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Tribune

Stonewall Teulon

THURSDAY,
JUNE 9, 2022

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Celebrating Diversity

TRIBUNE PHOTO BY LANA MEIER

The rainbow flag-raising ceremony marked the beginning of Pride Month at the Town of Stonewall hall last Friday. Interlake Pride president Tammy Henwood, left, and community members met at the Town of Stonewall office to raise the flag, which is a symbol of lesbian, gay, bisexual, transgender and queer (LGBTQ) pride and LGBTQ social movements.

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Timberline Farms celebrating Turkey Lovers Month

By Autumn Fehr

Turkeys are more like people than many would think.

When you open the door of a turkey barn at any time of day, you are met with thousands of turkey heads popping up to look at you.

Then the turkeys usually come running towards you from the far end of the barn, greeting and welcoming you into their space — excited to see you.

And if you make any noise, they will respond like they are answering back.

Quentin Wiebe, owner of Timberline Farms Inc., looks forward to that greeting every day as part of his work as a turkey farmer.

"When you walk into a barn, it's like you have 7, 8, 10 thousand friends happy to see you," said Wiebe.

For 27 years, Wiebe and his wife Theresa Wiebe have been looking after the turkeys on their farm in Gunton.

"My wife is an integral part of the farming process. It's very much a team effort," he said.

Wiebe starts his typical day at seven in the morning with his daily tasks to upkeep the farm, starting with a walk-through of all the barns.

"You wake up in the morning and immediately your mind goes to the birds and what's happening in the barn," said Wiebe.

As a turkey farmer, checking on your birds is an integral part of your day and is done multiple times a day to ensure all is well with the turkeys.

"I think most farmers would feel this way; when the birds are doing well, then life is good," Wiebe.

Checking on the birds is both the first and the last thing done in a turkey farmer's daily routine.

"That's always the first thing to make sure all is well in the barn," said Wiebe.

Other daily duties include giving the birds food and water and ensuring all equipment is working.

Depending on the bird's age, they may require some extra attention. When the birds are young, some more manual labour is involved, like filling the feeders by hand.

"You have to babysit the young ones," said Wiebe.

Wiebe says they are always getting ready for the next flock of turkeys.

Timberline Farms could have up to four different flocks at a time.

The farm raises four different flocks at a time, raising seven flocks a year.

Timberline Farms ships their turkeys through Exceldor Cooperative, located in Blumenort, formerly known as Granny's Poultry, which is the only turkey processor in Manitoba.

"Exceldor's process is all very high-



TRIBUNE PHOTOS SUBMITTED

The day in the life of turkey farmer, Quentin Wiebe, at Timberline Farms Inc. in Gunton. June is Turkey Lovers Month.



Wiebe's turkeys have access to fresh air.



Turkeys are curious and will come up to greet you.

ly controlled and very closely monitored," said Wiebe.

Timberline Farms Inc. turkeys that the farm prepares are Butterball turkeys — turkeys raised without antibiotics that are fed a mixed natural grain diet of soybeans, grains and other vitamins and minerals.

Once they ship a flock of turkeys, the work of hauling out the manure and cleaning and disinfecting the

barn happens in preparation for their next incoming flock.

Wiebe says they receive the first flock around mid to end of February and the last flock of the year between mid to end of November. The flocks vary in size. The smallest they receive

Continued on page 3



An aerial view of Timberline Farms.

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> TURKEY, FROM PG. 13

is 7,000 birds, and the largest is 10,000 birds.

This means that from December to January and most of February, the barns are empty, but Wiebe says during this time there is a lot of maintenance, cleaning, upgrades of equipment and disinfecting equipment that needs to be done.

"Life is a little bit easier. There's still a lot of work, but it's just not so pressing," said Wiebe.

The farm's busiest season is spring and fall, between shipping and receiving birds. During the summer, the farm is steady with added yard work to get done on the land.

Although his work is busy and at times pressing, Wiebe loves the lifestyle, especially the ease of having his work in his own backyard and the flexibility of being his boss.

"It's very rewarding when all the birds are doing well and happy. It can be a lot of fun," said Wiebe.

Not only does turkey taste good, but it reaps many health benefits.

Turkey is the leanest meat — whether it's white meat or dark meat. It is packed with high-quality protein that energizes your body with a boost of iron, strengthens your immune system with zinc, and provides potassium, which is healthy for the heart.

These are only some of the many benefits of eating turkey in your diet.

When using turkey as part of a meal, there are many options of how to use it, whether you bake the whole bird, use parts of it in a soup or sandwich, barbecue or smoke it.

"I think a lot of people when they think turkey, they think we have to make this whole bird. A lot of people don't even know what to do with those leftovers. There are so many op-

tions — sandwiches, soup, curry turkey," said Wiebe.

Like any poultry, it is important to cook turkey to the right temperate. Whole turkey and roasts are cooked when a meat thermometer reads 170°F (77°C) for unstuffed turkey or 180°F (82°C) for turkey stuffed with a dressing. Turkey cuts such as breasts, thighs, drumsticks and wings are cooked when it registers 165°F (74°C). Always insert your thermometer into the thickest part of the meat, away from any bones.

To ensure proper handling, those preparing a turkey can follow the set guidelines listed on the Manitoba Turkey Producers website turkey.mb.ca, such as properly handling, cooking and defrosting a turkey.

The Manitoba Turkey Producers website also has turkey recipes for ideas on what to make the next time you cook a turkey, whether using the whole bird or the leftovers after a big dinner with friends and family.

After 27 years of running a turkey farm, it becomes a lifestyle and a routine way to make a living.

Wiebe says that since he has been taking care of turkeys for so many years, when he is walking through the barn, he can tell just by the way they sound and even by the way they stand if there is a potential problem, if they are happy or not and if they are comfortable.

"Bottom line, it's a fun way to make

a living," said Wiebe.

This month, support turkey farmers like Wiebe by enjoying some turkey. Some great options are a whole turkey, turkey roast, turkey cuts, like a breast, thigh or a couple of drumsticks, ground turkey or something quick and easy like frozen turkey burgers, sausages, ham or franks.

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LAKE SIDE

Interlake Pride raises support in Stonewall and beyond

By Emma Honeybun

Pride Month festivities are officially underway in Stonewall and surrounding regions, and communities are celebrating in many different ways.

On Friday, June 2, Stonewall's Pride flag was raised at 9 a.m. at the town office. The raising was organized by Tammy Henwood and Interlake Pride, a call to the community at the beginning of Pride month. They welcomed anyone from the community to show up to show support.

"We couldn't do that last year because of COVID, right? So this year we're hoping that we could have some people show up anyways," Henwood said.

She said that along with Pride events, they're looking into beginning the youth groups Interlake Pride organizes, also put off in recent years due to restrictions.

Interlake Pride also represented the Interlake area at Winnipeg's Pride event on Sunday, walking in the parade from Memorial Park to the festival at The Forks.

Henwood said that they were happy to get a booth this year, and the board had been looking forward to the festivities.

Interlake Pride focuses on raising awareness, education and growing the supportive system in the Interlake for the LGBTQQIP2SAA community.

"It doesn't mean that you have to be part of the LGBTQQIP2SAA commu-



TRIBUNE PHOTO BY TAMMY HENWOOD

The Interlake Pride group took part in the Pride parade in Winnipeg on Sunday.

nity, but it's important in what you can do as an ally to best support," said Shauntana Holmes, Henwood's partner. "Your friends and your family and your neighbours and how to make sure that people feel safe where they live and feel safe to be who they are without judgment and fear — that's our big thing. Education is a huge part, and being a support for people is the other big piece."

They challenge the assumption that rural areas like Stonewall are less accepting of those from the commu-

ty. Holmes expressed that, although there's always room for improvement, the Interlake area has a very large support system, a much wider community than those from outside the area realize.

"I know within Stonewall itself, there are a lot of people who fall under the rainbow and come. It's really nice to see people being comfortable to be who they are and to be able to see that hope," said Holmes.

"I see a lot of parents whose children are discovering who they are and the parents are supporting them, and it's really cool to see because they can see that this is a safe community to do that."

Last year, there had been an incident in which Stonewall's Pride flag had been stolen and vandalized, causing upset in the community. This year moves away from that.

As for supporting Interlake Pride, they said that the most important thing is being decent, present and re-

spectful.

The organization often does different fundraisers, selling out multiple events partnered with Torque Brewing Company. They've also done trivia, bingo and psychic nights.

"It's been really awesome and it's been great to hear people's stories and get that support and push," Holmes said. "It's what motivates us to volunteer and do all this stuff 'cause it is all done on volunteer time."

Following their appearance in Winnipeg Pride, they're planning on walking for Quarry Days, the historical Stonewall event ending its two-year hiatus this year as well.

Interlake Pride welcomes anyone to join them at Quarry Days and any future Pride events. Allies and family members are encouraged to come out and join.

Interlake Pride has a Facebook for updates, news and images at facebook.com/interlakepride, as well as a website at interlakepride.com.

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Neglect of outdoor spaces at WCI proves difficult to provide proper physical education

By Autumn Fehr

A field of grass up to your knees, areas filled with pools of water, a running track and baseball diamond covered in grass and weeds, and the fence that once belonged to a tennis court has fallen down.

These are some of the conditions where Warren Collegiate students have to practise outdoor sports, including track and field and baseball.

Instead of practising the sports, they enjoy within the comfort of their school, these students are forced to travel with coaches to other schools in the Interlake School Division that have safe, usable spaces.

Lee Stewart, an outdoor education teacher and coach for many outdoor school sports at Warren Collegiate, started noticing the neglect of the outdoor spaces in 2017.

“No one’s answered my question as to why some schools have facilities and some don’t,” said Stewart.

Stewart started teaching in 1985 within the Prairie Rose School Division and later moved to the Interlake School Division in 2002 where she began teaching at Warren Collegiate.

She said they have a strong track program at the collegiate where athletes have always trained on a gravel track outside.

“By 2017 the track had grown in and become full of weeds, and we weren’t really able to use it at all, so we moved our practices out onto the street,” said Stewart.

The school did come in and try to dig it up and repair it that year, but it just grew back in over the summer, so when the students returned in the fall to practise, it was once again unusable.

When students returned in the fall of 2020 following closures due to the COVID pandemic, teachers were encouraged to bring their classes outside to teach.

“But the grass on our school grounds hasn’t even been cut and there’s a big pool of water in the field. It doesn’t drain properly so there’s a drainage issue. Nothing is usable,” said Stewart.

The volleyball court on the school grounds is also completely grown in



The baseball diamonds are almost completely overgrown with grass and weeds.

with grass.

The fence of their tennis court has fallen, and the asphalt is in disrepair.

Last winter, when the snow was removed from the parking lot, piles of snow were dumped on the school yard, so the tractors that drove in created ruts that have since filled with water.

“There’s really no place in our school grounds that we can safely play. If I want to play softball with my students, I have to walk them over to the community grounds and use those. I have to take my track and field kids to Stonewall to use their facility because we don’t have a jumping pit that is usable,” said Stewart.

But, without a lawn mower accessible at the school, it makes it harder for things to be done by the hands of volunteers, such as students who want to see a change within the spaces they use.

Stewart said the grass on the grounds of Warren Collegiate is only getting cut in July and August.

This doesn’t work for the educational system as student-athletes want to use the grounds to practice in May and June, and September and October, but with the conditions of the outdoor space, they are unable to.

“I don’t expect a whole new track, but the grass is literally up to our knees,” said Stewart.

The Green Team that Warren Collegiate hires to take care of some of the maintenance of the school grounds,



TRIBUNE PHOTOS SUBMITTED

The outdoor spaces at Warren Collegiate have been neglected for five years by the school division.

such as cutting the grass, are mostly students and they aren’t available until June or July.

“We need to find a way to keep our spaces safe and usable while school is in session,” said Stewart.

Over the years, Stewart has become frustrated as the issue has only worsened, yet nothing is being done to improve the space.

When travelling to other schools to

use their facilities for her students, Stewart has noticed other schools in the Interlake School Division that don’t have the same neglect as Warren Collegiate does.

“We just did a track meet in Stonewall and their grounds are weed-free, the grass is cut, the long jump pit is usable, and they have an asphalt

Continued on page 7

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Jennifer McFee
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COVID hospitalizations increase at end of May; outbreaks in Interlake PCHs

By Patricia Barrett

COVID-19 hospitalizations increased in late May, according to the province's weekly COVID surveillance data.

There were 120 new hospital admissions, of which nine required intensive care, and 15 more Manitobans died from the virus, according to the May 22 to May 28 report. There were also 416 new COVID infections, based on restricted PCR testing. The total number of Manitobans who've lost their lives to the virus is currently 1,980.

The province doesn't track rapid antigen tests.

The report also states that wastewater surveillance data for the city of Winnipeg indicated "ongoing activity" for COVID.

Other health news:

- The Interlake-Eastern Regional Health Authority's medical officer of health declared a COVID outbreak on May 30 at the Betel Personal Care Home in Selkirk.

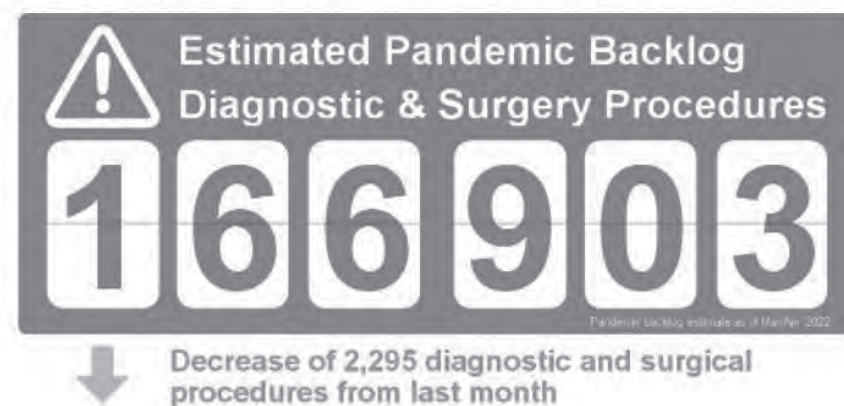
The IERHA also declared on May 31 a COVID outbreak at the Lunder Personal Care Home, where six residents tested positive for the virus and results on 10 other people in care are pending.

"We appreciate this is unsettling news for our residents and their loved ones. Please be assured that we have moved quickly to enact precautions that will prevent any further spread of illness. The care of our residents'

May 31, 2022

Overall Backlog

The impact of the pandemic response on Manitoba's hospitals has resulted in a massive backlog of surgery and diagnostic procedures. Doctors Manitoba has been advocating on behalf of patients and their physicians for a plan to clear the backlog. As part of our work, we have created a dashboard to monitor the size of the backlog.



DOCTORS MANITOBA

Doctors Manitoba's May 31 update shows a decrease since last month in the number of backlogged medical procedures. There are now almost 167,000 procedures in the queue.

health is our top priority," said acting clinical team manager Margarete Moulden in a May 31 update to the family of Lunder residents.

Outbreak protocols and visitor restrictions are in place at both PCHs.

A health authority spokesperson said the COVID outbreak at the Teulon hospital was declared over on May 31, and the outbreak at the Red River Place care home in Selkirk was also declared over last week.

- Doctors Manitoba, a physician-advocacy organization, provided a new estimate on May 31 of the number of backlogged medical procedures in the province. There are now 166,903 procedures in the queue, a decrease of 2,295 from last month

- Canada's chief public health officer Theresa Tam reported 77 cases of monkeypox in the country as of last Friday, with five cases in Ontario, 71 in Quebec and one in Alberta.

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

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TRIBUNE PHOTO BY LANA MEIER

Eight-year-old Dallas Stewart-Schwark was busy collecting earthworms for his mom's garden after 55 mm of precipitation fell on May 30. Stats from Environment Canada shows that the spring of 2022 is on track to be one of the wettest recorded in Manitoba's history. The record for the wettest spring is 325.4 mm. set in 1896. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

> NEGLECT, FROM PG. 5

track," said Stewart.

The Warren track team has had a successful year, but coaches are driving students to other facilities to train and to practise because they can't train on their grounds, which puts other schools at an advantage.

On June 1, the junior girl's track team brought home the Zone V banner.

Stewart said the girls were proud of themselves for winning the banner, considering they don't even have a place of their own to practise properly.

When she brings her concerns to the table, mentioning the maintained conditions of other schools in her district, Stewart said she isn't given the tools and help she asks for.

"When I ask about it, I get told Stonewall is a larger school, which means more students, which means they have more money than we do, but to me, that doesn't really show a lot of equity," said Stewart.

Many schools draw funds from their communities and have help from their community to upkeep their school grounds.

Stewart said she has talked to Teulon Collegiate, which is a school about their size in their division, and they said the community has pitched in a lot to help them maintain their track and schoolyard.

Stewart hopes to make this happen for the students at Warren Collegiate by rallying community support to rejuvenate the school grounds.

A simple and cheap solution that Stewart offers to repair the space that has been left unusable is for the grass to be cut regularly.

Whether the school division needs to work it out to ensure it's getting done or the school is provided with the lawn maintenance equipment that they need to do it themselves, Stewart doesn't think it's much to ask for, for her students.

"I know that our students are will-

ing to fundraise, write grants and try to find funding to put in a useful track and maybe rebuild some of the ball diamonds and spaces we have here. But I'm hesitant because if there's no will by the school division to maintain the property then we'll just end up with a neglected space again," said Stewart.

Outdoor spaces, like the ones being neglected at Warren Collegiate, are important for students to be able to be active and live a healthy lifestyle.

"Other schools in the division don't look as awful as ours does," said Stewart.

These spaces must be taken care of equally within school divisions so all students can enjoy the same activities in a properly maintained space.

"Maybe it's time to pay attention to some of the smaller schools too," said Stewart.

The Tribune did reach out to ISD for more information but nobody was available to comment.

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What Can We Do To End School Violence?

Another school — another shooter. Families devastated. What can we do before it happens again? Let's think about it.

A dangerous river runs through a town — hundreds drown each year. Mayor walks downstream — sees a child drowning. Hires lifeguards with nets to fish people out of the water. Deaths are cut by 20 per cent.

The mayor's wife asks, "Why are people falling in the river?" Walking upstream, she notices a crowded riverside path and suddenly a child falls into the river.

Her solution? Wider path, higher handrails and educating parents. Cuts fatalities by 98 per cent.

What's your strategy for ending school violence? Metal detectors? Door locks? Giving guns to teachers? Those are "downstream" solutions. Sure they may save lives, but they're not solving the real problem.

We need to ask, "Why are kids shooting kids?" Why the violence epidemic? Let's walk upstream.

Look at our culture? Our values? Media? Is something or someone missing? Are our kids getting everything they need to thrive?

Two thousand years ago, the world was way more violent — especially toward children. Suddenly Jesus enters the scene. What does He do?

First, Jesus helps people find inner peace. Then, He shows them how to have relational peace with everyone around them. What happens next?

An incredible culture of caring forms — people start selling land and belongings to help strangers. A love revolution is born — impacting billions of lives over thousands of years — and it's still happening today.

Would our kids be safer if they found inner peace? Would they experience less violence if they had healthier relationships with everyone around them? Only one way to find out — connect them with Jesus.

Waiting won't prevent the next tragedy — upstream solutions require action. What will you do right now to increase the Jesus in your heart, your home and your community? If you're looking for ideas, get in touch.

Paul Emmer
Paul@HeroicFamilyMissions.com
LiveLearnGive.com
 YFC Stonewall

Agricultural and Food Sciences alumni honoured for community service

Submitted by University of Manitoba

Three Faculty of Agricultural and Food Sciences alumni were honoured for their outstanding professional contributions and public service at a June 2 celebration held at the University of Manitoba.

The Certificate of Merit is presented in recognition of leadership with agricultural organizations and outstanding service to the community at large. The 2022 recipients are Curtis Evenson and Laura and Henry Holtmann.

Henry and Laura met at the University of Manitoba, where Henry received his Bachelor of Science in Agriculture from the University of Manitoba in 1984 and Laura graduated in 1985 with her Bachelor of Science in Agriculture.

After graduation from the University of Manitoba, Henry served as a quality control inspector at Canada Packers and then as sales representative for Western Breeders for Manitoba/Saskatchewan from 1986 to 1991.

Laura worked for Monsanto as a sales representative in Saskatchewan and then at the dairy lab at the Agriculture Services Complex in Manitoba.

Since 1995, Henry and Laura, in partnership with Henry's brother Tony and his wife Kim, have owned and operated Rosser Holsteins Ltd., a third-generation 650-cow dairy and 3,200-acre grain and forage operation located in the municipality of Rosser. The farm's values include being family-focused, producing quality milk, feed and purebred Holsteins as well as advocating for the dairy farmer and agriculture, all done in a sustainable fashion.

Today, the fourth generation of Holtmanns are actively involved including sons Eric and Ben, Ben's wife Kelly, and Henry's nephew Joseph. Ben



TRIBUNE PHOTOS SUBMITTED

Laura and Henry Holtmann received the Certificate of Merit from the Faculty of Agricultural and Food Sciences last Thursday. It was the first time in history that the certificate was presented to a couple.

and Kelly, Eric and Joseph all have diplomas in agriculture from the Faculty of Agricultural and Food Sciences.

Henry and Laura are active leaders in the agri-food and local community. Henry was elected to the board of Dairy Farmers of Manitoba in 2007 and has been vice-chair since 2012 where he serves as a key advisor on dairy policy to both the provincial and federal governments. Henry is also the chair of the Western Canada Milk Pool, which seeks to increase milk processing capacity across the four western provinces, and helped to establish Dairy Innovation West, a milk-concentrating facility that is expected to open in 2024 in Blackfalds, Alta.

Henry has served as a volunteer for 4-H in his community as Woodland 4-H Dairy Club leader and Rosser Guys and Gals Dairy Project leader. Henry also served on as chair of the Citizens Liaison Group on siting Prairie Green Landfill in their rural mu-

nicipality and has been a director for 10 years and chair for four years with Starbuck Credit Union.

Laura has made contributions through venues committed to bringing agriculture to the public. She has served on the board and is currently president of Agriculture in the Classroom-Manitoba, an organization of volunteers that strives to help students and teachers become more agriculture literate in Manitoba. A volunteer in the Red River Exhibition Association for 21 years, Laura is the current chair of the Agriculture and Agri-Food Scholarship committee, a member of the Red River Exhibition Farm Family selection committee, as well as member on the board of directors of the Red River Exhibition Association. Laura has also served on the board of directors of the Manitoba Agricultural Hall of Fame.

In her community, Laura worked at the Interlake School Division as an educational assistant in early years

education. She has been involved in 4-H in various leadership roles and she has contributed her time and expertise as chair or a board member of various groups and organizations including Grosse Isle School, Warren Collegiate and Rosser Elementary parent advisory councils, University of Winnipeg Collegiate and Oak Park Safe Grad committee, as well as Neptunes Water Polo Club. As well, Ronald McDonald House and the Ronald McDonald Family Room at Health Sciences Centre have kept Laura busy volunteering in various capacities for the last 10 years.

Both Laura and Henry enjoy representing the dairy sector to the public and have participated in venues such as Discover Agriculture in the City at The Forks and the Food and Farm Discovery Centre at University of Manitoba's Glenlea Research Station. Laura and Henry, along with Tony and Kim Holtmann, were awarded the Red River Exhibition Farm Family of the Year in 1997.

Henry and Laura have both generously shared their time and expertise with their alma mater and have both participated regularly as panellists during the School of Agriculture final presentations. Henry has hosted numerous degree, graduate student and faculty staff tours on the farm, has contributed in lectures and has facilitated graduate student and faculty research activities at Rosser Holsteins. Laura participated in the pilot of Human Resource Course in which students are expected to develop an HR plan for their farm.

Today, Henry and Laura are actively farming with their family and are enjoying time with their granddaughter June, family and friends. Sharing their story continues to drive their passion for agriculture.

Meridian Agriculture Scholarship up for grabs

Staff

There's a new scholarship available for high school students in Manitoba and Saskatchewan.

The Thanks for Farming Tour has teamed up with Meridian Manufacturing Inc. to offer two \$1,000 awards for students in grades 11 and 12.

The Meridian Agriculture Scholarship is meant to connect students with their communities to understand and recognize the importance of agricul-

ture and the role it plays, organizers say.

Prospective applicants are asked to submit a one-minute video answering the question: How is agriculture important in your community?

"Agriculture is a community in itself. The industry is constantly working together, but many people don't understand or see how important and involved agriculture is within communities," said Meridian's Sid Lockhart. "We're looking forward to hearing the views on this topic from our next gen-

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Wednesday 4-9 Chase the Queen Draw at 8:30
Thursday 6-10
Friday 4-10 BBQ 5:30 Meat Draw at 6:30
Saturday 2-10
All are welcome - Support your local legion!
Upcoming events - Saturday Dinner June 25th



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Ralph Eichler donates motorcycle for ICF raffle

By Jennifer McFee

An exciting raffle celebrates 100 years of the Lakeside constituency while also supporting a worthy cause.

Lakeside MLA Ralph Eichler has donated a 2003 Harley Davidson FLHR Road King Motorcycle in support of Interlake Community Foundation's community grants program.

"This July is the 100th anniversary of the Lakeside constituency. There have only been three MLAs in total in 100 years," said Tracy Holod, executive director of Interlake Community Foundation.

"To celebrate this milestone, MLA for Lakeside Ralph Eichler came to us with this idea. If we can raise \$100,000, then we will have at least \$4,000 more in funds for our Community Granting program every year. We can't thank Ralph enough for this generous donation."

The approximate value of the motorcycle is \$12,500, and the prize comes memorabilia including all original manuals, helmet and gold key.

Tickets cost \$100 each, and only 1,000 are printed. The winner will need to pay taxes, insurance and transportation.

To buy a ticket and pay through PayPal, visit www.interlakefoundation.ca. To pay by e-transfer, send funds to tracy@interlakefoundation.ca and follow up with an email with your contact info.

To pay by cash or cheque, call Bob Beck at 204-792-6313, Sandra Smith at 204-299-4000 or Tracy Holod at 204-467-5634.

The draw will take place on Aug. 21 at 1 p.m. at the Stonewall Royal Canadian Legion.

For more information, visit www.interlakefoundation.ca.

> SCHOLARSHIP, FROM PG. 8

eration."

The top finalists for the scholarship will present at the Thanks for Farming Tour events in their respective provinces in July.

"We are excited to be offering the Meridian Scholarships in conjunction with the Thanks for Farming Tour

events this summer," said tour organizer Jeremy Matuszewski. "We cannot say enough about the next generation of farmers and we want to ensure they are supported in their journeys to be the next leaders in agriculture."

The deadline for applications is July 1 for Saskatchewan residents and July

15 for Manitoba residents.

Full application details at thanksforfarmingtour.com/scholarship. The

Thanks for Farming Tour will be in Swift Current, Sask., from July 12 and 13 and in Winkler, from July 27 to 28.



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To see more photos of your favourite Interlake Athletes

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2022 Spring Flooding

Disaster Financial Assistance

What you need to know

Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from 2022 spring flooding.

DFA is available to help with the cost of evacuation, the cost of preventing or limiting flood damage, and the cost of recovering from damages that were experienced. DFA is also available to assist with the cost of non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses. DFA is also available to assist with repairs to damaged municipal infrastructure.

The Manitoba Emergency Measures Organization (EMO) will be offering live webinars to answer your DFA questions. Check the DFA website for dates and times.

To find out more details about DFA eligibility or to obtain an application form, please contact the Emergency Measures Organization at:

Phone: 204-945-3050 in Winnipeg
Toll-free: 1-888-267-8298

You may also apply online at: Manitoba.ca/emo/dfa

Deadline to apply for DFA is August 8, 2022.

Manitoba.ca/flooding



New fire rescue truck rolls into Teulon

By Emma Honeybun

On June 1, Teulon revealed a brand new fire and emergency truck for Teulon and surrounding communities.

The new rescue truck has been a long time coming, replacing the old fire truck from 1985 that has 30,000 kilometres. The truck was originally meant to be replaced in 2018 but was too long to fit in the older fire station. It fits perfectly in its new home and is a great addition to the current fleet. The fire rescue truck attends every fire call and carries everything the firefighters will encounter at a 911 call.

The truck was commissioned from Helie Trucks, a company hailing from Quebec, and cost \$293,000.

The truck is outfitted with every upgrade to make the firefighters' job efficient, including extra power and a generator, fold-out tables for writing reports, additional lighting and power. The truck is outfitted with enough energy to become a command centre in the event of an emergency.

All the equipment has a home and is securely placed and fastened.

There are also six seats, with interior space to spare even when they're all full. There's even room for blankets and supplies for kids rescued during emergencies, water rescue equipment and supplies that would normally need to be grabbed before the truck



Sean McGill shows how easy it is to access the tools during an emergency.

was sent out. Now, everything has a consistent place, making everything efficient.

Alongside this, there is also air conditioning and a refrigerator to keep firefighters and water cool while fighting fire, especially on a hot day.

Teulon Fire Chief Ryan Trombo said that he's happy with the unveiling of the new vehicle. He mentioned the great benefits of having enough space for everything needed for different scenarios.

"The rescue will enable us to serve



TRIBUNE PHOTOS BY LANA MEIER

Left to right: Town of Teulon representatives Anna Pazdzierski (mayor), Robin Nishibata (councillor), Teulon Rockwood Firefighters' Sean McGill (captain), Danny Hutchinson (captain), Tyler Wilton (captain), Scott Skinner (deputy chief), Ryan Trombo (fire chief), RM of Rockwood Curtis McClintock (councillor) and Lyle Willis (councillor).



Teulon's mayor Anna Pazdzierski gets a tour of the new fire rescue truck from Fire Chief Ryan Trombo.

the community of Teulon and the RM of Rockwood much better and more efficiently," said Trombo.

He said that he's very thankful for the Town of Teulon and the RM of Rockwood for enabling the investment.

"It's 32 years old, the other one. So, yeah, it's a big time investment, so we're very, very happy they were able to let us purchase it."

He said that, when stationary, the truck will be available for students in the community to come and tour.

SIRC Raise the Heat Fundraiser & Merc's Victory Party

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Communities in Bloom welcomes new volunteers

By Jennifer McFee

Interest is beginning to blossom for Communities in Bloom, which will be hosting an indoor meeting later this month.

On Monday, June 20 at 7 p.m., all are welcome to join the meeting in the Fullbrook Room at Quarry Park Heritage Arts Centre.

At the meeting, attendees will be reviewing the upcoming Yard of the Week and Best Blooming Business

competitions, which are slated to begin the first week of July and run until the end of August.

“Over the next few weeks you will see volunteers out in the community, planting new shrubs, perennials and annuals in the Memory Garden and Centennial Park,” co-chair Asta Johannesson said.

“The benches will be sanded and restained as well. We work closely with the Parks Department to make sure

our community is ready for the judges in July.”

Anyone is welcome to volunteer, she added.

“There are no set time commitments and a variety of opportunities to take pride in our community,” Johannesson said.

“As a newer resident, I moved here 11 years ago. Being part of Communities in Bloom has been a wonderful way to meet people and be involved

in the community. It has allowed me to stay active and informed now that I am retired.”

For more information about Communities in Bloom, contact co-chairs Asta Johannesson at 204-771-8768 or Shelley Proven at 204-513-1968.

Also, be sure to check for Stonewall Communities in Bloom on Instagram.

Woodlands extends local state of emergency

By Jennifer McFee

The RM of Woodlands has extended its local state of emergency for another month due to ongoing flooding concerns.

On Tuesday, May 31, the RM issued the extension, which will last until June 30.

“We were very close to putting up the giant sandbags back up at Twin Lake Beaches because the road was starting to get inundated with water,” said Reeve Lori Schellekens last week.

“It calmed down and we didn’t put them in. We were definitely in the midst of finding how to get them there and get them installed, but the winds calmed down enough.”

For large-scale deployment of these sandbags, the RM must get Disaster Financial Assistance approval first.

She added that the state of local emergency will allow the RM to put in the large 50-inch sandbags to save roads and properties, if needed. The RM also supplies unfilled sandbags to property owners, if requested.

“We’ve got farmers who have fields that they drained out and were getting ready to seed — and within one day, they became soup bowls again,” Schellekens said.

“The government has reported that 60 per cent of the RMs across Manitoba may not be seeded as of last week, and we’re likely going to have farmers in that same predicament here. I’m also worried about our staff because they’ve been run ragged. Mother Nature needs to stop crying.”

By declaring a local state of emergency, the RM will be able to spend money that hasn’t been budgeted, thereby

allowing the municipality to get equipment and contractors to assist with infrastructure that might be in jeopardy due to weather and flooding concerns.

Inland Port Special Planning Area 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:

APPEAL OF THE DECISION OF THE DESIGNATED EMPLOYEE RESPECTING VARIANCE FILE NO. 13-1-172-2022-0001 ON LOT 2 BLOCK 1 PLAN 46696 WLTO in NE ¼ 27-11-02 EPM in the RURAL MUNICIPALITY OF ROSSER

HEARING LOCATION

Best Western Plus Winnipeg Airport Hotel
1715 Wellington Avenue
Winnipeg, MB R3H 0G1

DATE and TIME: June 29 at 6:00 pm

GENERAL INTENT and PURPOSE:

The intent of this public hearing is for the Inland Port Special Planning Authority to hear the applicant’s appeal of the designated employee’s decision to reject the proposal to reduce the glazing requirement from 50% of the total building frontage with 60% minimum clear glass to 29%.

The Inland Port Special Planning Authority holds public hearings and makes decisions on variance appeals in the Inland Port Special Planning Area.

The Inland Port Special Planning Authority may make any decision with respect to the matter under appeal that could have been made by the designated employee.

This subdivision and by-law shall apply to the area identified on the map appearing on the Public Hearing Notice.

AREA AFFECTED:

FOR MORE INFORMATION CONTACT:

Holly Ervick-Knote, Planner
Manitoba Municipal Relations
Inland Port Special Planning Area
604-800 Portage Avenue
Winnipeg, MB R3G 0N4
Phone: 204-945-1312
Email: inlandportspa@gov.mb.ca



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. A description of the procedure to be followed at the hearing is also available at the location noted above.

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Horse show gallops back into the region



TRIBUNE PHOTOS BY LANA MEIER
Madison Leonard and her horse Dash N Feature tied for first in Senior Barrels at the Stonewall Horse Show held this past Saturday and Sunday.

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Tanzi Dolski on MMM Texas Ranger (Confetti) finished second in Western Horsemanship - Junior.



Avery Schneider and on First Class tied for first in Senior Barrels.



Bria Teichrib and Stryder finished second in Intermediate Barrels.

Meet Our Local Team

Dr Sarah Sung Optometrist Hometown: Russell Loves travelling, snowboarding, and camping!	Dayna Toth Operations Manager Hometown: Teulon Loves spending time with family and friends, and ice fishing!	Cindy Allard Optical Assistant Hometown: Steinbach Loves reading mystery books, glamping, and a great glass of wine!	Katelyn Morran Optical Assistant Hometown: Stonewall Loves hiking, reading true crime books, and going on outdoor adventures!

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Carol Stansfield on Wyt Miss Whiz won the Western Horsemanship Walk Trot, no cross entry into loping classes.

Buck on the run



TRIBUNE PHOTO BY MATTHIEU MEIER

This young buck was struggling to find a safe place to dodge into the forest. Flooding negatively affects the life of human beings, and it continues to pose a challenge for wildlife who are in search of food, safety or a place to have their young. Flood waters cover many dens and nests, forcing the wildlife inhabitants out. Most animals tend to migrate temporarily and return to their homes after; however, some animals get caught in the overflowing waters and drown.



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<p>CERTIFIED 2018 Kia Forte FWD LX+ Sedan 6-Speed Automatic w/OD</p> <div style="text-align: center;"> <p>SAVE \$4,500</p> <p>A70139 WAS \$27,498 Gauthier PRICE \$22,998</p> </div>	<p>CERTIFIED 2021 Toyota Corolla FWD LE Sedan 1-Speed CVT w/OD</p> <div style="text-align: center;"> <p>GREAT ON FUEL</p> <p>A70158 WAS \$34,588 Gauthier PRICE \$31,998</p> </div>
<p>CERTIFIED 2022 Honda Civic Sedan FWD EX Sedan 1-Speed CVT w/OD</p> <div style="text-align: center;"> <p>SAVE \$3,502</p> <p>A70094 WAS \$37,000 Gauthier PRICE \$33,498</p> </div>	<p>CERTIFIED 2018 Honda Ridgeline AWD EX-L Crew Cab Pickup 6-Speed Automatic w/OD</p> <div style="text-align: center;"> <p>SAVE \$3,590</p> <p>A60856 WAS \$46,588 Gauthier PRICE \$42,998</p> </div>

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2021 KIA Rio
2020 Honda Pilot
2020 Toyota Corolla
2020 Nissan QashQai
2020 Volkswagen Atlas
2020 Honda Passport

2019 KIA Sorento
2019 Nissan Rogue
2019 Mazda CX-5
2019 Toyota Camry
2019 Hyundai Tucson
2019 Toyota RAV4
2019 Toyota C-HR
2019 Volkswagen Atlas
2018 Nissan Murano
2018 Jeep Wrangler JK
2018 KIA Sportage
2018 KIA Forte
2018 Toyota RAV4
2018 Nissan Titan (we have 2!)
2017 Land Rover Range Rover
2016 Nissan Micra

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Teulon senior writes and directs comedy production

By Autumn Fehr

The drama production *The Golden Fleece*, performed by a group of students at Teulon Collegiate, was a hit in May.

Emma McGill, a senior at the school, wrote and directed the play while also playing one of the main characters, Argus from Jason and the Argonauts.

The play had a show on May 25 and 26, when the laughs ceased to stop.

"I'm really thankful we got to do this because since the beginning of the year, and maybe up until a month or two ago, we were questioning whether we would actually get to do it, so the whole time it was a toss-up," said senior Emma McGill, writer and director of *The Golden Fleece*.

The Golden Fleece is a comedic take on the stories of various Greek legends and heroes. The play is centred on the story of Jason and the Argonauts as they travel to retrieve the famous Golden Fleece. The play took viewers on a journey across the sea, meeting several kings and some fierce female warriors along the way, all while cheering on the mismatched team of heroes and shepherds in their search for the prize — the Golden Fleece.

The play was a combination of four Greek myths that were worked into the plot of the story: Jason and the Argonauts — the original people who went to go find the Golden Fleece; the Amazons — the warriors of Artemis; Orpheus of Thrace and Eurydice and King Midas.

McGill says that she started the writing process in October 2021.

She and her classmates were coming up with ideas for a couple of days. At that time, McGill had just finished a book on Greek myths and pitched her idea to her teacher.

"My teacher just said, OK, then you can put together a team and write it," said McGill.

Although McGill says the team ended up being mostly just her, after she got the ball rolling, it took her about a month to write the play.

Before beginning to write it, she fig-



Grade 12 student Emma McGill wrote and directed the school's drama production *The Golden Fleece*.

ured out the stories she wanted to tie in and how each of them would go together to paint the overall picture of the play to contribute to the finished product.

Afterwards, she made a scene-by-scene plan and started officially writing.

McGill says her teacher, Mrs. Bilenki-Gervais, helped edit her script, add some lines where needed and added in some jokes here and there.

"I mostly did it independently," said McGill.

McGill has a passion for writing, so in her mind it was a no-brainer when she had the opportunity to write the play.

McGill didn't expect to be in charge of the play. However, she says she knew the school wouldn't be buying rights to any big plays but putting a twist on an old fairy-tale or something like that, so she knew there would be a portion of writing in whatever they did.

"I was scared, but I thought it was a good opportunity and I wanted to challenge myself, and it turns out I could do it," said McGill.

Directing wasn't something McGill expected to do, but with Bilenki-Gervais leaving halfway through the year



TRIBUNE PHOTOS BY LANA MEIER

The drama production *The Golden Fleece*, written and directed by senior Emma McGill, performed two shows at Teulon Collegiate at the end of May.

to go on maternity leave, and the new teacher not having much drama experience, she had to step up.

"I found myself and a couple of older students having to reflect on the stuff we did a few years ago — 2019 was our last play. We realized there was a lot of stuff our teacher put together for us before that we had to do on our own now. The majority of the kids in this class have never done a production before because it's been a while, so we found ourselves kind of taking charge and just forming the play on our own," said McGill.

Ever since McGill was 12, she has enjoyed writing short stories and later moved on to start writing novels and poetry.

"I've sort of always known that's what I want to do, and I guess I'm lucky that way," said McGill.

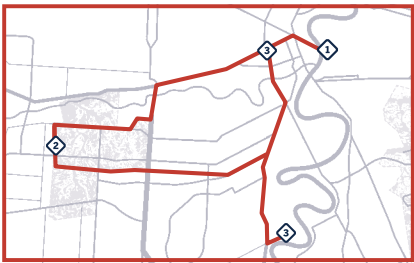
McGill hopes to take her writing into university and to pursue a career as a writer or in journalism.



Manitoba Road Trip Ideas



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↑ Musée de Saint Boniface Museum



↑ Esplanade Riel



↑ Assiniboine Park Zoo



↑ Qaumajuq

3 THE ART OF RELAXATION

The **Winnipeg Art Gallery's** iconic downtown building features a modernist design and more than 27,000 works of art. Browse the galleries where local Manitoban and Canadian artists are at the forefront, along with international works representing various cultures, centuries and mediums. The WAG is also home to one of the most sought-out gift shops in the city.

Be sure to spend some time at **Qaumajuq**, the Winnipeg Art Gallery's stunning Inuit art museum. The architecture was inspired by Canada's northern landscape and it is home to more than 14,000 pieces of Inuit art, many of which are on display in the visible vault. The first of its kind in the world, Qaumajuq offers a space where Inuit voices are front and centre. This accessible gallery combines art and technology to create direct connections to the land, people and culture of the north.

Experience deep relaxation at **Thermëa by Nordik Spa-Nature**—an outdoor oasis set

in a quiet nook of the city. The signature thermal experience is the ultimate way to relax. It follows a hot-cold-rest cycle. The spa can be enjoyed in any season and is a different experience depending on when you go. Steam rises over the dreamy temperate and hot pools, while the cold plunge beckons the brave. Enjoy a variety of saunas and steam rooms. During the rest period, lay down on a slab of hot rock or lean back on a heated seat and be soothed into a slumber with the aid of relaxing music overhead. Fire pits are located throughout the facility for s'mores roasting and a tasty restaurant onsite where you can eat in your bathrobe! Feel the sand between your toes on the new forest beach where you can lounge in a cushioned chair or hammock.



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1 PASSION & HISTOIRE

When you visit Winnipeg's **St. Boniface** neighbourhood, you'll find its Francophone history, architecture and culture line the streets. Cross the striking **Esplanade Riel** pedestrian bridge that links The Forks and downtown Winnipeg to St. Boniface.

Start at the information centre inside the former **St. Boniface City Hall** building on Provencher Boulevard. Here you can book a walking tour, get information or watch a documentary about the history and passion of Manitoba's Francophone community. Visit the **La maison des artistes visuels francophones**—the only French-run gallery in western Canada.

Next, check out le **Musée de Saint Boniface Museum**, the oldest building in Manitoba. Built more than 170 years ago, the building was originally a convent. Today, it is full of Francophone history and art,

including a permanent exhibit on Louis Riel, the founder of Manitoba. A block away is the **Saint Boniface Cathedral**. The current church was built in 1971 after a fire burned the majority of the previous church. The old facade from 1894 still stands tall in front of the modern building, making for stunning photographs. Louis Riel's tombstone sits in the cemetery in front of the cathedral, where a plaque informs visitors about his life and legacy.

Another St. Boniface treasure is **Fort Gibraltar**. This replica of a 19th century North West Company fur trading fort features costumed interpreters who bring the fur trade period alive. You can also visit **la Maison Gabrielle Roy**, the original home of the renowned Franco-Manitoban author. Her hometown and the house itself are featured throughout much of her work.

2 A WALK IN THE PARK & A NIGHT WELL SPENT

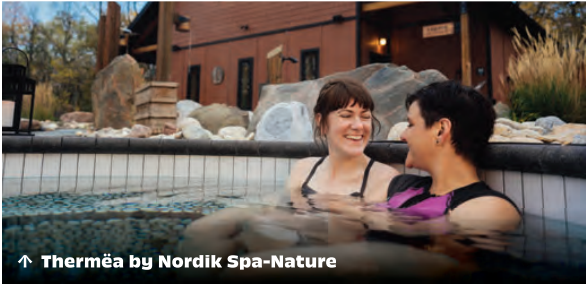
A day spent at the **Assiniboine Park Zoo** is an absolute must. The Journey to Churchill exhibit features the Sea Ice Passage, an underwater viewing tunnel to watch swimming polar bears and playful seals. See Arctic fox, caribou and wolves, along with tigers, gibbons and other exotic animals. Check out Aunt Sally's Farm, where colourful bridges give safe passage to goats and kids can play next to the animals. Another playground option in **Assiniboine Park** is the wide

open space in the **Nature Playground** or spend some time in the tranquil **Leo Mol Sculpture Garden**.

Winnipeg boasts a variety of hotel options to suit any need, from trendy boutique hotels in the heart of downtown, to family-friendly hotels with pools and water slides close to your favourite attractions. Many hotels offer special packages, so now is a great time to stay overnight in Winnipeg. (Find unique accommodations at travelmanitoba.com/stay.)



↑ Nature Playground



↑ Thermëa by Nordik Spa-Nature

Home & yard

Five ecological construction materials

Are you planning on renovating your home or building a new abode? If so, have you considered the environmental impact of the construction materials? Here are five building materials you may want to consider to reduce your ecological footprint.

1. Wood is ideal for home construction because it's weather-resistant, recyclable, renewable and an excellent insulator. In addition, it's readily available and easy to maintain.

2. Straw is an inexpensive insulator. In fact, it can stay in peak condition for several hundred years if kept dry. However, you must include fire protection as part of the installation.

3. Cork is a lightweight, water-repellent and rot-proof mate-

rial that's great for insulating and soundproofing your home. It's also resistant to insects and fungi. The only disadvantage is that it tends to be pricey.

4. Bamboo is a fast-growing grass that reaches maturity in four years. It's a versatile material that's suitable for flooring, furniture, insulation and soundproofing.

5. Steel is a great building material. You don't need to use very much to reach the same structural stability as wood. It's even more environmentally friendly when composed of recycled resources.

You can use many other materials to renovate your home while respecting the environment. Ask an expert in your area to show you available ecological solutions.



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Planning to Build a Deck this Summer?

Keep the South Interlake Planning District (SIPD) in mind if you are planning to build a **deck** this summer. A Development and Building Permit is required for a deck that:

- Is two feet or higher from the ground; or
- Is attached to a building; or
- Has walls or a roof; or
- Is intended to support a structure such as a hot tub or pergola.



You do NOT need a permit for an unenclosed or detached deck less than two feet in height, or for an unenclosed attached deck of 50 ft² or less in floor area.

Permits help ensure that buildings and structures meet the *Manitoba Building Code*, which in turn increases the level of safety for everyone.

If you are unsure whether your project requires a permit or not, or if you have any questions, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information is also available on our website: www.sipd.ca

Home & yard

Four annuals that will add height to your flowerbeds

Annuals often feature abundant blooms that are positively eye-catching. While it's relatively easy to find low, medium-sized flowers, it can be difficult to get your hands on large, majestic ones. Here are four annuals that stand tall and proud.

1. Dahlia. Some varieties of this beautiful flower can grow up to two metres in height. However, it's best to stick to a single colour and find a type that doesn't grow taller than one-and-a-half metres.

2. Cosmos. This thin and delicate flower is available in beautiful pastels like white and pink. It'll wow your neighbours and attract butterflies and birds to your yard.

3. Cleome. This beautiful ball-shaped flower is often overlooked at greenhouses and nurseries because it rarely blooms at the start of spring. Give it a chance — you won't regret it.

4. Canna. This bulbous plant tends to bloom late in the season. Therefore, it's best to plant it indoors four to six weeks before the last frost. Better yet, you can buy



dwarf varieties that fill out quickly.

Horticulturists and landscapers generally recommend limiting yourself to two or three colours and three or four species to maximize their visual impact.

Why use a rain gauge in the garden?

A rain gauge is a practical instrument that measures rainfall. Using a rain gauge can help you adapt your watering schedule to avoid over or underwatering your plants. However, to make good use of the data you collect, you must first know how much water each type of plant requires. You can use a rain gauge to compare the amount of rainfall from year to year, which can help you plan your future crops. Visit your local garden store to find a rain gauge that will serve you well for years to come.





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Warm blankets, warm hearts, lots of love

By Jennifer McFee

A group of volunteer blanket-makers continues to stitch together a sense of security for children in need of comfort.

Project Linus Canada aims to provide love, security, warmth and comfort to children who are sick, traumatized or in need through gifts of lovingly made blankets.

At the same time, the non-profit organization provides volunteer blanket-makers with a fun and worthwhile service opportunity.

On Wednesday, June 1, local volunteers met with members of the Stonewall-Rockwood Fire Department as well as Dennis Peterson, municipal emergency co-ordinator for the Town of Stonewall.

Peterson noted that he received 15 blankets for emergency measures, and the fire department also received additional donated blankets.



TRIBUNE PHOTOS BY LANA MEIER

Local volunteers with Project Linus donated beautiful handmade blankets to members of the Stonewall-Rockwood fire department and for municipal emergency measures.

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TRIBUNE PHOTO BY PETE BULLIVANT

Project Linus members meet on a regular basis to knit, sew and crochet.

"These blankets are handmade and were each individually wrapped by Project Linus," Peterson said.

"We will use these blankets at a time of an emergency where an evacuation may occur and we open a reception centre or evacuation centre. These blankets will provide warmth or comfort to the people that are displaced from their homes."

In addition to providing physical warmth, these blankets are tangible representation of a warm community that reaches out to help.

"This project shows once again how a community can help one another at a time of an emergency," Peterson said.

"It was a real pleasure meeting these



Every blanket is complete with a signature tag.

wonderful women. You could tell in the short time I met with them that they are very passionate in what they are doing."

Communities vie for ParticipACTION prize

By Jennifer McFee

Everything gets better when you participate — even communities.

That's the idea behind the ParticipACTION Community Better Challenge, which has communities across the country vying to be crowned Canada's Most Active Community and win a \$100,000 grand prize. The initiative runs from June 1 to 30.

Participants track their personal physical activity minutes on the ParticipACTION app to help their community win, while also having a chance to earn individual prizes and provincial prizes.

Locally, there are plenty of opportunities to log your activities for the cause.

Stony Mountain Community Association:

Stony Mountain Community Association has decided to jump onboard with exciting free activities all month long.

Marcia Desmedt, president of the community association, encourages everyone to take part in month-long events at the Bison Bandstand in the quarry.



TRIBUNE PHOTO SUBMITTED

Every Monday in June, families can gather for a dance party at the bandstand.

Throughout June, Yoga with Liz will take place in the fresh air every Sunday at 10 a.m. Participants should bring a yoga mat and water bottle.

And every Monday at 6 p.m., all are welcome to attend a family dance party with Gail Spencer Lamm, leading up to a big community dance party at the bandstand on June 30 complete with a live band called Rock the

House.

"We just did a restoration of what used to be an old swimming pool in our Stony Mountain quarry and created an outdoor bandstand. We wanted to use this bandstand as a host site for all our activities, and the ParticipACTION initiative looked like a really good opportunity to showcase it," she said.

"The bandstand is amazing. It's so beautiful. We hope to have hundreds of people dancing on June 30 to wrap the whole thing up, and we have a few other concerts coming up there this summer too."

On Wednesday, June 15, all are invited to participate in a group bike ride to Stonewall along the old rail line. The group will meet at 6 p.m. for the 24-kilometre trip.

"This is going to become an actual hiking and biking route, so we're introducing it to people," Desmedt said. "It's not done yet but we can still use it. It's going to be great."

During the last week of June, Frontier College will sponsor a Canada Literacy Walk. Through this initiative, storyboards will be set up along the 2.5-kilometre quarry trail. Canada quiz sheets will be available at www.stonymountainmb.ca and at Pick N Pay.

"Frontier College is donating really great prizes for everybody who participates. There will be a book about Canada that's been put on placards

Continued on page 26

The search is on!

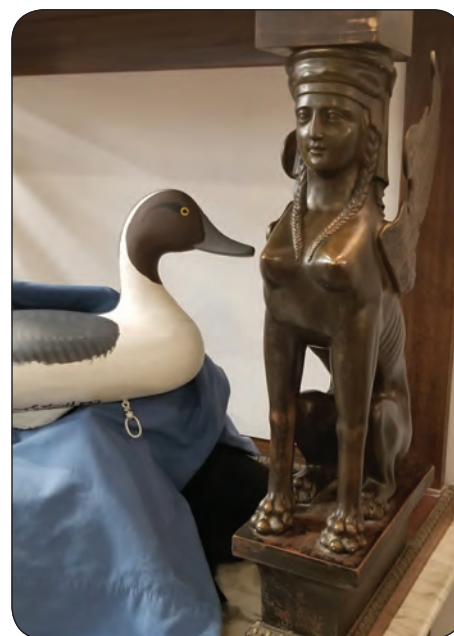
Be it that elusive Viking helmet in the attic, the Wayne Gretzky rookie card tucked into a sports magazine or an Egyptian artifact, collectors are actively looking. Prehistoric man collected pretty stones, warriors the spoils of war and now with access to the world on the internet, people have the opportunity to collect in what ever field they choose.

We offer many services to buy-



ers and sellers. If you are a collector looking to add to your collection, we can help by being an extra set of eyes in the market place. For sellers, we purchase with quality, rarity and price in mind. Sometimes we purchase a single item, sometimes an entire collection. With design today people are mixing classical with contemporary styles, making the search for unique pieces that can be the focal point of a room, even more challenging.

Having been collectors our entire lives, we have many private sources in the antiques world and are familiar with many auction houses. We carry an ever-changing inventory which we are proud to share with you at our rural location near Argyle and Kenora, Ontario. The



more experience a person can gain by seeing in person and touching, the better a decision they will make in future purchases. When looking at pieces some simple questions a

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buyer should know the answers to are: what materials you are looking at? can you tell the differences between oak and rosewood, alabaster and marble and if a painting actually has age? was this item made in 1720 or 1920? When a snap decision has to be made, knowledge is your ace.

People ask us all the time if the antique market is holding its own, and honestly the market is always changing. Items that may have been popular in the 1970s and 80s have fallen out of demand and new items from our global economy have filled their places.

To see new items as they come in, follow us on Instagram at Grandmont Antiques. You can send an email to jgrandmont@live.com or call 204-461-2201/204-383-5382 if you have questions or to set a time to come by. Email us to be added to the quarterly news letter starting this Spring.

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Stonewall's Kinette Club purchases hospital equipment

Submitted by Interlake Eastern Health Foundation

Recently, the Kinette Club of Stonewall donated \$3,612.67 to the Stonewall Hospital for the purchase of an O2 Oximeter and an air mattress overlay for the current mattress.

Joanne Hubbard, president of the Kinette Club of Stonewall, says the group's motto is "serving the community's greatest need."

"Our latest donations are to the Stonewall Hospital, Nova House, Cystic Fibrosis, Red Cross, Stony Mountain Daycare, Starting Blocks, Woodlands Children Centre, Victoria Quilts and 55-Plus. We also donate our time at the Blood Donor Clinic," says Hubbard.

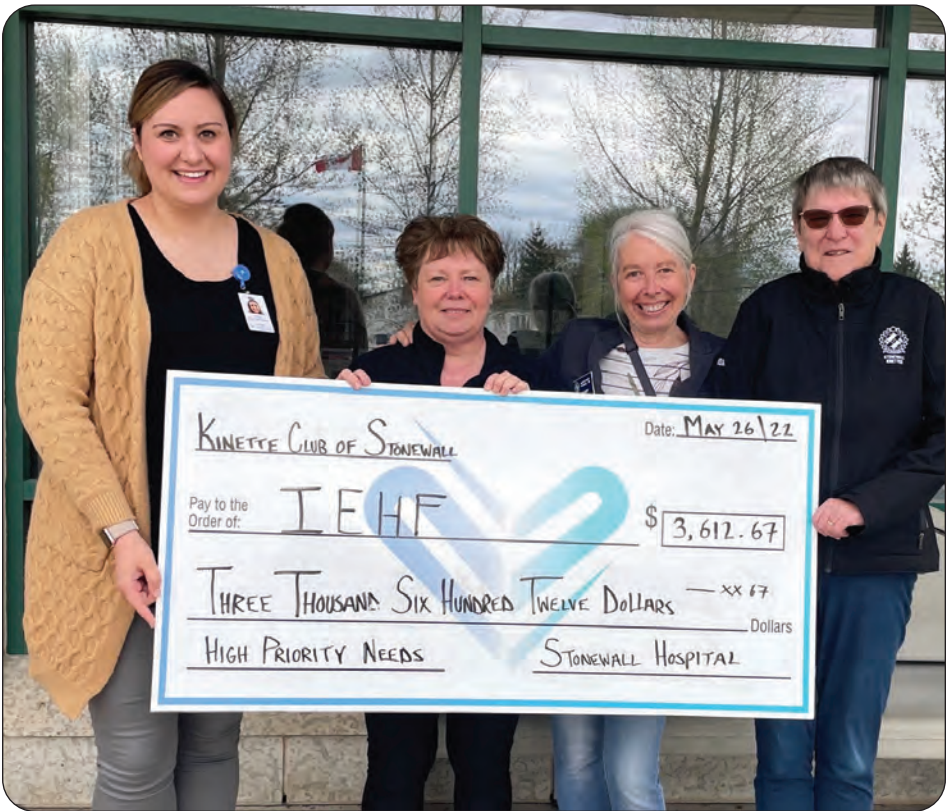
Kinsmen, Kinette and Kin Clubs across the country work to better their communities, enhance the well-being of Canadians and improve the environment. The association was found-

ed in 1920 and has a history dedicated to fostering lifelong friendships while "serving the community's greatest need."

Executive director of the Interlake Eastern Health Foundation Pamela McCallum acknowledges the club's wonderful work and is grateful for their generosity.

"Joanne and the Kinette Club of Stonewall were great to work with. It's clear that they live by their mission to support their communities — we are so grateful to have them as friends of the foundation," says McCallum.

Interlake Eastern Health Foundation's mission is to raise funds that support health care in the Interlake-Eastern health region. For more information, visit www.iehfc.ca or contact Pamela McCallum, executive director of the Interlake Eastern Health Foundation, at 204-785-7044.



TRIBUNE PHOTO SUBMITTED

Left to right: Ellen Reimann, clinical team manager at Stonewall Hospital; Joanne Hubbard, president of the Kinette Club of Stonewall; Donna Kuby of the Kinette Club of Stonewall; and Brenda Gagnon of the Kinette Club of Stonewall.

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Turkey Steaks with Chimichurri

1 Turkey Roast, frozen
1 shallot, finely chopped
1/2 tsp | 2.5 ml fresh parsley, finely chopped
1/2 tsp | 2.5 ml fresh cilantro, finely chopped
1/4 tsp | 1.25 ml fresh mint, finely chopped
1 tbsp | 15 ml oregano
1/4 cup | 60 ml red wine vinegar
1/4 cup | 60 ml olive oil
3 garlic cloves, finely minced

Preheat oven or bbq to 325°F (160°C). Cook turkey roast for 2.5 hours, remove and rest for 10 minutes. Slice into 1" (2.5 cm) steaks. Preheat bbq to med-high (375°F | 190°C). Grill steaks for 4-5 minutes per side to achieve golden brown grill marks, set aside. While the turkey steaks rest, combine all other ingredients into a mixing bowl. Season with salt and pepper to taste. Spoon onto steaks and serve with grilled potatoes and salad.

More BBQ Turkey Recipes at:
turkey.mb.ca

Summertime fun at Red Barn vendor market



TRIBUNE PHOTOS BY LANA MEIER

South Interlake Rockwood Ag. Society will be hosting a Summer Market every Friday from 3 to 7 p.m. at the Red Barn, south of Stonewall on Highway 236. There will be no market on Canada Day and the market will run until Sept. 2.

Community groups benefit from ICF grants

By Jennifer McFee

The Interlake Community Foundation had many reasons to celebrate on an evening dedicated to giving back to worthy local organizations.

On Monday, May 30, the foundation hosted its annual Community Grants Celebration at Grosse Isle Memorial Hall, where donors, community supporters and fund stakeholders gathered in person for the festivities.

At the same time, the evening event also recognized important contributions made by charities within local communities.

For 2022, Interlake Community Foundation made Community Grants of \$32,628, designated fund grants of \$317,624 and scholarships and bursaries of \$16,632 for a grand total of \$366,884.

Here is a breakdown of the grant distribution:

- Settlers, Rails and Trails Inc. received \$1,135 to purchase outdoor



TRIBUNE PHOTO BY MATTHIEU MEIER

Interlake community Foundation grant recipients at the Grosse Isle Memorial Hall on May 30.

toilet and supplies (\$564 from the RM of Rockwood Fund and \$572 from the All Com-

Continued on page 22



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Winnipeg Beach dog behaviour professional encourages unique dog training course

By Emma Honeybun

Local professional dog trainer from Winnipeg Beach, Jodie Fitzgerald, is currently encouraging people from the community to take advantage of a new, discounted online training course, currently available to the public for \$10.

"The Dog's Truth - The Science of L.E.G.S.® for Families" is an esteemed dog training course that directs its attention to understanding dogs as intelligent creatures instead of simple pets. It debunks a variety of myths surrounding dog training, and helps owners understand the reasoning for dog behaviour.

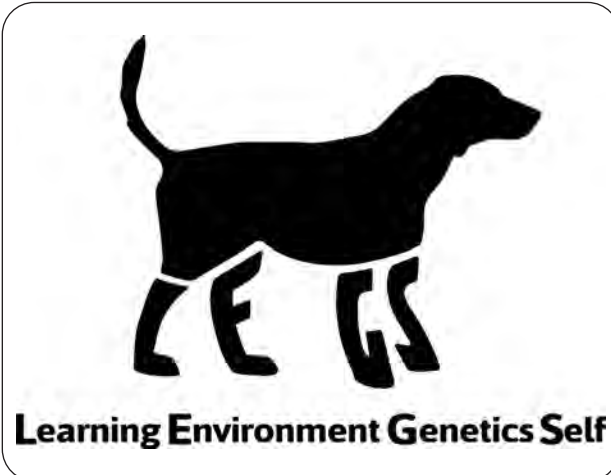
Dogs are often rehomed due to behavioural issues, and the class aims to prevent that through proper education.

"Indeed, the recognition that dogs are in fact much more than "how we raise" them is a strangely profound assertion in a culture that has continued to falsely promote such "blank slate" thinking about dog behaviour. In light of the recent headlines reporting the results of a Broad Institute study on dog genetics & behaviour, the questions about what really influences a dog's behaviour are on the minds of dog lovers worldwide," wrote Fitzgerald in a press release.

The class is represented by applied ethologist and professional dog trainer Kim Brophey. She's the author of the novel *Meet Your Dog: The Game-Changing Guide to Understanding your Dog's Behaviour*.

The class operates on the L.E.G.S strategy, something that – believes all animals operate on:

"Learning: Yes, "how you raise them" matters. The experiences and education that a dog has day in and day out are an important element of a dog's behaviour- but it's just ¼ of the story.



Learning Environment Genetics Self

Environment: The external conditions of a dog's life – historically, previously, and currently – are highly influential in the recipe of a given dog's behaviour.

Genetics: The DNA that designs each dog inside and out does matter, specifically where there has been selective pressure on creating certain kinds of dogs for specific behaviours historically; and this will definitely make a difference to the family who lives with them.

Self: Each dog is an individual having their own experience as a sentient being. The internal conditions of their world – sex, age, health, personality, etc – are entirely unique to them and important factors in their behaviour."

In the press release, Fitzgerald expressed her confidence and optimism in the course and training method. She uses the strategy for her own course, *Fitz Your Dog Training*.

"This makes all the difference for her clients, says Fitzgerald. 'Utilising the L.E.G.S. ® model, I am



TRIBUNE PHOTO SUBMITTED

Jodie Fitzgerald is encouraging dog owners and anyone interested in learning to understand dogs as intelligent creatures to sign up for the on-line training course currently for \$10.

able to offer dog owners and caregivers a way to understand the truth about their dog's natural behaviour, and find simple and practical solutions that will relieve the stress that dogs and owners are experiencing daily.' She is thrilled to join an international community of professionals who have chosen to join the future of the industry with Family Dog Mediation."

More information on the course is available online at www.familydogmediation.com

> ICF, FROM PG. 21

munities Fund).

- Stony Mountain Community Association received \$2,500 to improve fencing at ball diamonds (\$2,151 from the RM of Rockwood fund and \$349 from the Nell Smith Fund).
- St. Michael's Church and Cemetery received \$1,000 for repairs to the heritage building (\$969 from the RM of Rosser Fund and \$31 from the Community Builder Fund).
- Balmoral Childcare Centre received \$425 to purchase gross motor equipment (all from the Leona and Larry Baker Fund).
- Teulon Day Care Inc. received \$1,095 to purchase a wooden play structure (all from the Town of Teulon Fund).
- Rosser Central Community Club received \$2,800 to purchase a large room divider curtain for the gym (\$1,999 from the RM of Rosser Fund, \$313 from the Slagerman Family Fund and \$488 from the Nestor Myska Memorial Fund).
- South Interlake Regional Library Stonewall Branch received \$1,100 to purchase plexishields and air puri-

fiers (\$701 from the Stonewall Family Foods, \$205 from the Stephanie Oland Duncan Fund and \$194 from the Community Builder Club).

- Balmoral Community Hall Inc. received \$1,500 from a digital sign and exterior renovations (\$1,335 from the RM of Rockwood Fund and \$165 from the Guttman Family Fund).
- Starting Blocks Inc. received \$550 to purchase paint for the United Church location (all from the Town of Stonewall Fund).
- Stony Mountain Community Centre Inc. (RM of Rockwood) received \$1,000 for repairs to the men's washroom in basement the level (\$865 from the Percy and Mary Durham Fund, \$95 from the Community Builder Fund and \$40 from the All Communities Fund).
- REACT received \$700 for automated countertop compost bins for schools (\$500 from the RM of Rockwood Fund and \$200 from the Community Builder Fund).
- South Interlake Regional Library Teulon Branch received \$530 to purchase bins and shelving for the children's section (all from the Herb & Helen Kletke Fund).

- Green Acres Arts Centre (Town of Teulon) received \$2,890 to purchase computers and equipment to make videos (\$2,621 from the Town of Teulon fund \$2621, \$66 from the Herb and Helen Kletke fund \$66 and \$203 from the Community Builder Club).
- Association for Community Living Interlake Branch received \$5,600 to replace the floor in the day program area (\$4,315 from the Town of Stonewall Fund, \$946 from the Lauritz & Georgina Jensen Fund, \$225 from the Beck Family Fund and \$114 from the Community Builder Club).
- Rosser Elementary School PAC ISD21 received \$1,485 to improve the playground shared by Rosser Central Community Club (all from the RM of Rosser Fund).
- Argyle Skating Club (RM of Rockwood) received \$2,000 to upgrade the skating rink flooding components for safety (\$999 from the RM of Rockwood Fund, \$351 from the George and Grace Willox Fund, \$15 from the All Communities Fund and \$500 from the Unrestricted Fund).
- Warren Collegiate HIPAC

ISD 21 received \$1,965 for commercial-grade gym equipment (all from the RM of Woodlands Fund).

- Interlake Community Foundation Leadership Awards — two at Warren Collegiate (\$600 from the RM of Rosser and RM of Woodlands funds).
- Interlake Community Foundation Leadership Awards — two at Stonewall Collegiate (\$600 from the RM of Rockwood and Town of Stonewall funds).
- Interlake Community Foundation Leadership Awards — two at Teulon Collegiate (\$600 from the RM of Rockwood and Town of Teulon funds).
- Warren Collegiate Students Give Back Grant — Gym equipment at Warren Collegiate (\$1,232 from WCI Students Give Back, SCI Students Give Back and \$500 matching from Unrestricted Funds).
- Teulon Collegiate Students Give Back Grant — Canadian Ukrainian Congress (\$1,321 from TCI Students Give Back, SCI Students Give Back and \$500 matching from Unrestricted Funds).

Selkirk Toastmasters adopt hybrid meetings so more people can join in

By Katelyn Boulanger

The pandemic made it difficult for groups like Selkirk Toastmasters, who typically meet in person, to do so, but that didn't stop the group from gathering. They quickly adapted to video call meetings, allowing more people than ever to join. Now that restrictions have allowed them to gather in person again, they have pivoted once more, introducing hybrid meetings, which will enable new and returning members to continue to learn leadership and presentation skills and gain self-confidence.

"If you can communicate well, people will look to you as a leader right away," said Lyle Appleyard, a toastmasters member of Stonewall.

The group is one of the largest in Manitoba with 17 members aged 18 to a member in their 80s. There is also a reasonably even split of men and women in the group who have various interests, which makes it a great environment to find someone to connect with.

"We have Dave [Storey] as president, but we have other executive roles. And, each one helps to develop your leadership and your skills so that you can take them out in the real world," said Appleyard.

The program works because there are specific pathways that the group members can choose from. Each pathway allows them to determine what areas of personal growth they wish to work on.

"If you want to come in and you just want to do presentations, there's one for you, if you want to develop your humorous speaking style [there's one for you] but there's also several for developing different leadership styles. So that's what Pathways is," said Appleyard.

Each week people volunteer to take on roles at the next meeting and each of the available roles helps to develop skills in the pathways people are

working on.

"One of the things that's exciting about this club is that all of our meetings are hybrid. They're all online and in-person. So, if a person can't come regularly, well, then they can attend a meeting online, be at home at the meeting, but still be a part of the fellowship within the group," said Kay Boyd a member of the group who lives in Gull Lake.

They intend to continue to offer hybrid meetings in the future because it allows members from outside of Selkirk and the Interlake to join the group who may not be able to leave their homes for one reason or another to take part still.

Boyd says that this club is something that anyone would likely benefit from because people don't realize how often you need to give impromptu speeches.

Their group has helped people who want to be better communicators and people who have specific goals for instance, when Bob Hebert was selected as Selkirk's Citizen of the Year in 2018. At that time, he knew that he would have to give a speech and relied on the group members to help him work out the kinks before the big day.

"[I like] just being here with everybody and learning from them, and [we're] just a big happy family," said Hebert.

He has been part of the group since 2011 and initially joined as he was giving presentations advocating for the rights of people with disabilities from his perspective as a person with an intellectual disability.

He says that he's continued to participate in the group over the years because of the friendships he's made.

The toastmasters invite anyone interested to view their website at <https://3977.toastmastersclubs.org/> for more information and contact them there if they would like to learn more about joining.



TRIBUNE PHOTOS BY KATELYN BOULANGER

The Selkirk's Toastmasters group continues to meet on-line and in person to allow people from all over the country to participate.



Toastmasters David and June Story cutting the 43rd anniversary cake.

"Do you have [an event] coming up? and improve your speaking skills," Join toastmasters. Gain confidence said Boyd.

Interlake Community Foundation Pop-up grant winner announced

By Jennifer McFee

Rosser Elementary School's parent advisory council is the winner of a \$500 pop-up grant from Interlake Community Foundation.

Interlake Community Foundation recently launched its first ever social media contest, and all you had to do is "like" a Facebook post to cast your vote.

Board members selected one project from each of its five communities from those already approved for a 2022 community grant. The contest closed on May 27 at 7 p.m., and the

project with the most "likes" on the Interlake Community Foundation's Facebook page was the winner of the \$500 grant.

Rosser Elementary School's parent advisory council earned the top spot with 298 votes for its playground update project.

Warren Collegiate HIPAC ranked second with 238 votes for its project to buy new gym equipment.

Third place went to Argyle Skating Club, which received 130 votes for its project to update the skating rink's

equipment for flooding the rink.

In fourth place was Green Acres Art Centre with 76 votes towards its project to buy music, audio-visual and IT equipment for its music, theatre and dance programs.

And following closely behind with 67 votes was Community Living Interlake, which aims to provide safe and stable flooring in its day program area, with a hope that community groups might also be able to use the updated space.

In addition to providing much-ap-

preciated support for the winning project, this social media initiative also increased traffic to the Interlake Community Foundation's Facebook page.

"We had 1,045 visits to our Facebook page, a Facebook reach of 11,957 (an increase of 114%) and 68 new page likes," executive director Tracy Holod said.

To learn more about Interlake Community Foundation, visit www.interlakefoundation.ca.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Rams place second at MHSAA baseball provincials

By Brian Bowman

The Stonewall Collegiate Rams fell one win short of claiming a MHSAA baseball provincial title.

Stonewall was defeated 4-1 by the Garden City Fighting Gophers in the championship game last Saturday in Brandon. Garden City scored three of its runs in the first inning.

"We were right there, we were one hit away the whole game but couldn't get a big hit to drive in a run," said Rams' head coach Cody Benson. "Their centre fielder made two sliding catches to kind of save the game. We were right there — one swing away."

Hayden Faragher was on the mound for Stonewall and pitched well while Nixon Carriere was very good for Garden City to earn the win.

Benson was proud of how well the Rams played in reaching the provincial final.

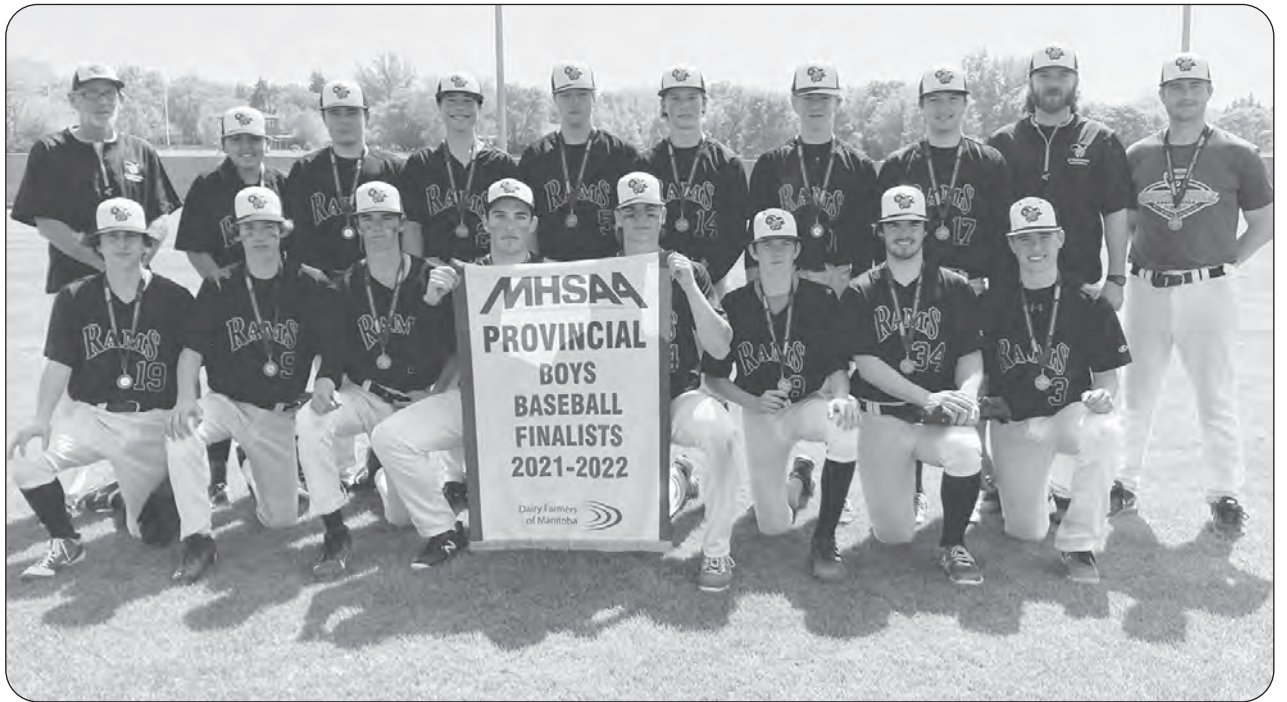
"It was such a good run, we played so well all weekend," he said. "We hit the ball, everybody contributed, everybody got playing time, everyone hit. Our pitchers were excellent — it was a full team effort."

The Rams reached the final after doubling the Portage Collegiate Trojans 8-4 despite making a handful of base-running errors

"We played well enough to win but it definitely wasn't our best game at all," Benson said.

Bryce Myers was very good on the mound for Stonewall to get the win.

Stonewall opened the playoff portion of the pro-



TRIBUNE PHOTO SUBMITTED

vincials with a 13-0 victory over Carberry/Cartwright.

"We hit the ball really well," Benson said. "That was a really good game. We hit the ball extremely well and jumped on them right from the start. I think we scored in every inning."

Stonewall started the provincials with a dominating 13-3 win over Garden City last Thursday.

On Friday, the Rams crushed the Helen Betty Osborne Ininiw Education Resource Centre Huskies 26-3. Those two wins put Stonewall in first place in its three-team pool.

Cassidy wins gold at volleyball nationals

By Brian Bowman

Jenna Cassidy can lay claim to winning a national title.

Cassidy and her Bandits Volleyball Club based out of Winnipeg won gold in the 16U Tier 4 Division while her older sister Abby's Bandits Volleyball Club team placed fourth in 18U Division 3, Tier 1 at the nationals in Edmonton.

"It was pretty good, it was pretty fun," said Jenna last Saturday. "Everybody was crying (after the gold-medal win)."

The Bandits defeated Alberta's PGVC 2-1 by scores of 22-25, 25-14, 15-12 in the gold-medal game.

In the semifinals, the Bandits beat Alberta's Lions Black 2-1 (16-25, 25-20 and 15-10).

In a quarter-final game, the Bandits swept Saskatchewan's CVVC Aces 2-0 (25-23, 25-23).

Jenna said her team did a great job communicating on the court and never got down when they trailed in a match.

The Bandits also have a lot of talent, she said. Jenna feels she has improved as a player by playing club volleyball.

"We do a lot of passing really (well)," Jenna said,

noting she has been with the Bandits for two years. "It's a really good club. We have good coaches and it's a really good experience."

Jenna played high school volleyball for the Warren Collegiate Wildcats' junior varsity girls' team last season, finishing fourth at provincials. She will move up to varsity for this upcoming season.

Abby's team, meanwhile, lost 2-0 to Manitoba's Dynamo Volleyball Club in the third-place game.

"We were pleased (with our finish) but we were hoping for more," she said. "We were happy with where we got."

The Bandits finished the nationals with a 7-4 record.

This year's nationals was unique in that the 16U and 18Us were hosted by the same city. It was the only year the two sisters, both outside hitters, have had the opportunity to be together at nationals.

"It was a very different experience because it was either one parent watching Abby or me," Jenna said. "When it got closer to finals, it was one parent with the other kid. It was kind of different but it was a good experience."

Abby also enjoyed being with her sister at nation-



TRIBUNE PHOTO SUBMITTED

Sisters Jenna Cassidy, left, and Abby Cassidy competed at the volleyball nationals in Edmonton last month.

als.

"It was a really cool experience," she said. "I played in the morning and she played in the afternoon so it was nice that we could watch each other and support each other."

Lightning players earn scholarship



TRIBUNE PHOTO SUBMITTED

Interlake Lightning U18 AAA hockey players Brooke Wadge and Emerson McAuley each received a \$500 Teammates for Life scholarship that was founded by Allan Edie and Ferdie Nelissen.

Girls of summer



TRIBUNE PHOTO BY LANA MEIER

The Interlake Phillies' Avery Deprez delivers a pitch against the Westman Magic in 13U AAA fastpitch action last Sunday in Stonewall. Interlake lost Game 1 of a doubleheader 11-8 but then rebounded nicely for a great 1-0 win in Game 2

Mattson makes Team Manitoba



TRIBUNE PHOTO SUBMITTED

Stonewall's Erik Mattson has been selected to Manitoba's swim team that will compete at the 2022 Canada Games which will be held in Niagara Falls in August.

Stonewall stopped in MHSAA fastpitch quarter-final

By Brian Bowman

The Stonewall Collegiate Rams' fastpitch season is over.

Stonewall was defeated 3-1 by the Neelin Spartans in a MHSAA provincial quarter-final on Saturday.

"It was a little bit better pitching than we probably faced prior to that," said Rams' coach Denis Woods. "The girls couldn't catch up to it but I think if we would have had a seven-inning game we might have caught on to her. It was a good game. I don't mind losing a 3-1 game to a team like that."

Grace Hume started on the mound for Stonewall and went three innings before being relieved by Chloe Beresford.

The Rams started the playoffs by whipping the Carman/Miami Cougars 10-0.

"They came out to play and jumped out early," Woods said. "That was kind of our thing all weekend, jumping out to an early lead and trying to hold it."

The Rams started the provincials with a tough 5-4 loss to the Pilot

Mound Pilots on Friday. Stonewall let a 4-0 lead slip away.

Later that day, Stonewall edged the St. Joachim Braves 17-16. Kaitlynn Swanson scored the game-winning on a brilliant base-running play. The Rams had the bases loaded with one out and Swanson scored from second base as the Braves attempted to get a double play on a grounder.

"That was a real battle back and forth and it was just a matter of who had the last bats," Woods said. "It was a real battle."

Lightning players selected in MJHL draft

Staff

The Interlake Lightning had two players selected in the Manitoba Junior Hockey League draft last Saturday.

St. Laurent forward Ian Buors was selected in the

fourth round, 52nd overall, by the Waywayseecappo Wolverines.

Stonewall forward Hayden Kaczorowski was picked by the Portage Terriers in the seventh round, 90th overall.

United starts MMSL season 2-0

Staff

The Stonewall United is off to a great start in the Manitoba Major Soccer League's 5th Division.

Stonewall is 2-0 after wins over Azzurri (4-0) and Punjab FC (3-1).

Chris Wiebe and Amar Manning each scored twice for the United against Azzurri.

Manning, along with Chris Jones and Kevin Penner, tallied against Punjab FC.

Stonewall will play the St. James Spurs this Thursday (7:30 p.m.) at the Buhler Recreation Park.

Interlake Blue Jays drop doubleheader

Staff

The Interlake Blue Jays are still searching for their first victory of the Manitoba Junior Baseball League season.

Interlake was swept by the Altona Bisons in a home doubleheader last Sunday in Stonewall, losing 9-3 and 11-4.

The Blue Jays are now 0-6 and in last place in the eight-team league, 4.5 games back of first-place Altona.

Interlake posted an 0-4 record in May, losing to Altona (6-2), the Pembina Valley Orioles (13-7 and 10-3) and the St. Boniface Legionnaires (14-2).

The Blue Jays will visit the Elmwood Giants on Wednesday (7 p.m.) and Pembina Valley on Sunday (1 p.m. and 4 p.m.).

Meanwhile, the Stonewall Blue Jays are 1-0 in the Winnipeg Senior Baseball League after a 7-1 win over the W Winnipeg A's on May 24.



Blue Jays' left-hander Landon Irvine delivers a pitch against the Bisons.

Stonewall played the South Winnipeg Longhorns this past Monday and the Elmwood Giants on Tuesday but



TRIBUNE PHOTOS BY LANA MEIER

The Interlake Blue Jays' Keenan Allen gets the force out against the Altona Bisons in Manitoba Junior Baseball League action last Sunday in Stonewall.

no scores were available.

The Blue Jays will host the A's on

Thursday (7:30 p.m.) at Quarry Park.

> PRIZE, FROM PG. 19

that will be displayed on a loop in the quarry by the bandstand. Kids go along and do the story and then they'll have some questions to answer. They hand the questions in to me and then they get their big prize on June 30," Desmedt explained.

"I have some questions I want them to answer about what they love about living in Canada and what they love about Stony Mountain. I'm going to display that for our big party on June 30 for people to read."

Other Stony Mountain Community Association ParticipACTION activities include soccer, ball and ball hockey

"Those are hours that will be tracked for the ParticipACTION challenge as well," Desmedt said.

"Even though we're a small community, we're pretty amazing. It's really exciting to be involved with this challenge. We will be tracking everyone's activity for these events so they can just come out and enjoy."

Stony Mountain School

Stony Mountain School is asking students to get active and track their physical activity minutes in an effort to be named Canada's Most Active Community.

"Stony Mountain School decided to participate because we were looking for a meaningful challenge that would allow us to work together, get active and be together as a school and community," said school counsellor Dawn Bartholomew.

"We applied for a grant within this application and received funding to

help us purchase orienteering gear for our school."

On June 24, a school-wide event called Stony Mountain Trail Blazer will encourage participants to run, ride or walk on the Stony Mountain trail system.

"Students are able to invite family members to join their class, and it is open to anyone in the community if they wish to participate," Bartholomew said.

"If people wish to ride their bikes, they are asked to enter at the Prairie Trail at the intersection of Dufferin Drive and King Edward Road. The walking/running event will start at the Assinewa Trail behind the school. An invitation from students will be sent out this week so we are able to register numbers of participants in the event."

In other efforts to earn points, school activities include a community clean-up on June 9, an orienteering day on June 17 and the annual tabloid day.

"Students are encouraged to get active on their own or with friends and family outside of school and participate in extra-curricular activities," Bartholomew added.

"They can download the ParticipACTION app, join the Community Better Challenge and enter the postal code for Stony Mountain (R0C 3A0) to collect points that way. If they would rather use a paper copy, those have been provided as well."

All of the Stony Mountain activities add up together towards earning the Most Active Community title, she added.

"There is an opportunity for the community of Stony Mountain to win

\$100,000 to support community initiatives that promote physical activity," she said.

"A total of 25 individual prizes of one \$50 Best Buy e-gift card will be awarded, and three teams will be able to win a \$250 Sport Chek e-gift card for each team member. We are looking forward to getting — and staying — active."

Starting Blocks Inc.

In Stonewall, Starting Blocks Inc. is also participating in the ParticipACTION Community Better Challenge.

Assistant director Amanda Anderson said she became intrusted in the initiative thanks to an email from Laine Wilson, recreation facilitator for the RM of Rockwood and Town of Stonewall. Together, they discussed promoting the challenge through the childcare centre and to town residents to help reach more people in the community.

"Working with children, I see the value of getting outside and being active. Starting Blocks Inc. takes the children outside daily and when the weather is nice spends as much time outside as possible. When children are outside and active, they develop their gross motor skills," Anderson said.

"When the children play games outside, it helps their social skills while giving them the chance to explore and try new things that they may not have had an opportunity for before."

Starting Blocks staff often take children out for walks in the community and go to local parks and playgrounds, she added.

"As children get older, some tend

to be drawn to technology more than being outside and with this challenge, it is something that a family can do that does not have to cost anything but can benefit our community. With the Community Challenge, there is a chance to win funds that can be used towards playgrounds, trails, equipment and supplies to help support the community in physical activity," she said.

"The top prize is \$100,000 and then there are 12 smaller prizes that will be awarded. When you use the app, you have the opportunity to create a team that you can do a team challenge with. They also have prizes like gift cards that you can get entries for based on your active minutes."

People are able to participate by being active and tracking how many active minutes they have each day, she added.

"There is a free ParticipACTION app for your phone which can help track your activity or log in on a computer. The app uses the postal codes to add your active minutes to the community," Anderson said.

"There are many different activities that count towards your active minutes. These activities are cycling, walking, dance, yoga, Pilates, gardening, strength training, housework, sports, shovelling and running, to name a few. We hope the community will join us in participating in the Community Better Challenge and are appreciative of the assistance Laine has provided in helping us with her support and posting."

To learn more about the ParticipACTION Community Better Challenge, visit www.participation.com.

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Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

Student Dietary Aides: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under: "Support Services" and scroll to find: **Student Dietary Aide** for the complete job postings. (Competition numbers: **MMF 1157/22 and MMF 1158/22**)

Please apply on-line at

<https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday June 9, 2022 at 11:59 pm.



Interlake-Eastern
Regional Health Authority

MORTGAGE SALE

The land and building known as 59 Leost Drive, South, St Laurent, Manitoba, as described in Certificate of Title No. 2824012/1, will be sold by public auction by a Licensed Auctioneer on June 29, 2022, at 10:30 a.m.

The auction sale will be held by way of video or teleconference.

There will be no in-person attendees at the auction.

In order to participate you must pre-register at least 24 hours prior to the auction by contacting Matthew T. Underwood at either (204) 957-8382 or auctions@fillmoreriley.com

The Vendor is informed that the property consists of a 1 1/2 storey dwelling approximately 1,600 square feet, with living room, kitchen, 2 bedrooms, 1 1/2 bathrooms, crawl space basement on a lakefront lot approximately 65 feet x 125 feet. The property is serviced by a well and holding tank, particulars unknown.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2021.

Prior Charges: Caveat Nos. 86-70905/1 and 86-110082/1.

TERMS OF SALE

A deposit of \$30,000.00 by way of certified cheque or bank draft payable to Fillmore Riley LLP, or cash (the cash component of the deposit not to exceed \$7,500.00), and the balance according to conditions which will be available electronically by contacting the individual below prior to the auction. The property will be sold subject to a **Reserve Bid** of \$231,500.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 6th day of June, 2022 to the date of auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below.

Further information may be obtained from:

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Winnipeg, MB R3C 3Z3
File No. 400784-3698/MTU/sw(car)
Attention: MATTHEW T. UNDERWOOD
Phone: 204-957-8382
auctions@fillmoreriley.com

THE RURAL MUNICIPALITY OF WOODLANDS EMPLOYMENT OPPORTUNITY

MUNICIPAL EMERGENCY COORDINATOR

The Rural Municipality of Woodlands are seeking a Municipal Emergency Coordinator to provide emergency management services.

The Municipal Emergency Coordinator will be responsible for:

- Preparation, maintenance, and testing of the regional Emergency Plan
- Coordinating the response to emergencies in the region
- Attracting, managing, training and motivating volunteers

The job will require a time commitment during normal times of an average of between 1 and 4 hours per week. During emergencies the Municipal Emergency Coordinator must be available for full workdays, including overtime, for as long as is required.

The Municipal Emergency Coordinator will hold a contract position reporting to the Chief Administrative Officer. There will be an initial probationary period of six months, following the successful completion of which a contract may be offered.

The successful applicant must have good knowledge of the Manitoba community emergency preparedness program. He or she must have a demonstrated ability to manage volunteers; to provide training to volunteers, staff and members of council; to maintain the emergency plan; and to coordinate emergency response within the community. Training in emergency response management is an asset. A basic level of ability with Microsoft Office is essential. A valid driver's license and access to a vehicle is essential.

Please include 3 references with your resume including contact information and relevance.

Resumes, references, and salary expectations addressed to the undersigned will be received by mail, fax, email or in person until June 30, 2022.

We thank all applicants for their interest in this position. We will contact only those selected for an interview.

Adam Turner
Chief Administrative Officer
Rural Municipality of Woodlands



ANNUAL GENERAL MEETING

Interlake Cattleman's Co-op Association Ltd.

**Annual General Meeting
Monday June 20, 2022
8:00 P.M.**

ASHERN AUCTION MART

Auditors Financial Report

Election of Directors

Manager's Report

Dainties and coffee will be served.



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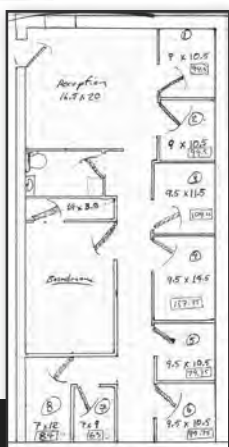
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Stonewall Curling Club is looking
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Summary of the Role

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- Maintains safe working conditions.

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- Class 5 licence
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TOWN OF STONEWALL

ELECTION PERSONNEL

The Town of Stonewall is seeking applications from qualified individuals for the positions of voting officials in conjunction with the 2022 Town of Stonewall Municipal Election.

Under the supervision and direction of the Senior Election Official the successful candidate(s) for **voting official(s)** will be required to work a day of up to 14 hours on October 26, 2022. Training will be provided.

Candidates should have experience working with the public, be at least 18 years of age, and reside in the electoral district.

Qualified applicants are invited to submit a resume with references, marked election personnel, to the undersigned no later than **4:00 p.m. Monday, July 4th, 2022.**

Wally Melnyk, SEO
Town of Stonewall
Box 250
293 Main Street
Stonewall, MB R0C 2Z0

Phone (204) 467-7979 | Fax (204) 467-7999
Email to dallan@stonewall.ca

We thank all those individuals who apply, however, only those granted an interview will be acknowledged.

take a break > GAMES

SUDOKU

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

Level: Intermediate

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THE EXPRESS
WEEKLY NEWS

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IN MEMORIAM



Sinead Lee
July 25, 1990 – June 9, 2012
In memory of our beautiful Angel
Mommy, daughter, sister, granddaughter,
auntie, niece and friend

It never gets easier, this time of year, can't believe it's been 10 years without your smile, your laughter, hearing your voice. A heartache no one wants to endure, when your love becomes a memory, that memory becomes a treasure. Your son has grown, he has the same smile, freckles, and laughter, just like you; and your nieces have changed a lot too, their love for horses and animals, they all carry just like you. Some of us talk of you aloud, your Dad and Devin keep your memory in silence, you memory we all treasure. Our lives had to go on without you, we have all changed, nothing will be the same.

Somewhere in my dreams tonight,
I'll see you standing there;
You look at me with a smile,
Life isn't always fair.

Wherever the ocean meets the sky,
There will be memories of you and I,
When I look at the sky so blue,
All I see are visions of you.
While there's a heart in us,
You'll be a part of us.

-Forever loved and cherished,
You are the wind beneath our wings,
Butterfly kisses
Love your family, balloon release

Your memory will live forever
Engraved within our hearts

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CARD OF THANKS

The family of Muriel Boyer would like to thank everyone for their support over the past few months. The phone calls, cards, text messages, emails, visits, flowers, food, prayers, hugs, donations and attending Mom's Celebration of Life, helped to ease our loss. Thank you to the Stonewall Legion Ladies Auxiliary for their kind tribute and the usual delicious luncheon. Thank you to Roshelle and the staff at MacKenzie Funeral Home for their wonderful guidance, direction and support.

-Jack and Carol Boyer,
Barry and Jeanette Sheasgreen,
Scott Sheasgreen, Garrett Sheasgreen
Lana Moffatt,
Dana, Sue, Reid Boyer

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

Stonewall Teulon Tribune

Call 467-5836 or email igraphic@mts.net

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

Sudoku Answer

OBITUARY



Tracy Elaine Findlay

We are incredibly sad to announce that Tracy Elaine Findlay, 46, of Warren Mb. passed away on Monday, May 30, 2022 at Stonewall & District Health Center.

Tracy is survived by her husband of 24 years Andrew; children Bradley, Tyler and Isobella; mother Brenda Hollier; father and stepmother Tom and Marilyn Moloney; brother David Moloney; step siblings Sean McWatt, Susan McWatt-FitzGerald, Richelle Ross-Derksen, Brendon Hollier, and Michael Hollier; mother and father-in-law Lorna Findlay and Gene Wertepny. As well as many other relatives, and friends.

Tracy is predeceased by her stepfather Garry Hollier.

After being born in Dauphin, Manitoba, Tracy spent her early years in Stonewall and Brandon where she made many lifelong friends. After a short time in Thompson, she moved to Warren in 1991. Tracy started grade 10 at WCI and that is where she met the love of her life Andrew, they have been together ever since making Warren their permanent home.

After high school graduation Tracy started her career in finance at the Royal Bank in Stonewall, the branch her dad had opened many years before. After a short stint as co-owner of Grants Grill with Andrew, Tracy went back into banking. She loved working with people and helping whenever she could through her many roles over the years at RBC, Sunova Credit Union, Westoba Credit Union and CIBC. Not to mention becoming great friends with many of her colleagues.

After her cancer diagnosis in 2010 Tracy underwent multiple surgeries, chemotherapy and radiation. Despite the best efforts of the wonderful people at CancerCare Manitoba she was diagnosed with stage four metastatic breast cancer in 2016. It was at this point that Tracy had to leave banking and started to focus her time and effort into working with CAARE animal rescue. She was very passionate about helping to foster, fundraise and find forever homes for stray dogs. Again, she made many great friends through her work with CAARE.

When she wasn't running with kids, dogs or one of the other many responsibilities she took on, she loved getting together with friends and family over drinks around a fire or a game of cards. Many hours were spent camping, out in the yard, or at the kitchen table making memories. Her only requirement for a good time was fun people to spend time with and a rye and coke with lots of ice.

Above all else, what she was most passionate about was her children. She would do anything, be anywhere or provide anything they needed. Brad, Ty and Bella were her sun, moon and stars. They were her whole universe, and she loved them more than words can describe. Even after she was diagnosed with heart failure and several mild strokes this past November, she summoned the strength to be there for them day in and day out right up until the end.

Special thanks to Dr. Harris and everyone at CancerCare Manitoba, as well as all of the many other doctors, nurses and health care professionals she met over the years.

A celebration of life will be held at Warren Memorial Hall on Saturday, June 11, 2022, come and go from 1:00 p.m. – 3:00 p.m. A private interment will be held prior.

In lieu of flowers please donate to CancerCare Manitoba or an animal rescue of your choosing.

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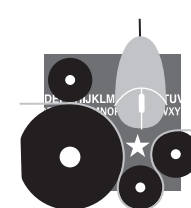
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OBITUARY



Edith Mary Tully (nee Goble)

It is with great sadness that the family of Edith Tully announce her peaceful passing on June 2nd, 2022 at the age of 99, after a lengthy stay at Rosewood Lodge in Stonewall, Manitoba.

Edith was born and raised in the Belcourt District, just a few miles from Poplar Point, Manitoba, but upon her marriage to Les Tully, moved to the farm North of Marquette, where she resided until her early 90's.

Edith was predeceased by her husband of 65 years, Les and one granddaughter, Brenda-Lea. She was also predeceased by her parents, Alfred and Catherine Goble; her sisters Dorothy (Dora), Margaret (Mag), Emily and Alma, as well as brothers George and Ron.

Surviving to mourn her loss are her sons, Doug (Irene) of Calgary, AB, and Howard (Wanda) of Marquette. Edith is also survived by one sister, Lillian Clark; brother-in-law, Ken Tully, 11 grandchildren, 25 great-grandchildren, and four precious great-great-grandchildren.

Edith was a loving wife and mother, who took great pride in her rural life. She spent endless hours tending flower beds and gardens, culminating in a feature article in Farm, Light, and Power magazine. She was an avid curler as evidenced by having competed in the Manitoba Senior Ladies Playdowns in 1969. Her other joys in life were her family, but she also found time for ACW (Anglican Church Women) and many evening hours with her knitting needles.

A private graveside service will be held at a later date.

A special thank you goes out to the staff and caregivers at Rosewood Lodge for their attention and empathy and continuous care they have given to Edith, as her health deteriorated.

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OBITUARY



Cameron Baldwin

In his 91st year, Cam, beloved husband, father, grandfather and great-grandfather, passed June 1st while surrounded by his family, reciting poetry and flashing his wit to the very end.

Cam was the 12th of a sibling group of 14. He leaves to mourn his wife, Eleanor, of 64 years; his sons Cam Jr. (Colleen), Kerry (Sandi), Ken (Laurel) and daughter Kathryn; four grandsons, four granddaughters, three great-granddaughters and one great-grandson.

Cam will be remembered fondly by the students of Sargent Park Junior High, where he taught during the 60s, 70s and 80s. After retiring from teaching in '85 he fulfilled his love of the farm by developing a milking dairy. Cam was active in the community of Warren serving on many town, church, hockey and baseball Boards and Committees. He loved spending time with his grandchildren and regularly travelled to watch their hockey and baseball games across western Canada.

He could always be counted on for his quick wit and jokes at family gatherings which frequently included live music supplied by the Baldwin clan.

Dad will be deeply missed by his family, and we'll cherish the good times and memories he provided for us throughout the years.

A celebration of Life will be held on June 18th, 2022, at Stonewall Legion Hall 1-5 p.m.

A family graveside interment arranged. Memorial donations may be made to the Warren United Church Memorial Fund, or to a charity of your choice.



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