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TRIBUNE PHOTO BY JENNIFER MCFEE
The Grade 5/6 classes at Teulon Elementary School recently hosted an inter-generational Poet Tea. Cousins Billy and Ryder enjoyed the event with their Grand-Friends.

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Students build momentum for relay fundraiser

Teulon Collegiate pie event raises funds ahead of May 29 Relay For Life

By Lana Meier

Students at Teulon Collegiate Institute are helping build momentum toward the upcoming Relay For Life fundraiser with a hands-on — and messy — school event.

The school hosted a Pie in the Face fundraiser on Thursday, May 14, raising more than \$500 in support of cancer care and the Canadian Cancer Society.

Students paid \$5 for the chance to pie a teacher, while \$10 earned them the opportunity to pie the principal. A few students were also selected to take part.

"We knew kids would participate. Doing something to teachers — like getting them pied — gets kids involved," said organizers with the Teulon Collegiate student leadership team.

The event drew strong participation across the school.

"It was a great response. We sold about 90 pies and made over \$500. It was a fun, uplifting event," shared Chelsea Meier.

One moment stood out for students. "Grade 12 student Kingston Lowe got over 20 pies in a row. That was really funny," they said.

Organizers say events like this play an important role in building engagement ahead of the main fundraiser.



Kingston Lowe, a Grade 12 student, takes part in the Pie in the Face fundraiser on May 14, receiving more than 20 pies.

"These kinds of events are very important. It keeps students intrigued and excited for the event and encourages kids to get involved in fundraising even if they can't commit to the full event," they said.

The fundraiser is part of a broader effort involving student leadership teams from Teulon Collegiate, Collège Stonewall Collegiate and Warren Collegiate, who are working together to host a unified Relay For Life event on Friday, May 29 in Stonewall.

At Teulon Collegiate alone, fundraising efforts are already making a significant impact.

"We are currently at \$6,500 at TCI toward our Interlake School Division goal of \$15,000, which is over one-third of the total goal raised at Teulon," organizers said.

Additional fundraising initiatives



TRIBUNE PHOTOS BY CHELSEA MEIER

Teulon Collegiate Institute students and staff take part in a Pie in the Face fundraiser on May 14, raising more than \$500 in support of cancer care ahead of the upcoming Relay For Life event.

are continuing in the lead-up to the event, including badminton intramurals during lunch hours, with proceeds supporting cancer care.

Students and staff have also embraced incentive-based fundraising milestones.

"We have teacher incentives for when we meet fundraising goals, and we have met all of them," organizers said. "On May 28, staff who volunteered will complete their incentives, such as our principal getting her hair dyed rainbow in front of the school."

The Relay For Life event itself will feature opening ceremonies at 4:30 p.m., including a survivor walk, followed by team laps, activities and opportunities to honour those affected by cancer.

Organizers say community support

will be key to the event's success.

"Cancer affects everyone in some way, so it's a really important event to come out and show your support," they said.

Community members are encouraged to attend, cheer on participants, join a team or take part in the survivor walk. Those interested can contact organizers from any of the three schools, including Deanna Johnson, Chelsea Meier, Heather Tataryn, Fallon Campbell, Curtis Grieve or Jesse Hourie.

The Relay For Life event runs from 4:30 to 8:30 p.m. at Collège Stonewall Collegiate.

To donate or join the event, visit Relay For Life and click "Sign up today," then under school events go to Manitoba and then join the Interlake School Division.

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Teulon couple wins major Bigway grocery contest

By Lana Meier

A pair of longtime local shoppers are celebrating after winning a major prize through a grocery store contest at Teulon Bigway Foods.

Greg and Donna Mackay of Teulon were recently announced as the winners of the TGP Fresh Ride Giveaway, which ran from Feb. 12 to April 8 and offered participants across Western Canada the chance to win either a new Ford Maverick or a cash prize of

\$40,000.

The Mackays, who are regular customers at the store, chose the cash prize after their entry was selected as the contest's sole grand prize winner.

"This is incredible. We couldn't have asked for a better surprise," Donna Mackay said in a news release. "We're excited to treat ourselves a little but also plan to pay some bills and travel to see family we haven't had the chance to visit in a while."

Store owner Ian Palsson said it was exciting to see the prize stay within the local community.

"It's nice to see someone local win a grand prize," said Palsson. "It shows these contests really do have big winners that are in fact local."

Palsson said the couple moved to Teulon from Winnipeg and have been retired in the community for the past couple of years.

"They are very regular customers," he said.

Palsson added that participation from Teulon shoppers was especially strong throughout the promotion.

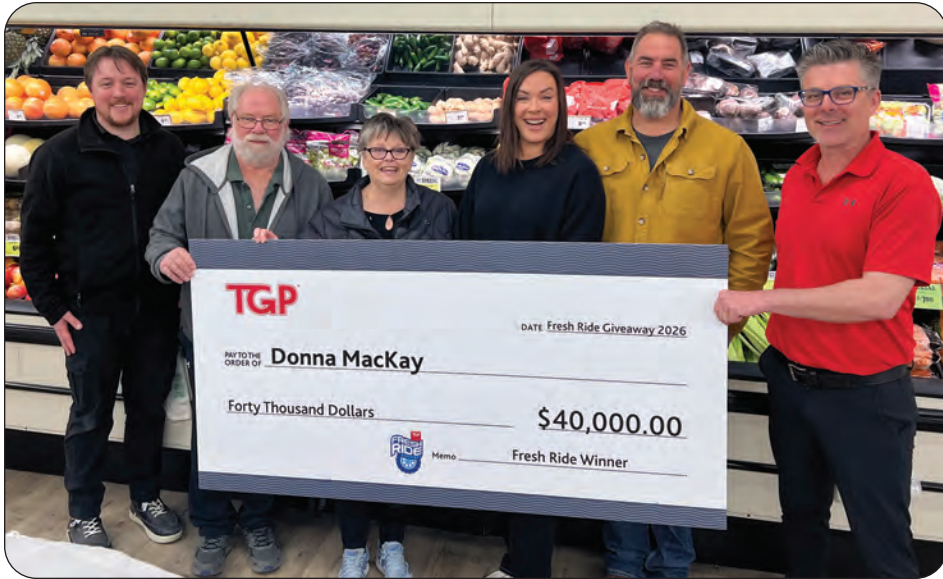
"Our store metrics for participation in the online contest were very high and speaks to a savvy clientele," he

said.

The promotion generated excitement among shoppers throughout the region and highlighted the strong community support behind the local grocery store.

"We are so happy to be part of this wonderful initiative," Mandy Palsson said. "It's always a pleasure to give back to our community and reward our valued customers. Congratulations to Greg and Donna, and we hope they enjoy the cash prize."

Teulon Bigway Foods thanked everyone who participated in the contest and said it looks forward to hosting more community-focused events in the future.



TRIBUNE PHOTO SUBMITTED

Greg and Donna McKay of Teulon were presented with the \$40,000 grand prize from the TGP Fresh Ride Giveaway at Teulon Bigway Foods after being selected as the sole grand prize winners from across Western Canada. Pictured from left are Andrew Hancock, Greg McKay, Donna McKay, Mandy Palsson, Ian Palsson and Jeff Peters.

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Families invited to celebrate literacy at community reading event

By Lana Meier

Families in the Stonewall area will have an opportunity to celebrate reading, storytelling and literacy during a family-friendly community event planned for June 6 at Quarry Park.

The event, titled Let's Read Together, is being organized by Jennifer Rukhra, equity and social justice chair for the Interlake Teachers' Association, and will take place Saturday, June 6 at 1 p.m. on the grassy area near the pond at Quarry Park.

The event will feature guest readers, literacy activities, snacks and opportunities for children and families to engage with books in an inclusive outdoor setting. Families attending with children will also have the opportunity to select a free picture book or chapter book donated through United for Literacy.

Rukhra said the idea for the event was inspired by a similar literacy initiative organized in the Lord Selkirk School Division.

"As an educator and as equity and social justice chair with the Interlake Teachers Association, it is my role to promote social justice and to support my colleagues with social justice is-

sues related to the profession," said Rukhra. "My ESJ counterpart in Lord Selkirk School Division has organized a similar event and as soon as I learned of the idea, I was inspired to consider it for our corner of the Interlake."

Guest readers attending the event will represent diverse perspectives related to culture, mental health, ability and French language.

Among the special guests expected to participate is Manitoba Teachers' Society president Lillian Klausen.

"Having the president of the Manitoba Teachers Society attend is a great honour," said Rukhra. "It demonstrates a commitment from our union leader to make grassroots connections to local initiatives and her support of literacy and diversity."

Rukhra added that Klausen's French-language background made her an ideal fit for the event, especially with the continued growth of French immersion programming within Stonewall schools.

Families attending can expect several read-aloud sessions with guest readers, a bookmark make-and-take

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activity and opportunities to connect with other community members in an outdoor setting.

"Sharing stories and connection through literacy is so important, given all the demands on busy families," said Rukhra. "The purpose of this event is to carve out that time for families to enjoy a read aloud with special guests, in the beauty of the outdoors, while connecting with other community members."

Rukhra said the event is intended to create another opportunity for families to gather together in a welcoming community environment, particularly for those who may not already be connected through sports or other organized activities.

"Getting families out, reading together, spending time connecting, that makes for a healthy community," she said. "It is my hope that families that aren't connected to sport or other community activities see this as a way of meeting other families and building connections."

Rukhra also emphasized the connection between literacy, inclusion and social justice.

"With the divisiveness in our world right now, it is so important for us to understand each other," she said. "Books tell a story and perspective taking builds empathy. There are so many quality picture books that reflect the diversity in our world. It is my hope with this event that diversity and inclusion are celebrated and valued."

Organizers are hoping to attract approximately 100 children and caregivers to the event. Posters featuring a QR code to register for the free books are currently available at Stonewall daycares and Family Foods.

"My hope is to provide a venue for families to connect with good literature, community members, and meet some amazing guest readers," said Rukhra. "It is open to all families within Stonewall and the surrounding community."

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Teulon Elementary brings different generations together

By Jennifer McFee

An inter-generational program continues to create connections across the eras in Teulon.

The Grand-Friends program is a community initiative in Teulon that connects local seniors or family members with students in an effort to foster intergenerational relationships.

The initiative launched about five years ago after Teulon Elementary School interim principal Heidi Reeb met with representatives from Green Acres Art Centre. The organization was hoping some students would visit Goodwin Lodge for crafts and activities.

"The program was a success, but the following year it shifted direction by welcoming community and family members into the school for various activities. It is great to give family and community an opportunity to see the school and have some fun," Reeb said.

"We are hoping to continue the program each year — or every other year because teachers typically have some of the same students the next year due to our multi-grade classes."

This year, the Grade 3/4 classes hosted Bingo in the school gym, and the Grade 5/6 classes hosted a Poet Tea. Students had the chance to invite grandparents, great-aunts, great-uncles or close family friends.

"We always try to pair students up with community members who do not have family nearby," Reeb added.

On Friday, May 8, students took turns sharing poems they wrote about themselves, their hobbies, their observations and much more. While listening attentively to the kids' creative wordsmithing, the Grand-Friends sipped hot tea or iced tea and nibbled on a cookie in the school gym.

Teacher Rachel Marchuk came up with the idea for the poetry event, and two other teachers jumped on-board. The students worked on different styles of poetry throughout the month of April and they had the chance to showcase some of their favourite compositions.

"I think the students were really



proud of their work, and it was nice that they got to show it off," said Marchuk, who had previously hosted a similar event while teaching in Grosse Isle. "It's great to have their support systems here and to bring the community together."

For Reeb, she agreed that the events were both a great success.

"It is wonderful to watch two different generations connect over a shared activity and snack," she said. "You can hear a lot of chatter and laughter. Grand-Friends always leave with a big smile on their face."

These inter-generational activities also bring joy to the youngsters involved.

"Students feel a sense of pride," Reeb said. "They enjoy hosting an event and love spending time with their Grand-Friend."



TRIBUNE PHOTOS BY JENNIFER MCFEE AND SUBMITTED
Teulon Elementary School's Grade 3/4 classes hosted an inter-generational Bingo on May 7, and the Grade 5/6 classes hosted a Poet Tea on May 8.



Stonewall Teulon
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Manitoba seeks feedback on time changes

By Annaliese Meier

The Manitoba government is asking residents to weigh in on whether the province should continue changing clocks twice a year or move to a permanent time system.

Glen Simard, Manitoba's minister of municipal and northern relations, announced this week that consultations are now open as the province considers adopting either permanent standard time or permanent daylight time.

"Across Canada, a number of provinces and territories are ending the time change and Manitobans have made it clear they want us to look at doing the same," Simard said in a news release. "From a lower risk of stroke to when the sun rises and sets, there are a number of things to consider, and we want to hear directly from Manitobans."

A recent analysis by the Manitoba government concluded eliminating the twice-yearly clock change would be better for population health than maintaining the current system.

The discussion is also drawing attention from Manitoba's agricultural community, where strict daily routines are an important part of livestock care.

Warren's Rob Boonstra, owner and

partner at Boonstra Farms Ltd., said dairy cattle respond best to consistency.

"On a dairy farm, consistency is key. Cows do not like change," said Boonstra. "A high-producing cow feels the affects of being milked an hour later."

Boonstra said the animals eventually adapt after a few days, but routine remains important.

"They are a creature of habit and they do prefer things to stay the same," he said.

While he appreciates the longer summer evenings as a person, Boonstra said dairy cattle would likely benefit from keeping one consistent time year-round.

"As a human being, it's nice to have the long summer nights, but as the owner of dairy cows, they themselves would prefer to not change the time," he said.

Commercial fisherman Bill Buckels said he believes maintaining the current seasonal time changes remains important for safety in Manitoba's outdoor industries.

"In Manitoba, permanent Daylight Saving Time would mean the sun wouldn't rise until nearly 10 a.m. in the winter," said Buckels. "For industries like commercial fishing or agri-

culture, this is a major safety hazard." Buckels said workers in industries such as commercial fishing, forestry, mining and trucking rely heavily on early morning daylight during winter months for travel and equipment preparation.

"The risk of wildlife collisions, specifically with deer and moose, is significantly heightened during these pre-dawn hours," he said. "By reverting to standard time in the winter, an essential hour of natural light is returned to the morning, providing a critical safety margin for those on the road and on the ice."

Buckels added that while many people view the twice-yearly time change as an inconvenience, he believes Manitoba's seasonal clock adjustments continue to serve a practical purpose for industries operating in difficult outdoor conditions.

"The clock should serve the safety and productivity of the province's foundational industries," he said.

The Manitoba Health report is available through the Manitoba government.

Residents can also participate in the public consultation through EngageMB at <https://engagemb.ca/time-change>.

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Funding boosts English training for Ukrainians

By Lana Meier

The Manitoba government is investing \$500,000 to expand English language training programs for Ukrainian newcomers across the province as part of ongoing efforts to support settlement and long-term integration.

The funding, announced by Manitoba Sport, Culture, Heritage and Tourism Minister Nellie Kennedy on Vyshyvanka Day, will support programming delivered through the Ukrainian Canadian Congress – Manitoba Provincial Council (UCC-MPC).

“As Manitobans celebrate Vyshyvanka Day and honour Ukrainian culture and heritage, this investment reflects our commitment to ensuring newcomers have the tools they need to thrive, find work and fully participate in communities across our province,” Kennedy said in a news release.

“Our government is proud to support the Ukrainian Canadian Congress – Manitoba Provincial Council as it helps Ukrainian newcomers build strong connections and successful futures in Manitoba.”

The UCC is a national organization representing Ukrainian Canadian community groups, with the Manitoba council among the oldest in Canada. Since the start of Russia’s war on Ukraine, the organization has helped support thousands of individuals and families who have settled in Manitoba.

According to UCC Manitoba, more than 30,000 Ukrainian newcomers

have arrived in the province since the war began.

From July 2025 to February 2026, the organization delivered English language training to approximately 900 adult learners across Manitoba in partnership with community organizations.

UCC Manitoba president Joanne Lewandosky said language training plays a critical role in helping newcomers build stable lives in their new communities.

“English language training is one of the most important tools helping Ukrainian newcomers build successful lives in Manitoba, opening doors to employment, education and full participation in our communities,” said Lewandosky.

“We are deeply grateful to the Manitoba government for its ongoing support of Ukrainians forced to come to Canada because of Russia’s invasion of Ukraine and for investing in programs that help newcomers integrate and contribute to our province.”

The new provincial funding will support additional staffing, expanded course offerings and organizational supports aimed at strengthening program delivery in both urban and rural communities.

UCC Manitoba said there has been particularly strong demand for English language training in Winnipeg, western Manitoba, the Morden-Winkler area and the Interlake region.

The organization noted it is committed to offering as many rural courses as possible where demand exists, although finding qualified instructors

continues to be a challenge.

The expanded programming will continue to focus on in-person instruction, as UCC Manitoba does not currently offer online language courses.

UCC Manitoba spokesperson Ostap Skrypnyk said language skills remain an important part of helping newcomers become job ready and establish long-term roots in Manitoba communities.

“Employers in general want workers who are job ready. Language is an important part of that,” said Skrypnyk. “Viable and long-term employment is important for rural municipalities to retain newcomers.”

Vyshyvanka Day is observed annually on the third Thursday in May and celebrates Ukrainian culture and unity through the wearing of traditional embroidered shirts known as vyshyvankas.

“ENGLISH LANGUAGE TRAINING IS ONE OF THE MOST IMPORTANT TOOLS HELPING UKRAINIAN NEWCOMERS BUILD SUCCESSFUL LIVES.”

Correction

Staff

In the article “Manitoba energy debate continues as former Stonewall resident calls for nuclear shift” published in the May 14, *Stonewall Teulon Tribune* said the seven-acre facility would produce 1.2 megawatts of energy. It should have said the seven-acre facility would produce 1.2 gigawatts of energy.

The *Tribune* apologizes for the error.

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We all battle with guilt. We’ve all blown it, done that which is wrong and we know it. And guilt can be like a cancer in us, eating away at us.

A father was sitting in the living room wondering what time it was, when he heard his small son out in the kitchen. “Robby,” he called to him, “what is the little hand on?” After a short pause, Robby replied, “A chocolate chip cookie.”

Billy Graham once said, “All people have a sense of guilt. It haunts us and hounds us and in the end, plays havoc with our peace of mind.”

In the Bible, King David had an affair with a married woman by the name of Bathsheba. After it was over and done, David experienced a tremendous sense of guilt. He writes, “When I kept silent about my sin, my body wasted away through my groaning all day long.” His guilt overwhelmed and consumed him.

How do you get free from guilt? The answer: go to God in prayer, confess your sin to Him and receive His forgiveness. The Bible says, “If we confess our sins, He (God) is faithful and just to forgive us our sins and cleanse us from all unrighteousness.” Confession is simply agreeing with God’s conviction through your guilty conscience, that yes, you did it and that you are repenting and turning away from it.

And that is what David did: in Psalm 32, he writes “Then I acknowledged my sin to You and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’-- and You forgave the guilt of my sin!”

If you are caving in under the burden of your guilt, this is what to do: confess your sin to God and experience His total and complete forgiveness. It will be wonderful for you. As David put it, “Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of guilt!”

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PCs push to raise Manitoba tax exemption amid affordability concerns

By E. Antonio

Progressive Conservatives are calling on the Manitoba government to more than double the province's basic personal exemption, saying the move would provide meaningful affordability relief for families facing rising living costs.

Progressive Conservative finance critic Lauren Stone, who is also the MLA for Midland, said the party is pushing to raise Manitoba's Basic Personal Exemption to \$30,000, which would allow Manitobans to earn more income before paying provincial income tax.

The basic personal exemption is the amount of income a person can earn before paying provincial income tax.

Stone said the proposed increase could save a single-income family about \$1,500 annually, or approximately \$3,000 for dual-income households.

"As we know, families across Manitoba are feeling the squeeze of the cost-of-living crisis Manitobans are facing right now," she said. "The cost of living is increasing faster than our paycheques, and it's no doubt families are falling behind. This would put hundreds of dollars into the pockets of hardworking Manitoban families, allowing them to spend their money in their communities and boosting local economies."

Manitoba's current basic personal exemption sits at \$15,780, below neighbouring Saskatchewan's exemption of \$20,381 and Alberta's \$22,769.

Stone said Manitoba is currently the only province not increasing its basic personal exemption or maintaining indexation tied to inflation.

The NDP government paused indexation in 2025, meaning tax brackets no

longer automatically rise alongside inflation. Stone argued that without indexation, some Manitobans may end up paying more income tax even if wage increases simply keep pace with rising costs.

"Every other province is either increasing the exemption amount for their citizens and/or bringing in indexation," she said. "Manitoba is the only province that is doing the opposite."

Stone said rising costs for groceries, fuel, utilities and other household expenses continue to place pressure on Manitoba families.

"People need those extra dollars in their pocket," she added. "These are basic needs Manitobans have, and those are real dollars and affordability relief that could go a long way."

She described the proposal as a "fair and common-sense approach" that would benefit most Manitobans.

The PCs introduced the proposal during the provincial government's spring budget session. Stone said the party is willing to compromise with the NDP government in order to move affordability legislation forward before the end of the spring sitting.

She suggested the province could increase the exemption to \$21,000 initially to match Saskatchewan and British Columbia levels if the government is unwilling to support the full \$30,000 proposal immediately. The \$21,000 would increase to one-third of the of the PC's goal, and she expects the partial increase would cost a maximum of \$350 million annually.

"Raising the exemption will attract new investment and grow the tax base, as well as further allowing us to cut government waste," she said.

"We are ready to support and bring their budget bill to a vote, but only if it includes meaningful affordability measures like a stronger basic personal exemption."

Stone added that organizations including the Canadian Taxpayers Federation and the Canadian Federation of Independent Business have publicly supported increasing the exemption.

Gage Haubrich, Canadian Taxpayers Federation prairie director, said Manitobans deserve and need to get all the tax relief they can get, acknowledging they pay the highest provincial taxes in Western Canada.

"Increasing the basic personal exemption is a great thing for taxpayers because that means that every taxpayer in Manitoba can earn more money before having to pay taxes, reducing their overall tax burden," he said. "Bracket creep is a massive burden to Manitobans because it hikes their taxes every year through stealth. Because of bracket creep, inflation can automatically bump taxpayers into a higher income tax bracket and increase their tax bills. It's a stealth tax hike because Manitobans pay more every year because of inflation, not because politicians vote on a tax increase."

He explained the government needs to be doing as much as possible to alleviate the burden, noting raising the basic personal exemption is what Manitobans need right now.

"Life is only getting more expensive for Manitobans and they need any and all tax relief available for the government to give."

Manitoba Finance Minister Adrien Sala acknowledged affordability remains a major concern for many

Manitobans and said the NDP government has focused on targeted relief measures.

The province has introduced a temporary fuel tax holiday, a permanent fuel tax reduction, lower middle-class income taxes and expanded education property tax credits.

Through the Budget Implementation and Tax Statutes Amendment Act (BITSA), the government is also proposing to eliminate PST on groceries, provide free childcare for lower-income families and introduce free transit for Manitoba students.

While basic groceries are already PST exempt in Manitoba, the proposed legislation would remove PST from grocery-store food items that currently carry the tax, including many prepared foods, snack foods and beverages, while restaurant meals and non-food household items would still remain taxable.

"We know Manitobans need the support now," Sala said. "I think the combination of tax reductions and credits that we brought forward are helping to provide the targeted relief that Manitobans need."

Sala said rising grocery prices remain one of the province's largest affordability challenges and pointed to the proposed grocery PST exemption as a key measure aimed at helping households manage costs.

He added that if BITSA does not pass before the end of the spring legislative session, some affordability measures could be delayed until the fall.

With only weeks remaining in the spring sitting, both parties continue to pressure each other over competing affordability measures as Manitobans face ongoing financial pressures.

Province expands French nursing program at Université de Saint-Boniface

By Haley Cvar

The Manitoba government is expanding French-language nursing education by adding 30 new seats to the bachelor of nursing program at Université de Saint-Boniface, bringing total enrolment capacity to 75 students beginning in the 2026-27 academic

year.

Advanced Education and Training Minister Renée Cable and Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced the province will invest \$219,691 over four years to support the additional seats.

The province said the expansion is in-

tended to strengthen bilingual health-care delivery and help meet growing demand for French-speaking nurses in designated francophone and bilingual health-care facilities across Manitoba.

USB president Sophie Bouffard said the university has seen increased interest in its nursing program in recent

years. She noted USB is the only institution in Western Canada offering a bachelor of nursing degree entirely in French.

The announcement was welcomed by Santé en français and the Association of Manitoba Bilingual Municipalities, which said the move will help support bilingual health-care services in communities across the province.



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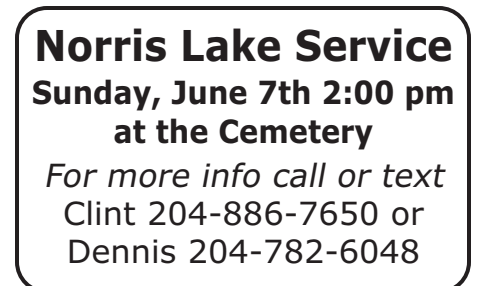
Clubroom Events for the Week of May 25

Wednesday 4-Close 8:30 Chase the Queen Draw Pot is at \$1,376.50
Thursday 4-Close

Friday 4-Close 5:00 BBQ 6:30 Meat Draw
Saturday 2-close 3pm Meat Draw 5:30 Dinner

Upcoming Events June 7 Decoration Day
May 30 Dinner will be Chicken Skewers Greek Style
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Webinar to encourage future school trustees

By Lana Meier

Residents considering a run for local school board in the 2026 municipal elections will have an opportunity to learn more through upcoming virtual information sessions hosted by the Manitoba School Boards Association.

The free webinars are designed to help prospective candidates better understand the role of a school trustee and Manitoba's public education system ahead of next year's elections.

Topics will include trustee responsibilities, campaigning, governance, the structure of Manitoba's education system and a question-and-answer session.

The sessions will take place Wednesday, May 27 and Monday, June 1 from 6 to 8 p.m. No registration is required.

Interlake School Division board chair Alan Campbell said school trustees play an important role in representing community voices within public education and encouraged residents to consider serving in the role.

"School board trusteeship is something I would strongly encourage for anyone who wants to give back to their community in a meaningful and rewarding way," said Campbell, who also serves as past-president of the Manitoba School Boards Association and president of the Canadian School Boards Association.

Campbell said school boards are an important part of the democratic foundation of communities and should reflect a broad range of perspectives.

"Parents of current and former students, people who don't have

children, members of the business community, those who are retired or perhaps just starting in their career, members of IBPOC communities and those who identify as 2SLGBTQ+ all have valuable perspectives to offer," he said.

He noted that trustees serve in a governance role rather than an operational one, working with senior administration to help guide division priorities and decision-making through board policy.

"The most important annual policy statement by the local school board comes in the passage of the annual budget," Campbell said. "Trustees must come prepared to consider student, staff, PAC, community and other stakeholder feedback in the preparation of the budget."

Campbell added that local school boards play a key role in maintaining accountability within Manitoba's public education system.

"Public schools provide a vital function in the current and future success and sustainability of our society and therefore are not only worthy of but reliant on investment by everyone — not just those with kids in school," he said.

He also stressed that school boards function best when trustees work collaboratively and respectfully.

"Individual agendas are only as strong as the votes around the table," Campbell said. "The division will be guided by the majority will of the board of trustees and not by the priorities of individual trustees."

Campbell noted that school boards



in Manitoba are non-partisan and focused on supporting students, staff and families regardless of the provincial government of the day.

He added that those considering trusteeship should understand the time commitment involved, including evening meetings and occasional daytime responsibilities.

"Effective trusteeship takes time," he said. "Those considering the role must be willing to give up several evenings per month."

Campbell said residents interested in running should watch the division's website and social media channels in the coming weeks for ad-

ditional information and can also contact current trustees directly to learn more about the role.

School trustees in Manitoba are elected to four-year terms during municipal elections. Trustees receive an honorarium for their service, with amounts varying between school divisions based on board policies and responsibilities.

The next Manitoba school trustee elections are scheduled for Oct. 28, 2026.

More information is available at elect2026.ca.

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Rockwood works on 10-year roadmap for the municipality's future

By Jennifer McFee

Looking to the future, the RM of Rockwood is working on a plan to guide the municipality over the next decade.

The RM is working with Cheryl Christian of GovFox Municipal Consulting on the municipality's strategic plan process for the next 10 years. She brings more than 30 years of community leadership experience, including experience in municipal government, strategic planning, facilitation, governance and community engagement.

Working with an external consultant on strategic planning can provide expertise as well a neutral and unbiased third-party to facilitate the process. Over the past four years, Gov-Fox Municipal Consulting Inc. has worked with 12 local governments and non-profit organizations to build community-based strategic plans.

Rockwood Reeve Wes Taplin outlined the importance of creating a strategic plan to guide the future of the municipality.

"With changes that are going to hap-

pen in the future — like the upcoming election and with the retirement of Chris Luellman, our CAO — this will help new members of council," he said. "Our future CAO will also have an idea the direction that the municipality wants to pursue."

Christian explained that a strategic plan is essentially a roadmap for the future of the municipality.

"It helps council and administration identify priorities, goals and areas of focus over the next several years while ensuring decisions are proactive and guided by a shared long-term vision," Christian said.

"Strategic planning provides municipalities with an opportunity to reflect on where they are today, where they want to go in the future, and plan for the decisions and resources needed to achieve those goals and priorities."

Christian said strategic plans are important because municipalities today are balancing significant pressures, including infrastructure demands and costs, financial sustainability, regional growth, economic development, recreation, community well-being and changing resident expectations.

"A strong strategic plan helps create alignment between council, administration and the community while also helping guide budgeting, decision-making and future investments over the next 10 years," Christian said.

Community engagement plays an important role in effective strategic planning, and the RM of Rockwood is currently in the public consultation stage.

"Public participation helps strengthen transparency, accountability, trust and long-term community support for municipal priorities and future decision-making," Christian said.

"Residents, businesses, community organizations and stakeholders all experience the municipality



PHOTO SUBMITTED

differently and bring valuable perspectives. Strategic plans are strongest when they reflect both council's vision and the lived experiences and priorities of the community itself."

Rockwood residents can share their feedback in several ways throughout the engagement process, including a community survey and three upcoming community focus groups. A link to the survey is posted on the RM of Rockwood's website at rockwood.ca. When the details for the focus groups are finalized, that information will also be shared on the RM's website as well as on social media and on bulletin boards throughout the municipality.

"The goal is to create multiple opportunities for residents to participate and help shape the future direction of the municipality," Christian said.

The consultation stage also includes interviews with council, administration and staff. After this stage wraps up, the project team will review and analyze feedback alongside municipal data, existing plans and council priorities.

"From there, draft strategic priorities, goals and actions will be developed with council and administration before a final strategic plan is adopted and shared with the community," she said.

"Strategic planning is not just about creating a document — it is really about creating alignment, clarity and a shared vision for the future. It also provides an opportunity for municipalities to proactively plan for growth and challenges rather than simply reacting to them over time."

Visit rockwood.ca to learn more and take the survey, which closes June 25.

Cool spring training



TRIBUNE PHOTO BY LANA MEIER

Members of the Interlake Thunder team took advantage of cool spring conditions during training on Tuesday, May 19. Temperatures reached a high of 9 C with a low of 2 C under sunny skies and wind gusts of up to 20 km/h. Help the *Stonewall Teulon Tribune* track the temperature of the week by sending in a photo of your family or friends enjoying the outdoors. Email: news@stonewallteulontribune.ca

Al-Anon and AA Meetings Information

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

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

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

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

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Community support follows devastating losses

By Lana Meier

A GoFundMe campaign has been launched to support a Lake Francis family following a devastating week marked by both personal tragedy and a house fire.

The fundraiser was created for Dan Webster and his son Cree Redhead after the family lost 14-year-old Shay Redhead last week. Shay, who had been reported missing May 21, was later found deceased, according to Manitoba RCMP.

Friends of the family say the tragedy was compounded early May 25 when Webster and Cree also lost their home in a fire.

Woodlands Fire Department re-

sponded to a 911 call for a structure fire on Road 15W in Lake Francis. The department was assisted by crews from the St. Laurent Fire Department.

According to fire officials, the blaze was well advanced when crews arrived and firefighters battled the fire from the exterior of the home.

Part of the house remained structurally intact but sustained heavy heat and smoke damage. No injuries were reported.

Woodlands Fire Department cleared the scene shortly after noon. Officials said the fire is not under investigation.

"Our hearts are broken for our fellow community members Dan Web-

ster and his son Cree as they face an unimaginable week of loss and tragedy," organizers wrote on the GoFundMe page.

"Last week, they lost Shay — a beautiful 14-year-old girl who was deeply loved by her family, friends, and community. While they are still grieving this devastating loss, tragedy has struck again.

"In a matter of days, they have lost so much. Right now, they are trying to navigate heartbreak, shock, and the overwhelming reality of starting over."

The fundraiser states donations will help the family with immediate needs including clothing, essentials, tempo-

rary accommodations, meals and other expenses connected to rebuilding after the fire.

Organizers said the goal is to ease some of the burden on the family as they focus on grieving and healing.

"If you are able to donate, no matter the amount, it would mean so much to this family," the page states. "If you cannot donate, please consider sharing this page and keeping Dan, Cree, and all who loved Shay in your thoughts and prayers."

The campaign was created by friends of the family, who also thanked community members for the support already shown in recent days.

Sacred fire honours Shay Redhead

By Lana Meier

A 14-year-old girl who had been reported missing in the RM of Woodlands has been found deceased, according to the Manitoba RCMP.

In an update issued May 23, Manitoba RCMP said the female, identified as Shay Redhead, had originally been reported missing to Stonewall RCMP on May 21 at approximately 9:35 p.m.

Police said Redhead had been last seen earlier that day at approximately 3:30 p.m. on social media in a field near her family's horses in the Lake Francis area along Government Road.

According to RCMP, Redhead's father and brother returned to the residence later that evening and discovered she was not home. Police and family members searched the property and surrounding community but

were unable to locate her.

RCMP had described the teen as being about five-foot-six with a thin build, shoulder-length blond hair with brown roots and brown eyes. She had last been seen wearing a grey shirt, a black zip sweater with large pink flowers, black leggings and pink Crocs.

In the May 23 update, RCMP confirmed the 14-year-old had been located deceased.

"Stonewall RCMP, with assistance of the Office of the Chief Medical Examiner, continue to investigate," police stated.

In a statement to the newspaper, RCMP said there is no concern for public safety related to the incident. Police have not released additional details as the investigation continues.

A sacred fire has been lit in honour of Shay Redhead following her death.

According to a social media post shared by a family friend on Facebook, the sacred fire began Sunday evening and will continue burning until Shay is buried. The fire was initially lit at the family home in Lake Francis but has since been moved to 103 Poplarwood Dr. in Warren.

The post states the sacred fire serves as a beacon to help guide Shay's spirit home and community members are welcome to stop by to sit with the family. Visitors are asked not to place anything into the fire other than tobacco provided by the family.

Meanwhile, a GoFundMe campaign has also been launched to support Shay's family after a house fire early May 25 destroyed the home of her fa-



Shay Redhead

ther, Dan Webster, and brother, Cree Redhead. Friends of the family say the fundraiser is intended to help with immediate needs and support the family as they grieve and begin rebuilding.

Social prescribing program launches for Manitoba seniors

By Lana Meier

A new initiative being launched by Shared Health Emergency Response Services aims to help older Manitobans build stronger social connections and access community supports while reducing unnecessary hospital visits.

As part of Paramedic Services Week, observed May 17 to 23, Shared Health announced that paramedics in rural Manitoba communities will begin introducing a new social prescribing initiative in June focused on residents aged 65 and older.

The program is designed to help seniors overcome barriers to community-based services and improve awareness about the importance of staying

socially connected.

According to Shared Health, loneliness and social isolation can have a significant impact on overall health and well-being, particularly among older adults. The initiative recognizes that paramedics are often among the first health-care professionals to interact with seniors who may benefit from additional supports beyond medical care.

"Social prescribing reflects an important shift in how we think about care, recognizing that health is shaped by more than medical treatment alone," said Jason Little, chief operating officer of Shared Health ERS.

"By linking individuals to local supports such as senior centres, commu-

nity programs and social services, we help reduce isolation and improve quality of life in meaningful, everyday ways," he added.

The program builds on an earlier provincial government announcement that social prescribing services are now available in all five of Manitoba's regional health authorities.

Loren Bacala, provincial manager of community paramedicine with Shared Health ERS, said not all paramedic calls require transportation to hospital and that some patients may benefit more from improved awareness and access to local supports.

"We know that strengthening these connections can help prevent avoidable hospital visits, support smoother

transitions in care, and enhance quality of life for patients and families," Bacala said.

He added that the initiative will involve collaboration between regional health authorities, community organizations and local partners to help connect Manitobans with appropriate care and services within their own communities.

The initiative is supported in part through funding from Healthcare Excellence Canada and partnerships with Services to Seniors coordinators in the Northern Health Region, Interlake-Eastern Regional Health Authority, Southern Health-Santé Sud and Prairie Mountain Health.

Matlock family raises awareness about Huntington's disease

By E. Antonio

Huntington's disease (HD) is a rare inherited brain disorder that gradually damages nerve cells in the brain. Over time, it affects movement, thinking, emotions and behaviour. Although there is currently no cure, advances in genetics and testing have transformed how doctors diagnose and manage the disease while also creating hope for future treatments.

Approximately 6,000 Canadians are currently living with Huntington's disease, while another 7,500 are considered genetically at risk. Although the disease cannot be prevented, early genetic testing can help people prepare emotionally, financially and medically. It can also allow individuals to participate in research studies or clinical trials.

For Erin Babcock and her family in Matlock, Huntington's disease has affected generations. Her great-grandmother died from the disease at the age of 42 before passing it on to Babcock's grandfather, who later died at 62.

Years later, Babcock's grandfather's six children — including her mother — underwent genetic testing. Four of the six children carried the gene and have since passed away. Her mother did not inherit the gene and, today, several of her cousins continue to live with HD.

Despite the hardship, Babcock said the experience weakened family bonds.

"Growing up we were always a close family. We would get together weekly for dinner and special occasions with all my aunts, uncles and cousins," she said. "We have fond memories of hanging out at the Oasis Beach, Kildonan Park, and renting cabins at Grand Beach with a lot of family pictures."

After learning of the diagnosis, she described the news as "devastating," adding that relatives struggled knowing they had to continue living with the uncertainty of the disease.

"In the beginning, it was OK. Life carried on, but as years passed, symptoms developed and progress and made day-to-day life more complicated," she added. "This was not something we could celebrate."

Over time, her family became involved in HD awareness campaigns, fundraisers, conferences and youth camps to support research and learn more about available treatments and supports. Some relatives also participated in drug trials, although the treatments had no effect on them.

The disease was first described in 1872 by American physician George Huntington. In his paper "On Cho-

rea," Huntington detailed the disease's symptoms, inherited nature, and gradual progression. Although doctors could recognize Huntington's disease clinically for many decades, they did not understand its genetic cause until much later.

HD is inherited in an autosomal dominant pattern, meaning a single altered copy of a gene from one parent is enough to cause the condition. If one parent carries the mutated gene, each child has a 50 per cent chance of inheriting it. Symptoms usually appear between the ages of 30 and 50, although a rarer juvenile form can begin earlier.

Early symptoms may include clumsiness, forgetfulness, mood swings, or difficulty concentrating. As the disease progresses, movement problems become more severe. Many patients develop chorea, which involves involuntary dance-like movements, along with stiffness, poor balance, and trouble speaking or swallowing.

The disease also affects mental health and cognitive abilities. Depression, anxiety, irritability and apathy are common symptoms, while cognitive decline can make planning, memory, and decision-making increasingly difficult. As the disease advances, many individuals require assistance with everyday tasks and long-term care.

Although HD is serious and progressive, it is not an immediate death sentence. Many people live 15 to 20 years after symptoms first appear. While there is still no cure, treatments today focus on symptom management and improving quality of life. Medications can help control movement and emotional symptoms, while physical, occupational and speech therapy can help patients maintain independence for as long as possible.

Researchers began intensifying their search for the disease's genetic roots in 1972. In 1983, they made history by successfully mapping the disease-causing gene to Chromosome 4 — the first time any autosomal disease had been genetically mapped. This breakthrough made predictive "linkage testing" possible, allowing some individuals to learn whether they were likely to develop the disease before symptoms appeared.

Another major breakthrough came in 1993, when scientists identified the exact mutation in the huntingtin (HTT) gene. Researchers discovered that Huntington's disease is caused by an expanded CAG repeat — cytosine-adenine-guanine — within the gene. Most people have between 10 and 35 CAG repeats, while individuals with Huntington's disease have



TRIBUNE PHOTOS SUBMITTED

The Babcock family of Matlock has been deeply affected by Huntington's disease (HD), with several relatives diagnosed over the years. Pictured are Erin Babcock's mother, aunts and uncles — Michael, Belinda, Charlie, Donna, Sharon and George — including four family members who lived with HD.



The Babcocks participate in several HD awareness campaigns and fundraising events throughout the year. Pictured are the Babcocks at the Walk for HD: Sam, Cory, Penny, Kat, Serena, Candace, Belinda, Stacey, Chris, Erin, Marissa, Jeff and Brandon.

36 or more. This mutation produces an abnormal huntingtin protein that slowly damages brain cells over time.

The research process lasted decades and involved thousands of participants and dozens of institutions around the world. Research today is increasingly focused on identifying genetic modifiers, examining additional genetic factors that may influence when symptoms begin or how quickly the disease progresses.

Some experimental treatments are also attempting to slow or stop the disease itself. In September 2025, researchers studying the experimental gene therapy AMT-130 reported promising results. Patients who received a high dose of the treatment experienced a 75 per cent reduction in disease progression over 36 months compared to untreated individuals. Researchers also observed better maintenance of motor, cognitive and daily functioning abilities.

The therapy is delivered through a one-time surgical procedure directly into the brain. Researchers are now preparing to share their findings with broader scientific organizations and the U.S. Food and Drug Administration.

Before genetic testing became available, doctors relied mainly on symptoms and family history to diagnose Huntington's disease. Today, genetic testing can confirm the disease even before symptoms appear. Predictive testing became available in Canada in 1987, and the University of British Columbia performed the country's first predictive test for an adult-onset disease in 1986.

Genetic testing for Huntington's disease is carefully structured because of the emotional impact the results can have. Patients often meet with genetic counsellors or neurologists to discuss possible outcomes before testing be-

Province releases health-care recruitment and retention toolkit for municipalities

By Patricia Barrett

The provincial government launched a toolkit last month to help municipalities recruit and retain health-care workers.

The toolkit aims to help communities better understand how to recruit physicians, nurses and other health-care professionals from other regions or from other countries, and support them in their communities over the long term.

Health minister Uzoma Asagwara said the toolkit was developed with municipalities and provides practical tools, best practices and ideas communities are already using to support providers.

“Health care doesn’t stop at the clinic door: it’s built in our communities,” said Asagwara in an April 23 news release. “Across Manitoba, we’re working with local partners to showcase their communities and welcome health-care professionals, support them as they build their careers and help them put down roots.”

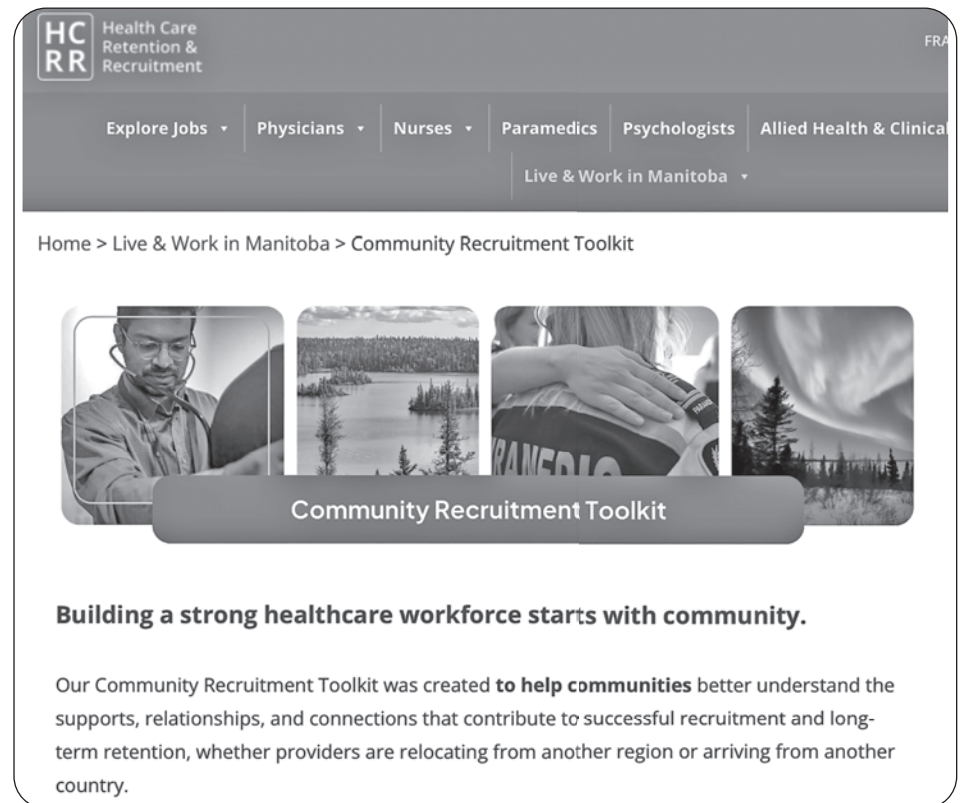
Endorsed by the Association of Manitoba Municipalities, and building on strategies municipalities have found successful, the toolkit provides ideas to showcase a community so that potential recruits get a sense of what it would like to live in a particular community.

Once recruited, the work doesn’t stop. The toolkit says the decision of health-care providers to stay in a community is “rarely about the job alone.” They must feel connected, and have access to resources such as housing, recreation, childcare, schools and affordability, as well as an ability to make friends and have a sense of belonging. That includes a quality of life for their partners and children.

Communities can tailor strategies to meet the needs of health-care professionals coming from overseas or from different provinces, or to students completing a residency.

“Communities that are successful in attracting and retaining health-care professionals think ahead about housing. That might mean identifying short-term, transitional options for those arriving quickly or working alongside candidates with longer timelines to help them find permanent housing that fits their needs,” states the toolkit.

“Support often goes beyond housing itself. Many communities help new providers navigate the essentials of daily life — how to get around, establishing a bank account, where to set up utilities, how to access reliable internet and mobile services, and what to expect in a Manitoba winter. Small gestures, like guidance on winter



readiness or transportation options, can make a big difference in helping someone feel prepared and confident in their new environment.”

Creating a social connection and keeping new medical providers engaged is also a successful strategy. Providers can be introduced to a “local ambassador,” they can be included in social circles and community

activities such as sports or cultural events in order to help build “early relationships” and help them feel that they’re part of something bigger.

Each regional health authority has dedicated representatives to help a community recruit health-care workers.

Visit the toolkit online at makeitmanitoba.ca.

> HUNTINGTON'S, FROM PG. 12

gins. Neurological and mental health assessments are also commonly performed beforehand.

The test itself usually involves a blood sample, which scientists analyze using polymerase chain reaction technology to count the number of CAG repeats in the HTT gene. Several forms of testing are available, including diagnostic testing for symptomatic individuals, predictive testing for those with a family history, and prenatal or pre-implantation testing during pregnancy or IVF procedures.

For Babcock, one of the most difficult aspects was watching family members slowly lose the ability to communicate and function independently.

“We tried our best by bringing them

their favourite treats and celebrate the good times, but there are always those moments of frustration,” she said. “You would tell them ‘Good bye’ and ‘I love you,’ and sometimes it would take them so long to process what they said, you would already be half way down the hall before they said it in return. It got harder to have conversation because they would lose their speaking control. They would get frustrated because they couldn’t speak, and you would feel frustrated with yourself knowing you can’t help them.”

Babcock wants others to know support is available through physicians, specialists, and organizations such as the Huntington Society of Canada

Manitoba Chapter.

She also understands the difficult choice many families face when deciding whether to undergo testing — whether it is better to know you carry the gene or continue living with uncertainty.

Babcock added she experiences “survivor guilt” for not inheriting the gene while watching relatives struggle with the disease.

“You are never able to help enough,” she added. “But as annoying as those phone calls were to help them, I would give anything to hear their voices again.”

The Huntington Society of Canada also continues to raise awareness through its annual #LightItUp4HD campaign, encouraging communities across the country to illuminate landmarks in blue and purple during May,

which is Huntington Disease Awareness Month. May 15 is recognized as Huntington Disease Awareness Day in Canada. Organizers say the campaign helps families affected by Huntington’s disease feel supported while increasing public understanding of the fatal genetic disorder. In Manitoba, the Huntington Society’s chapter has remained active for decades through community fundraisers, awareness walks and support programs, including the annual Walk in Lockport, which has raised more than \$650,000 over the past 50 years.

More information about Huntington’s disease is available through the Huntington Society of Canada Manitoba Chapter, www.hdmanitoba.ca.

Stonewall to light up for Huntington’s disease awareness

By Lana Meier

The Town of Stonewall took part in this year’s #LightItUp4HD campaign, supporting Huntington Society of Canada during Huntington’s Disease Awareness Month.

Town officials agreed to illuminate local landmarks, including town signs

and the Highway 237/67 junction, in blue and purple in May to help raise awareness of Huntington’s disease and juvenile Huntington’s disease.

Huntington’s disease is a fatal genetic disorder with no cure and is often described as combining symptoms

similar to ALS, Parkinson’s, Alzheimer’s and schizophrenia.

May 15 is recognized as Huntington’s Disease Awareness Day in Canada. The #LightItUp4HD campaign encourages communities to show support for individuals and families

affected by the disease.

The Manitoba chapter also hosted its annual walk in Lockport on May 9, continuing a long-standing fundraising effort that has raised more than \$650,000 over the past 50 years.

Ecole RW Bobby Bend School celebrates diversity

By Jo-Anne Procter

Students at École RW Bobby Bend School took part in a celebration of culture, diversity and community during the school's first-ever Multicultural Fair on May 21.

The event brought together staff, parents, community volunteers and special guests to showcase traditions and experiences from around the world in a day filled with music, art, food, language and dance. Indigenous Knowledge Keeper Allan Sutherland was among the guests who helped guide students through the festivities.

Students travelled through 14 different countries in mixed-grade groups, collecting stamps in their "passports" while learning about customs, languages and cultural traditions from each destination.

The fair marked the culmination of the school's "Multicultural May" cel-

ebrations, which began earlier this month with an opening ceremony presented by Folklorama. Students also enjoyed performances and presentations featuring Japanese drumming, Ukrainian dancing and West African drumming, dancing and singing by Coffieman.

The month-long celebration also highlighted Métis culture and history during a special presentation by Dave Lavallee, Marg Lavallee and their daughter Becky Lavallee. The family shared stories about Métis heritage, music and the Michif language with students and staff.

To conclude the presentation, homemade bannock was served, giving students a taste of traditional Métis cuisine. Many students were especially interested in discovering similarities between the French they study in school and the Michif language.



TRIBUNE PHOTOS BY DANA MEYERS AND CELINE DOLL

École RW. Bobby Bend hosted a multicultural fair on May 21. Students took part in activities teaching them about cultural traditions, customs and languages from around the world. Pictured, Davis (left) and Leo.



Kinsmen Lake beach redevelopment taking shape

By Lana Meier

Construction is underway at Kinsmen Lake as work begins on a redevelopment project aimed at modernizing one of Stonewall's most popular summer destinations while improving accessibility and visitor amenities.

Initial project information referenced a broader \$10.8-million long-term redevelopment vision for the beach area, including future upgrades such as enhanced facilities, waterslides and expanded amenities. However, Town of Stonewall CAO Wally Melnyk said the current phase of work is much smaller in scope and valued at approximately \$273,000.

"The work being done at Kinsmen Lake is completion of a boardwalk, new fencing at the lake access, a new lake gate booth and a lifeguard shack," said Melnyk.

Melnyk clarified that there is no new concession or washroom facility being constructed as part of the current phase, despite those amenities appearing in earlier long-term concept plans.

"This phase of the project does not include modifications to the lake," he added, noting that water system upgrades and water quality improvements remain part of possible future phases.

A major focus of the current redevelopment is accessibility. The project includes approximately 250 square metres of concrete pathway along with an additional 300 square metres of concrete pads designed to improve access throughout the beach area.

"There is now accessible access from the gate to the bathrooms, concession, lifeguard shack and the first dock," said Melnyk.

The new boardwalk replaces the berm area where the blue accessibility mats had previously been installed each season. Melnyk said the redesign is also expected to simplify beach maintenance operations.

"In terms of long-term maintenance, no longer needing to move mats when dragging the beach will allow for a quicker and more efficient drag-

ging process," he said.

Additional features planned for future phases include pergolas and more seating areas. Melnyk said some pergolas are expected to be added in 2026, although they will not be installed before the lake opens for the season. Current estimates suggest the concrete pads could accommodate eight to 10 picnic tables, with accessible picnic tables planned for future installation.

While waterslides and other enhanced facilities remain part of the long-term vision, Melnyk said those amenities are not included in the current phase and future work will depend on available funding opportunities.

The current project is being funded through a 50-50 partnership between a provincial GRO grant and town re-

Continued on page 16



TRIBUNE PHOTO BY JO-ANNE PROCTER

Concrete work is underway at Kinsmen Lake as part of the current phase of redevelopment projects focused on accessibility improvements and updated visitor amenities ahead of the summer season.

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Local-shot horror remake now streaming in Canada

By Lana Meier

A horror film shot partly in Stonewall and surrounding Manitoba communities is now available to stream on Paramount+ in Canada.

Silent Night, Deadly Night, a remake of the controversial 1984 cult horror film of the same name, was filmed last spring in Stonewall, Selkirk, Winnipeg and St. Adolphe. Local filming included several days at Stonewall Florist as well as scenes shot on surrounding roads and rural locations.

Karen Tusa, who served as the film's location manager and location scout, said the movie is now easier for local audiences to watch following its Canadian streaming release.

Directed by Mike P. Nelson, the film stars Rohan Campbell as Billy Chapman alongside Ruby Modine, David Lawrence Brown and Mark Acheson.

The remake follows Billy Chapman, a man traumatized after witnessing his parents murdered by someone dressed as Santa Claus. Years later, he becomes a killer himself while dressed in a Santa suit during the Christmas season.

The new version also involved producers connected to the original 1984 film, which became one of horror cinema's most controversial releases and later developed a cult following.

Production on the remake took place across Manitoba in spring 2025.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Production crews spent several days filming scenes for *Silent Night, Deadly Night* at Stonewall Florist in 2025. The Manitoba-shot remake is now streaming on Paramount+ in Canada.

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> REDEVELOPMENT, FROM PG. 15

serve funds.

Melnyk said public feedback so far has been positive, particularly regarding the accessibility improvements and updated appearance.

"Many people are commenting on how nice it will be in terms of accessibility and that it has a clean, modern feel," he said. "Others are looking forward to not walking on the blue mats any longer."

He added that lake staff are also looking forward to having more space and air conditioning in the new lifeguard shack for breaks, programming and storage.

The majority of the current work is expected to be completed before Kinsmen Lake opens in late June, with the remainder scheduled for completion by the end of 2026.

Melnyk said the town continues to view Kinsmen Lake as both an important recreational amenity and a tourism asset for the community.

"While we hope that improvements at Kinsmen Lake will attract more visitors and drive economic activity for the whole community, the town is also motivated to provide high quality recreation opportunities to its residents," he said.

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RM of St. Laurent hosts open house June 20

By E. Antonio

The RM of St. Laurent is inviting community members to their open house on Saturday, June 20 beginning at 11 a.m. at the St. Laurent Recreation Centre.

Council members and administrative staff will be present, providing a comprehensive overview of municipal activities including initiatives, projects and milestones.

“The event will provide an opportunity to learn more about the progress and priorities of the municipality, offering insight into how these efforts are shaping the community,” said Simone McKay, RM of St. Laurent staff member. “In addition, a wide variety of informative booths will be set up by different organizations, each showcasing the programs, resources and services they provide. These displays are designed to help residents better understand what supports are available to them, while also highlighting the services that have had the most meaningful and positive impact on the RM of St. Laurent.”

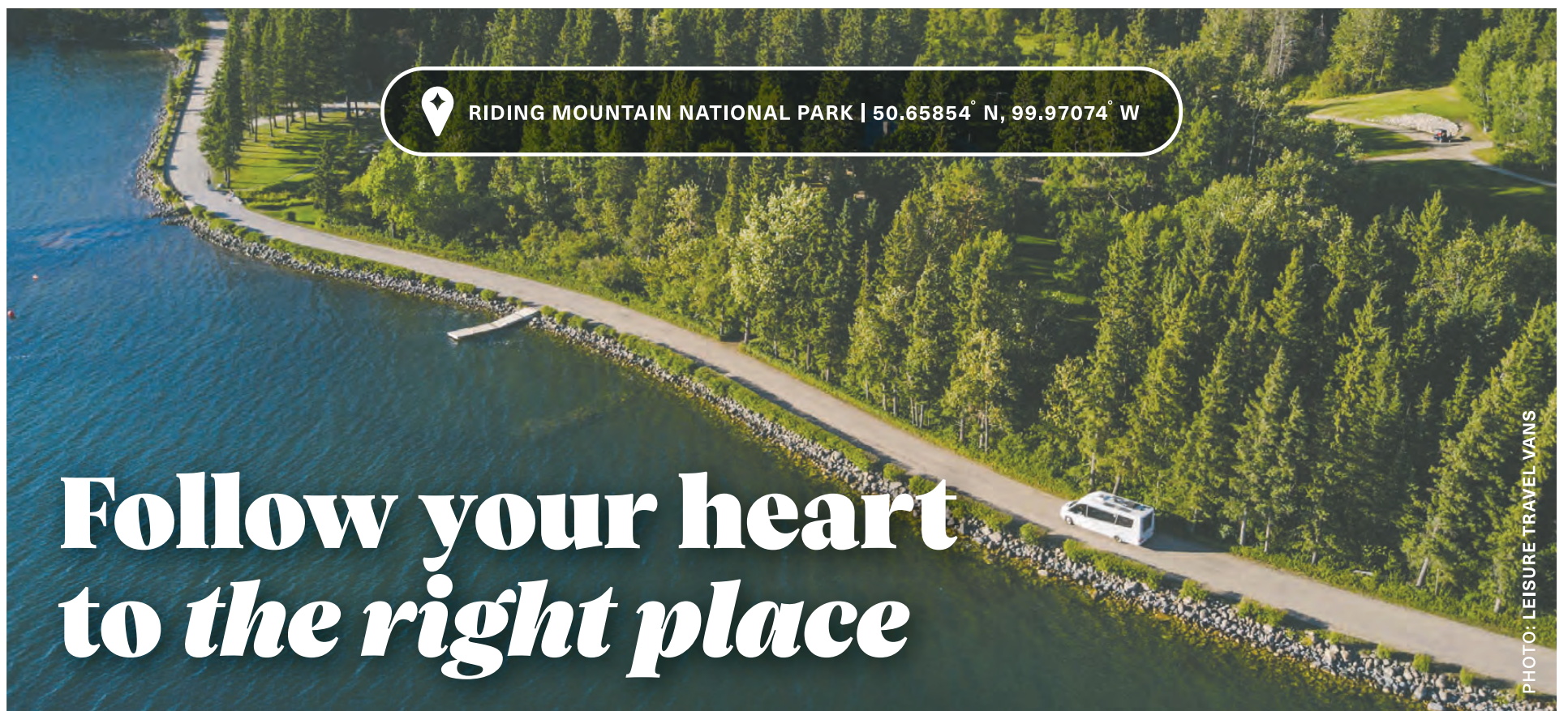
Staff will be present throughout the day to answer questions community members have, offering an insight to the municipality’s priorities and day-to-day functions.

“The goal of our open house is to promote transparency and keep residents, as well as other interested individuals, fully informed about municipal activities and decisions,” McKay added. “We aim to create an open and welcoming environment where information is shared clearly and accessibly, helping to build trust and understanding within the community.”



TRIBUNE PHOTOS SUBMITTED

The RM of St. Laurent invites community members to their open house on June 20, offering a chance to speak with council members and administration while learning about municipal activities.



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PHOTO: LEISURE TRAVEL VANS

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General Safety Rules

- **Avoid Blind Spots:** Most farm animals (like cattle and horses) have blind spots directly behind them. Approach from the side or shoulder so they can see and hear you.
- **Watch Their Body Language:** Be alert for signs of stress, such as flattened ears, twitching tails, or raised heads.
- **Respect the Mothers:** Never come between a mother and her offspring. Protective instinct often makes them highly aggressive.
- **Maintain an Escape Route:** Never enter a stall or pen without a clear and unobstructed way to escape.
- **Working in Enclosures**
- **Move at Their Pace:** Avoid shouting, waving arms, or running, which startles animals. They typically move better in quiet environments toward well-lit areas.
- **Use Gates Properly:** Never stand directly behind a gate while working with livestock. Always stand to the side to avoid being crushed if the animal pushes forward.
- **Beware of Breeding Season:** Intact males (such as bulls, rams, and boars) are particularly territorial and unpredictable.
- **Children and Visitors**
- **Strict Supervision:** Kids should never be left alone near livestock, as their smaller sizes and higher-pitched voices can easily provoke a defensive reaction from animals.
- **Don't Feed Without Permission:** Unapproved treats can lead to accidental bites or aggressive behavior.

Farm Emergency Preparedness

If you ever need to evacuate or handle a sudden emergency, specific plans can help protect your livestock and handlers. Having a clear plan in place will make handling any emergency situation a lot easier.

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Community rallies behind Terry Fox fundraiser in Stonewall

By Jo-Anne Procter

The annual Bud, Spud and Steak fundraiser in support of the Terry Fox Foundation brought community members together at the Rockwood Motor Hotel last Thursday evening. The sold-out event raised \$1,500 to officially kick off this year's fund raising efforts for the local Terry Fox Run.

Committee member Cathy Goresky thanked volunteers, sponsors and supporters for their continued dedication to the event while recognizing the community's ongoing commitment to cancer research through the annual run.

Special thanks were extended to Monica, Jason and staff at the Rockwood Motor Hotel for hosting the fundraiser and preparing the meal, as well as musician Neil Kitching for providing entertainment throughout the evening.

Carissa Robb, director of community development for Manitoba and Saskatchewan with the Terry Fox Foundation, attended the fundraiser in support of the Stonewall organizing committee, which continues to rank among the top fundraising groups in the country.

For the second consecutive year, the Stonewall Terry Fox Run recorded the second-highest fundraising total in Manitoba outside of Winnipeg, raising more than \$48,000 in 2025. The total was achieved through partnerships with organizations including



TRIBUNE PHOTO BY JO-ANNE PROCTER
 The annual Terry Fox Bud, Spud and Steak fundraiser held at the Rockwood Motor Inn last Thursday raised \$1,500. Pictured left to right: Neil Kitching, Mary Beck, Cathy Goresky, Lil Branscombe, Brenda Bawdon, Pat Moldowan and Carissa Robb.

the Royal Canadian Legion Branch 52, Stonewall Kinsmen, Stonewall Lions Club and numerous community volunteers.

This year's Stonewall Terry Fox Run

is scheduled for Sept. 20 at the Quarry Park Heritage Arts Centre. Registration begins at noon, with the run and walk set to start at 1 p.m.

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Woman charged after truck strikes RCMP officer

By Haley Cvar

A Winnipeg woman is facing multiple charges after allegedly stealing a five-ton truck, injuring a police officer and fleeing officers through the RM of Macdonald last week.

Stonewall RCMP said officers were notified on May 7 at approximately 9:35 a.m. that a five-ton truck had just been stolen from a business on Paramount Road in Winnipeg. The truck was later spotted travelling southbound on the West Perimeter Highway.

Officers responded immediately and attempted a traffic stop after locating the stolen vehicle. Police said the truck eventually came to a stop near the intersection with Roblin Boulevard, where officers approached the driver.

According to RCMP, the truck suddenly began moving again, striking an officer and damaging a parked police vehicle. Officers at the scene provided first aid to the injured officer while waiting for emergency medical services to arrive.

Police said the truck then fled the scene, with officers continuing to follow it toward Oak Bluff.

RCMP attempted to deploy a spike belt, but investigators said the driver

abruptly turned to avoid it, driving through a ditch and onto a service road. At the intersection of Highway 2 and Macdonald Road, the stolen truck collided with a short bus. Police said no students were on the bus and no injuries were reported.

The driver again fled the scene and officers temporarily lost sight of the vehicle.

Shortly afterward, RCMP received a report of a suspicious person walking in a field near the intersection of Road 50 North-East and Macdonald Road, southwest of Oak Bluff in the RM of Macdonald.

At approximately 11:15 a.m., officers located the individual, who police determined was the driver of the stolen truck. She was arrested without incident. RCMP later recovered the stolen five-ton truck behind a shop on a nearby property off Macdonald Road.

Tara Kaminski, 42, of Winnipeg, has been charged with assaulting a police officer with a weapon causing bodily harm, operation while impaired by drugs causing bodily harm, refusal to comply with a demand, theft of a motor vehicle over \$5,000, mischief, dangerous operation of a motor vehicle, flight from police, resisting a peace officer and operating a motor vehicle



TRIBUNE PHOTO SUBMITTED

A Stonewall RCMP vehicle sustained significant damage after being struck by a stolen five-ton truck during an incident near Roblin Boulevard on May 7. One officer suffered non-life-threatening injuries and is recovering at home.

while prohibited.

She remains in custody.

RCMP said the injured officer suffered non-life-threatening injuries and is recovering at home.

Stonewall RCMP and Manitoba RCMP Traffic Services continue to investigate.

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Your vehicle safety and performance guide for road trip season

Hitting the road is a key part of the warm months for many Canadians. In all the excitement, there's one thing families often overlook: winter may be long over for us, but not for our vehicles.

The damage and stress that adds up over the course of a winter — sub-zero starts, road salt, hidden potholes, slush and temperature swings — can impact your vehicle well into the summer.

"We often see vehicles that feel like they're running normally, but road stress often shows up later," says Brian Mielko, the CEO of OK Tire. "It's important to catch small issues early before they become expensive or unsafe problems during peak driving season."

Start with your tires. According to Transport Canada, staying on top of tire maintenance improves your handling, braking distance and fuel economy and reduces your exhaust emissions. That's why it's important to get your tires checked regularly. If you haven't yet switched from your winter tires to summer or all-season tires, it's important to do so as soon as possible.

Some warning signs from your tires not to ignore:

- vibrations in the steering wheel
- pulling to one side
- squealing or grinding noises
- a loose or shaky feeling while driving

Do a safety check at home. The vehicle technicians at OK Tire recommend families follow this road trip safety checklist:



- Check tire pressure and tread depth, as well as for cracks and signs of uneven wear.
- Test brakes and listen for unusual sounds.
- Inspect battery health, especially if the vehicle struggled to get started even once the previous winter.
- Check levels and top up washer fluid, break fluid, engine oil and coolant.
- Confirm headlights and brake lights are functioning.
- Restock your emergency kit, including first aid supplies, a flashlight and booster cables.


Tip: Book service appointments early. As temperatures rise, so does the demand for vehicle servicing. By booking yours now, you can avoid the pre-long-weekend rush and help ensure your vehicle's road-ready before your travel plans begin.

By keeping on top of simple vehicle maintenance steps, you can lower your risk of a breakdown. Staying safe will help make sure that your family's trip memories are made on the highway, not on the side of the road.

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Elvis gets audience All Shook Up at the Stonewall Legion



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Fans of all ages took a trip down memory lane at the Stonewall Legion on May 16 as Elvis tribute performer "The Memories by Denny" brought the music of the King of Rock and Roll to the stage. The evening featured a variety of classic Elvis Presley hits, drawing audience members eager to relive the music and memories of one of the world's most iconic entertainers. Presley, who would have turned 91 this year, continues to be remembered through his timeless music and tribute performers who keep his legacy alive for new generations of fans. Pictured, from left: Elvis, portrayed by Denny; Denny serenades Terri Denoyer; longtime Elvis fan Barry Sheasgreen; and Austin Gabor enjoying the performance.



Spring car maintenance checklist

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When a tow truck is stopped on the side of the road with lights flashing, the Highway Traffic Act requires drivers to slow down and move over one

lane on multi-lane roads, if it is safe to do so. Drivers must slow down to 60 km/h in 80 km/h or higher speed zones, or 40 km/h if the speed limit is less than 80 km/h.

Drivers who do not comply with this law can be ticketed with a hefty fine of \$300 and two demerit points, up to a maximum limit of \$2,000 and/or a one-year driver's licence suspension issued by a judge.

If the posted speed limit is less than 80 km/h you are required to slow down to 40 km/h.

If the posted speed limit is 80 km/h or higher you are required to slow down to 60 km/h.




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Lakeside Quilters celebrating milestone 10th quilt show in Gimli

Two-day show May 29 and 30 at Gimli Recreation Centre

By Lana Meier

Quilters, fabric artists and sewing enthusiasts from across Manitoba will gather in Gimli this weekend as Lakeside Quilters celebrates the 10th edition of its popular quilt show.

The two-day Lakeside Quilters Quilt Show will take place May 29 and 30 at the Gimli Recreation Centre, featuring quilts and fabric art, vendors, special exhibits, raffles and community displays.

This year's show carries special significance for the organization as members look back on more than a decade of quilting, creativity and community involvement in the Interlake region.

To mark the milestone, organizers are preparing a special history display featuring memorabilia and highlights from the first nine shows. Among the featured pieces will be the prize-winning quilt from the group's inaugural 2012 show.

"We wanted to celebrate how far the show has come and recognize the many quilters, volunteers and visitors who have supported us over the years," one of the group's organizers Mary Ann Stewart said.

One of the major features for 2026 is a special mini quilt challenge themed around the number "ten." Quilters have been invited to create miniature quilts measuring either 12-by-12 inches or 12-by-16 inches inspired by the theme.

Participants also have the option to donate their mini quilts following the show. Those pieces will be distributed as placemats through local Meals on Wheels programs.

Lakeside Quilters says promoting quilting and encouraging creativity in the community has been one of the group's goals since it was formed. New to

this year's event is a youth quilter category aimed at encouraging younger sewists under the age of 19 to showcase their work.

The category welcomes a variety of quilted creations including bed quilts, garments, bags and other quilted projects.

Organizers say the response to previous shows has continued to grow. The 2023 event featured more than 100 quilts and attracted an estimated 550 visitors from across Manitoba and beyond.

Entries for this year's show remain open until May 22, and organizers expect another strong turnout of quilts and fibre art displays. Entry forms are available online and in printable format through the group's website.

Community giving continues to play a major role in the organization's work. Donation quilts entered into the show will be distributed this year through the Gimli Seniors Resource Centre.

Since the show began, Lakeside Quilters has donated approximately \$14,000 to various Interlake organizations and community programs through proceeds raised from the event.

Visitors attending the show will also have the opportunity to vote for their favourite entries in each category. The top three People's Choice winners will receive prizes and handmade quilted rosettes.

Along with the quilt displays, the event will feature vendors from across Manitoba selling fabric, sewing notions and quilting supplies. Guests can also visit the Fat 1/4 Café, catered by Mad Dash, enjoy the rainbow raffle and stop by the popular selfie station.

The Lakeside Quilters Quilt Show runs Friday, May 29 from 10 a.m. to 6 p.m. and Saturday, May 30 from 10 a.m. to 4 p.m. at the Gimli Recreation Centre. Admission is \$10 per day and the venue is handicap accessible. More information can be found at lakesidequilters.ca.



PHOTO SUBMITTED

Pictured is the first-place prize-winning quilt created by Jocelyn Marchuck during the 2023 Lakeside Quilters Quilt Show in Gimli. The group's 10th quilt show returns May 29 and 30 at the Gimli Recreation Centre, featuring quilts and fabric art from creators across Manitoba, special exhibits, vendors and community displays.

Celebrate Argyle Day on Saturday, June 6

By Jennifer McFee

Get ready to celebrate everything Argyle — both past and present!

Argyle Day is coming up on Saturday, June 6, which is also when Settlers, Rails and Trails museum will kick off its summer season at Heritage Park by opening it up for public tours from 10 to 11:30 a.m. The 12-acre park, located a half-mile north of Argyle on Meridian Road, includes a nature preserve, recreation lawn, three heritage buildings and agricultural space. Visitors can also check out a karst sinkhole, which is a depression or pit that has formed naturally in the ground.

At noon, the annual flag-raising ceremony will take place at Brant-Argyle School's new electronic community message board. After that, Tracy Dunston will offer historic tours of the school.

In addition, the museum's *Treasures from the Vault* exhibit will be open from noon to 4 p.m. in the lower level

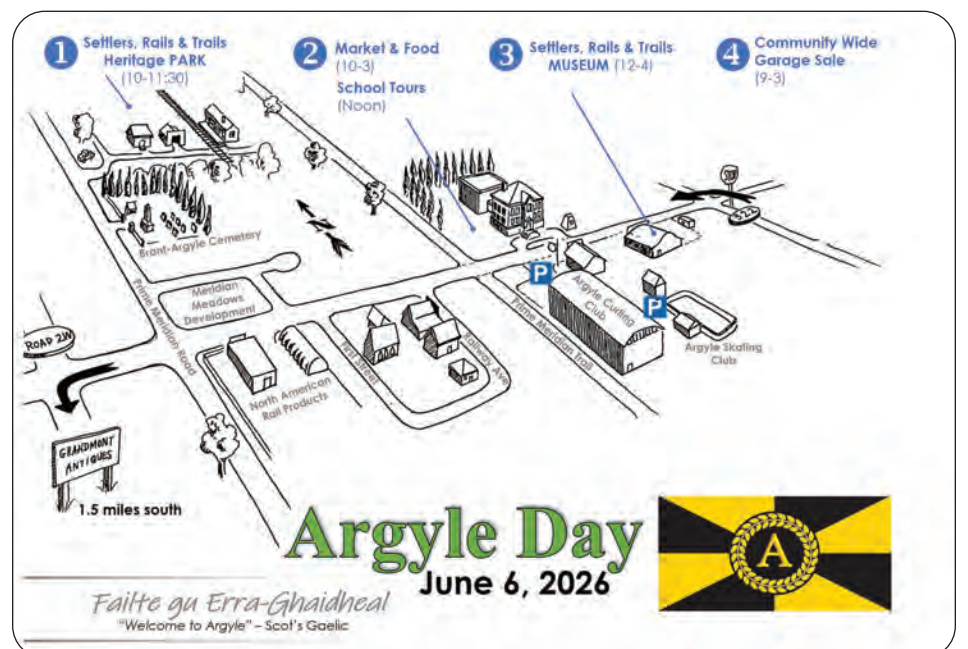
of Argyle Community Centre. Admission is free for all events.

Executive director Shayne Campbell outlined the significance of Argyle Day.

"It is important to our community as it offers an annual chance for us to gather and meet those who are new to the area and mix with families that have lived here for decades — or more," he said.

"We also love to share our culture and history with people from outside the community and welcome guests from all across the province."

Adding to the excitement, Argyle resident Kim Shaw is organizing a recurring market in the Brant-Argyle School grounds this summer, and the first one will take place on June 6 to coincide with Argyle Day. Other upcoming markets will take place on July 4 and 25, followed by Aug. 8 and 29. Spots are still available, and interested vendors are welcome to reach



out to Kim at 204-461-0058 for more information.

In addition, a community-wide garage sale will take place on June 6 at various properties around Argyle, in-

cluding the Brant-Argyle Legion sale in the community centre parking lot.

Learn more at www.settlersrail-sandtrails.com or facebook.com/argylemuseum.

MAHCP says paramedic numbers declining in rural Manitoba

By Patricia Barrett

The Manitoba Association of Health Care Professionals (MAHCP) is calling on the provincial government to fully fund paramedic positions after obtaining information showing a decline in the number of paramedics available to respond to emergency calls in rural Manitoba.

The decline covers a two-years period. It shows 519 rural paramedics as of December 2023 and 485 paramedics as of December 2025, a net loss of 34 province-wide.

Figures provided by the government in November 2025 initially claimed a net gain of 231, but corrected that figure to 18 net new paramedics, said MAHCP during an April 23 press conference. Manitobans are “tired of the numbers game” and expect the government to address the paramedic staffing crisis in rural Manitoba.

“Government has repeatedly committed — to Manitobans and to paramedics — that they’ll fix this crisis,” said MAHCP president Jason Linklater. “They have failed to retain paramedics where they are needed with more than 70 paramedics lost since October 2023, and they’re not educating or recruiting enough to fill the growing gaps. Manitobans are paying the price in longer waits for life-saving paramedic care.”

MAHCP is a union of more than 7,600 allied health professionals, including more than 500 paramedics. Paramedics in the Interlake-Eastern Regional Health Authority are hired by provincial Shared Health, which provides health services and operational support to the health system.

The province said in November 2025 it would be recruiting and training emergency medical responders (EMRs) to improve emergency services

in rural communities. The province offered a \$5,000 bursary to cover training costs in exchange for a one-year-return-of-service agreement. About 50-60 EMRs are expected to graduate this fall, according to a provincial news release.

EMRs are not trained to a paramedic level.

MAHCP learned that funding for vacant primary care paramedic (PCP) positions will go to EMRs instead.

It said it received a recent letter from the government that “confirmed it is choosing not to hire qualified paramedics for some open PCP positions. Instead, Shared Health is using funding allocated for vacant PCP positions to hire emergency medical responders (EMRs)” which the government characterized as an “alternative level of care.”

MAHCP said it wants a fully-funded allied health workforce plan, including significant retention, recruitment and educational initiatives for paramedics.

MAHCP has offered the government a number of paramedic recruitment and retention solutions. They include making more education seats accessible to rural students, offering “targeted bursaries” as provinces such as Saskatchewan, New Brunswick and Nova Scotia do, creating a subsidized educational pathway for EMRs to become paramedics, posting all vacant paramedic positions, and creating incentives and covering travel and accommodation costs for shifts in hard-to-fill paramedic stations.

The *Tribune* reached out to Shared Health for comment. It responded to the query but didn’t provide answers by deadline.

The Paramedic Association of Manitoba said it was behind the NDP’s plan to add 200 more para-



TRIBUNE FILE PHOTO BY PATRICIA BARRETT
Paramedics attending a call.

medics but expressed concern about the government “going backwards.”

“In the 2023 election, paramedics endorsed the NDP’s plan to add 200 more paramedics. The government has taken an important, long-overdue step by introducing advanced care paramedics in rural Manitoba but is also simultaneously going backwards by reducing the level of care in parts of the province,” said Rebecca Clifton, the association’s administrative director, during the news conference. “Paramedics are incredibly disappointed by Shared Health’s restrictive hiring practices, which have frustrated both existing and new paramedics, while vacancies continue to climb. Paramedics want government to keep their promise, but this damage will be incredibly difficult to recover from without rapid engagement and government support.”

Easton Place doctor earns Physician Emeritus Award

By Jennifer McFee

A longtime physician is earning accolades for his contributions throughout his medical career.

Dr. Anthony Anozie is this year’s recipient of Interlake-Eastern Regional Health Authority’s Physician Emeritus Award.

Physician colleagues and community members had the chance to nominate recently retired or reduced-practice physicians who have provided exemplary service and expertise to their community.

With more than 35 years of experience as a physician, Dr. Anozie has worked in the U.K., Australia and Canada with a general surgery specialization. Currently, he is based out of Easton Place Clinic, which earned an award from Selkirk Biz in 2023 for the best new business.

Dr. Peter Cho, surgical co-lead for IERHA, nominated Dr. Anozie to recognize his distinguished career dedicated to patient care, education and collegial leadership.

“Serving the community since 1997, Dr. Anozie has consistently demon-

strated clinical excellence alongside a gentle and respectful demeanour,” Dr. Cho said in his nomination submission.

“He is deeply well regarded by colleagues, trainees and patients and has long fostered a culture of collaboration within the surgical community. His immense experience and knowledge have made him a trusted resource and mentor to many.”

Dr. Cho noted that Dr. Anozie has also trained and guided numerous general surgeons over the years and is widely respected as a thoughtful and effective teacher.

“His commitment to mentorship and teamwork has left a lasting impact on those who have worked with him and on the quality of care delivered within the community,” Dr. Cho said.

“Dr. Anozie’s career reflects the values of service, professionalism and mentorship that the Physician Emeritus Award seeks to recognize. He is most deserving of this honour.”

Dr. Anozie said he feels humbled and appreciative to be this year’s

award recipient.

“Highlights of my career include practising all over the Interlake and up north as an itinerant surgeon. What I like best is meeting people and sometimes making them well,” he said.

“I’d like to thank the people of the Interlake for welcoming me into their community.”

Dr. Scott Gregoire, Interlake-Eastern Regional Health Authority’s vice-president of medical services and chief medical officer, expressed appreciation for Dr. Anozie’s contributions.

“I have had the pleasure of working with Dr. Anozie, predominately in my role as a radiologist, and his skill, professionalism and collegiality have always been exceptional,” Dr. Gregoire said.

“He is deeply respected by his colleagues and consistently brings a thoughtful, collaborative approach to patient care.”

Dr. Anozie received his award at Interlake-Eastern Regional Health

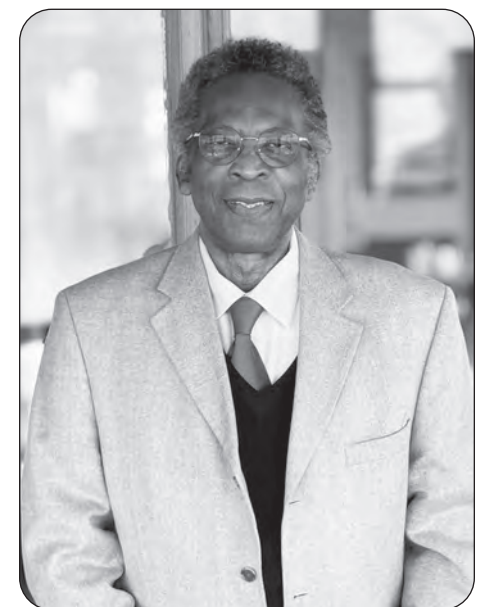


PHOTO SUBMITTED

Dr. Anthony Anozie is this year’s recipient of Interlake-Eastern Regional Health Authority’s Physician Emeritus Award.

Authority’s annual spring physician dinner on April 14 at the Selkirk Golf and Country Club.

get inspired

> MEAL IDEAS

FamilyFoods
Phone 467-5553



Spring Greens Smoothie

1 banana, sliced
1-2 dates
1 1/2 cups almond milk
1 tablespoon chia seeds
1 pinch cinnamon (optional)
Wash greens. In blender, blend spinach, apple, banana, dates, almond milk and chia seeds until smooth. Add cinnamon, if desired, and blend.

Leftovers can be refrigerated 1-2 days.

Photo courtesy of Unsplash

Recipe adapted from KatieSpring.com

1 cup packed spinach or pea shoots
1 apple, cored and chopped



Picnic Pasta Salad

1/4 teaspoon salt
1/4 teaspoon freshly cracked black pepper

Cook pasta according to package instructions. Drain in colander and rinse with cool water; drain well.

Slice cucumber into half-moons, chop bell peppers, halve tomatoes, thinly slice red onion and chop parsley. Set vegetables and parsley aside.

Transfer drained pasta to large bowl. Add chopped vegetables, parsley and feta cheese.

Pour dressing over pasta salad and toss until evenly coated. Add salt and pepper then refrigerate until ready to eat.

Photo courtesy of Unsplash

Recipe adapted from "Budget Bytes"

Prep time: 10 minutes

Cook time: 8 minutes

Servings: 10

1 pound rotini pasta

1 English cucumber

2 bell peppers

10 ounces grape tomatoes

1/2 red onion

2 tablespoons fresh chopped parsley

1/4 cup crumbled feta cheese

1 bottle (16 ounces) Italian dressing



Grilled Chicken Bundt

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

4 potatoes

2 carrots

8 Brussel's sprouts

oil

2 tablespoons garlic powder, divided

2 tablespoons onion powder, divided

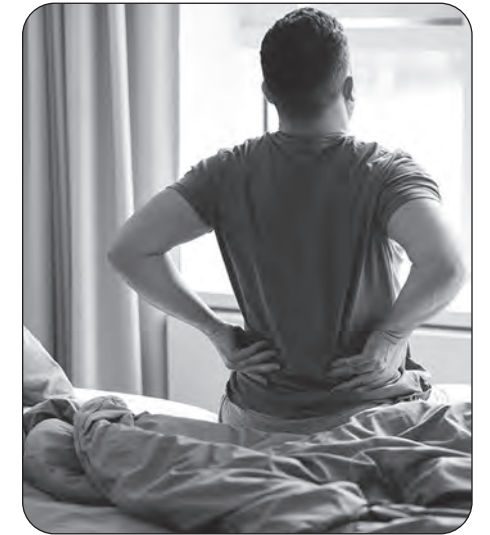
2 teaspoons salt, divided

1 whole chicken (4-5 pounds)

1/2 stick butter, softened

Heat grill to 350 F with one burner off for indirect heat.

Cut potatoes, carrots and Brussel's sprouts into bite-sized pieces. Drizzle with oil and mix in 1 tablespoon gar-



Top tips to manage arthritis-related morning stiffness

By News Canada

Mornings can be the hardest part of the day when you're living with arthritis. At rest, joints can stiffen up—either because they haven't been moving and lubricating properly, or because inflammation builds overnight. The result is pain, stiffness and a slow start.

Here are eight practical, expert-backed tips from Arthritis Society Canada to help you loosen up and take control of your mornings.

Start moving before you get up

While still in bed, gently move your joints through a comfortable range of motion for five to 10 repetitions. This can loosen the joints and reduce some of the pain and stiffness before getting up. An occupational therapist or physiotherapist can help tailor movements to your needs.

Use heat to your advantage

A warm bath or shower in the morning can work wonders on stiff joints. Heating pads, electric blankets, or even a microwaved bag of rice may also be helpful. A programmable thermostat set to your preferred temperature 30 minutes before you wake up can also help make starting your day easier.

Try topical relief

Warming creams, gels or oils can provide temporary relief by soothing sore joints or reducing inflammation. For hands, try applying mineral oil, wearing loose rubber gloves and soaking them in hot water while gently moving your fingers.

Check your sleep setup

A supportive mattress and the right pillow can help keep your body aligned, reduce strain on your joints, and prevent awkward positions that contribute to morning stiffness. If you tend to clench your hands or bend your wrists, a splint can help keep joints in a more neutral position overnight.

Upgrade your tools

Small changes at home can make a big impact. Ergonomic tools like lever-style door handles, adaptive kitchen gadgets or utensils with larger grips can reduce strain on stiff hands and make everyday tasks more manageable.

Prioritize sleep

Poor sleep doesn't just make you tired, it can also increase pain sensitivity. Creating a consistent sleep routine and improving sleep quality can help reduce both pain and stiffness in the morning.

Eat right

Choose anti-inflammatory foods and avoid sugars and processed foods. Boosting your intake of foods with omega-3 fatty acids and antioxidants that have been proven to reduce inflammation is another way to support your joint health.

Keep moving

Too much activity can leave you sore the next day, but too little can increase stiffness. Aim for a balance of movement throughout the day, including flexibility, strength and light endurance exercises to keep joints mobile.

Get more arthritis pain management tips at arthritis.ca/healthy-living.

lic powder, 1 tablespoon onion powder and 1 teaspoon salt; set aside.

Rub chicken with softened butter, remaining garlic powder, remaining onion powder and remaining salt.

Place some veggies in bottom of bundt pan. Place chicken on top of chimney or tube of bundt pan. Fill pan with remaining veggies.

Place pan over indirect heat and grill 1 hour, 30 minutes, or until chicken reaches internal temperature of 165 F.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jr. Jays progress halted in MJBL Week 2

By Kieran Reimer

Week two in the Manitoba Junior Baseball League saw the Interlake Jr. Blue Jays suffer their first losses of the season after going 2-0 in Week 1.

The Jays played a trio of games against two top-four clubs, the St. Boniface Legionaires and Pembina Valley Orioles, with all three contests ending in losses despite some close final scores.

On Wednesday, the Jays travelled to Whittier Park in Winnipeg to face St. Boniface, which continued its undefeated season with a 3-1 victory over Interlake.

The Jays then returned to Quarry Park in Stonewall for a home-opening doubleheader against the Orioles on Sunday. Pembina Valley plated nine runs in the opener en route to a 9-2 win.

Interlake got its offence going in the second game, leading to a back-and-forth battle between the two rural rivals.

Pembina Valley prevailed 8-6 to drop the Jays into fifth place while the Orioles moved into fourth in the seven-team MJBL.

Through five games, Interlake sits at 2-3 with 26 runs scored and 30 allowed.

The Jays will play another 19 regular-season games over the next six weeks in hopes of returning to the playoffs after their season ended in the first round against St. Boniface last year.

This week, Interlake will get a rematch with St. Boniface on Wednesday at Whittier Park before heading south for a Sunday afternoon doubleheader against the Altona Bisons at Access Field.

UPCOMING GAMES:

- Wednesday, May 27 — at St. Boniface Legionaires, 7 p.m., Whittier Park
- Sunday, May 31 — at Altona Bisons, 1 p.m., Access Field
- Sunday, May 31 — at Altona Bisons, 4 p.m., Access Field



TRIBUNE PHOTO BY LANA MEIER

Blue Jays' Bryce Myers slides head-first safely into second base during Game 2 of a doubleheader against the Pembina Valley Orioles last Sunday in Stonewall.

Young golfer shines

By Annaliese Meier

Stonewall's Easton Faskerti opened the 2026 Maple Leaf Junior Golf Tour Mini Tour season with a strong performance at Kildonan Park Golf Course in Winnipeg on May 16. Competing in the boys 9-10 division, Faskerti carded an 85 to finish tied for second place in the season-opening event.

The tournament featured golfers aged 12 and under from across Manitoba and Saskatchewan competing in cold and windy spring conditions. Connor Hanska of Birdtail Sioux Dakota Nation captured the boys 9-10 title with a one-over-par 70, while Faskerti shared second spot with Levi Penner of Oakbank.



Brody Slatcher gets the out on second.

Interlake baseball prospects shortlisted for provincial teams

By Kieran Reimer

The names are in for the players shortlisted for the 2026 Baseball Manitoba youth team rosters.

The Interlake has representation at all levels — 14U, 15U, 16U and 17U — after players were recently named to selection camp rosters.

The 14U/15U camp features Stonewall's Jake Fortin, Alex Walker and Crew Corbett. All three are members of the 15U AAA Interlake Orioles team, which is currently 5-1 in league play.

Other local players include St. Andrews' Jensen Freiter and Cohen Linsenmeier of the 15U AAA North Winnipeg Pirates.

The 16U camp includes Stonewall's Ty Kopys of the 18U AAA Interlake Orioles and Naryl's Declan Fisher of the 18U AAA Elmwood Giants.

The 17U camp features Stonewall's Chase Corbett and Grosse Isle's Ashton Baldwin, both of the 18U AAA Interlake Orioles, along with St. Andrews' Koen Nickel of the 18U AAA North Winnipeg Pirates and East St.

Paul's Maddox Struch of the 18U AAA Elmwood Giants.

Selection camp serves as the final tryout round before Baseball Manitoba officially names its rosters.

Players previously showcased their talents at identification camp in early May, while members of last year's Team Manitoba squads advanced directly to selection camp.

Once final rosters are selected, all four teams will begin their 2026 seasons, which consist solely of tournament play, with the 14U and 16U

clubs serving as development teams for their respective 15U and 17U counterparts.

The 14U and 16U teams will play their biggest tournaments of the season at the 2026 Western Selects, scheduled for Sept. 3-6 in St. Albert, Alta.

The 15U and 17U teams, meanwhile, will head to Summerside, P.E.I., later in the summer for the 2026 15U Ray Carter Cup from Aug. 20 to 23 and the 2026 17U Canada Cup from Aug. 5 to 9.

U15 Phillies claim silver in competitive Warman tournament field

By Kieran Reimer

The U15 AAA Interlake Phillies now know a bit about some prospective opponents they could face later this season.

Interlake competed in the Prairie Oasis Tournament in Warman, Sask., last weekend, which featured many of the top clubs from western Canada.

The Phillies posted a 3-1-1 record over five games, including a trip to the gold medal game where they suffered their first loss of the season in a 6-1 final against Calgary Kaizen, earning Interlake a silver medal.

“There’s some big dogs in this tournament and possibly teams that we could be seeing at nationals if we make it there, and other tournaments,” said head coach Mike Hammond. “You can see the level of defence on these teams is very good. It’s somewhere that we’re going to strive to get to.”

Hammond highlighted his club’s defence as one of its strong suits over the weekend, as the Phillies recorded three shutout performances in five games.

Offensively, second-year major Brynn Williams led the way with a .571 batting average, helping her earn the Phillies’ tournament MVP honours.

“Our majors are a big part of our

success so far and being leaders on the team,” said Hammond.

“We were half and half with minors and majors, and a few years ago we had that good run as well. They are a good group of girls that came up and they’re all getting on base, everybody gels together well and they all know each other, so as a whole, they all work very well together.”

The Phillies are once again striving for big things after winning westerns at the U13 level last year and tying for fifth at U15 nationals.

Apart from their lone loss over the weekend, Interlake have been perfect in Manitoba Premier Softball League play this season, posting a 6-0 record to sit first in the standings.

The Phillies have outscored opponents 65-20 for a plus-45 run differential, with their only close contest being a 6-3 season-opening victory over Central Energy.

After a dominant home-opening doubleheader two weeks ago against the Westman Magic, the Phillies are now preparing for their first major test of the league season — a Thursday night trip to Friedensfeld Community Centre to take on the 2-0 Eastman Wildcats.

“We always keep them close in our minds, we always have those cir-



TRIBUNE PHOTO SUBMITTED

The U15 AAA Interlake Phillies pose with their silver medals after finishing second at the Prairie Oasis Tournament in Warman, Sask., where the team posted a 3-1-1 record and advanced to the gold medal game against Calgary Kaizen. Pictured left to right, back row: Mike Hammond, Lily Hammond, Brynn Williams, Adriana Williams, Paige Bernier, Emma Cassils, Krystal Crampton, Kardyn Reimer, Emma Wirgau, Jon Reimer, Kenna Reimer; Front row: Kayla Newton, Brooklyn Chetyrbok, Kahlie Minnie, Kenzie Myers, Tamsen Killber and Maddison Penniston.

led on the schedule for sure,” said Hammond. “That’s going to be one of our tougher games for sure this year. We’ve got a couple practices this week that we’re going to be gearing up for that on Thursday.”

The Phillies will then wrap up the May portion of their schedule over the weekend at home against the Winnipeg Lightning. The Lightning are the only other team Interlake has yet to face in MPSL action this season

and currently sit 0-2.

Upcoming Games:

- Thursday, May 28 at Eastman Wildcats, 6 p.m. at Friedensfeld Community Centre
- Thursday, May 28 at Eastman Wildcats, 8 p.m. at Friedensfeld Community Centre
- Sunday, May 31 vs. Winnipeg Lightning, 10 a.m. at Quarry Park
- Sunday, May 31 vs. Winnipeg Lightning, 12 p.m. at Quarry Park

Rams capture Zone V banner



TRIBUNE PHOTO SUBMITTED

The Collège Stonewall Collegiate Rams captured the Manitoba High Schools Athletic Association senior boys baseball championship for the 2025-26 season. The Rams defeated the Warren Collegiate Wildcats 7-1 in the final in Grosse Isle on May 20. Chase Corbett delivered a dominant performance on the mound for the Rams, throwing a complete game while recording 13 strikeouts. Corbett also led the offence, collecting two doubles in the championship victory. The Rams advanced to the final after defeating the Lundar/Ashern Co-op 12-8 in semifinal action. The Rams will now advance to the MHSAA G3 Provincial Baseball Championships, which will be hosted by Lord Selkirk Regional Comprehensive Secondary School in Selkirk from June 4 to 6. Pictured left to right; back row: Curtis De Pena (coach), Maddyn Dalgliesh, Chase Murray, Ty Kopy, Easton Killbery, Alex Walker, Brody Slatcher, Ethan Zagordnik, Matthew Hawryluk, Chase Corbett, Ryder Kirk, Carson Schaeffer, Olivia Hagen, Cody Benson (coach) and Eric Swanson (coach). Front row: Jessie Highmoor, Josh Tristram, Ryden Dalgliesh, Jake Fortin, Alec Harrisko and Carson Kirk.

U17 Phillies lead strong week for Interlake teams

By Annaliese Meier

The Interlake Phillies U17 squad continued its strong start to the Manitoba Premier AAA Softball League season this past week, posting a 3-1 record over four games.

The Phillies opened play May 20 at JBSC 1 with a pair of victories over the Winnipeg Lightning, earning 9-4 and 9-8 wins in the doubleheader.

Interlake returned to action May 24 at Swan Lake Diamond, splitting a pair of games against Central Energy. The Phillies claimed the opener 9-5 before falling 13-8 in the second contest.

The U17 squad will now host the Manitoba Angels on May 27 at

JBSC 1, with games scheduled for 6:30 p.m. and 8:30 p.m.

Interlake will then return home to Quarry Park in Stonewall for doubleheaders against the Manitoba Angels on May 30 and the Smitlys Terminators on May 31.

At the U13 level, the Phillies opened their 2026 season in impressive fashion May 23, sweeping the Manitoba Angels at JBSC 5.

The Phillies earned a 10-3 victory in the opener before completing the sweep with an 8-1 win in the second game of the doubleheader.

Interlake will now return home to Stonewall Quarry Park No. 3 on May 31 to host the Winnipeg Lightning. The doubleheader is scheduled for 10 a.m. and 12 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Track meet in Arborg readies athletes for zones

By Jo-Anne Procter

Despite near-freezing temperatures and a brisk wind, student athletes from across the Interlake and beyond bundled up and gave it their all at the first-ever Arborg Collegiate High School Open Track Meet on May 19.

Schools from Teulon, Warren, Morweena, Fisher Branch, Fisher River, Niverville and host school Arborg competed in the event, which brought together approximately 175 athletes in grades 9 to 12.

The thermometer hovered around 4 C throughout the day, but the chilly weather did little to slow competitors as they sprinted, jumped and threw their way through a full slate of track and field events.

The meet also served as an important stepping stone toward the Manitoba High Schools Athletic Association Dairy Farmers of Manitoba Provincial Track and Field Championships, scheduled for June 12 to 14 at the University of Manitoba. Approximately 1,500 student athletes from across Manitoba are expected to qualify for the provincial championships, where competitors will battle for podium finishes and provincial rankings.

Each zone may send its top three finishers in every event, along with any athletes who meet the qualifying standard. Para-athletes may also advance by qualifying through their respective zone championships.

Teulon's junior varsity athlete Avery Monasteriski secured a provincial qualifying standard ahead of the zone finals in discus with a throw of 25.97 metres, while Warren's Katie Atchison qualified in junior varsity girls high jump after clearing 1.45 metres.

Zone championships were scheduled for May 26 and June 1. Results were not available at press time. Interlake Provincial record holders include War-

ren Collegiate's Juliette Neudert who continues to hold the Para-Athletic Girls Intellectual Impairment 400-metre record of 1:14.90, set in 2019, while Rylan Thibedau established the Para-Athletic Boys Intellectual Impairment 800-metre record in 2024 with a time of 3:03.16.

Gimli's Robin Wear, who set the JV girls long jump record of 5.52 metres in 2012. In 2024, Gimli athlete Jencie Henry established a new JV girls shot put record with a throw of 10.84 metres.

PROVINCIAL QUALIFYING STANDARD

80/100 hurdles – JV girls 13.85/Varsity girls 18.09/JV boys 15.95/Varsity boys 15.41

100m run – JV girls 13.54/Varsity girls 13.44/JV boys 12.09/Varsity boys 11.74

200m run – JV girls 27.82/Varsity girls 27.54/JV boys 24.10/Varsity boys 23.58

400m run – JV girls 1:03.97/Varsity girls 1:04.12/JV boys 55.42/Varsity boys 54.08

800m run – JV girls 2:33.07/Varsity girls 2:33.56/JV boys 2:10.17/Varsity boys 2:08.67

1500m run – JV girls 5:21.08/Varsity girls 5:18.59/JV boys 4:34.77/Varsity boys 4:28.12

3000m run – JV girls 11:58.44/Varsity girls 12:01.90/JV boys 10:12.17/Varsity boys 10:01.66

4x100m run – JV girls 54.68/Varsity girls 54.82/JV boys 48.21/Varsity boys 47.85

4x400m run – JV girls 4:46.41/Varsity girls 4:47.01/JV boys 3:57.35/Varsity boys 3:49.40

Shot put – JV girls 10.24/Varsity girls 9:50/JV boys 12.57/Varsity boys 12.36

Discus – JV girls 23.83/Varsity girls 26.13/JV boys 30.46/Varsity boys 34.00

Javelin – JV girls 29.97/Varsity girls 28.67/JV boys 37.21/Varsity boys 41.88

Long jump – JV girls 4.66/Varsity girls 4.76/JV boys 5.62/Varsity boys 6.07



TRIBUNE PHOTO SUBMITTED

Teulon's Avery Monasteriski qualified for the Manitoba High Schools Athletic Association Dairy Farmers of Manitoba Provincial Track and Field Championships in discus.

Triple jump – JV girls 9.82/Varsity girls 10.08/JV boys 11.60/Varsity boys 12.38

High jump – JV girls 1.42/Varsity girls 1.46/JV boys 1.68/Varsity boys 1.76

Medley – JV girls 4:47.81/Varsity girls 4:50.30/JV boys 4:06.64/Varsity boys 3:57.63

Pentathlon – JV girls 1951/Varsity girls 2063/JV boys 2379/Varsity boys 2627



Blue Jays strike gold

TRIBUNE PHOTO BY TYSON MCMURREN

The U17 Stonewall Blue Jays softball team captured the U17/19 Diamonds Prairie Showdown championship in Portage la Prairie on Sunday after wet field conditions limited Saturday's action to just one game between Regina and Ste. Rose. Competing in a ten-team field that included Boni Vital, Altona, Neepawa, Balmoral, NESA Storm Orange, Portage Diamonds, Regina, Carman and Ste. Rose, the Blue Jays played all four of their games Sunday, opening with a 15-2 win over Altona, tying Regina 9-9, defeating Boni Vital 8-4 and edging NESA Storm Orange 10-9 in the championship final. Stonewall came from behind in the fifth inning of the final as Chloe McMurren sparked the rally with a leadoff double, followed by an RBI double from Emma Hennessey. Whitley Monforton later drew a walk, Joslyn Tetlock delivered an RBI single to advance the tying run, and Dani Park followed with a game-winning RBI double. Left to right, front row: Scarlett Wasserman, Arianna Sadowski, Whitley Monforton, Easla Isfjord, Joslyn Tetlock; Back row, Ashley Monforton (coach), Cadence Smith, Valentina Scaman, Dani Park, Chloe McMurren, Emma Hennessey, Nicole Hutchinson and Nikki Mathews (coach).

Manitoba badminton scene growing through major tournaments

By Jo-Anne Procter

Badminton players from across Manitoba and Canada have been making their way to Winnipeg this spring as C1/DK Badminton continues a busy season of hosting provincial and national-level tournaments.

C1/DK Badminton, co-owned by Stonewall's Dale Kinley, hosted the 2026 Yonex Provincial Senior Badminton Tournament from April 17 to 19, featuring competition in men's singles, women's singles, men's doubles, women's doubles and mixed doubles.

Among the top local performances, Kinley teamed up with Kyi Nichols to capture the A-side men's doubles title, winning the championship match in straight games. Serenity Poirier of Lac du Bonnet won the B-side women's doubles event and finished runner-up in the C-side mixed doubles division, while former Teulon athlete Mark Shinnie claimed the B-side men's singles title. Former Stonewall player Chris Wiebe also competed in the men's doubles division.

The provincial championships followed the club's second annual Easter Tournament held April 4-6, a recreational event designed to welcome players of all skill levels.

The spring schedule has also included the 2026 Yonex Canadian Junior U13/U15 Championships from May 16-19 and the 2026 Yonex Canadian Junior U17/U19 Championships from May 20 to 23.

Attention now turns to the upcoming 2026 Yonex Canadian Senior and Para Championships, scheduled for June 6-9 at the club's facility on Hamelin Street in Winnipeg. The tournament is expected to attract many of Canada's top badminton athletes, including Olympians and internationally ranked competitors.

Among those expected to compete are Canadian Olympian Michelle Li, currently ranked among the top women's singles players in the world and the 2026 Pan Am women's singles champion; Victor Lai, who recently placed third at the world championships and won the 2026 Pan Am men's singles title; along with Olympians Brian Yang, Nyl Yakura and Adam Dong.

Kinley said the event provides a rare opportunity for Manitoba athletes and fans to see world-class badminton competition up close.

"Badminton doesn't get televised coverage in North America like hockey, basketball or baseball,"



Teulon's Mark Shinnie was the winner of the provincial B-side men's singles title.

said Kinley. "It's important for young athletes in this sport to see some of the best badminton players in Canada, including world-class athletes, playing at such a high level."

He added that hosting national championships in Winnipeg also gives local players the chance to compete against elite athletes while exposing more Manitobans to the sport. Admission to the event is free.

C1/DK Badminton features 16 courts dedicated exclusively to badminton and offers programming ranging from recreational drop-in sessions to elite-level training. The facility provides group and private lessons, sparring sessions, racket stringing and a pro shop, while serving approximately 3,000 youth and adult players.

"All of our coaches have been highly competitive players," said Kinley. "One of my goals is to provide multiple opportunities to help each player be the best that they can be, whether that be a recreational player or an elite player competing at the



TRIBUNE PHOTOS SUBMITTED

Dale Kinley (left) and badminton partner Kyi Nichols captured the A-side men's doubles provincials at C1/DK Badminton April 17-19.

provincial or national level."

Founded in 2025 by Kinley and business partner Darryl Yung, C1/DK Badminton was created with an ambitious vision for the future of the sport in North America.

The pair hope to help build a professional badminton landscape within the Pan-American region where elite athletes can earn a living competing at the highest level. Their long-term goal is to see North America become a premier destination for badminton development, attracting top players and coaches from around the world.

Through the C1/DK Badminton community, they aim to lay the foundation for badminton to become a more mainstream sport in the North American media landscape while creating opportunities for future generations of athletes.

The club will also offer weekly summer camps for players of all ages and ability levels throughout the summer months.

Volunteers needed for Women's National Championship

By Kieran Reimer

Baseball Canada is bringing the 2026 Women's Championship to Manitoba this summer.

Optimist Park in Winnipeg will host the national tournament from July 9 to 12, featuring eight teams from six provinces: Manitoba, British Columbia, Saskatchewan, Ontario, Ontario 2, Quebec, Quebec 2 and Nova Scotia.

B.C. enters as the reigning champion after defeating Quebec 8-7 in the gold-medal game last August in Quebec City.

The tournament also marks Manito-

ba's return to the event after last competing in 2024, when the team went 1-4 and finished at the bottom of the standings.

The last time Manitoba hosted the tournament was in Stonewall in 2022, when Ontario captured gold.

"Baseball Canada is thrilled to welcome all players, coaches, officials, volunteers and fans to the 2026 Women's National Championship for what promises to be an exciting and memorable event," said Baseball Canada CEO Jason Dickson. "Baseball Can-

ada National Championships are a chance for people from around the country to gather and celebrate all of what makes our sport great."

With the tournament taking place in Winnipeg, Baseball Manitoba is calling for local volunteers to help support the event.

Volunteer opportunities include front gate attendants, scorekeepers and pitch counters, with training required for some roles, as well as bilingual announcers, 50/50 ticket sales, merchandise sales, general event sup-

port, hospitality and awards.

"Volunteers are a vital part of creating a positive experience for teams and visitors alike. Whether someone has a strong baseball background or simply wants to help support a national-level sporting event in Manitoba, there are opportunities available for all experience levels," Baseball Manitoba said in a release last week.

Those interested in volunteering can visit the Baseball Manitoba website or go to volunteersignup.org/JW3PX for more information and to sign up.

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UPCOMING EVENTS
JOIN THE FIGHT AGAINST PROSTATE CANCER! The Motorcycle Ride for Dad is Saturday, May 30, 2026, 10 a.m., Polo Park, Winnipeg. Visit ridefordad.ca/Manitoba to register or make a pledge.

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- Training will be provided for ideal candidates

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Work directly with live turkeys inside a controlled barn environment

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

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

EMPLOYMENT OPPORTUNITY
Kletke Seed Farm Ltd is hiring for a **Shipper/Labourer.**
Forward resume to info@kletkeseedfarm.com 204-886-2822
11080 E Road 91N, Teulon, MB
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The Tribune Classified and Announcement booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-467-5836

TOWN OF STONEWALL UNDER THE AUTHORITY OF THE PLANNING ACT NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any person(s) who wish to make them in respect to the following matter:

TOWN OF STONEWALL BY-LAW NO. 05/26
Being an AMENDMENT to the TOWN OF STONEWALL ZONING BY-LAW NO. 6/16, as amended.

HEARING LOCATION: Town of Stonewall Council Chambers, Municipal Office 293 Main Street, Stonewall, MB

DATE & TIME: Wednesday, June 10, 2026, at 6:30 PM

GENERAL INTENT:

- To introduce the new "RMU" Residential Mixed-Use Zone to the Zoning By-law
- To amend the following sections of the Zoning By-law:
 - Part Three – Zones
 - Part Four – Use Regulations
 - Part Five – Development and Design Standards
 - Part Six – Signs
 - Part Seven – Parking and Loading
 - Part Eight – Zoning Map
- To rezone the following:
 - Pt. W ½ 30-13-2 EPM, Being Lot 4, Plan 18778, Parcels A, B, & D, Plan 72610, Pt. Parcel C Plan 72610, Lot 1, Plan 26683 WLTO from "DR" Development Reserve Zone and "RM" Residential Multiple-Family Zone to "CH" Commercial Highway Zone and "RMU" Residential Mixed-Use Zone.

AREA AFFECTED:

CONTACT INFORMATION: Eric Shaw, General Manager, South Interlake Planning District, 5-15 Davis Way, R.M. of Rosser, MB, R4B 0A3, Phone: 204-467-5587

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.
Note: property owners are responsible for notifying lessees

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THE RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

Youth Summer Employment

The Rural Municipality of Armstrong invites applications for the position of:

Seasonal Labourers

Qualifications

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, push mower, weed eater
- Knowledge of safety procedures and of the use of safety equipment
- Interpersonal skills with the ability to work well with all employees and the public effectively and in a courteous manner
- Available from May 1 - September 1, 2026
- Must be 16 to 29 years old
- This position will require physical effort and include outdoor work, in a variety of conditions

Further information may be obtained by contacting the office at (204) 278-3377.

Written applications to be submitted to:

RM of Armstrong Office
Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: clerk@rmofarmstrong.com

Do you have a unique service you would like to advertise?
Get the word out with an ad in the Tribune!

RURAL MUNICIPALITY OF ARMSTRONG

RE-TENDER REQUEST FOR SEALED TENDER

Meleb Waste Disposal Grounds Maintenance Pushing, Compacting & Earth Capping

The Rm of Armstrong is inviting tenders to push, compact and cap garbage at the Meleb Waste disposal Grounds. Pushing and compacting garbage will be required a minimum once every 10 days, and /or as instructed by the Public Works Coordinator.

Approximately every three (3) weeks the waste will have to be pushed, spread, compacted in approximately 6-inch layers and then covered with capping. Capping/Covering to consist of a layer of soil (located next to the active cell), straw or other approved materials approved by the Public Works Coordinator at an approved thickness, approximately 4-inches thick.

The working face of the cell is to have an even slope, surface to be able to spread and compact future waste.

Work Starting Date: **July 1, 2026**
Contract End Date: **Three year term**

Location: RM of Armstrong
1094 PR 17
PO Box 69
Inwood, MB ROC1PO
Phone 204-278-3377

The lowest or any tender not necessarily accepted. Bids close at **12:00 pm, Wednesday, June 17, 2026.**

Detail tender packages complete with specifications are available to interested applicants on the RM of Armstrong website. Any questions or concern can be directed to:

John MacNeil
Public Works Coordinator
RM of Armstrong
204-278-3377

WANTED

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

WANTED: Collector paying top prices: old advertising signs, gas pumps, Red Indian, White Rose, Buffalo, Ford Dodge, GM. 1968-70 Chargers, 1970-71 Barracuda's. Running or not. 306-221-5908.

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NOTICES

Hiring for Summer? Selling something? Doing an online event? Let us help you book your blanket classified ads, Response Builder Ads or Power Builder Ads across Manitoba, to increase your marketing presence. Let people know about your business, item for sale or event, by placing an ad with us! Your ad will be seen in the MCNA Member Newspapers, in over 368,000+ homes in Manitoba. Please call 204-947-1691 for more details or to book ads. Take advantage of our great pricing! MCNA - Manitoba Community Newspapers Association. www.mcna.com

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EMPLOYMENT OPPORTUNITY

Teulon & District Seniors Resource Council Inc. is accepting resumes for Support to Seniors in Group Living (SSGL) Worker

Funding Provided by IERHA

We are seeking a compassionate, reliable and patient individual to join our team providing support to our seniors in a group living environment. This part-time position is ideal for someone who enjoys helping others and making a positive difference in the lives of seniors.

Responsibilities:

- Assisting residents with daily living activities,
- Providing companionship and emotional support,
- Supporting recreational and social activities,
- Monitoring resident well-being and reporting concerns,
- Maintaining a safe, respectful and caring environment.

Qualifications:

- Experience working with seniors or in healthcare/support services is an asset,
- Strong communication and interpersonal skills,
- Compassionate, dependable and respectful attitude,
- Ability to work independently and as part of our team,
- Able to provide Criminal Record Check, Vulnerable Sector Check,
- First Aid/CPR certification and Nonviolent Crisis Intervention Training would be an asset,
- Valid Driver's License and access to reliable vehicle.

Position Details:

- Part-time (20hrs/week) Monday to Friday
- Flexible shifts may include some evenings and weekends to meet the needs of the Program and the Seniors.
- Wage TBD based on experience and qualifications.

The deadline for applications will be Wednesday June 10, 2026 at 4:00PM.

Only successful applicants will be contacted for an interview. Please submit a **Resume** and **3 References** to **TDSRC Hiring Committee: SSGL Position** to tdsrc@mymts.net or drop off at 54 Main Street, Teulon, MB.

THE RURAL MUNICIPALITY OF ARMSTRONG

EMPLOYMENT OPPORTUNITY

Interlake Metis Employment - Summer Students

The Rural Municipality of Armstrong invites applications for the following positions:

Yard/Park Maintenance Office Assistant

Eligible Students

- Red River Metis students ages 14+ living in Manitoba
 - Students must have attended school full-time in the current academic year and be returning to school on a full-time basis in the upcoming year.
 - Part-time & Distance Education students are not eligible
- Proof of Red River Metis Citizenship (MMF Citizenship #) is required
- Students aged 15 and under must complete the Safe Work Manitoba Young Worker Readiness Certificate course prior to starting employment
- Available from June 29 to August 28, 2026

Further information may be obtained by contacting the office at (204) 278-3377.

Written applications to be submitted to:

RM of Armstrong Office
Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: clerk@rmofarmstrong.com

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SHOP LOCAL SUPPORT OUR LOCAL BUSINESSES

NOTICE TO CREDITORS
IN THE MATTER OF: The Estate of Florence Rose Mulvena, Gunton, Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 24th day of June, 2026. DATED at Stonewall, Manitoba this 19th day of May, 2026. **GRANTHAM LAW OFFICES** Solicitor for the Executors

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• CATTLE EXPERIENCE IS AN ASSET BUT NOT NECESSARY
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Drop off resume at
Winnipeg Livestock Sales Ltd.
Corner of Hwy 236 & 6
Call Dylan 204-228-4754
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HOUSE FOR RENT in Winnipeg Beach
Cozy 1,100 sq. ft. 2-bdrm, full bathroom home featuring bright living areas, wood stove fireplace, large front deck, private treed yard, garden shed, functional kitchen and lots of parking. Quiet location near the lake, beach, shops and restaurants. \$1,450/month plus utilities. Available May 15. **Phone 1-204-389-2023, to book a viewing.**

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Call 204-467-5836

THE RURAL MUNICIPALITY OF ROCKWOOD
EMPLOYMENT OPPORTUNITY
SEASONAL OPERATIONS MAINTENANCE / EQUIPMENT OPERATOR EMPLOYEE
The Rural Municipality of Rockwood invites applications for the position of Operations Maintenance / Equipment Operator Employee (Seasonal).
Under the direction of the Operations Manager, the position will be required to assist the Operations Department and perform general municipal related work, as well as vacation fill in for the Grader operators.
QUALIFICATIONS - Operations Maintenance/Equipment Operator Employee (Seasonal):
1. Grader operation for road maintenance and building (Cat 160M and John Deere 872GP grader)
2. Valid Province of Manitoba Driver's Class (5) Licence (Class 3 preferred)
3. Experience in a Public Works related field would be an asset
4. Good interpersonal skills to deal with the public
5. Knowledge in the operation and maintenance of different equipment (tandem, loader, tractor/mower)
6. Mechanically inclined
7. Ability to work under minimal supervision
8. Salary Range \$21.90 - \$32.59 / Hr - dependent on qualifications
Applications should be marked "**Application for Operations Employment**" and should contain a cover letter and full resume with three references.
Forward applications to the undersigned, posting will close June 5, 2026 or once suitable candidate is found:
Attention: Ian Tesarski - Director of Operations
The Rural Municipality of Rockwood
285 Main Street, Box 902, Stonewall MB R0C 2Z0
Telephone No. 204-467-2272
Fax No. 204-467-5329
E-mail Address: ian.tesarski@rockwood.ca
Thank you to all applicants for your interest, however, only candidates selected for interviews will be contacted.

INTERLAKE SCHOOL DIVISION
Preparing Today's Learner for Tomorrow
PUBLIC NOTICE
NOTICE OF VOTERS LIST / PERSONAL SECURITY PROTECTION
INTERLAKE SCHOOL DIVISION
Notice is hereby given that a copy of the VOTERS LIST may be revised at the office of the Interlake School Division at 192-2nd Avenue North, Stonewall, MB.
Appointments during business hours are available until September 22, 2026. Contact the SEO at 204-404-7036.
At this time the Senior Election Official (SEO) will be available to update the voters list by:
a) adding the names of voters who are entitled to have their names on the list;
b) deleting the names of persons who are not entitled to have their names on the list; and
c) making such other correction of errors to the list as required.
VOTER ELIGIBILITY:
A person is eligible to have their name added to the Voters List if they are:
1. a Canadian citizen and at least 18 years of age on election day; and
2. a resident of the local authority for at least six months prior to election day, OR a registered owner of land in the municipality for at least six months prior to the election day.
NON-RESIDENT VOTERS QUALIFIED IN MORE THAN ONE WARD:
In accordance with Section 25(2) of the Municipal Councils and School Boards Elections Act, any non-resident voter who owns property in more than one ward is responsible to notify the SEO in writing, not later than September 22, 2026 of the ward in which they desire to vote. Failing the foregoing, the voter's name will be placed on the list as the SEO may select.
APPLICATION FOR PERSONAL SECURITY PROTECTION:
A voter may apply in writing to the SEO (at the address / email below) no later than September 22nd, 2026, to have their name and other personal information omitted or obscured from the voters list in order to protect the voter's personal security. The application may be submitted in person, by mail or email and must include your name, address, and include proof of identity.
All changes to the voters list must be completed on or before September 22, 2026, in preparation for the School Board election to be held on Wednesday, October 28, 2026.
Dated at Stonewall in the Province of Manitoba on May 20, 2026.
Allison Mankewich,
Senior Election Official for the Interlake School Division.
192-2nd Avenue North, Stonewall, MB, R0C 2Z0
Email: SEO@isd21.mb.ca Telephone 204-404-7036

Announcements

Stonewall Teulon
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OBITUARY

Thomas (Gerry) Palmer

Peacefully on Friday, May 22nd, 2026, Thomas (Gerry) Palmer passed away at the Dr. Evelyn Memorial Hospital in Stonewall Manitoba.
Memorial service to be held on Tuesday, June 9th, 2026 at 2:00 p.m. Stonewall Quarry Park Heritage Arts Centre, 166 Main Street, Stonewall.
Full obituary and further details to follow.



OBITUARY

Elizabeth Beth Harrison (Dutka) August 28, 1944 – May 20, 2026

Elizabeth Beth Harrison (Dutka) passed away peacefully Wednesday, May 20, 2026.

Beloved wife of the late Dewey Harrison, left to cherish her memory are her children Jeanette, Vernon (Tamara), Sammy, Teresa, Tricia (Adam) and numerous grandchildren, great-grandchildren and nieces and nephews.

Betty, as she liked to be called, loved her family. There were many happy times and many struggles being a farmers' wife, a mother, and what she liked to call being a Domestic Engineer. Alongside her husband Dewey, she worked many years of farming, raising livestock, chickens, gardening and being the best mother she knew how to be.



Betty was a dedicated Jehovah Witness. She read her bible and magazines daily when she could.

Cremation has taken place, and a celebration of life will be held on Saturday, May 30, 2026, 11:00 a.m. at Gilbert Funeral Home, Selkirk.

In lieu of flowers, donations can be made to Nova House or any mental health support services in your community.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



CARD OF THANKS

We would like to express our heartfelt gratitude for the outpouring of sympathy, love and support our family has received after the loss of our beloved Mum, Kitty Stewart. Your thoughtful tributes and generous donations in her memory have truly comforted us during this most difficult time. We also give sincere thanks to Ken Loehmer Funeral Services for his compassion and support. Finally, we are deeply grateful to the staff at Rosewood Lodge for the exceptional care, kindness, and dignity they provided to Mum during her years in care.

-Walt and Donna,
Tricia and Barry,
Ray and Shelley
and families

IN MEMORIAM



In Loving Memory of Mary Ann Pull Mum

February 1, 1939 – May 31, 2023
Of all the special gifts in life,
However great or small;
To have you as my Mum,
Was the greatest gift of all.
May the winds of love blow softly,
And whisper in your ear;
We love and miss you Mum,
And wish that you were here.

-Love,
Brenda, Denis and family

OBITUARY

Brian and Myrna Oliver

It is with profound sadness that we announce the passing of our beloved father, Brian, on April 24, and our beloved mother, Myrna, on May 4. They left us just 10 days apart, after both facing sudden illnesses with courage and strength.

Left to miss them every single day are their children, Sherry (Dale), Tammy (Mike), Kristen (Betsy), Michelle (Trevor), and Tyler (Mandy); their grandchildren, Mark (Kaleigh), Cody, Easton (Renee), Jessica (Mark), Keauna (John), Dawson (Will), Lucas (Olivia), Camryn, Julia, and



Elliet; and their great-grandchildren, Nataleigh, Carver, and Indy; Mom's sister Sharon (Ray), Dad's sister Colleen and their many treasured nieces and nephews.

Mom and Dad were the pillars of our family. They held us together, loved us fiercely, and built a life rooted in commitment, hard work, and family. They worked tirelessly to provide for their five children, and their greatest joy was always found in their children, grandchildren, and great-grandchildren. Family was not just important to them; it was their passion, their purpose, and the centre of everything they did. They were truly the best parents, grandparents, and great-grandparents. From family vacations in Hawaii and Great Britain, to camping across the country, weekend getaways, and summers at the cottage, there was always something they were planning. We were quite the convoy when we loaded up to head out on one of the many adventures, they took us on. Gpa and Gma spent years making memories with their 10 grandchildren and three great-grandchildren. They were always there for their grandchildren, sleepovers, special outings, and attending sporting events and cheering loudly from the stands with pride, joy, and unmistakable love. They truly created a legacy of love, laughter, togetherness, and belonging.

Although they were both born and raised in the North End of Winnipeg, if you asked them where home was, they would have said Marquette, Manitoba, and Twin Lakes Beach, Manitoba. They spent years building a beautiful life, making friendships and raising their family in Marquette, and the last 30 years at their beloved cottage at Twin Lakes Beach, where their love of the lake and their love of family and friends came together so beautifully.

Dad had a passion for cars, racing and fixing things. There was very little he could not build or repair. He built our childhood home in Marquette and our cottage at Twin Lakes Beach, creating the backdrop for so many of our favourite memories. Mom was a lover of reading and puzzles. In her spare time, she could often be found snuggled up with a book and a blanket, or sitting at the table working on some kind of puzzle. Mom was the magic behind every holiday, creating traditions we will continue to cherish. Together, Mom and Dad were adventurers, and when retirement came, they welcomed the opportunity to head south to warmer weather, as long as we came to visit them.

Their love story spanned many, many decades. While our hearts are deeply broken to lose them so close together, it brings us comfort to believe they are together again. They loved each other deeply in life, and that love remains part of the legacy they leave behind.

A private family celebration of Brian and Myrna's lives will be held later this summer.

In their memory, and in honour of our love for our parents and the battles they faced, we ask those who are able to consider making a blood or platelet donation with Canadian Blood Services. Donations may also be made to the Heart and Stroke Foundation or the Canadian Cancer Society.



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