnie recording eight defensive chances.

The Phillies capped off the weekend with a 12-5 win in a second matchup with Central Energy. Reimer had a monster game at the plate, driving in four runs with a single and a double and drawing a bases-loaded walk. She also pitched two scoreless innings to start the game, striking out six. Campton earned the win in relief, giving up three hits and three runs



Interlake Phillies pitcher Kardyn Reimer was dominant in the circle over the weekend.

(two earned) in two and one-third innings, while Ballantyne finished it off. Pattie added two hits and an RBI, while Minnie and Tataryn also drove in runs. Chetyrbok drew three walks, and Interlake drew eight as a team. Minnie added two more stolen bases.

Central Energy was led by Kaitlyn B., who had two RBIs and one hit from the nine-hole. Lindsay F. went 2-for-2 and added a walk as the Energy drew five total.

The Interlake Phillies U13 AAA softball team is a competitive youth program representing the Interlake region of Manitoba. They compete in the Manitoba Premier Softball League (MPSL), which features top-tier U13 teams from across the province, including the Eastman Wildcats, Westman Magic, Central Energy, Manitoba Angels, Winnipeg Lightning and Smitty's Terminators.

The Interlake Phillies are set to play the Manitoba Angels at 6:30 p.m. on Wednesday, May 14, at Optimist Park in Winnipeg.

## PHILLIES U17 POWER PAST MAGIC IN DOUBLEHEADER

The Interlake Phillies U17 squad came out swinging in Morden on Sunday, taking both games of a doubleheader against the Westman Magic in thrilling, high-scoring fashion.

In the opener, the Phillies clawed back from a four-run deficit to edge Westman 11-10, thanks to a clutch seventh-inning single by Jenna Germain that drove in the go-ahead run. Interlake had trailed 9-5 entering the sixth but exploded for five runs on six hits to retake the lead.



TRIBUNE PHOTO BY LANA MEIER

The Phillies had a dominant weekend that saw them go 4-0 with strong hitting, solid defence and standout pitching.

Riley Swanson led the comeback with a bases-clearing double in the sixth and finished the game 2-for-4 with three RBIs. Avery Deprez added a solo home run to open the scoring and had three hits from the leadoff spot. Germain and Lucy Hoff each collected two hits, while the team committed no errors defensively.

Peyton Rinn started the game and allowed eight runs over four-plus innings, before Kassie Siwak came on in relief. Westman's Charlie Shearer went 4-for-4 and helped tie the game in the sixth before Interlake pulled ahead in the final frame.

In Game 2, Keira Pattie stole the spotlight, going 4-for-5 with four RBIs to lead the Phillies to a 15-8 victory and the sweep.

Pattie drove in runs in the third, fourth and seventh innings, including a two-run double to spark a six-run outburst in the fourth. Kiera Schutz added a two-run double of her own, while Germain, Siwak and Swanson all had multi-hit games. Swanson matched Pattie with four hits, and the Phillies tallied 19 in total.

Olivia Hagan opened the game in the circle, and Rinn pitched five innings in relief to earn the win.

Westman's Macey McIvor hit a solo home run in the first and finished 3-for-4 at the plate. Jayce White-side added three RBIs, while Charlie Shearer chipped in two hits.

Next up for the Interlake Phillies U17 is a Monday matchup on the road against Smitty's U17.

## MACMILLAN POWERS PHILLIES PAST ANGELS IN FIVE-INNING SLUGFEST

The Interlake Phillies U15 AAA squad broke out the bats Thursday,

downing the Manitoba Angels 15U AAA 2025 team 16-6 in a five-inning contest highlighted by a perfect night at the plate from Jersey MacMillan.

MacMillan went 4-for-4 with a double and three singles, driving in three runs and scoring twice in the road win. She helped the Phillies open the scoring in the top of the first with an RBI single to centre, then added a two-run double in a six-run fourth that blew the game open.

The Angels briefly took the lead in the bottom of the first on an inside-the-park homer by Kaitlyn Tauber, but the Phillies responded with six runs in the third inning and another six in the fourth to pull away. Kara Powroznik delivered a two-run single as part of the third-inning surge, and Brynn Williams knocked in two more with a triple in the fourth.

Interlake racked up 16 hits in total, including multi-hit performances from Williams, Powroznik, Katie Braid and Sara Vande. The team also drew five walks and played error-free defence, with MacMillan leading the way with five defensive plays.

Braid started in the circle and went the distance, allowing 10 hits and six runs — five earned — over five innings. She struck out five and walked one.

Gracie McKuski took the loss for the Angels, giving up 14 runs — 13 earned — on 12 hits and four walks over three innings.

Tauber had a team-high three RBIs for the Angels, while Sophie Alexander went 3-for-3 and Bailey Fillion added a pair of hits. The Angels also played clean defence, with Alexander collecting four chances in the field.

Next up for the Interlake Phillies U15 is a matchup at home against Smittys Terminators Tuesday, May 13 at 6:30.



# Live Pro Wrestling rocks Balmoral Rec Centre

By Kieran Reimer

For the first time in two years, Laughter, cheers and the thud of bodies hitting the mat filled the Balmoral Recreation Centre once again, as professional wrestling made its long-awaited return.

On April 26, the hockey rink hosted Live Pro Wrestling: Rage in the Cage, a six-match event that included a tag team bout and a steel cage main event. A crowd of 371, made up largely of youth, packed into the rec centre to watch the action unfold.

"Just seeing the interaction with the kids — they get pretty hyped and pretty into it," said A.J. Larocque, also known as "Wrestling's Big Punisher" AJ Sanchez, who competed in the tag team match. "The interactions with the good guys and the bad guys, and getting to chat with people at the merch table — that's generally my favourite part of these events."

"Red Hot" Sammy Peppers kicked things off with a win over BRAX in the first one-on-one match of the afternoon. "Mastermind" Kevin Cannon followed with a victory over Jack Jameson in the second bout. A late addition to the card saw Simranjeet Singh defeat Willy Park in an entertaining third match.

Next up was a hard-hitting tag team showdown. Larocque teamed up with "El Chico" Eddie Alvarez to take on Nu Money's "The Star" Bryce Bentley and Scott Ripley III. Larocque and Alvarez came out on top in a thrilling contest.

"The game plan going in was to try and hit them fast and hard," said Larocque, who also recruited the wrestlers for the event. Alvarez, a student of Larocque's at Elite Wrestling Academy in Winnipeg, held his own in the ring.

"I know Scott Ripley and Bryce Bentley probably underestimated Eddie given his size — but that's the first mistake they made," said Larocque. "Eddie was able to hit some quick moves. The game plan was just to hit them hard and hit them quick."

In the fifth match, "Real Deal" James Roth defeated DRAGNEEL, thanks in part to a surprise appearance by Balmoral Recreation Centre's own Don Slater, who delivered a Stone Cold Stunner to DRAGNEEL that helped close out the match.

The evening wrapped up with a steel cage match between "Sweet" Bobby Schink and "Boston Bruiser" Kevin O'Doyle. Schink dominated and walked away with the win, ending the event on a high note.

"It was great to see so many fami-

lies come out for the afternoon — and the kids had such a blast," said Slater, who also organized the event. "Live Pro Wrestling put out an excellent wrestling event for us and the fans had a lot to cheer about."

Slater thanked the 30 volunteers who helped make the event possible, along with sponsors including Stonewall Home Hardware, NorthStar Genetics, Rockwood Motor Inn & Motel, G&A Rentals, Stonewall Family Foods, HBH Balmoral Turkey Farm, and Bio-term Skin Care Electrolysis & Hair Design Centre in Selkirk.

The rec centre, which runs events year-round, features an ice rink, curling rink (in winter), and outdoor facilities for baseball and soccer, along with a restaurant open to the public throughout the year.

Proceeds from the wrestling event — approximately \$9,000 — will go toward maintaining the facility.

"It's important that we continue to support a facility like this, so Balmoral residents and surrounding communities can continue to use it for years to come," said Slater.



TRIBUNE PHOTOS BY LANA MEIER

Wrestlers delivered high-energy action during Live Pro Wrestling: Rage in the Cage at Balmoral Recreation Centre on April 26, drawing a crowd of 371 and raising funds to support the year-round facility.





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# Tribune

**Due to the Victoria Day long weekend, The Tribune Classified booking deadline is Friday, May 16th at 4 p.m. prior to the May 22nd publication. Please Call 204-467-5836**

## SENIORS' ADVOCATE



**The Manitoba Legislative Assembly is accepting resumes for the newly established position of Seniors' Advocate. This appointment is for a five-year term and, upon review, may be renewed for a further five years.**

The Seniors' Advocate is an independent, non-partisan, officer of the Legislative Assembly whose mandate is to identify, review and analyze systemic concerns important to the lives of Manitoba seniors aged 65 years or older receiving any seniors' services as defined under *The Seniors' Advocate Act*, and to collaborate with seniors' organizations and those who provide services to seniors to address systemic issues faced by seniors. The Seniors' Advocate will consider whether individual matters indicate systemic issues when referring such matters to the appropriate body for complaint, inquiry or investigation.

The Seniors' Advocate reports to the Assembly as a whole, with an informal reporting relationship to the Speaker. The Seniors' Advocate is the chief executive of the office and holds ultimate responsibility for its operations in its entirety.

Working under *The Seniors' Advocate Act*, and with support from the Legislative Assembly Administration branch, the incumbent will be responsible for establishing the Office of the Seniors' Advocate, including, but not limited to, identifying operational goals and priorities, office space needs, staffing and budget requirements.

**ESSENTIAL QUALIFICATIONS:**

- A post-secondary degree in a relevant discipline (e.g. public administration, public policy, mediation/dispute resolution, health care, social sciences). An equivalent combination of education and experience may be considered.
- Demonstrated experience providing executive leadership with exceptional interpersonal skills and the ability to build positive, collaborate relationships.
- Demonstrated experience establishing and/or managing a professional office including hiring staff, managing budgets, overseeing operations and setting strategic direction.
- A proven record of identifying, reviewing and analyzing systemic problems or concerns.
- Highly developed oral and written communication skills, including the ability to present complex issues and recommendations.
- Demonstrated experience working effectively with communities and groups that experience racism or discrimination and experience developing initiatives to advance reconciliation between Indigenous and Non-Indigenous peoples.
- Demonstrated experience dealing with governments, government agencies, health authorities and local authorities who deliver services to seniors.
- Demonstrated experience exercising sound judgment and working independently.

**DESIRED QUALIFICATIONS:**

- Experience promoting awareness of the availability of seniors' services in Manitoba.
- A sound understanding of the non-partisan role of an officer of the Legislative Assembly.

The successful candidate must possess a valid driver's license and be willing to travel extensively throughout Manitoba. The successful applicant will be subject to Criminal Record and Adult Abuse Registry checks.

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Winnipeg, MB R3C 3R6  
Phone: 204-945-7279  
Fax: 204-948-3115  
Email: [hr@legassembly.mb.ca](mailto:hr@legassembly.mb.ca)

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Closing Date: **June 8, 2025**

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**UPCOMING EVENTS**

JOIN THE FIGHT AGAINST PROSTATE CANCER! The Motorcycle Ride for Dad is Saturday, May 31, 2025, 10 a.m., Polo Park, Winnipeg. Visit [ridefordad.ca/Manitoba](http://ridefordad.ca/Manitoba) to register or make a pledge.

**WANTED**

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# take a break

> GAMES

## SUDOKU

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

Level: Intermediate

### Here's How It Works:

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

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

Sudoku Answer

## CORRECTION

THE RURAL MUNICIPALITY OF ROCKWOOD



## PUBLIC NOTICE

The Rural Municipality of Rockwood hereby gives notice that the date of the following Regular Meetings of Council has been changed:

From: Wednesday, May 28, 2025 starting at 9:00 a.m.

To: Wednesday, May 21, 2025 starting at 9:00 a.m.

AND

From: Wednesday, June 11, 2025 starting at 9:00 a.m.

To: Thursday, June 12, 2025 starting at 9:00 a.m.  
At the Administration Office, 285 Main Street Stonewall, MB

Council,  
Rural Municipality of Rockwood

## THE RURAL MUNICIPALITY OF ROCKWOOD



## PUBLIC NOTICE

### 2025 FINANCIAL PLAN - PUBLIC HEARING

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

6:30 p.m.

Thursday, June 5, 2025

RM of Rockwood Administrative Office

285 Main Street

Stonewall, Manitoba

The Rural Municipality of Rockwood 2025 Financial Plan consists of:

1. The 2025 Operating Budget;
2. The 2025 Capital Budget;
3. An estimate of the operating revenue and expenditures for the following fiscal year; and
4. A five (5) year Capital Expenditure Program.

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

Any person who wishes to make a Presentation, Ask a Question, or Send a Letter to Council must provide a copy of the presentation and/or documentation no later than 4:00 p.m. on May 30, 2025.

Copies of the 2025 Financial Plan are available for review after May 22, 2025 at the Municipal Office, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Chris Luellman, CMMA  
Chief Administrative Officer  
The Rural Municipality of Rockwood



# Announcements

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## Stonewall Teulon Tribune

CELEBRATION OF LIFE



**Beulah Jones (McCulloch)**  
**October 26, 1929 – December 9, 2024**  
In memory of the passing of Beulah Jones, a Celebration of Life will be held at Warren United Church on Saturday, May 31 at 1:30 p.m. with lunch to follow at Warren Memorial Hall.  
In lieu of flowers, donations may be made to Warren United Church, Box 324, Warren, MB. R0C 3E0 or to a charity of one's choice.



CELEBRATION OF LIFE

**Carol Nichol (nee Harris)**  
**May 23, 1941 – October 19, 2024**  
A Celebration of Life will be held on Saturday, May 24, 2025, at 2:00 pm at Grosse Isle Community Hall, Grosse Isle, Manitoba.  
There will be an opportunity to share a story or memory if you wish.



CARD OF THANKS

Balmoral Recreation Centre congratulates our Club 200 draw winners April 5, 2025. \$250 – Rachelle Gaboury; \$250 – Brenda Latta; \$250 – FNR Refrigeration Ltd.; \$250 – Bio-Derm; \$500 – John and Lydia Shipley; \$500 – Reese Stewart; \$500 – Kyle Loehmer; \$500 – Reese Stewart; \$1000 – Karen Kelpin; \$2000 – Art and Catherine Waterer; \$4000 – Alex Lave. Thank you to everyone that bought and sold tickets. We appreciate your support.  
-Balmoral Rec Centre Board of Directors

IN MEMORIAM



**Nick Neumann**  
**June 10, 1933 – May 23, 2014**  
The world changes from year to year,  
Our lives from day to day;  
But the love and memories of you,  
Shall never pass away.  
-Forever in our hearts,  
Justina,  
Cheryl, Tray, Cassidy and Cassie,  
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OBITUARY



**Jeanette Ella Erickson (nee Semenchuk)**  
Our beloved Nana passed away on Sunday, May 4, 2025 surrounded by her loving family. She was 86 years old. Jeanette was a loving mother, grandmother and friend.  
She was born in Winnipeg on February 3rd, 1939 and was the second child of Makar and Betty Semenchuk.  
Jeanette graduated from Winnipeg Normal School. Nana's Normal School classmates were friends for life. Her teaching career began in Fisher Branch. Her life changed when she began teaching at the West School in Lake Francis where she met her future husband Ernie at a local dance. The rest is history.  
Jeanette and Ernie farmed in Lake Francis. Later she taught at Graysfield School in Lake Francis and spent many years teaching kindergarten in Woodlands.  
Jeanette and Ernie had four children and eight grandchildren. Karen (Bob and Cassidy), Wendy (Dave, Ian, Morgan), Dan (Debbie, Cody, Dustin and Sarah, Chyann), Lynn (Greg, Landon and Karissa, Regan and Jesse). Jeanette is survived by her sister Liz and niece and nephews Michael, Patricia and Paul and families.  
Jeanette was predeceased by husband Ernie in 2006.  
Jeanette was a talented seamstress and loved to cook for her family. Her homemade bread will be sadly missed. Her happy place was the cottage at Twin Lakes Beach. She was a resident at Lion's Manor. She loved her apartment and her coffee group.  
Jeanette had many difficult health issues over the years. She was blessed to be cared for by many devoted home care staff. Their incredible professional care and unwavering kindness made it possible for her to remain in her home until the end. We as the family cannot adequately express our sincere gratitude to all of the health care aides and nurses. We would also like to thank Palliative Care.  
We are very thankful for the support of many family and friends.  
As per Nana's wishes there will not be a formal service.  
In lieu of flowers donations can be made to Southwest District Palliative Care Inc. Box 1282 Stonewall R0C2Z0.

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OBITUARY



**Tracy Dawn Mann**  
**January 15, 1970 – May 10, 2025**  
I was born January 15, 1970, to my loving parents Maurice and Edith Carman. I leave to mourn my best friend and loving husband, Darryl. My amazing and beautiful children, Nicholas (Jennifer) and Felicia (Brandon) along with my dear sister Dianna (Ted) and her family, and the Mann family.  
I have been a devoted daughter, a dedicated sister, a loving wife, a comforting mother, a princess, and a true and loyal friend.  
I have been truly blessed with a full life. I enjoyed camping and travelling and being with my family and friends. I loved baking, cooking, curling, gardening, and Christmas. I have had the joy of travelling with family and friends. I've been to exciting places, seen beautiful things and done amazing things like zip lining, swimming with manta, driving dune buggies off-road, biking down a volcano, starfish in Cuba, dog sledding, climbing a waterfall in Jamaica, visited and climbed ancient ruins and had my dream vacation traveling Europe.

This obituary is for the luckiest woman in the world.  
Lucky to have an unbelievably strong, loving, and forgiving mother who taught me much more than she ever realized. Mom, when I knock on Heaven's door I hope that you are the one who opens it. Lucky to have a dad, sister, children, husband. Lucky to have befriended so many wonderful people.  
I have enjoyed a wonderful life which I am in no way ready to leave. It is certainly not my choice nor desire to die, but die I must. Cancer was my undoing and it is the most wicked of foe. I will never be dead as long as my family and friends are alive and kicking. If you should wake up with a song that will just not leave your thoughts, that will be me reminding you to sing and dance. If you stub your toe and cuss like a sailor, you will know that those words have flown from my mouth into yours.  
So... I was born; I blinked; and it was over. No buildings named after me; no monuments erected in my honor.  
My wishes are to not spend money on flowers (I loved them in the gardens or in the fields but have always thought they were a waste of money, and because they would just die, just like I did). I have surrounded myself with so many wonderful people. The kindness and love that you have shown me throughout this illness has been a source of strength, thank you from the bottom of my heart. Please don't cry because I'm gone, instead, be happy that I was here. (Or maybe you can cry a little bit. After all, I have passed away).  
Life is not forever, love is.  
A private family celebration of life was held on March 30, 2025.



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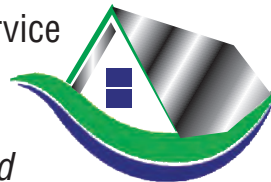
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