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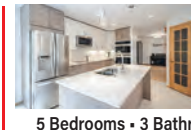
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VOLUME 17
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Flooded memories

TRIBUNE PHOTO BY LANA MEIER

Corinne and Chris Lothian sort through waterlogged family keepsakes salvaged from their Stonewall home after nearly 17 inches of sewer water flooded their basement during the historic June 9 and 10 storm. Among the losses were decades of family photographs, baby books, wedding mementos and other irreplaceable memories destroyed by the flooding.

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First Interlake Career Expo connects employers and job seekers

By Nadia Schultz

More than 25 employers and organizations gathered at the Stonewall Curling Club on June 12 for the first Interlake Career Expo, but attendance fell short of organizers' expectations as only about 50 people attended throughout the day.

Organized by Jodi-Lee Kaemingk, a talent acquisition specialist with Vidir, the event was designed to connect employers and job seekers through face-to-face conversations and networking opportunities.

"I think it's for everyone. We were hoping that we could get a good mix of students and adult job seekers as well to give us more opportunity to reach a larger scope of applicants," said Kaemingk.

Participating employers included ONE Insurance, Access Credit Union, Spruce Acres Landscaping, the RCMP and CIBC, while organizations such as Regional Connections, Canadian Manufacturers and Exporters, Manitoba Start and WorkInManitoba.com provided employment resources and support services.

Representatives staffed booths throughout the seven-hour event,

offering information about career opportunities, training programs and available positions across the Interlake region.

Several exhibitors noted the lower-than-expected turnout. Kaemingk said recent flooding in Stonewall may have played a role, as many residents remained focused on cleanup and recovery efforts following severe rainfall earlier in the week.

"We're just not seeing the high volume that we were hoping for," said Kaemingk. "Everyone's coming in asking 'were you flooded?' 'Are you flooded?'"

Attendees Yves Fundi and Endeshaw Gelete travelled from Winnipeg for the event and were surprised to find they were among the only job seekers in the room when they arrived.

"The mood, the ambiance is not good," said Fundi.

The pair spoke about the challenges of finding work in the current job market. Fundi said he has been searching for employment for three months since leaving his previous job, one of the reasons they chose to attend the expo.



TRIBUNE PHOTO BY NADIA SCHULTZ

Jodi-Lee Kaemingk (centre) and fellow Vidir representatives took part in the first Interlake Career Expo at the Stonewall Curling Club on June 12. More than 25 employers and organizations participated in the event, which aimed to connect job seekers with employment opportunities across the Interlake.

Despite the atmosphere, Gelete said he was still able to have productive conversations with employers and or-

ganizations.

"I don't know if I get or not, but still I'm trying. Just keep trying," said Gelete on job opportunities.

While attendance numbers were lower than anticipated, exhibitors said they had meaningful discussions with those who attended.

Tina Rempel, settlement director with Regional Connections, said the organization connected with a steady stream of visitors throughout the day.

"We've had quite a few people come and talk to us," she said. "We've had

Continued on page 7

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Madeline's Closet opens flood relief centre in Balmoral



TRIBUNE PHOTO BY JO-ANNE PROCTER

Shannon Dupont, coordinator of the flood relief response at Madeline's Closet, stands inside the organization's emergency response centre at the Balmoral Recreation Centre. Pictured, left to right, are Margaret Watts, Shawna Christie, Shannon Dupont, Brenda Dykstra and Linda Barca.

By Lana Meier

As communities across the Interlake continue to recover from last week's devastating flooding, Madeline's Closet has stepped in to provide emergency assistance to residents who have lost essential belongings and are struggling to rebuild their lives.

The charitable organization has opened an emergency response centre at the Balmoral Recreation Centre to serve residents affected by flooding throughout the region.

Since the flooding began, Madeline's Closet has responded to more than 200 emergency calls for assistance, said Shannon Dupont, who is coordinating the organization's flood relief efforts.

"We're worried about the people," said Dupont. "Municipalities are worried about infrastructure. We worry about the people. People need to know somebody cares about them."

The centre is operating Monday through Friday from noon to 7 p.m. and is open to anyone affected by flooding, regardless of which municipality they live in.

The flooding prompted states of emergency in six Interlake municipalities and communities, leaving many residents facing significant losses.

Dupont said requests for help range from clothing and household items to basic toiletries such as toothbrushes, toothpaste and deodorant.

"Some people have lost everything," she said.

One encounter particularly under-

scored the need.

"I had a lady come in and she said, 'Can I please just have a toothbrush and some toothpaste? Our bedroom and bathroom were downstairs,'" Dupont recalled. "She said they couldn't even afford to go buy those things."

While Madeline's Closet has long provided emergency assistance to residents in need, Dupont said the scale of the flood response is unlike

Continued on page 9



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Be gentle with yourself this week.

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Our thoughts are with everyone affected by the flooding.

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Thank you

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NOTICE TO STONEWALL RESIDENTS FLOOD IMPACT COMMUNITY SURVEY

The Town of Stonewall is seeking feedback from residents impacted by the recent flooding event.

This survey will help the Town better understand the extent and types of impacts experienced throughout our community, about flood-related issues.

Information gathered has been requested by The Provincial Recovery and Mitigation Team, and will assist in evaluating community needs, supporting recovery efforts, and informing future planning and advocacy.

Residents are encouraged to complete the survey by scanning the QR code or visiting the survey link below.

SCAN HERE TO COMPLETE THE SURVEY



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Please call the Town Office at 204-467-7979 or visit the office to obtain a paper copy of the survey.



Your feedback is important and appreciated as we work together to better understand the impacts of this event on our community.



One disaster after another: Stonewall family faces flooding and fire

By Lana Meier

As floodwaters filled her basement late June 9, Corinne Lothian spent the night desperately trying to save her family's Stonewall home.

By sunrise, nearly 17 inches of sewer water had flooded the basement, damaging a recently renovated bathroom, appliances, furniture and irreplaceable family keepsakes.

Less than 48 hours later, she and her husband were awakened by smoke alarms and the smell of burning electrical wiring located in the basement.

"We really need to catch a break at some point," Lothian said.

The Lothians were among hundreds of residents affected after Stonewall was inundated by more than 255 millimetres of rain between June 9 and 10, one of the most significant rainfall events in the community's history.

Lothian said her family remained dry until about 10 p.m. on June 9. While keeping an eye on severe weather alerts and tornado warnings, they noticed the basement toilet "burping" air and the nearby sewer drain beginning to overflow.

"The basement shower started backing up and spilling out of the shower



TRIBUNE PHOTOS BY CORINNE LOTHIAN

Floodwaters left a trail of destruction in the basement of Chris and Corinne Lothian's Stonewall home, damaging furniture, electronics, appliances and irreplaceable family mementos. The family estimates the storm caused more than \$90,000 in damage.

pan onto the floor," she said.

At first, the flow was manageable.

"Within 10 minutes, the force of the backup was unmanageable."

Using pieces of eavestrough, the family attempted to divert water into the sump pit while bailing continu-

ously and building makeshift berms around the basement.

By 11:30 p.m., the entire basement was under water.

"The carpet was lifted and items were floating," she said.

As the water continued rising, family members exchanged messages and advice through a group chat. Her father-in-law reminded them to shut off power to the heated tile floor in the basement bathroom before it became submerged.

At midnight, with water approaching the height of the baseboards, Lothian set out in search of another pump.

She drove through flooded streets littered with abandoned vehicles and made her way to Home Hardware after seeing social media posts that the store had opened to help residents.

"I parked at the RCMP and waded through water knee-deep to get to the door before being turned away. Nothing was left."

Cold, soaked and empty-handed, she returned home.

"I watched the water from the top of the stairs creep up over the bottom stair mark."

Relief finally arrived after a so-

cial media post from fellow resident Lynne Thompson, who offered an extra pump.

Lothian picked it up shortly after 1 a.m. and had it running by 2:30 a.m.

She remained awake all night monitoring hoses and pumps while watching floodwaters continue to cover neighbourhood streets.

"I met with neighbour Vern who was up and under water. The water in the flooded street went up to his garage door."

At 5 a.m., another social media post led her to Big Block Construction, where she managed to purchase one of the last available pumps and hoses.

By 7 a.m., the water level finally began to fall.

The cleanup revealed extensive damage.

Among the losses were a furnace, hot water tank, freezer, refrigerator, furniture, flooring, electronics, luggage, seasonal clothing and a bathroom renovation completed in 2025 at a cost of approximately \$30,000.

Sentimental items were also destroyed, including wedding mementos, childhood keepsakes belonging to her daughters and gifts from family members who have since passed away.

"My daughters' baby books, mementos from grandparents that have passed, including blankets and artwork."

Lothian estimates the damage exceeds \$90,000. Her sewer backup insurance coverage is approximately \$10,000, less the deductible.

"My estimate was \$90,000 in damages. We are covered for \$9,000."

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> FLOOD, FROM PG. 4

Just as cleanup efforts were getting underway, another crisis emerged.

The family's daughters had been sent to stay with relatives in Winnipeg so they could shower, do laundry and escape the chaos.

At about 4 a.m. June 11, Corinne and her husband awoke to smoke alarms and the smell of burning electrical equipment.

"We could hear popping sounds like an explosion was imminent."

The source was eventually traced to lithium batteries stored in a utility room that later ignited.

Using fire blankets and an extinguisher, the couple managed to contain the situation until emergency crews arrived.

"It was pouring rain. We met fire and paramedics outside in our pajamas."

Lothian credits firefighters with saving their home and praised emergency responders for their quick actions.

"If it had been the batteries on the shelf, or batteries not contained within the metal tool cabinet, the fire would have easily spread."

The fire caused smoke damage throughout the home, adding another layer of cleanup to an already overwhelming situation.

"The lithium smell lingers and penetrates everything."

As cleanup continued, the family learned they would also have to replace their furnace. The motor and insulation had been submerged during the flood, the electrical control board was damaged, and mould spores had entered the home's air system, leaving replacement as the only viable solution.

"It's just one more thing on the list," Lothian said.

Throughout the ordeal, Lothian says support from family, friends, neighbours and local businesses has helped carry the family through.

She credits Lynne Thompson for lending a pump, Big Block Construction for opening early, G & A Equipment for providing emergency



rentals, and local contractors and firefighters for guidance and assistance.

"Seeing our town rally in many ways is helpful."

Despite everything, Lothian says her family's thoughts remain with others facing even greater losses.

"We live a comfortable life, with good-paying jobs and we live within our means. Our hearts ache for those who have lost so much, including their jobs," she said.

"There are so many people who have lost their entire homes and who live closely to their paycheck."

After 18 years in Stonewall, she says her family has no intention of leaving.

"We love Stonewall. We've been here for 18 years. This is our forever home."

But she hopes the disaster sparks conversations about infrastructure improvements and drainage solutions that could help protect homes in the future.

"We need some changes to help us stay here. Emotions are running high, but having the town support those changes, or additional infrastructure, would certainly be a game changer for the future."



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Agriculture takes centre stage at annual fair



TRIBUNE PHOTOS BY JO-ANNE PROCTER, LANA MEIER
Visitors of all ages explored agricultural exhibits, live animals and family activities during the South Interlake Rockwood Ag Fair held June 5-7 at the Red Barn grounds south of Stonewall. Each day began with a pancake breakfast before the horse show got underway. On Sunday, visitors enjoyed a drill team demonstration, a car show and a threshing demonstration.



South Interlake Planning District moving locations

By Jennifer McFee

The South Interlake Planning District is on the move.

SIPD is relocating its Stonewall office to the South End Mall from its current location in the RM of Rockwood municipal building.

The new SIPD address will be Unit 7-405 3rd Ave. South in Stonewall.

General manager Eric Shaw said the reasons are two-fold for the move.

“The RM of Rockwood’s municipal operations have grown in recent years and they require additional office space for their staff,” he said. “And the SIPD requires a larger space for its operation in Stonewall.”

SIPD’s old office was 600 square feet for four staff members, he added.

“The new office is 2,300 square feet, and it is professionally designed to accommodate current staff

and a new SIPD board chambers. The new office also provides some additional flex space so that SIPD staff who normally work in CentrePort can also work in Stonewall, as needed,” Shaw said.

“This will be beneficial for several staff, including our building inspectors, our bylaw enforcement officer and myself. With such a large district, this work arrangement promotes flexibility and efficiency, as several staff need to be in different parts of the district for different work duties through the course of a week.”

As a result of the move, SIPD’s operations are pausing temporarily in Stonewall from June 9 to 19, and the new office is expected to open on Monday, June 22.

In the meantime, anyone who needs SIPD’s services can reach out to the CentrePort office at Unit 5-15 Davis Way in the RM of Rosser. They can also email SIPD info@sipd.ca or call 204-467-5587.

NEW LOCATION AS OF JUNE 22, 2026:
Unit 7, 405 3rd Ave. S. (Southend Mall)
Stonewall, Manitoba

> CAREER EXPO, FROM PG. 2

people from the area here, and we’ve had people from Winnipeg too.”

Rempel added that the conversations went “very well.”

Some employers said the event remained valuable despite the turnout.

“This is our first time here, so we wanted to see what it was about and what kind of candidates we could potentially get to come join our team,” said Jenee Gagne of ONE Insurance.

Gagne said events such as the Career Expo allow employers to connect with potential employees in ways that traditional applications cannot.

“It provides us a chance to meet candidates in person and get a first impression rather than just looking at a resumé,” she said.

Despite concerns that flooding may have affected attendance, Kaemingk remains optimistic about the future of the event.

“Maybe next year we look at doing it in the spring, later in the spring or earlier in the year, when businesses are looking for those summer student positions,” said Kaemingk.

PHOTO SUBMITTED

The South Interlake Planning District is relocating its office to the South End Mall in Stonewall. The new office is expected to open on June 22.

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SOUTH INTERLAKE PLANNING

SIPD is Moving!

The South Interlake Planning District (SIPD) is moving their Stonewall office this June!

SIPD’s new Stonewall office will be located at: Unit 7, 405 3rd Avenue South (Southend Mall) in Stonewall.

Due to the impending move, SIPD’s operations will be temporarily closed in Stonewall between June 9 - 19, 2026. The new office is expected to be open by Monday, June 22, 2026.

If you require SIPD services during June 9 - 19, please attend SIPD’s CentrePort office, located at Unit 5, 15 Davis Way in the R.M. of Rosser (CentrePort), or contact SIPD at 204-467-5587 or info@sipd.ca .

Thank you for your patience and understanding during this time. We look forward to serving you from the new Stonewall office in the near future!

NEW LOCATION AS OF JUNE 22, 2026:
Unit 7, 405 3rd Ave. S. (Southend Mall)
Stonewall, Manitoba

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Passing lanes for Highway 8 under construction: province commits \$18.3 million to improve safety

By Patricia Barrett

The provincial government announced last week it has committed funding to passing lanes on Highway 8 and road safety improvements in the RM of St. Clements.

Construction of the passing lanes on Highway 8 has begun and will cost an estimated \$18.3 million.

The combined \$21.2-million investment for both projects will support growing traffic volumes, improve safety and enhance connectivity.

“Our government is pleased to share these important infrastructure investments with municipal partners as we connect with communities across the province,” said transportation and infrastructure minister Lisa Naylor in a June 10 news release. “These projects will improve road conditions, enhance passing opportunities and support safe, reliable travel for residents, local businesses and visitors to the Interlake region.”

The province first announced the passing lanes in September 2025. Highway 8 is a heavily travelled route to and from the Interlake region and can experience significant traffic congestion during peak travel periods, particularly during the summer tourism season.

Passing lanes are designed to improve traffic flow and safety by providing designated opportunities for vehicles to overtake slower-moving traffic without crossing into oncom-



TRIBUNE FILE PHOTO BY PATRICIA BARRETT

Four sets of passing lanes will be built on Highway 8 between Highway 67 and PR 231 in Gimli. The junctions of highways 8 and 67 is shown here looking south.

ing lanes. Typically, one lane shifts toward the shoulder while an additional lane in the same direction allows faster-moving vehicles to pass.

Four sets of passing lanes will be constructed between Highway 67, near the Stonewall and Selkirk turn-offs, and PR 231 near Gimli. Each passing lane will be approximately two kilometres long.

A spokesperson for the department said the passing lanes are now under construction.

“The locations of the passing lanes,

which are currently under construction, have been selected to avoid high-volume intersections and driveways, bridges, culverts and horizontal curves,” he said.

The project is expected to be completed by the fall of 2027.

Provincial road improvements in the RM of St. Clements include surface restoration on Highway 59 from Highway 44 to Highway 4 in the southbound lanes and from Highway 44 to PR 317 in the northbound lanes.

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

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> FLOOD RELIEF CENTRE, FROM PG. 3

anything she has experienced in 18 years with the organization.

The organization has moved large quantities of inventory from its Inwood location to Balmoral, including the equivalent of three trailers, eight trucks and four SUVs filled with supplies.

Most of the items being distributed are new, although the organization is accepting donations of toiletries to help meet growing demand.

"Toiletries are going really, really quickly," said Dupont. "I cleaned out three dollar stores on the weekend of deodorant, toothbrushes and toothpaste."

The organization is also seeking volunteers to help operate the centre. Current duties include sorting donations, stocking tables, assisting visitors and helping manage the facility.

At present, only five volunteers, including Dupont herself, are

staffing the operation.

Compounding the challenge is the fact that many of Madeline's Closet volunteers are flood victims themselves.

"Out of my 30 volunteers, 25 have been affected by the flood," she said. "It's everything from a little bit of water to people who have lost everything."

One volunteer lost their home after floodwaters reached approximately eight feet inside the residence.

Dupont said the emotional toll is becoming increasingly evident as residents begin coping with the aftermath.

"The flood part is gone, but the aftermath won't be gone for quite a while," she said. "People have lost family mementos, photographs and everything they've collected over a lifetime."

The Balmoral Recreation Centre was

selected as the location because of its central position and because the facility was made available at no cost.

"The recreation centre has been super awesome. They donated the facility to us," said Dupont.

The emergency response centre is expected to remain open for at least several weeks, with operations being evaluated on a week-by-week basis.

Dupont said volunteers are urgently needed as demand for assistance continues to grow.

"We don't know if we're going to have two people come through the doors or 2,000," she said. "We're taking it one day at a time."

Anyone requiring assistance or interested in volunteering can contact Madeline's Closet by calling or texting Shannon at 204-861-8336 or visit the Balmoral Recreation Centre during operating hours.

"We need to get back to having a sense of community and helping each other," said Dupont. "Without that help, people are going to struggle."

worship with us > FAITH

Adulting



The first time I heard the term 'adulting' was a few years ago when my kids were young adults. If I'm honest I scratched my heart trying to understand why there would need to be a term for making, what I considered, everyday adult decisions. I have learned a few things since the day I first heard that word. It's in moments like these that I feel my age. As a teenager and young adult it never dawned on me that filling my vehicle with fuel or going to the bank or buying groceries were examples of 'adulting'. It also never dawned on me to communicate that to anyone! The Bible gives us instructions to help us learn and know what to do when we are trying to decide what to do next. Proverbs 3:5-6 says, Trust in the LORD with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. These Bible verses are filled with phrases to ponder and apply to our lives, whatever age and stage we are in. First we need to trust the Lord with our whole heart because our human understanding, admittedly, is limited. We also need to acknowledge God's sovereignty and seek His will in everything we do through scripture and wise, godly counsel, then He will show us what path to take. It is not always easy making decisions, especially significant ones. Whatever season of life we may be in scripture reminds us to go to the Lord and He will show us where, and when, to step next. Psalm 37:23 says, The LORD directs the steps of the godly. He delights in every detail of their lives. God is not a distant, unfeeling being who sits in judgement and barks orders at us. He delights in every detail of our lives and desires for us to spend time with Him seeking His will in everything we do.

Pastor Jo-Ann Porterfield
Alive Family Church
Stonewall, MB
alivefamilychurch.ca

letter to the editor

Letters to the Editor: news@stonewallteulontribune.ca

Family praises town leadership

We would like to congratulate the Town of Stonewall for creating and maintaining infrastructure that successfully weathered the worst storm event our community has ever experienced.

The town's systems held, which is a credit to the public works department but even more so to the present

and past mayors and town councils whose leadership ensured important infrastructure projects moved forward — even when those projects were not always popular with taxpayers.

Aging and crumbling infrastructure is a common challenge in many communities. Winnipeg, in particular, has often become the subject of public discussion regarding infrastructure concerns.

Thank you to Ross, Lockie, Clive and Sandra, along with your respective councils. You should be proud of

what has been accomplished.

After spending Tuesday night without sleep, like many residents who were bailing water, running pumps and still ending up with flooded basements, we were grateful to have functioning toilets and access to clean water once conditions stabilized.

That was deeply appreciated at a time when many of us were overwhelmed, stressed and expecting our utilities to fail as well.

- The Mackinder Family

To see more photos of your favourite Interlake Athletes

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Woodlands historian honoured for lifetime of preserving local heritage

By Lana Meier

For six decades and counting, Eleanor Proctor has devoted herself to preserving the stories, buildings and memories that helped shape the RM of Woodlands.

Now, at 94 years old, her lifelong commitment to local history has earned one of Manitoba's highest heritage honours.

Proctor was among four Manitobans recognized May 26 at Government House in Winnipeg with the Lieutenant-Governor's Award for Historical Preservation and Promotion. Presented by Manitoba Lt.-Gov. Anita Neville, the award recognizes individuals who have made exceptional contributions to preserving and sharing Manitoba's history.

"The individuals selected to receive awards this year represent the many dedicated individuals throughout Manitoba who take great care in preserving and promoting this province's rich and vibrant history," Neville said during the ceremony.

Neville noted that preserving history helps Manitobans better understand both their communities and the province as a whole.

"Looking back, we can better understand how and why history has made us the people and the province we are today," she said.

Established in 2011, the award has recognized more than 70 Manitobans for outstanding contributions to pre-



The Lieutenant-Governor's Award for Historical Preservation and Promotion includes a commemorative medal and framed certificate.

serving and promoting Manitoba's history and heritage.

This year, the Manitoba Historical Society reviewed 19 nominations

from across the province before recommending four recipients for the award. According to the society, nominees are evaluated solely on the quality and impact of their work in preserving and promoting Manitoba history.

For those who know Proctor, the recognition comes as no surprise.

Her connection to local history dates back to 1966, when community members in Woodlands began discussing ways to preserve artifacts and stories from the area's past. The idea eventually led to the creation of the Woodlands Pioneer Museum, which officially opened in



TRIBUNE PHOTO BY TRACY GONCALVES PHOTOGRAPHY

Eleanor Proctor (centre) receives the Lieutenant-Governor's Award for Historical Preservation and Promotion at Government House on May 26. Joining her are Manitoba Historical Society head researcher and webmaster Gordon Goldsborough (left), who presented her citation, and Lt.-Gov. Anita Neville (right), who presented the award.

1971.

Proctor, her late husband Lloyd, and a group of volunteers were among the driving forces behind the project.

"I remember the community put on a centennial event in 1967, part of which was an antique display in the community hall," Proctor recalled earlier this year. "It went over so well that people got hooked on the idea of a permanent place."

What began with a single donated building has grown into one of Manitoba's most unique rural museum sites.

"The first building was a donation from the Brandt Argyle School District," said Proctor. "Now we have seven buildings, an outdoor gath-

ering space and an orchard planted with local fruit trees."

Over the years, Proctor has filled virtually every role imaginable at the museum. She has served as manager, curator, fundraiser, secretary, groundskeeper, event organizer, costume maker and volunteer recruiter, often taking on multiple responsibilities at once.

According to the Manitoba Historical Society, she has contributed more than 100,000 volunteer hours to the museum and its development.

Under her leadership, historic buildings including a church, schoolhouse and community hall were relocated

Continued on page 11

"FOR MORE THAN 60 YEARS, MRS. ELEANOR PROCTOR OF WOODLANDS HAS EMBODIED THE SPIRIT OF COMMUNITY HERITAGE PRESERVATION."

Al-Anon and AA Meetings Information

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

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

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

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

Victoria United Church and Cemetery

A Service of Remembering and Celebrating

Rev. Mary Best officiating.



Sunday, June 21, 2026 at 11:00 a.m.

Road 84 between #7 and 236

Refreshments and fellowship to follow.

Lunch will be potluck style.

Feel free to bring something to the table.

For information call: Shirley 204-467-2758.

Please bring your own lawn chair.



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Clubroom Events for the Week of June 15

Wednesday 4-Close 8:30

Chase the Queen Draw Pot is at \$1,634.00

Thursday 4-Close

Friday 4-Close 5:00 BBQ 6:30 Meat Draw

Saturday 2-close

Dinner for Saturday June 27th will be a Cold Plate -

Tickets available at the bar for \$15

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> HISTORY, FROM PG. 10

to the museum grounds along Highway 6, creating a heritage village that continues to welcome visitors, school groups and community events.

Even as she entered her eighties, Proctor remained actively involved in maintaining museum buildings and grounds.

Speaking during the award presentation, Manitoba Historical Society head researcher and webmaster Dr. Gordon Goldsborough described Proctor as a model of dedication and perseverance.

"For more than 60 years, Mrs. Eleanor Proctor of Woodlands has embodied the spirit of community heritage preservation," Goldsborough said. "Her tireless work ensured that the Woodlands Museum not only survived but flourished."

Goldsborough noted that Proctor never let obstacles stand in her way. Despite never obtaining a driver's licence, she regularly found ways to travel to the museum and continue her volunteer work.

"Now in her mid-90s, she remains

a passionate advocate for the institution she helped build," he said.

Goldsborough also noted that many of Manitoba's historical preservation efforts are driven by volunteers.

"This is driven entirely by passion without expectation for compensation, not even simple acknowledgment," he said of the work undertaken by many heritage advocates across the province.

Michelle Procter, a former museum volunteer who nominated Proctor for the award, said her impact extends far beyond the museum's buildings and collections.

"Eleanor is, simply put, a remarkable human being," Procter wrote in her nomination letter. "The museum is, in my view, one of the hidden treasures of our province, and a significant part of its success exists because of Eleanor's lifelong devotion."

Procter said Proctor's commitment has inspired generations of volunteers and helped transform the museum into a gathering place where local history comes alive.

"She understands that preserving the past is not just about artifacts or buildings — it is about people, stories

and belonging," she wrote.

Those who have worked alongside Proctor say her enthusiasm for local history has never faded.

"It was a labour of love for all things past and present," Proctor said of the museum's development.

Receiving the Lieutenant-Governor's Award was a meaningful moment for Proctor after decades of volunteer service.

"It was an honour to be nominated and to receive the award," she said. "It made me feel proud that others are still doing things."

While the recognition celebrates her contributions, Proctor is quick to credit the many volunteers who helped transform the museum from an idea into a thriving heritage attraction.

When asked what she is most proud of, Proctor pointed not to any one building or achievement but to the collective effort behind the museum's success.

"The effort that many people, past and present, have put into it," she said.

Preserving local history has remained a lifelong passion because she understands how easily community

stories can disappear.

"Without preserving the history, it slips away on you, and then you might not get it back," Proctor said.

She also reflected on the volunteers who helped establish the museum during its earliest years.

"The initial group was represented by the ward system, and we had so many good ideas from all areas in the RM," she said.

Today, the Woodlands Pioneer Museum stands as a lasting testament to that love — and to one woman's determination to ensure future generations understand where their community came from.

Congratulating the recipients, Neville said their efforts ensure Manitoba's stories continue to be preserved and shared.

"Your commitment and hard work will ensure that the story continues to be shared and appreciated for generations to come," she said.

With her latest provincial honour, Proctor's own place in Manitoba's history is now firmly preserved as well.

Local author brings Manitoba sasquatch story to young readers

By E. Antonio

Sasquatches, giant beavers and mysterious northern sightings aren't just campfire stories for Interlake author John Warms — they're the foundation of his newest children's book, inspired by a real encounter in northern Manitoba.

Interlake-based author John Warms recently published his first children's book, *The Girl Who Met Sasquatch*.

Warms, who grew up west of Carman, said his inspiration for becoming an author comes from the people he has met throughout his life. Now the author of three books, he continues to collect and share stories of strange encounters experienced by both himself and others he has crossed paths with.

"All of my books are people-driven," Warms said. "You have to enjoy what you write about, and these unusual encounters have certainly piqued my interest."

A retired teacher who spent years working in Indigenous communities in the northwest region of the Interlake, Warms said he occasionally heard stories about large, frightening and unknown creatures. Over time, he noticed these sightings were common in remote northern communities, while many people in southern Manitoba were largely unaware of them.

"My delight is to share what is somewhat secret and let it be known in other parts of Manitoba and other parts of the world," he said.



PHOTO SUBMITTED

John Warms is the author of *Strange Creatures Seldom Seen* and *The Girl Who Met Sasquatch* books that explore stories of Indigenous Peoples' encounters with strange and unusual creatures.

Warms gathered stories from eyewitnesses describing extraordinarily large birds, bats, beavers, snakes, sasquatches and more. Before teaching in the north, he said he had not heard of many of these creatures, later describing the experience as "an absolute gold mine of little-known creatures," and the sightings themselves as "phenomenal."

Through word of mouth and storytelling, Warms collected account after account of these eerie encounters and compiled them into his second book,

Strange Creatures Seldom Seen. His newest children's book expands on one of those accounts, telling the story of a young girl who encountered a

sasquatch while camped beside a lake

Continued on page 13



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**EFFICIENCY
 MANITOBA**

Municipalities continue to grapple with storm impacts

By Jennifer McFee

Multiple municipalities have declared a state of local emergency following last week's storm that brought widespread rain, winds, hail and flooding.

The Town of Stonewall and the RMs of Rockwood, Rosser and Woodlands have all declared a state of local emergency, which allows these municipalities to implement emergency plans, take all necessary actions to protect people and property and support response and recovery operations. In addition, this declaration allows municipalities to control, permit or prohibit travel on streets and roads, as well as access available emergency resources and assistance. The RMs of St. Andrews and St. François Xavier also declared local states of emergency following the storm.

According to Environment and Climate Change Canada's weather summary of the severe weather outbreak from Tuesday, June 9 to the following morning, Stonewall was hit the hardest with 255 mm of total rainfall over a seven-hour period. Other local communities were also hit hard with 120 mm in Woodlands, 97 mm in Teulon, and 61 mm in Inwood.

TOWN OF STONEWALL

The Town of Stonewall declared a state of local emergency on June 11 following an exceptional rainfall event that led to widespread flooding across the community. Homes and businesses continue to deal with the impacts of overland flooding and sewer backup. The intensity and volume of rainfall placed significant pressure on the town's drainage and sewer systems, including lift stations.

The storm also affected access to the town's lagoon facilities, creating additional operational challenges. As a precautionary measure, residents were asked to limit unnecessary water use to help ease demand on the system. A public notice confirmed that drinking water remained safe and the treatment plant continued to operate normally.

In addition, the entrance to Quarry Park sustained damage, and the park was closed for public safety. All outdoor facilities at Quarry Park as well as the Stonewall cemetery were closed to the public due to the flooding.

Mayor Sandra Smith encourages Stonewall residents to sign up for the Voyent Alert system through the town's website at stonewall.ca or at voyent-alert.com/community. It's free to sign up for Voyent Alert, which helps to keep Stonewall residents informed with important updates like severe weather alerts, boil water no-

tices, evacuation notices and more. In addition, she suggests checking the town's website and social media pages for accurate information.

The Provincial Recovery and Mitigation Team will be at the Veterans Memorial Sports Complex (550 Main St. in Stonewall) on June 19 and June 20 from 9 a.m. to 7 p.m. to provide in-person Disaster Financial Assistance sessions.

Representatives will be on hand to answer questions about applying for DFA and support with inspections, if needed. It's important to bring identification, photos of the damage, insurance policy information and tax roll number — which can be looked up at <https://www.gov.mb.ca/mao/public/map.aspx> — to meet with DFA.

Smith encourages everyone impacted by the flood to apply for Disaster Financial Assistance, including those with primary residences, businesses, non-profit organizations and farms. The impacts could include sewage backup, overland flooding, power outages and more.

DFA applications can be downloaded at https://www.gov.mb.ca/asset_library/en/emo/insurance-declaration-form.pdf and paper applications are also available at the town office.

"It's been such a difficult time in our town for the last few days, and I know people are stressed. Some people are finding out from their insurance companies that they're not as covered as they thought they'd be, so it's pretty traumatic for a lot of families," Smith said.

"When you see everything that people have hauled out of their homes in their yards and at the end of the driveway, it's heartbreaking."

Smith expressed appreciation for Dennis Peterson, Stonewall's municipal emergency coordinator, as well as for all the individuals and businesses that stepped up to help.

"There's a lot of work behind the scenes that not everyone sees. Through all this devastation, a lot of good things have happened and it has confirmed what our community is made of. It's a great place to call home," Smith said.

"The community has come together in ways we never would have imagined, and I'm very proud to be part of a town that is so caring. Everybody came together and it's heartwarming to see — but it's heartbreaking why we had to do it."

RM OF ROCKWOOD

Similarly, the RM of Rockwood also declared a state of local emergency on June 10 at 2 a.m. The same day, the municipal office extended its phone

hours in an effort to support residents and answer questions. Municipal staff were available by phone around the clock.

Flooding affected homes, businesses and infrastructure across Argyle, Balmoral, Grosse Isle, Gunton, Komarno, Stony Mountain and surrounding rural areas. Residents were urged to avoid non-essential travel and stay clear of flooded areas.

Many roads were closed throughout the municipality, including stretches of Road 74N, Road 7E, Road 10E, Road 14E, Road 82N.

Those with private wells were advised that flooding and high water levels could affect private well systems and impact water quality. Older well systems can be more susceptible to contamination. The RM also advised residents to keep away from ditches and retention ponds since water was deep and fast-moving.

Lift stations were working hard to keep up with the volume of overland water. The RM of Rockwood also asked residents to temporarily reduce water to essential needs only to protect the municipal water and sewer systems and to ensure water is available for emergency services.

Rockwood Reeve Wes Taplin shared a video message through social media channels to reach out to residents

"What happens in our rural municipalities affects our families, businesses, transportation networks and the agricultural economy that supports communities across Manitoba. The challenges we are experiencing today extend beyond municipal boundaries. Significant flooding is impacting homes, properties, farmland and local infrastructure. Our farmers and producers continue to work through difficult conditions as they manage excess water and its effects on their operations," Taplin said.

"These challenges have implications not only for local communities but for Manitoba's broader agriculture sector and economy. We are grateful for the support and collaboration we have received from neighbouring municipalities, emergency responders, provincial agencies and community businesses and volunteers. Responding to events like this requires partnerships at every level, and we appreciate the efforts being made to help affect communities."

Looking ahead, Taplin said Rockwood and rural Manitoba will need continued attention.

"Strong infrastructure, effective emergency management and support for affected residents, businesses and agriculture producers are essential to helping communities recover and

remain resilient in the face of increasingly challenging weather events," he said.

"Rockwood is a strong community and by working together we will get through this. Take care of yourselves, your neighbours, yourselves and our communities. Please stay safe and we will continue to keep you informed."

RM OF WOODLANDS

On Wednesday, June 10, the RM of Woodlands also declared a state of local emergency.

Reeve Doug Oliver said the RM is experiencing widespread impacts due to overland flooding.

"The most severe effects have been in the Warren area, where several streets were completely underwater and many residents have experienced flooded basements. In Woodlands, the wastewater system has been significantly strained, resulting in an overloaded lift station, sewer backups and the need for an emergency lagoon discharge to protect infrastructure," he said.

"Beyond our urban areas, there have been numerous washouts on gravel roads throughout the municipality, creating hazardous travel conditions and access challenges. The agricultural sector has also been heavily affected, with many producers reporting extensive crop losses due to saturated fields and standing water."

Municipal staff worked around the clock to respond to the emergency.

"We have brought in additional equipment to help move water away from residences where it is feasible to do so. Sand and sandbags are available to residents in Woodlands and Warren. We are also maintaining continuous communication with emergency partners and provincial agencies as needed," Oliver said.

"Due to the volume and severity of issues, we are prioritizing high-risk situations, while documenting and assessing all reported concerns so we can respond as conditions allow."

Oliver encouraged residents to document all flood-related damage thoroughly before beginning clean-up or disposing of items, since this information will be important for insurance claims or Disaster Financial Assistance applications. The RM transfer station is currently accepting flood-related waste from residents at no charge to assist with recovery, and the municipality has waste disposal bins set up in Woodlands and Warren.

"We want residents to know that we understand how difficult and stressful this situation is, and we are do-

> MUNICIPALITIES, FROM PG. 12

ing everything we can to support the community. We ask for patience as we work through priorities — there are situations where we simply cannot move water without negatively affecting others, and in some cases we must wait for water levels to recede naturally,” he said.

“We also ask residents to be cautious, especially when travelling on gravel roads where washouts may be present, and to report any hazards they encounter. If you need assistance or want to report flooding, please contact the RM office, understanding that response times may vary based on urgency. Finally, we want to emphasize the importance of kindness and neighbourliness. We’re all in this together, and we’ll get through it together.”

RM OF ROSSER

The RM of Rosser also declared a state of local emergency on June 10 at 6:10 a.m. due to the extreme weather. At the time, the municipal offices had no power, so the RM set up a temporary command centre in the boardroom of Premier Truck Group in CentrePort.

A wave of water hit Grosse Isle after many people had already gone to bed the night before, prompting firefighters to go door-to-door to warn residents and help them evacuate. In a couple of instances, boats were used to get people safely out of their homes.

“We thought we might even have to do a mandatory evacuation order,” said CAO Larry Wandowich.

“With all the water coming into that smaller area of Grosse Isle, some people had to leave their homes. We used the community centre as a staging area to make sure everybody was safe. Even though it didn’t have any power, it was a safe place.”

The provincial government decided to cut Highway 221 in an effort to prevent water from reaching Hydro’s Dorsey Station, as well as the municipality’s fire hall and public works building. Volunteers also stepped up to help with sandbagging efforts.

Reeve Ken Mulligan praised municipal staff, volunteers and residents for their response to the flooding.

“It’s day by day. We’ve got great staff here, so we’re getting through it. I think it strengthens our RM and the surrounding RMs. Our community has really pulled together, and I want to take my hat off to everyone who has offered support. At this point, I feel that we’re holding our own. The high waters to the north of our RM are moving to the south,” he said Friday.

“The difficulty now is trying to get the water through the city. For years, we’ve been working on how we can divert water around the city into the Assiniboine west of Winnipeg. They’ve actually tightened the amount of water that goes through the city. The Assiniboine is full of water, and some of it has come in already from Swan River, so we can’t get our water in there. We’re taking on water from the northern municipalities that were affected as bad as we were. We need to get this water diverted around the city rather than go through the city.”

TOWN OF TEULON

In Teulon, Green Acres Park closed on June 10 after nearly six inches of rain caused severe flooding and unsafe conditions.

Chief administrative officer Chris Yuen said the town’s primary challenge was dealing with the sheer volume of water.

“Our town received nearly six inches of rain on Tuesday night and more rain on Wednesday, which has put an extreme amount of stress on our infrastructure,” he said.

Teulon’s public works department toiled around the clock to manage the situation safely. Crews worked to clear debris from culverts and drainage channels to maximize water flow and speed the recession of floodwaters while monitoring infrastructure and ground conditions.

“To protect public safety and prevent long-term damage to our community fields, we have officially closed all activities at Green Acres Park immediately,” Yuen added. “Walking or playing on the fields right now would ruin the wet grass and soil, causing damage that could take months to fix, so keeping people off the fields is a priority while the water drains.”

The municipality also asked residents to reduce water usage and ensure sump pumps are discharging outside rather than pumping into the sewer system.

“Because the sewer system is pushed to its limit, any extra water sent down indoor drains increases the risk of sewer backups into residents’ basements. We are asking everyone to limit indoor water use by holding off

on laundry, delaying dishwasher use, taking shorter showers and flushing less often,” Yuen said.

“We really appreciate the patience and community spirit our residents have shown as we work through this. We will continue to post official updates as conditions improve and facilities can safely reopen.”

INTERLAKE SCHOOL DIVISION

In addition to local municipalities, the Interlake School Division is also grappling with the impacts of the storm. The entire division was closed on June 10. On June 11, four schools remained closed — Stony Mountain School, École R.W. Bobby Bend School, École Stonewall Centennial School and Warren Elementary School — to allow maintenance staff to continue cleanup and sanitization efforts.

On June 12, the division confirmed Stony Mountain School would remain inaccessible until at least June 30. Families were advised that student programming would be cancelled on June 15 and 16, with a goal of resuming in-person learning at an alternate location as soon as it is safe and feasible to do so.

“Due to variable road conditions across several municipalities, bus transportation has been impacted. As road conditions improve, we look forward to returning to full service in all areas,” said Supt. Margaret Ward.

“ISD is doing everything possible to keep schools open so that families have a safe place to send their children to during this very challenging time for our families and communities.”

> MANITOBA SASQUATCH, FROM PG. 11

where her grandfather did commercial fishing.

The story follows five- or six-year-old Marlene, who, after flying to a remote location with her family, was tasked with periodically checking on her baby sister while her grandmother cleaned fish by the lake. On one particular trip to the hammock, Marlene noticed a terrible smell, looked up and found herself face to face with a sasquatch.

Although the encounter took place more than four decades ago, Warms said he has remained in contact with Marlene over the years, not only to confirm details but “also to enjoy the story again and again together.”

The 40-page picture book — illustrated by Warms’ granddaughter — invites readers into the day Marlene saw the sasquatch with her own eyes.

Warms said writing a children’s book proved more challenging than his previous work, since it required transforming a real-life account into a

child-friendly story young readers could understand and enjoy. Still, he welcomed the challenge.

“I enjoy thinking and getting inside the person who is having the experience,” he said. “I like dramatizing the story from the clues that have been given to me and then try to make it exciting for the reader.”

For *Strange Creatures Seldom Seen*, Warms said he enjoyed putting on a “reporter’s hat,” gathering clues from across the province to determine what might be real and what might not.

“I got so many witnesses from the north, south and everywhere in between that it made sense to me their stories matched,” he said. “I report what I heard and give my conclusions and insights on these findings, like a comprehensive report.”

Warms said he appreciates the opportunity to showcase the wonders — and mysteries — of Manitoba, something he finds both challenging and intriguing. For him, the excitement

lies in realizing what creatures may roam close to home and uncovering secrets that remain unexplained.

He has personally witnessed three unusual creatures mentioned in his books: a giant beaver, a giant snake and a platypus-like creature. His favourite sighting was a black bear-sized beaver he saw west of Brandon in the Assiniboine River.

Based on evidence shared by Elders, Warms believes these beavers lived in large burrows. He noted that one southern Manitoba farmer discovered a massive burrow without knowing what could have lived in it.

“That’s when things just clicked,” Warms said. “As soon as I learned they lived in burrows — which farmers, road construction workers and grave diggers have exposed — I realized which animal was capable of making such tunnels.”

His goal is to one day locate a burrow and place a camera inside to capture evidence. He also hopes to re-establish the giant beaver as the world’s largest living rodent — a title lost

when the species was labelled extinct.

Of the creatures he has yet to encounter, Warms said he hopes to one day see a giant bat, a species believed to live in large caves. Firefighters who have been near these sites have reported large collections of bones, according to Warms. If he cannot see the bat itself, he hopes to locate one of the caves they once inhabited and search for signs of life.

“The residue may be of interest to biologists,” he added.

Warms is already planning his second children’s book, which will focus on another young girl who reportedly saw a sasquatch in the woods near Fairford.

All of Warms’ books are available on Amazon, with his two creature books also carried by Chapters and several small shops and art galleries throughout Manitoba, including Toews Printing in Carman and Red Sun Smoke Shop and Gas Bar in Rosser.

Interlake students unite to raise more than \$38,000 in fight against cancer



By Lana Meier

What began as a student-led fundraising initiative evolved into an evening of remembrance, celebration and hope as hundreds of Interlake residents gathered in Stonewall for the inaugural Interlake School Division Relay For Life.

Students from Teulon Collegiate, Collège Stonewall Collegiate and Warren Collegiate joined forces for the first time to host a unified Relay For Life event on May 29, raising \$38,107.85 for the Canadian Cancer Society — more than double their original goal of \$15,000.

The event drew 221 participants and brought together students, staff, cancer survivors, caregivers and community members who have all been affected by cancer in some way.

The evening officially began with cancer survivors and special guests leading the opening lap around the track. Participants from all three schools followed behind in a show of solidarity and support, symbolizing the collective effort to fight cancer and support those affected by the disease.

Throughout the evening, participants took turns walking laps while taking part in a variety of themed activities designed to keep the energy high and encourage community involvement. Bubble solution and wands were distributed during a bubble lap, teams tested their coordination during a three-legged race and participants joined a lively conga line led by Fallon Campbell.

While the event featured plenty of fun and celebration, organizers also created opportunities for reflection

and education through a series of guest speakers who shared personal experiences with cancer and highlighted the importance of research, support services and community connections.

Among those speakers was Rhonda Nichol, a registered nurse with more than 36 years of experience, including over 23 years working in oncology.

Nichol spoke candidly about the moment many patients hear the words, “You have cancer,” describing how a diagnosis can instantly change a person’s life.

“Cancer is something that has affected all of us in some form, whether it’s through a diagnosis, the long journey following, or the loss of a relative or friend,” she said.

Nichol reminded participants that one in three Manitobans will be diagnosed with cancer during their lifetime and emphasized the importance of events such as Relay For Life in supporting patients and families while funding research that continues to improve outcomes.

She reflected on the progress made in cancer treatment during her career and shared stories of patients who found hope even while facing difficult diagnoses.

“What you are doing here is not only helping support programs for those living with cancer, but you are also helping support the research behind cancer treatments,” she said.

Nichol noted that advances in research and clinical trials have transformed outcomes for many cancer patients, pointing to the work being done by researchers and clinicians at



TRIBUNE PHOTOS BY LANA MEIER AND JO-ANNE PROCTER

Student leadership teams from Collège Stonewall Collegiate, Teulon Collegiate and Warren Collegiate joined forces to support the Canadian Cancer Society through a unified Relay For Life fundraiser in Stonewall on May 29. More than 220 people gathered for an evening of walking, remembrance and celebration. The \$38,107.85 raised will support cancer research, improve quality of life for people affected by cancer and provide services for families in need.

CancerCare Manitoba.

“I have personally seen some amazing results because of this,” she said. “I will never forget seeing the hope and promise of a new treatment actually work for someone and being able to share that moment, that victory.”

Another powerful presentation came from Claudette Griffin, a 25-year breast cancer survivor and founder of the Liliane Baron South Interlake Breast Cancer Support Group.

Griffin recounted receiving a phone call from her doctor while preparing to leave on a vacation, only to learn that a mammogram had revealed breast cancer.

“I pulled the car over and couldn’t believe this,” she said. “This couldn’t be happening.”

She described the fear and uncertainty that followed her diagnosis, recalling concerns about her family, her

business and her future.

Despite those challenges, Griffin said support from others helped her through treatment and inspired her to help others facing similar circumstances.

After her mother, Liliane Baron, later lost her own battle with breast cancer, Griffin used memorial donations made in her mother’s name to establish the South Interlake breast cancer support group.

For the past 25 years, the organization has provided emotional, practical and financial assistance to local women and families affected by cancer.

Over that time, the group has supported more than 60 women by helping cover expenses such as prostheses, specialty garments, childcare, meals and transportation. “We were there

Continued on page 15





> RELAY FOR LIFE, FROM PG. 14

to support her," Griffin said while sharing the story of a young mother undergoing treatment. "That is so rewarding to see that we can help."

As daylight faded, participants gathered for one of the evening's most emotional moments — the Luminary Ceremony.

Decorated luminaries were arranged around the perimeter of the College Stonewall Collegiate gymnasium,

each representing a personal story of loss, survival, courage or support. Participants and community members were invited to walk among the glowing displays, reflecting on loved ones who have battled cancer and those currently facing the disease.

The quiet ceremony provided an opportunity to honour cancer survivors, remember those who have died and recognize the ongoing challenges faced by patients and their families.

Organizers encouraged attendees to take time to reflect on cancer's impact

while reaffirming a shared commitment to supporting research, treatment and care.

For student organizers, the evening represented far more than a fundraising total.

By bringing together three schools from across the Interlake region, the event demonstrated the strength of community collaboration and the willingness of young people to take an active role in supporting causes that affect countless families.

With more than \$38,000 raised, or-

ganizers said the inaugural relay exceeded every expectation and laid the groundwork for future partnerships between the schools.

The success of the event reflected the determination of students, staff, survivors and supporters who came together with a shared goal — creating hope for those affected by cancer while helping fund research and support services that continue to improve lives across Manitoba and Canada.

MPI expands response to storm-related vehicle damage

By Haley Cvar

Residents across the Selkirk and Interlake region dealing with hail or storm-related vehicle damage are being encouraged to file claims as soon as possible as Manitoba Public Insurance (MPI) responds to an unprecedented surge in claims.

MPI reported June 15 that it has received approximately 20,000 claims since last week's severe weather event and remains on pace to exceed the highest number of claims ever received from a single weather-related incident in Manitoba.

Customers in Selkirk can choose to have their vehicle assessed at MPI's dedicated Hail Response Centre in Winnipeg, obtain a damage estimate through an MPI-accredited repair shop or authorized paintless dent re-

pair facility, or book an estimating appointment at the Selkirk MPI Service Centre by calling 204-985-7000 or toll-free at 1-800-665-2410.

Residents elsewhere in the Interlake can either visit an accredited repair facility for a damage estimate or book an appointment at their nearest MPI Service Centre.

MPI is urging customers with drivable vehicles to report damage online at openclaim.mpi.mb.ca. Those whose vehicles are not drivable should contact MPI directly by phone so severe claims can be prioritized.

Customers with glass damage can also contact an accredited autobody or glass repair shop directly to open a claim and arrange temporary repairs.

MPI says customers may experi-

ence delays due to the high volume of claims but notes that staff are work-

ing around the clock to process claims and assist those affected by the storm.

The Liliane Baron, South Interlake Breast Cancer Support Group

Contact: Claudette 204 886-7212 Eileen 204 861-8107

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A day for ALL THE DADS Father's Day



ICONIC TV DADS QUIZ

Do you watch a lot of TV sitcoms? Test your knowledge of these iconic TV dads with this short quiz.

- What's the name of Claire and Mitchell's dad on *Modern Family*?
a) Phil Dunphy
b) Frank Dunphy
c) Joe Pritchett
d) Jay Pritchett
- On which TV show is Jack Pearson the father?
a) *Our Family*
b) *This is Us*
c) *Tight Knit*
d) *Family First*
- What fictional TV show does Tim the Tool Man Taylor host?
a) *Home Improvement*
b) *Tool Time*
c) *Dare to DIY*
d) *Build It*
- What's the name of the TV show that follows Al Bundy as the quintessential dysfunctional dad?
a) *Leave it to Beaver*
b) *8 Simple Rules*
c) *Married with Children*
d) *The Brady Bunch*
- What's the name of the widowed father of three girls on *Full House*?
a) James Tanner
b) Wayne Tanner
c) Ralph Tanner
d) Danny Tanner
- What's Homer Simpson's job at the Springfield Nuclear Power Plant?
a) Technical supervisor
b) Maintenance
c) Safety inspector
d) Engineer
- What's the name of George Costanza's father on *Seinfeld*?
a) Frank
b) Jimmy
c) George
d) Geoff



ANSWERS
1. d), 2. b), 3. b), 4. c), 5. d), 6. c), 7. a)

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A day for ALL THE DADS **Father's Day**

10 questions to ask your dad on Father's Day

Father's Day is a special time to celebrate the dads in your life. Beyond traditional gifts and gestures, connecting with your dad on a deeper level can create lasting memories and strengthen your bond. Here are 10 meaningful questions to ask your dad to learn more about this crucial person in your life:

1. What's your fondest memory of your childhood?
2. What was the most trouble you ever got in as a kid?
3. How did you and Mom first meet and fall in love? (if applicable)
4. What values or lessons from your father have you passed down to me?

5. What's something you still hope to accomplish in life?

6. What has been the most rewarding aspect of fatherhood for you?

7. What's your biggest regret?

8. What have you always wanted to teach me but haven't had the chance to yet?

9. How do you think being a father has shaped who you are today?

10. What's one thing you want me to always remember or carry with me?

Take the time this Father's Day to truly connect and appreciate the special relationship you share with your dad.

Strong father-daughter bonds create strong women

Strong father-daughter bonds play a pivotal role in shaping the development of resilient and empowered women. Research suggests that the relationship between a father and daughter significantly influences her self-esteem, confidence and ability to navigate the world with strength.

Security and confidence

A supportive and involved father provides his daughter with a sense of security and stability, creating a foundation of trust that empowers her to explore her capabilities and fearlessly pursue her dreams. Fathers who actively participate in their daughters' lives demonstrate the value of their opinions and abilities, instilling in them a belief in their worth and potential.

Challenging gender stereotypes

Strong father-daughter bonds often challenge traditional gender

stereotypes. Dads who see their daughters as equals and push them to be their best help them ignore what other people say they can't do. Research shows that women with strong paternal relationships get better grades, graduate at higher rates and are more likely to enter STEM fields.

Emotional development and healthy relationships

Fathers who openly express love, affection and respect towards their daughters foster healthy emotional development, teaching them to set boundaries, advocate for themselves and cultivate meaningful relationships based on mutual respect and trust.

Father's Day is a time to celebrate and recognize fathers' vital role in shaping a brighter future for their daughters and society.

By E. Antonio

Weeks after concerns about Selkirk's dialysis program were brought to light, patients say the impact of those concerns has been uneven, with some noting small improvements and others reporting little change to their care.

The updates follow concerns raised earlier this year by patients and families regarding aspects of care, comfort and access within the dialysis program at Selkirk Regional Health Centre.

An IERHA spokesperson said the unit has recently implemented a handheld ultrasound device designed to assist nurses in accessing patient fistulas, the permanent access point used for dialysis treatments.

According to IERHA, the device helps improve accuracy during needle insertion, reducing the likelihood of multiple attempts, particularly in cases where access points are more difficult to locate.

"The new device improves the patient experience by making the fistula easier to locate, which reduces the potential for multiple attempts to gain fistula access, especially in difficult to visualize areas. Several patients have shared positive feedback about the improvement," an IERHA spokesper-

son said.

In addition to aiding access, the ultrasound allows staff to better understand each patient's vascular system.

"The new device also assists the nursing team to build a 'map' of a patient's vascular system surrounding the fistula, identifying any potential challenging areas. It has also been a great tool to use with new patients to help identify the best access points right from their first treatment," they explained.

IERHA noted the decision to introduce the technology was part of ongoing efforts to improve patient care, adding the device was identified by staff last summer as a beneficial addition. Training was completed in February 2026, and the device has been fully operational since then.

"This device has increased confidence and precision when accessing patient fistulas, which helps improve both efficiency and the patient experience," the spokesperson said. "These improvements are especially meaningful for dialysis patients, who receive treatment several times a week over long periods of time."

IERHA also emphasized that even small improvements can have a

Continued on page 18

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> DIALYSIS, FROM PG. 17

meaningful impact, especially for those who receive treatment multiple times per week.

Beyond the introduction of new technology, the health authority says additional updates have been made within the Selkirk dialysis program, including the purchase of two new multifunction chairs designed to improve comfort during treatment by allowing patients to easily transition between sitting and lying positions. The chairs were purchased in part using proceeds from the hospital gift shop, and they are expected to be de-

livered and fully functional by the end of May.

IERHA also pointed to previous plans to expand parking at the Selkirk Regional Health Centre, aimed at reducing the burden of frequent visits for patients requiring ongoing care, including offering free parking for patients during the duration of their dialysis treatment— something that could save patients \$600 annually.

In terms of clinical support, IERHA noted that the Kidney Health Manitoba Local Renal Health Centre team — which includes a nephrologist, nurse, pharmacist, social worker, dietitian

and renal nurse educator — continues to visit the Selkirk unit regularly. The most recent visit took place in April 2026 and included patient assessments and treatment reviews. The health authority added that patients are involved in care decisions and that communication between care teams remains a priority.

Efforts are also underway to strengthen peer support among patients.

“Dialysis patients, in collaboration with Selkirk’s renal social worker, have also been working to develop a

Patient Peer Support Program,” the spokesperson said.

Currently, six dialysis patients and six caregivers make up the Patient Peer Support Program, meeting regularly to discuss their treatment experiences and advocate for improvements. Members say that since the previous article appeared in the *Selkirk Record* publication, there have been some minor but meaningful changes.

Among the most notable improvements for patients is the introduction of free parking. Patients receive a des-

Continued on page 31



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TRIBUNE PHOTO SUBMITTED

A new handheld ultrasound is helping improve the patient experience for Selkirk’s dialysis team, allowing nurses to access fistulas more accurately and reduce the number of attempts needed during treatment. The device is making a meaningful difference for both patients and the staff who care for them every day.



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Historic rainfall leaves trail of damage across region

By Lana Meier

Historic rainfall left widespread damage across the region.

Residents across Stonewall, Stony Mountain, Balmoral, Argyle, Grosse Isle and surrounding communities are facing a lengthy cleanup effort after a historic storm dumped more than 255 millimetres of rain on parts of the region between June 9 and 10.

According to the Manitoba Agricultural Weather Program, Stonewall recorded 233.8 mm of rain on June 9, followed by 21.4 mm by 6 a.m. June 10 and another three mm later that evening, for a total of 258.2 mm — more than 10 inches of rain in less than 24 hours.

The intense downpour overwhelmed drainage systems and waterways, turning streets, roads, yards and agricultural land into lakes. Across the region, residents reported water levels rising rapidly as basements flooded and properties became inaccessible.

Power outages during the storm compounded the damage for many homeowners. With electricity knocked out in some areas, sump pumps stopped working as floodwaters continued to rise.

Golf ball-sized hail accompanied the storm in some communities, causing additional damage to vehicles, gardens, crops and property.

The rainfall far exceeded forecasts issued earlier in the week. Manitoba Transportation and Infrastructure had warned that parts of the Interlake could receive between 30 and 50 millimetres of rain, while localized thunderstorms could push totals beyond 70 mm. Stonewall ultimately received more than three times the highest projected amount.

The storm left a visible mark across the region. By midweek, residents



could be seen hauling damaged furniture and belongings from flooded basements, operating pumps around the clock and beginning the difficult process of cleaning and disinfecting homes.

The impacts extended beyond residential areas. Agricultural land throughout the RM of Rockwood and neighbouring municipalities was left saturated, with standing water covering many low-lying fields. Farmers are now assessing damage to crops, pastures and hay land as water slowly recedes.

While Stonewall recorded the highest rainfall totals, heavy rain fell throughout much of the Interlake. Teulon received 108.1 mm of rain, Woodlands recorded 121.1 mm and Inwood received 61.1 mm, according to the Manitoba Agricultural Weather Program.

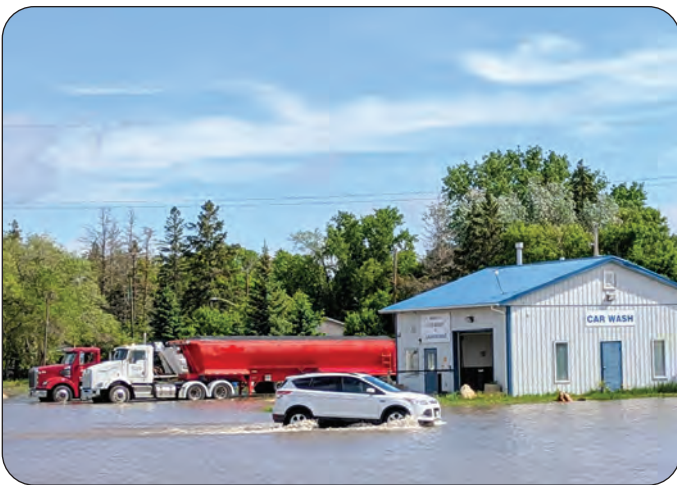
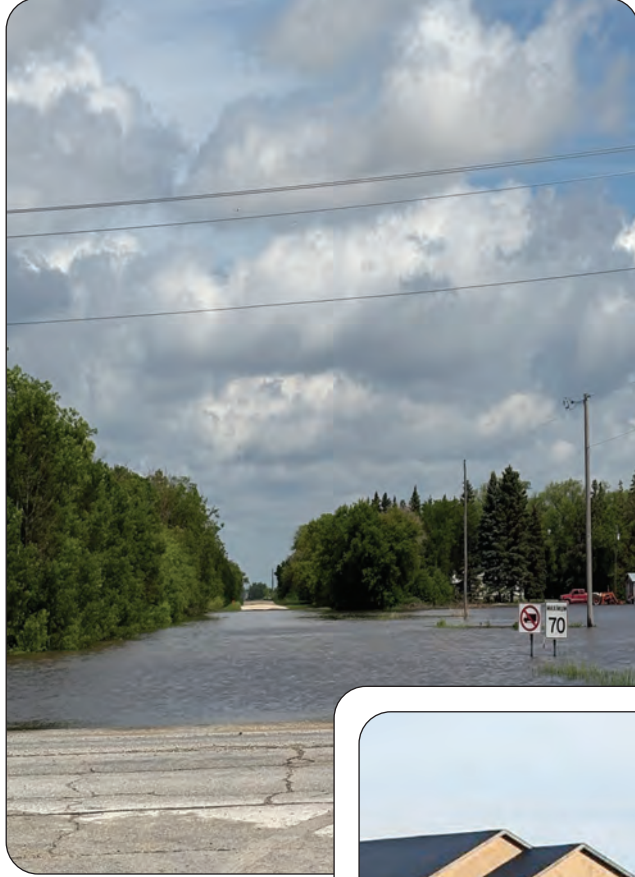
As water levels continue to fall, residents, businesses and farmers throughout the region are shifting their focus from emergency response to recovery. Cleanup efforts remain underway as communities assess the full extent of the damage left behind by one of the most significant rainfall events in recent local history.



TRIBUNE PHOTOS COURTESY OF THE COMMUNITY

Floodwaters inundated roads, fields, yards and low-lying areas across the RM of Rockwood and surrounding communities after more than 255 millimetres of rain fell between June 9 and 10. The historic storm caused widespread flooding, property damage and lengthy cleanup efforts throughout the region.







Your FARM



Lundar youth takes leadership role in Canadian Shorthorn community

By E. Antonio

A young Lundar cattle producer is helping shape the future of Manitoba's Shorthorn industry after being named Manitoba director with the Canadian Junior Shorthorn Association (CJSA).

Sigga Vigfusson, 18, said taking on a leadership role was important to her because it provides an opportunity to give back to the organization.

Her term as Manitoba director will last until she ages out of the junior association at 21. Vigfusson said she submitted an application for the role and was later welcomed onto the board.

"Being one of the few Manitoba junior Shorthorn members made me an ideal candidate," she said.

She comes from a long line of cattle farmers, and her family's farm has around 150 head, primarily commercial cows. She is also finishing her first year of animal science technology, majoring in beef science, at Lakeland College.

"Within our herd, we have always had commercial Shorthorn influence, but in 2023 I purchased my first purebred heifer from Ray and Susan Armbruster of Birdtail Shorthorns," she said. "I first got involved with the Canadian Junior Shorthorn Association

through showing cattle and attending junior events, where I quickly found a strong and supportive community."

Vigfusson has been showing cattle from a young age and has been an active 4-H member since she was six, stepping into her first show ring at age three.

"The experiences I have gained over the years have really shaped who I am today," she added.

As Manitoba director, her role is to represent and support junior Manitoba members, help organize CJSA events, and contribute to growing the organization. She said she takes pride in the opportunity and hopes to make a meaningful impact — both within the junior Shorthorn community and personally.

While Manitoba's junior Shorthorn membership numbers are relatively small, Vigfusson said the province has a strong reputation within the industry.

"While the number of junior Shorthorn members in Manitoba is small, our cattle quality and community make up for it," she said.

She also believes the Interlake region has a solid Shorthorn presence.

"I would say so, yes," she said. "At the auction marts in the fall, you'll always see a few Shorthorn cross cat-



TRIBUNE PHOTO SUBMITTED

Lundar's Sigga Vigfusson is serving as the Manitoba director for the Canadian Junior Shorthorn Association.

tle."

Although she does not know the exact number of local youth involved

in the breed, Vigfusson said there are several young producers across the Interlake participating in Shorthorn programs and events.

"Through the CJSA, I have gained confidence, leadership skills, and the ability to connect with people from across the country," she said. "It has helped me grow not just as a cattle producer but as a person. The CJSA has also given me the opportunity to learn from experienced breeders, which provides valuable insight into how the industry has evolved and where it is heading."

The CJSA supports young Shorthorn farmers by developing showmanship skills, leadership abilities and networking opportunities within the agriculture industry. Throughout the year, members have access to events, workshops, educational opportunities and scholarships. Membership is open to Canadians under the age of 21.

"Members gain a wide range of

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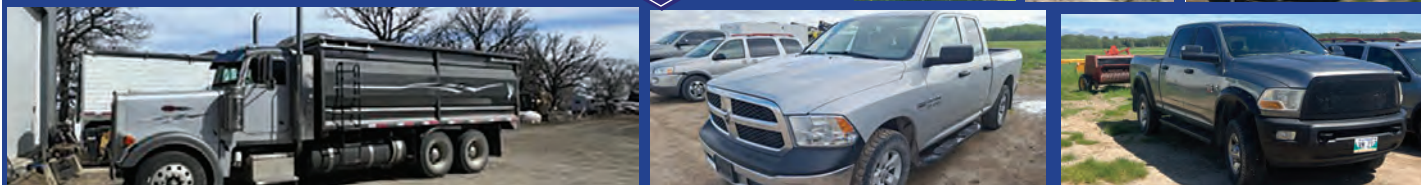
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Your FARM



> LEADERSHIP ROLE, FROM PG. 22

skills, including leadership, public speaking, teamwork, responsibility and a strong work ethic," Vigfusson added. "These are all skills that carry far beyond agriculture and into future careers."

One upcoming CJSA event will take place in Carman on July 11: the Manitoba Summer Show. While Vigfusson is not directly involved in organizing the event, she said it will offer junior

members opportunities to develop their skills through a full day of cattle shows, a welcoming atmosphere and a chance to connect with others who share similar interests.

Organizers are expecting a strong turnout this year, and the event is open to the public.

Vigfusson said experiences like this are important for young farmers.

"The local agricultural communi-

ty is very supportive, whether that's through mentorship, sponsorship or simply encouraging young people to get involved and grow within the industry," she said. "Local events make agriculture more accessible and give young people the opportunity to get involved without having to travel far. They also help strengthen community connections and promote both the

breed and the industry as a whole." She encourages youth to get involved, giving them the opportunity to learn, share and explore a future in Shorthorn cattle.

"Without young people, the future of the breed and the industry would not be possible," she added. "Their passion and ideas help keep agriculture moving forward."

get inspired

> MEAL IDEAS



Dill Pickle Dip

crackers, for serving
Dandy Celery Dippers, for serving
Breadcrumb Topping:
1 teaspoon butter
3 tablespoons panko crumbs
Allow cream cheese to soften about 20 minutes outside of refrigerator.

While cream cheese is softening, prepare breadcrumb topping. In pan over medium heat, stir butter and breadcrumbs until fully combined. Breadcrumbs will toast in 2-3 minutes. Remove from heat once toasted, as desired.

In bowl, mix softened cream cheese, 1/2 cup pickles, 1/4 cup celery, pickle juice, dill, salt and pepper until fully combined. Transfer to serving bowl.

Before serving, sprinkle dip with cooled, toasted breadcrumbs and additional pickles and celery. Serve with crackers and celery dippers.

Recipe courtesy of "Laughing Spatula" on behalf of Duda Farm Fresh Foods

- Prep time: 5 minutes
- Cook time: 5 minutes
- Servings: 6
- 8 ounces cream cheese
- 1/2 cup dill pickles, finely chopped, plus additional for garnish
- 1/4 cup Dandy Celery, finely chopped, plus additional for garnish
- 3 tablespoons pickle juice
- 1 tablespoon fresh dill, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

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Province activates disaster assistance after historic flooding

By Lana Meier

Residents, businesses and municipalities affected by this week's devastating floods will be eligible for provincial disaster assistance after Manitoba Premier Wab Kinew announced a provincewide Disaster Financial Assistance program during a visit to Stonewall on Wednesday.

Kinew made the announcement while touring flood-affected areas in the RM of Rockwood and Town of Stonewall, where record rainfall exceeding 250 millimetres triggered widespread flooding, road wash-outs and basement damage. The RM of Rockwood, RM of Rosser, RM of Woodlands and Town of Stonewall have all declared local states of emergency.

"Today, we've made the decision to activate a provincewide Disaster Financial Assistance program," Kinew said. "What this means is that we're treating everything that's happened this week from the Swan Valley region to this region as one province-wide event."

The premier said homeowners, businesses and municipalities in affected communities will be able to access financial support where insurance coverage falls short.

"I want to be very clear: no one in rural Manitoba is going to be left behind," Kinew said. "Your provincial government is going to make sure that there are resources to help you clean up, to rebuild and to recover from these terrible storms."

Kinew toured damaged areas in Balmoral and Stonewall before meeting with municipal officials, including Stonewall Mayor Sandra Smith and Rockwood Reeve Wes Taplin. During the visit with Smith and municipal emergency coordinator Dennis Peterson, Kinew praised the community



Manitoba Premier Wab Kinew meets with Stonewall Mayor Sandra Smith.

response to the disaster.

"What has been really positive to see is the community aspect," he said. "Neighbours working together, people even coming in from other communities to lend a hand."

Smith said local businesses and residents have rallied to support one another since floodwaters overwhelmed drainage systems and flooded homes across the region.

"It's neighbours helping neighbours and businesses have stepped up significantly," Smith told the premier during their meeting.

She noted local businesses opened after hours to provide pumps and supplies, while others donated food, water and waste disposal services to assist residents and municipal crews.

The premier said affected residents should first contact their insurance providers before applying for provincial assistance.

"Hopefully, insurance can make people whole, but we're stepping in with the DFA program at the provincial level to ensure that where insurance may not meet the needs of Manitobans, there are going to be other resources there to help people out," he said.



TRIBUNE PHOTOS BY LANA MEIER

Manitoba Premier Wab Kinew speaks with reporters in Stonewall on June 11 after announcing a provincewide Disaster Financial Assistance program to help residents, businesses and municipalities recover from flooding caused by record rainfall earlier in the week.

While no funding amount has been established, Kinew said financial resources would be available as needed.

"When it comes to a situation like this, the money is not an issue," he said. "We're going to be there with the resources necessary to help people rebuild and recover."

The premier acknowledged that disaster assistance claims can take time to process but said residents should begin reaching out immediately through their municipalities, Manitoba Emergency Management Organization officials or provincial government contacts.

The flooding has also caused significant damage to transportation infrastructure. Kinew said repairs are underway on Highway 7 after floodwaters washed out a section of the roadway near Stonewall. Highway

10 near Swan River and Highway 221 near Rosser have also been affected.

"We're seeing huge amounts of water," he said. "In some cases, the cuts are being made to help communities and infrastructure relieve the pressure of all that water."

Kinew suggested the recent flooding, following last year's wildfire season, highlights the need for governments to plan for more frequent extreme weather events.

"I think we are seeing our climate changing. It's having a real-world impact on our way of life," he said. "Part of that is going to be the government planning for how to respond in future years."

For now, he said the focus remains on helping Manitobans recover.

"If you look around, this work isn't going to get finished in one day or one week," Kinew said. "This is a lot of effort that's going to have to be concentrated to help people get back to normal."

While much of the discussion focused on disaster recovery, Smith also highlighted the community's future aspirations.

Thanking Kinew for visiting Stonewall during the crisis, she told the premier she looked forward to welcoming him back under more positive circumstances.

"I look forward to welcoming you back to Stonewall to announce our new personal care home," Smith said.

For now, however, local officials remain focused on helping residents recover from one of the most significant weather events in the community's history.



Manitoba Premier Wab Kinew speaks with Stonewall residents Paul and Holly Mulvihill during a tour of flood-damaged properties on June 11. The couple reported more than 12 inches of water in their basement following the record rainfall that struck the community earlier in the week.



CAO Wally Melnyk, Mayor Sandra Smith, Manitoba Premier Wab Kinew and Municipal emergency coordinator Dennis Peterson, met in the Stonewall board room on June 11 to discuss recovery efforts following the historic flooding that affected the community.

How to motivate yourself during exercise

By Julie Germaine Coram, fitness expert

The battle never ends! You've motivated yourself to put on your runners and start your workout, but quickly feel your drive fading, or perhaps you are even tempted to call it an early day. Having the right mindset is important to achieving your fitness goals, and it can take practice to consistently click into "training mode."

Here are a few hacks to try next time you can relate to this scenario:

Take it one step at a time. Don't think ahead to what's next in your workout. Instead, stay in the moment and apply all your energy toward the next rep.

Know your why. You have a solid reason for being in this position, spending your valuable time engaging your body in movement. Remind yourself of that reason to help kick-start your motivation again.

Be happy with your efforts. Don't beat yourself up for having an off day. We all have them. Just like everything else in life, there will be ups and downs in your fitness journey, and those who stick with an active lifestyle long term learn to accept this fact. Keep doing your best in the current workout, even if your best today isn't what your best was last week.

Have a plan and stick to it. If you have a workout program you are following, you don't have to think about what you have the energy to do today or be tempted to only do two exercises before going to watch TV on the couch. Having a written plan that details how many sets, reps and rest periods are required will make it easier to push ahead.

Vibe check. Is your environment a motivational one? Look at your space and think about ways to enhance it to help you stay in the mood to train. Music is often an easy way to boost the vibe and create a fun experience. Create a playlist that is going to pump you up and keep you going.

If you're not seeing the results you are after with your workouts, try these strategies to take your fitness to the next level.

Discuss your health goals or fitness struggles by scheduling a free online consultation at Calendly or email Julie directly at julie@juliegermaine.com.

Coach Julie Germaine Coram is dedicated to lifelong health. She is an active mom, registered personal trainer, two-time pro fitness champion, certified nutrition expert and fitness specialist. She has helped thousands of people worldwide improve their health since 2005.



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Wetland tested by historic storm at Oak Hammock Marsh

By Lana Meier

As floodwaters spread across communities throughout the Interlake region last week, one of Manitoba's most important wetlands was fighting rising water of its own.

Oak Hammock Marsh received more than 240 millimetres of rain during the June 9-10 storm, causing widespread flooding across the site, damaging infrastructure and forcing a temporary closure of the popular wildlife destination.

While the flooding disrupted operations and affected wildlife habitat, marsh officials say the wetland also demonstrated why wetlands remain one of nature's most effective flood-mitigation tools.

"Our rain gauge located on the rooftop indicated that we received over 240 mm of rain during the storm," said Jacques Bourgeois, manager of Oak Hammock Marsh.

The rainfall overwhelmed portions of the marsh and surrounding infrastructure, particularly near the Harry J. Enns Wetland Discovery Centre.

"Sadly, the most affected areas were the ones closest to the Discovery Centre, including our Willow Retreat Building adjacent to the centre," Bourgeois said.

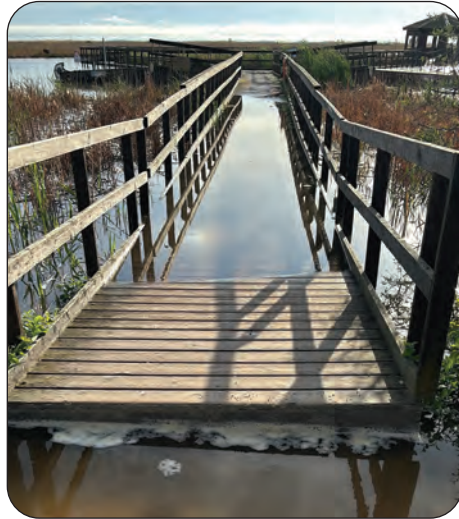
The storm left its mark throughout the site. Water entered the Wetland Discovery Centre and flooded the theatre, while power outages and flooding created additional challenges for staff.

The marsh's drinking water well was flooded, the sewage lift station stopped operating and several trails and boardwalks were submerged. Floating boardwalks were lifted by rising water, portions of raised boardwalks disappeared beneath floodwaters and some dikes were breached.

The damage forced officials to temporarily close the facility and cancel scheduled school field trips.

According to Bourgeois, the scale of flooding exceeded anything staff had experienced previously.

"While we had some high water in the past, the extent of the flood caused by last week's rainstorm was unprecedented," he said.



Rising floodwaters at Oak Hammock Marsh submerged sections of boardwalks and trails following the historic June 9-10 storm.

As conditions worsened during the storm, maintenance staff worked around the clock to protect facilities and limit damage.

"The maintenance staff was on high alert during the night of the storm and dutifully worked around the clock to mitigate the impact of the flood to the Wetland Discovery Centre," Bourgeois said.

Crews focused on identifying priority areas where water was entering buildings, pumping water and sandbagging vulnerable locations.

Since then, recovery efforts have progressed steadily. Power has been restored, the sewage lift station is once again operational and water levels have receded significantly across much of the site. Staff are continuing work to restore drinking water service by disinfecting the flooded well once water levels drop further.

The improvement in conditions has allowed most areas of the marsh to become accessible again, and school programming has resumed.

Officials expect the marsh to fully reopen to visitors this weekend, in time for its annual Father's Day Waterbug Derby.

While infrastructure can be repaired, the storm likely had lasting consequences for some wildlife species during an important nesting period.

"Many species likely lost their nests during the flood, including some ducks, shorebirds and songbirds nesting on or near the ground," Bourgeois said.



TRIBUNE PHOTOS SUBMITTED

Historic rainfall left large areas of Oak Hammock Marsh underwater following the June 9-10 storm. More than 240 millimetres of rain fell at the marsh, flooding trails, boardwalks and infrastructure while also demonstrating the important role wetlands play in storing excess water and helping reduce flood impacts.

Although some species may attempt to nest again this season, others will have to wait until next year.

Despite the challenges created by the storm, Bourgeois said the event also highlighted the vital role wetlands play during extreme weather events.

Oak Hammock Marsh is designed to capture runoff from surrounding lands and store water before slowly releasing it over time. The process helps reduce peak flows and provides natural flood protection for neighbouring areas.

"The marsh performed its duty very well as it did capture a very impressive amount of runoff water," Bourgeois said.

The ability of wetlands to store excess water has become increasingly important as communities face larger and more frequent rainfall events.

"Wetlands help mitigate the effects of flood and should be an integral part

of the landscape," Bourgeois said. "In the case of a large rain event like we had, or after the snow melts in the spring, wetlands are our best allies as they store the excess water that would otherwise cause damage to property."

While a few trails remain underwater, conditions continue to improve daily. Bourgeois said the organization will review the event and consider whether additional flood-control measures are needed to prevent future disruptions.

"We may have to revisit our flood control strategies to make sure that such an event doesn't interrupt our regular operations," he said.

For now, however, staff are focused on reopening the site and welcoming visitors back to a marsh that not only endured the storm but also helped lessen its impact beyond its boundaries.



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Businesses step up to help with storm aftermath

By Jennifer McFee

Local businesses made an unforgettable impact by jumping in to help during the storm and its aftermath. They gave back to communities without hesitation, and their contributions won't soon be forgotten.

In the midst of the deluge, Stonewall Home Hardware and Big Block Auto remained open outside regular business hours for residents to pick up sump pumps and other supplies.

On the evening of June 9, Stonewall Home Hardware remained open until midnight for residents to buy sump pumps, hoses and fittings until they sold out. By June 10, they had sump pumps and hoses back in stock.

Manager Andrew Kirk said the store closed at 8 p.m., and he was back at the business within an hour because people were calling him for pumps. While he was at the store, more people continued to stop by.

"At one point, I probably had about four people here, so we sent out the message that we would open the store to anybody that needed anything. If you took a look at the forecast, it wasn't going to let up," he said.

"Everybody's phones, including mine, was blaring weather alerts. There wasn't much thought put into whether we were going to the store. It was just like, 'Let's do this. It's happening.'"

Like many others, Kirk was astounded by the sheer volume of rain.

"I've lived here a long time and I've never seen water like that. We have a tin roof on the store so you could hear the magnitude of the rain," he said. "It wasn't stopping. We had sump pumps and I knew people were going to need them."

Community members certainly appreciated the efforts, with many sharing their appreciation online and in person.

"I'd like to give a HUGE shout out to Stonewall Home Hardware for their community spirit. Staying open until midnight, offering sump pumps until they ran out. I appreciate all of you," one resi-



Andrew Kirk of Stonewall Home Hardware holds one of the sump pumps that quickly sold out as residents scrambled to protect their homes during the historic June 9-10 storm. Kirk and staff kept the store open until midnight to provide pumps, hoses and fittings to residents dealing with rapidly rising floodwaters.



TRIBUNE PHOTOS SUBMITTED AND BY NICOLE KAPUSTA

On Saturday, June 13, Sig's Grill owners Nicole and Chad Palsson, staff and volunteers prepared takeout meals for flood victims of the weather system that hit Stonewall and surrounding areas on June 9 and 10. The takeout meal consisted of a ham and cheese bun, tomato mac soup, crackers, cutlery and a drink of their choice. The Lockhart family — Brandie, Keith, Macy, Darian and Dylen — was one of the recipients of the meals.



dent posted on Facebook.

"I was one of the dozens of people that showed up at 11 for a sump pump. You helped save our basement."

By June 10, Big Block Auto had sold out of sump pumps, hoses and trash pumps, with only a couple generators left in stock.

"Not certain if people realize how GREAT of a community we live in and call home. Businesses were opening their doors to allow residents to purchase needed items to protect their homes while their own may have been in danger," another resident posted on Facebook.

"Amazing folks at Big Block Auto and Stonewall Home Hardware. These businesses and many others deserve our support and Thanks."

To deal with the aftermath, Eco Metallic Industries set up large bins in the parking lot of Veterans Memorial Sports Complex for two days for residents to dispose of flood-damaged materials at no cost. The business planned to stay open around the clock during the town-wide cleanup.

"We decided to help out the community because we live here and know a lot of people who were negatively impacted by major flooding. We knew that they were going to be facing a long process through insurance, and we thought we could help out immediately by alleviating the financial burden of disposing of their destroyed belongings," said owner Dale Clarke, adding that the RM of Rockwood would cover the cost of dumping.

"We have provided four 40-yard bins that are



available for free drop off as well as the manpower to help unload people's trucks into the bins."

By the end of the second day of services, he estimated they would have filled about 20 truckloads of materials.

"We are also committed to this because our company has just recently ventured into waste management and thought it would be an opportunity to spread the word while also helping out our community," he added.

Adding to the efforts, Interlake Salvage and Rescue also remained open 24-7 during cleanup efforts, offering assistance at no charge to residents who needed help removing large flood-damaged items. The company offered free pickup and disposal of flood debris that residents placed at the end of their driveways. They also offered bins for residents to drop off damaged items 24 hours per day.

"Thank you for your patience as we work to assist as many residents as possible during the cleanup efforts," stated a Facebook post by Interlake Salvage and Rescue.

"Please stay safe during cleanup efforts, and take care of yourselves and your neighbours."

Rockwood Wrecking and Recovery offered to assist with sandbagging and help recover submerged vehicles, free of charge. In addition, they had a skid steer available to assist residents with moving

Continued on page 31

Interlake Region Red River Métis national election candidates

By E. Antonio

Voting for the Red River Métis National Election began June 13 and continues through June 23. Red River Métis citizens are electing a new Manitoba Métis Federation (MMF) cabinet, including a president, regional vice-presidents and regional executive officers from each of the MMF's seven regions. In the Interlake Region, voters will elect one vice-president and two regional executive officers to represent the region at the MMF Cabinet table and provide leadership and support to local communities.

The following Interlake candidates were invited to participate in this Q&A and answer three questions about their priorities, experience and vision for the region.

Vice-President for the Interlake Region:

- Alfred "Buck" Anderson
- John (Jack) Park
- Carl Chartrand

Regional Executive Officer for the Interlake Region:

- Mona Buors
- Keith Ginther
- Clint Webb

All candidates were asked the following questions:

1. What do you believe is the most important issue facing Red River Métis citizens today, and what specific actions would you take to address it if elected?

2. How would you work to ensure the voices and priorities of citizens in this region are heard and represented within the Manitoba Métis Federation?

3. Why are you seeking elected office, and what skills, experience or perspective would you bring to the role that would benefit Red River Métis citizens?

Editor's note: Responses have been

published as submitted and have been edited only for minor spelling, punctuation and style.



Alfred "Buck" Anderson

Alfred "Buck" Anderson

1. Being recognized. Acknowledged rights. Raise awareness of our Métis culture and heritage, which would be through our music and dance, our history, and our language. Bring it into the schools, including dance, music, and flags.

2. Attend local and town hall meetings. Listen to the people and bring forward their ideas and concerns. Help guide them through programs that the MMF offers, such as housing, pharmacy, HELP (Home Enhancement Loan Program), post-secondary education, sports, and small businesses.

I encourage our locals to partner with each other, as well as schools and RMs.

3. To make a difference and continue to enhance the lives of the people. I have many skills that pertain to the role, including organizing events, access to several Métis entertainers, and being confident and comfortable with public speaking. I served two terms as Selkirk Local vice-chair and four terms (16 years) as Interlake vice-president. I also organized National Indigenous Peoples Day for 19 years and created the Métis Music Van during COVID-19.



John (Jack) Park

John (Jack) Park

1. Knowing where we sit within the Constitution of this great country of Canada. Our President, Cabinet, and Senior Officials have worked hard at getting the Métis Treaty passed at the highest level of the country, and we are at the second reading stage at this time. Once that treaty has passed all the necessary stages of approval, we will be in the position of governing ourselves accordingly, at the direction of the citizens that we represent. Lastly, we have achieved that recognition through our province with the recognition of Louis Riel as the First Premier and Founding Father of Manitoba.

2. By continually updating our communication processes and ensuring that we reiterate those positions regularly with updates at Local Meetings, Regional Meetings, Annual General Assemblies, as well as through social and mainstream media.

3. Serving Métis citizens is in my blood. I have been the Regional Administrator for 16 years, at the request of the current Vice President and Regional Executive member. In my role as Chairman of Métis N4 Construction, I have worked to ensure the Interlake region remains a strong Métis community with sustainable economic growth in the areas of

Energy and Infrastructure and Construction Management. Lastly, with the Team Interlake approach, I will be able to mentor our Regional Executive in being ready to take over the role when I retire. Our Elders have told us that mentorship is critical in preparing our youth for the future.



Carl Chartrand

Carl Chartrand

1. I believe one of the most important issues facing Red River Métis citizens is the rising cost of living. If elected, I would advocate for an action plan that explores practical ways to provide meaningful benefits through the Métis citizen card, including potential tax relief opportunities such as discounts on fuel, hydro, and other essential costs. The goal is to ensure the citizen card delivers real value that supports citizens in their everyday lives.

2. I would ensure the voices of Interlake citizens are heard by shifting toward more direct, accessible engagement through one-on-one meetings and small group gatherings. This approach makes it easier for Elders, youth, and families to participate without barriers. I would ensure feedback from these sessions is documented, tracked, and brought forward to the Manitoba Métis Federation, so citizen priorities are acted on and not overlooked.

3. I am seeking elected office to better represent citizens in the Interlake Region. I bring 14 years of leadership experience focused on communication, engagement, and community support. I understand the importance of listening to citizens and ensuring their voices are heard. If elected, I will work to strengthen participation, improve representation, and ensure that decisions made within the Manitoba Métis Federation reflect the priorities of the people I serve.



Mona Buors

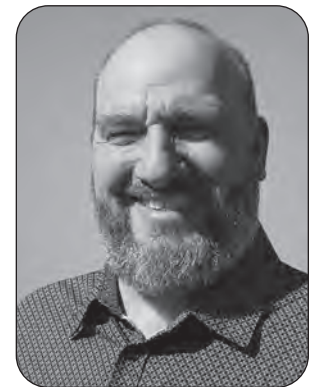
Mona Buors

1. The most important issue facing our citizens is ensuring that every Red River Métis person, regardless of where they live, feels connected, supported, and able to access the programs, services, and opportunities available to them. If elected, I will focus on strengthening communication, increasing outreach to communities throughout the Interlake, and advocating for equitable access to housing, education, health, and economic opportunities so no citizen feels left behind.

2. Representation begins with listening. I will be accessible, visible, and committed to regular engagement with citizens across the Interlake through community meetings, local events, and open communication. I will bring citizens' concerns,

ideas, and priorities directly to the MMF leadership table and advocate for decisions that reflect the diverse needs of our families, Elders, youth, and communities throughout the region.

3. I am seeking this role because I care deeply about our people, our culture, and our future. My experience working with communities, building partnerships, and advocating for citizens has taught me the importance of collaboration, respect, and accountability. I bring a strong commitment to service, a willingness to listen, and a passion for ensuring every Red River Métis citizen in the Interlake feels valued, represented, and heard.



Keith Ginther

Keith Ginther

1. I believe that our citizens deserve clear and open transparency across all areas of governance. This is essential to building a shared trust and ensuring we are moving forward together with a unified vision.

To achieve this, we must be willing to engage in honest and sometimes difficult discussions at the cabinet level. These conversations will allow us to present information to our citizens in a timely, understandable, and respectful manner.

2. I would ensure that

> ELECTION, FROM PG. 28

I am accessible to constituents in person and through all available forms of communication. In our rural communities, effective communication requires using a variety of platforms and methods to reach everyone.

It is then our responsibility to bring those concerns forward to Cabinet and advocate strongly on behalf of our region, ensuring that the voices of our communities are heard and that their priorities remain at the forefront of decision-making.

3. I strongly believe it is time for change. We need fresh ideas, new energy, and a renewed perspective while continuing to build on the many successes already achieved by the MMF. There are excellent programs and initiatives that should remain in place and continue to grow. However, it is important that grassroots citizens have a stronger voice in shaping our future. By combining community input with the wisdom and guid-



Clint Webb

ance of our Elders, we can build a stronger and more united Métis Nation.

Clint Webb

1. One of the most important issues facing Red River Métis citizens today is ensuring equi-

table access to health-care, housing, education, and employment opportunities. If elected, I would advocate for continued and increased investment in community services, support partnerships that improve access to these essential programs, and work to ensure Métis voices are represented in decision-making. Strong communication, accountability, and engagement with citizens would guide my approach to addressing these priorities.

2. I would ensure citizens' voices are heard by being accessible, responsive, and actively engaged with the community. This includes holding regular meetings, attending local events, seeking input from Elders, youth, and families, and maintaining open communication channels. I would bring local concerns and priorities to the Manitoba Métis Federation, provide regular updates on decisions and initiatives, and advocate for solutions that reflect our region's needs.

3. I am seeking elected office to give back to my community and ensure local voices are represented in decisions that affect Red River Métis citizens. Through my experience in community involvement, leadership, and advocacy, I have developed strong communication, problem-solving, and organizational skills. I understand the challenges facing rural communities and would bring a practical, collaborative approach focused on transparency, accountability, and achieving positive outcomes for citizens.

RBC supports emergency nursing education

By Annaliese Meier

The Interlake-Eastern Regional Health Authority is receiving a major boost to frontline health-care training and digital patient care services thanks to a \$10,000 donation from RBC Foundation and Royal Bank of Canada (RBC).

Announced during National Nursing Week, the funding will help provide advanced emergency pediatric training to 29 nurses and health-care staff connected to Selkirk Regional Health Centre and health-care facilities across the Interlake-Eastern region.

The donation is part of a national health-care campaign that will see RBC and the RBC Foundation contribute more than \$30 million to 93 hospitals across Canada in support of workforce development, patient care and health-care accessibility.

Local health-care leaders say the investment comes at an important time for rural health-care systems facing staffing shortages and increasing patient demands.

"Staffing pressures in health care are felt everywhere, and rural communities face unique challenges," said Patrice Lee, director of health services. "Investing in education is one of the most effective ways to recruit and retain skilled professionals."

Lee said the funding will allow health-care workers to receive specialized emergency pediatric education closer to home, eliminating the need for extensive travel and reducing barriers to professional development.

"By delivering training locally, we're reducing barriers, supporting our teams and improving care for patients close to home," she said. "We are grateful for RBC's support in making this



TRIBUNE PHOTOS SUBMITTED

Staff with the Interlake-Eastern Regional Health Authority's acute care education team demonstrate advanced simulation equipment that will support emergency pediatric training for health-care workers across the region.



IERHA staff practise IV insertion using a "Chester Chest" training mannequin, part of expanded hands-on clinical education supported by a \$10,000 donation from RBC and the RBC Foundation.

possible."

The training initiative will include hands-on learning using advanced simulation equipment and mannequins that allow nurses to practice real-life emergency scenarios, including IV insertion and pediatric response procedures.

Health-care educators within the IERHA say simulation-based learning is becoming an increasingly valuable tool in rural health care because it gives staff the opportunity to strengthen clinical skills in a safe environment before responding to actual emergencies.

The donation will also support the implementation of a region-wide online booking and patient messaging platform designed to improve patient access to care while reducing administrative workloads, wait times and missed appointments. The new platform will roll out in stages across the region over the next year.

Averill Stephenson, executive director of the Interlake Eastern Health Foundation, said the donation will strengthen both clinical care and patient services across the region.

Continued on page 31

The Tribune Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call 204-467-5836

Residents lend a hand during storm response

By Jennifer McFee

During difficult times, Fred Rogers suggests looking for the helpers. In local communities, they were easy to find as people stepped up from near and far to lend a hand.

In Grosse Isle, many residents who weren't dealing with flooding in their own homes jumped in to help others who weren't so fortunate.

When the RM of Rosser opened the Grosse Isle Recreation Centre as a safe space for residents whose homes were flooding, community members banded together to provide water, coffee and breakfast.

As lunch approached, a group of residents pulled out the community barbecue and ran to the local store so they could cook up hot dogs and hamburgers for all those working around the clock to get water out of their basements, as well as for anyone waiting at the hall.

Sandbags were brought to the hall, and several people helped fill them for community members outside of town. A local family provided pizza and salad for supper for anyone impacted by the flood. Port-a-potties were also brought in so the community could avoid using water.

"So many people were working together and continue to help one another out. It's been a really difficult time for so many in our community as a lot of houses had basements completely full of water," said Grosse Isle resident Monica Baldwin.

"This was a real team effort and continues to be a community effort helping one another and trying to ease the pain of those hardest hit."

Randi Findlay, who is on the board for the rec centre, said almost everyone woke up with water damage, but word spread quickly about how bad things really were, particularly for neighbours on Son Crescent and the south end of town.

"People just started showing up to help out at people's homes and at the hall to feed people, head out with food, fill sandbags and to check on our friends and neighbours. Everyone from adults to kids were out helping where they could, and many still are," she said.

"Neighbours from Rosser and other communities have shown up to help out where they can, hauling things, showing up with food and care packages, and bringing down tractors and trailers for the cleanup. Things like this are heartbreaking, but the silver lining is the way it brings everyone together — it was pretty amazing to see the way we all showed up for our community."



Stony Mountain United Church helped distribute donated food, household items and essential supplies to residents impacted by flooding.

When Stonewall resident Alia Steinke saw how many basements were flooding on Tuesday night, she launched a community donation drive through her online boutique, Wknd Styles Co.

"I've been collecting both donated goods — food, toiletries, diapers, gift cards — and e-transfer donations, then bringing everything straight to local families who lost the most," she said.

"I've also been reaching out to other local businesses to pitch in and using the shop's social media to spread the word and coordinate drop-offs and pickups."

When she saw social media posts about basement flooding from someone she knows through her clothing boutique, she couldn't scroll past without doing something to help.

"I've run a small business in this town for about four years and, honestly, this community is the reason Wknd Styles Co. exists. When your neighbours support you for years, showing up for them when it counts isn't even a question," she said.

"And disaster aid takes months to come through — people need groceries this week, not in the fall. It has also been heartbreaking to hear that many families don't have insurance coverage and might not be covered by the DFA program."

When Steinke put out the word about the donation drive, the community was quick to back her up.

"People have dropped off donations, sent e-transfers and shared the drive all over social media. I'm hoping to get a bunch of local businesses together to help collect donations," she said.

"It reminded me that Stonewall really does take care of its own — that small-town spirit is still very much alive here."

Anyone who'd like to help — and anyone who needs help — can text Steinke at 204-513-1563 to arrange a pickup or drop-off of non-perishable food, toiletries, diapers or grocery and hardware gift cards. Those who would like to make a monetary donation can e-transfer alia@wkndstylesco.ca with "Stonewall Flood Relief" in the message. Local businesses can reach her the same way.

"It's easy, and it's open for as long as families need it. And if you can't give, simply sharing our posts on the Wknd Styles Co. Instagram or Facebook helps more than people realize. Every bit goes straight to the families," said Steinke, expressing gratitude to everyone who has donated so far.

"This is all about getting our neighbours back on their feet. And to anyone reading who's been thinking about starting something in their own community, don't wait for permission. You don't need to be a big organization to make a difference — some-



TRIBUNE PHOTOS SUBMITTED

Hundreds of volunteers gathered in Stonewall on June 12 to fill and place sandbags in an effort to protect homes and properties threatened by rising floodwaters following the historic rainfall event.

times you just need a few people willing to show up."

In another example of community goodwill, hundreds of people came from near and far to help with sandbagging efforts in Stonewall on Friday evening to protect homes that were at further risk of flooding. Carloads of people from nearby Hutterite colonies as well as the Plymouth Brethren showed up to pitch in, along with church groups, Hydro workers, businesses and residents of Stonewall and nearby communities.

The Plymouth Brethren's Rapid Relief Team brightened the day by providing food and drinks. They also delivered care packages to homes throughout town and offered to help people carry flood-drenched items up from their basements.

Other community members handed out gift cards to The Kiln and Tim Hortons, bringing much-needed smiles to the faces of weary residents.

In Balmoral, droves of people showed up to help remove carpet and clean up waterlogged items in the basement of the community hall. In addition, Madeline's Closet has set up at the Balmoral Rec Centre to offer clothing to anyone who needs it. For more information or to volunteer, reach out to

Continued on page 31



> HELPING HANDS, FROM PG. 30

Shannon at 204-861-8336.

The Stony Mountain community also appreciated help from Hutterite colonies and Khalsa Aid, as well as many others who pitched in to help.

The Stony Mountain Community Centre welcomed people to drop by for a coffee and a snack, and they also had the chance to pick up donated grocery items.

Adding to the local efforts, the Stony Mountain United Church offered lunches, snacks and drinks, as well as clothing and household items at no charge.

"The donated items are all free, as is the food that

> DIALYSIS, FROM PG. 18

ignated sticker and have their licence plates recorded, although some noted the system is still being refined, with occasional reports of tickets still being issued.

Patients also reported meeting in person with the renal health team, including a nephrologist — an experience some say was a first after years of attending the unit.

They added communication around care has improved, with patients now being informed verbally and in writing about medication changes and treatment decisions. Some also said accommodations are being made more consistently to meet individual treatment needs.

Patients noted they are looking forward to the arrival of the new chairs and expressed appreciation for small additions within the unit, such as a poster honouring patients who have passed.

The group estimates that roughly half of the goals identified during their initial meetings have now been achieved.

> NURSING, FROM PG. 29

"Investing in both digital infrastructure and clinical capacity, this donation from RBC will help us support the IERHA in strengthening the full continuum of care, ensuring people receive timely, high-quality support in the communities where they live," Stephenson said.

Stephenson noted the Selkirk Regional Health Centre continues to benefit from strong community support through donations made in honour of loved ones, by grateful patients and through community fundraising initiatives.

The most recent major contribution came on April 27 through the annual disbursement of the Selkirk Hospital (Equipment) Fund, held at the Selkirk & District Community Foundation. The fund provid-

> STORM AFTERMATH, FROM PG. 27

items, also at no charge.

"Our business decided to help because we are part of this community. When severe weather impacts local residents, we believe it's important to step up and support the people who support us year-round. We are very community-orientated people and our community is very important to us," said Dawn Green, who co-owns the business with her husband Steve.

"One young gentleman that came out to help sandbagging said to me, 'Sometimes all it takes is a spark to start the flame' and he was right. The community came together and there was everyone from firefighters, school faculty, an RCMP officer,

people have donated for the community. We also have a growing selection of toys and books and some toiletries and paper products — like facial tissue, toothbrushes, toothpaste and some soap," stated a Facebook post by the Stony Mountain-Lilyfield Pastoral Charge.

"Yesterday, some people just needed a place to come to relax for a bit and get out of their homes. Feel free to drop by and just visit with your neighbours and have a cool or hot drink! The outpouring of support is amazing! We are all in this together."

Members of the Rapid Relief Team served food and drinks to volunteers and residents during Stonewall's June 12 sandbagging effort, while also providing care packages and practical support to flood-affected families.

"But we still got a long way to go," one member added. "We aren't here to harm anyone — we are here to make it better for ourselves and everyone involved."

Despite the progress, patients say several concerns remain.

Some pointed to the temperature within the dialysis unit, which they say is currently set to 18 C. While patients acknowledge that cooler temperatures are required for equipment to function properly, they say the current setting adds to discomfort during lengthy treatments.

Others suggested additional entertainment options, such as televisions, tablets or games, could help improve the patient experience during sessions that often last several hours.

Accessibility around the hospital entrance was also raised, with patients noting the ramp is sometimes blocked by vehicles waiting in the drop-off loop. They suggested improved monitoring to ensure the space remains accessible for those who need it and suggested extending the ramp offering

ed \$46,658 for urgently needed acute care equipment.

Stephenson said the funding will support the purchase of mattresses, wheelchairs, monitors and rehabilitation equipment used throughout the hospital.

The latest RBC contribution also builds on previous support provided in 2024, when RBC donated another \$10,000 to help train internal educators throughout the region.

That earlier funding allowed health-care staff to become certified instructors in programs such as basic life support, emergency nursing pediatric course training and trauma nursing core course education, helping bring more advanced health-care instruction directly into rural communities.

RBC regional president Kim Ulmer said the cam-

lots of parents and children in the community. It truly takes a village."

The local business also delivered sand bags, assisted with sand-bagging, cleared roadways and organized crews to go to residents' homes to help clear out basements.

"The community really came together — it was an amazing thing to see," Green said. "We're proud to be a part of these communities. Times like this people need to come together, work together — and we did exactly that."

Residents were quick to express appreciation for the help offered by Rockwood Wrecking and Recovery.

"You towed my son's truck out of the ditch between Stony and Stonewall," one resident posted



additional usage space.

Patients also expressed hope that nephrologists will be able to visit the unit more frequently, noting the positive impact of recent in-person interactions. None of the Patient Peer Support Program members reported having used the new handheld ultrasound device so far.

IERHA said its focus remains on delivering patient-centred care while continuing to respond to feedback.

"Selkirk's dialysis team is committed to providing patients and their care providers with compassionate, high-quality care that is grounded in open communication, positive relationships and a solution-focused approach," the spokesperson added.

Members of the Patient Peer Support Program say they hope communication continues to improve between patients, staff, IERHA and the renal program, noting that meaningful change begins with ongoing dialogue.

paign recognizes the essential role nurses and health-care teams play in communities across Canada.

"National Nursing Week reminds us of the vital role nurses play in keeping our communities healthy," Ulmer said. "We're honoured to support nursing excellence and the strengthening of health-care teams."

Ulmer added the donations are intended to help hospitals address local priorities while building a strong and resilient healthcare workforce.

National Nursing Week, held annually in honour of nursing pioneer Florence Nightingale, recognizes the contributions nurses make to healthcare across the country. Nurses represent Canada's largest group of health-care professionals, with approximately 400,000 members nationwide.

on Facebook. "Thank you so much for the quick service. Much appreciated."

Offering some home-cooked sustenance, Sig's Grill in Stonewall offered free soup and sandwiches on Saturday for anyone impacted by the storm — and they even offered to deliver.

"Thank you so much for the soup and sandwiches! Everything was delicious! You have no idea how much it meant to us that we were able to pause all the hard work and come for a quick supper!" posted one Stonewall resident on Facebook.

"The kindness shown to residents of Stonewall, and all those impacted by the flooding does not go unnoticed."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake athletes smash divisional track and field records

By Kieran Reimer

Broken records and podium finishes highlighted end-of-season track and field meets across the Interlake.

Stonewall played host to the Interlake School Division middle school divisional championships on June 2, where some of the region's athletes found great success.

From École Stonewall Centennial School, Preston Burns broke the junior boys 100-metre divisional record with a time of 11.94 seconds, surpassing the previous mark of 12.06 set by Noel Bartley of Stony Mountain School in 1992.

Lianne Beirnes (Centennial) also set a new intermediate girls 100-metre record with a time of 12.95 seconds, eclipsing Lauren Anderson's previous record of 13.02 set in 2004.

Centennial's junior boys relay team of Burns, Matthew Evans, Zach Lamb and Kolsen Jira ran a time of 55.34 seconds, breaking the previous record of 56.34 set by their own school in 2018.

Gaia Turner (Centennial) recorded a divisional-record jump of 1.47 metres in the Grade 8 girls high jump, edging the previous mark of 1.46 metres set by Lisa Urbanski of Stony Mountain School in 1981.

"I have some teachers at school who are really supportive," said Turner. "At second break at school, all the high jumpers go to the gym and practise. They sometimes film my jump so I can slow it down and get a better look at what I am doing. Also, all my coaches at my club in Beausejour are

awesome. They give me lots of good tips and encouragement. They have taught me all the basics of high jump, like the knee drive, using your arms and arching your back, but they have also taught me that attitude is key to success."

Azzam Ball of Grosse Isle School also broke a record in the primary boys discus with a throw of 30.45 metres.

His performance helped Grosse Isle capture the small-school banner, while Centennial's record-setting performances helped secure the large-school banner.

Following the meet, the division named its athletes of the meet. Zachary Schram (Stony Mountain), Beirnes (Centennial), Lamb (Centennial), Jocelyn Hueging (Woodlands School), Ball (Grosse Isle), Emma Fingas-Green (Centennial) and Callia Cook (Teulon Elementary School) all received the honour.

The divisional championships were followed by the Athletics Manitoba Provincial Junior High Championships on June 9 at the University of Manitoba. The event featured Grade 7 to 9 athletes who had earned podium finishes at divisional meets across Manitoba.

Headlining the day's performances was Lacey Learning, an independent athlete from Collège Stonewall Collegiate, who captured three gold medals in the Grade 9 girls triple jump, long jump and 100 metres.



Collège Stonewall Collegiate's Lacey Learning captured triple-gold in Grade 9 Girls triple jump, long jump and 100m at Athletics Manitoba Provincial Junior High Jump Championships on June 9 at University of Manitoba.



École Stonewall Centennial School's Gaia Turner set a new high jump record at the Interlake School Division Middle School Divisionals last Tuesday in Stonewall.

It capped a strong season that saw her break the previous zone record in junior varsity girls triple jump with a leap of 10.74 metres, nearly a full metre farther than the previous mark.

"I'm very happy with how I performed at zones," said Learning. "It's given me some motivation to see how far I can go in track and field, not just in triple jump but in other events too."

Other provincial podium finishes included Turner (Centennial), who placed first in Grade 8 girls high jump and second in Grade 8 girls long jump; Molly Beachell (Grosse Isle), who placed second in Grade 7 girls high jump; and Claire Sugimoto (Centennial), who placed second in Grade 8 girls discus.



TRIBUNE PHOTOS SUBMITTED

École Stonewall Centennial School won the large school Interlake School Division Middle School divisional banner June 2 in Stonewall. Grosse Isle won the small school banner. Pictured left: ESC Grade 5 and 6 athletes; right: ESC Grade 7 and 8 athletes.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Jays stay hot, remain third in MJBL

By Kieran Reimer

The Interlake Jr. Blue Jays kept the good times rolling last week, adding two more wins to their season total.

On Wednesday, the Jays earned a 4-1 victory over the Pembina Valley Orioles (6-7) at Arctic Field in Winkler, extending their winning streak to six games.

They then returned home Sunday for a doubleheader against the second-place St. Boniface Legionaires in Grosse Isle.

The Legionaires had won both previous meetings between the clubs this season at Whittier Park, but the Jays turned the tables in Game 1, earning an 11-9 victory to stretch their winning streak to seven games.

Game 2 was another offensive battle, with both teams trading runs throughout the contest.

The Legionaires eventually came away with an 18-17 win after the Jays were unable to take the lead in their final at-bat. Despite the loss, Interlake earned a split against one of the MJBL's top teams.

"The pitching was OK," said head coach Dave Meyers. "A couple of our guys were really good, and then a couple of our guys were a little

suspect. They had a couple of tough things going on, but other than that, all around play has been really good. I'm very happy with the way things are going. Could we easily have been 10-4? Yeah. We kind of gave that second game away. We had chances to win it in regulation and we didn't. Things like that are going to happen, but all-in-all it's been a good year."

Although the winning streak came to an end, Interlake's 2-1 week improved its record to 9-5, good for third place in the Manitoba Junior Baseball League standings.

The Jays remain within striking distance of the Legionaires (10-4) and the first-place Carillon Sultans (11-2), who sit two and four points ahead of Interlake, respectively.

Next up is another trip to Winkler for a Thursday night rematch with Pembina Valley before the Jays head to Steinbach on Saturday for an MJBL Showcase Day matchup against Carillon. Meyers said he will be paying close attention to his pitching staff as the season progresses.

"I have three starters and they they've been good, and my guys that haven't pitched a lot, that I rely on a lot, are starting to throw more, and



TRIBUNE PHOTOS BY RICK HIEBERT

Pembina Valley Orioles baserunner Karston Peters dives safely back to first base ahead of a pickoff attempt by Interlake Blue Jays pitcher Spencer Scheaffer during Manitoba Junior Baseball League action June 10 at Arctic Field. Interlake defeated Pembina Valley 4-1.

they're coming around," said Meyers. "Our pitching is just going to get better as the year winds down. We can play with anyone. It doesn't matter that you get a guy coming in throwing 85 miles an hour, our guys are ripping the cover off the ball. When that comes down, you're going to score runs, and if your pitching is good, our defence is as good as anybody's. We will be close in all games, and hope-

fully come down the stretch there we're ready to roll into the playoffs, and slide right along through. Hopefully we get to where we want to go."

UPCOMING GAMES

- Thursday, June 18 — at Pembina Valley Orioles, 7 p.m., Arctic Field
- Saturday, June 20 — vs. Carillon Sultans, 7 p.m., A.D. Penner Park, Steinbach



Pembina Valley Orioles first baseman Jaren Hildebrand records the out on Interlake Blue Jays batter Keenan Allen during MJBL action at Arctic Field on June 10. The Blue Jays earned a 4-1 victory.



Interlake Blue Jays runner Spencer Scheaffer slides safely into second base ahead of the tag from Pembina Valley Orioles infielder Karston Peters during a June 10 MJBL game at Arctic Field. Interlake won 4-1.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall's Wheddon commits to U of M Bisons for 2026-27

By Kieran Reimer

A 2026 Centennial Cup champion is set to join the University of Manitoba Bisons men's hockey team.

Last week, the Bisons announced the commitment of Stonewall-born forward Hayden Wheddon for the 2026-27 season.

Wheddon, 20, is the reigning Manitoba Junior Hockey League scoring champion after a standout final season with the national junior A champion Niverville Nighthawks.

Wheddon recorded 90 points in 57 games with Niverville in 2025-26, including 36 goals and 54 assists.

He continued his strong play at the 2026 Centennial Cup, recording six goals and six assists in 12 games. His 12 points tied him for second in tournament scoring alongside teammate and fellow Interlake native Adam Vigfusson.

In Wheddon, the Bisons are adding a decorated forward who brings more than 200 games of junior hockey experience from the MJHL and the Western Hockey League.

He joins a Bisons squad coming off a 2025-26 campaign in which it posted a 12-16 record and finished fourth in the Canada West East Division.



PHOTO BY MIKE BERNARD/HOCKEY CANADA

2026 Centennial Cup champion Hayden Wheddon has committed to the University of Manitoba Bisons men's hockey team for the 2026-27 season. The Stonewall-native scored six goals and six assists in six games at the 2026 Centennial Cup to help the Niverville Nighthawks capture their first National Junior 'A' Championship.

Juventus well-rested after match cancellation

By Kieran Reimer

CSSE Juventus was one of several Manitoba Major Soccer League clubs affected by heavy rainfall across southern Manitoba last week.

Juventus was scheduled to face the Hanover Strikers in Steinbach on Thursday evening, but the match was

cancelled due to field conditions.

The cancellation means Juventus will be well-rested for its next match, which is set for Friday when it hosts CA River Plate in Stonewall.

The contest will mark Juventus' return to action after a two-week break

following its 2-1 victory over the Richmond Kings on June 5 in Stonewall.

Juventus sits seventh in MMSL Division 2 with a 2-3 record.

Friday's matchup will be the first meeting of the season between the two clubs.

CA River Plate enters the contest second in the Division 2 standings with a 4-1 record.

UPCOMING GAME

- Friday, June 19 vs. CA River Plate, 7:30 p.m., Veterans Memorial Sports Complex

Sr. Jays drop firefight to second-ranked Elmwood

By Kieran Reimer

The Stonewall Sr. Blue Jays mounted a late comeback attempt but came up short against the second-ranked Elmwood Giants on home field Monday night.

Stonewall surrendered four runs in the first inning and three more in the third to fall behind 7-1.

The Blue Jays got a run back in the bottom of the third and added three more in the sixth to cut the deficit to 11-5.

However, the Giants responded with two runs in the top of the seventh to take a commanding 13-5 lead into Stonewall's final at-bat.

The Blue Jays scored twice in the

bottom of the seventh but ultimately fell 13-7 at Quarry Park.

The loss drops Stonewall's record to 2-5, leaving the club tied for eighth place in the Winnipeg Senior Baseball League standings.

The Blue Jays now turn their attention to a pair of road games this week against the Carillon Sultans (4-3) and

Springfield Sr. Braves (3-3).

UPCOMING GAMES

- Tuesday, June 16 at Carillon Sultans, 7 p.m., A.D. Penner Park, Steinbach
- Thursday, June 18 at Springfield Sr. Braves, 7 p.m., Braves Field, Dugald

United suffer 4-2 loss to winless NK Croatia

By Kieran Reimer

Stonewall United were unable to make it three wins in a row Sunday night, falling 4-2 to previously winless NK Croatia in Manitoba Major Soccer League Division 3 action.

It was the lone match on United's schedule last week after Tuesday's meeting with Storm City at Buhler Recreation Park was postponed due

to heavy rain across southern Manitoba.

The loss snapped Stonewall's two-game win streak and gave NK Croatia its first victory of the season.

United dropped to 2-2 on the campaign and remains among a large group of teams sitting on six points through four matches.

The club now turns its attention to

a three-game homestand at Veterans Memorial Sports Complex.

The stretch begins Friday at 7:30 p.m. against undefeated WSP FC (3-0). United will then host Wasps (1-2) on June 29 and St. James Spurs (1-2) on July 2 before returning to Buhler Recreation Park for much of its July schedule.

The postponed match against Storm

City (1-1-1) has been rescheduled for July 12 at 7:30 p.m. at Buhler Recreation Park.

UPCOMING GAME

- Friday, June 19
WSP FC at Stonewall United
7:30 p.m.
Veterans Memorial Sports Complex

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PUBLIC NOTICE

PRE-ELECTION SEMINAR

Seminar for Prospective Candidates

The Rural Municipality of Rockwood's Pre-Election Seminar, presented by Way to Go Consulting Inc., is an informative session for prospective municipal council candidates. It offers participants a chance to learn what to expect if elected, better understand the role and responsibilities of Council, ask questions, and connect with others who are interested in serving their community. Refreshments and networking opportunities are also provided.

Event Details

Date & Time: July 8, 2026 at 7:00 PM - 9:00 PM
Location: RM of Rockwood Office, 285 Main Street, Stonewall
Registration: Free admission, registration preferred to ensure adequate space

How to Register

Reserve your seat today by emailing stacey.goodwill@rockwood.ca or calling (204) 467-2272.

Whether you are seriously considering running for Council or simply want to learn more, this seminar is a great opportunity to get informed and take the first step toward serving your community. We encourage all interested residents to attend.



NOTICE OF REGISTRATION

OF PROSPECTIVE CANDIDATE FOR SCHOOL BOARD ELECTION INTERLAKE SCHOOL DIVISION

Please be advised that a general election will be held on October 28, 2026.

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

NOTICE IS HEREBY GIVEN that I will be receiving candidate registrations between June 30, 2026 and September 22, 2026 at the Interlake School Division's office, located at 192-2nd Avenue North, Stonewall, during the regular hours of business.

To obtain a registration form contact the SEO at the email or telephone number listed below:

Allison Mankewich, Senior Elections Official
Telephone: 204-404-7036
Email: SEO@isd21.mb.ca

Dated at Stonewall, Manitoba on June 10th, 2026.

Allison Mankewich, SEO
Interlake School Division

NOTICES

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IN THE MATTER OF: The Estate of Olga Marie Demery, late of the Town of Teulon, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 22nd day of July, 2026. DATED at Stonewall, Manitoba, this 12th day of June, 2026. **GRANTHAM LAW OFFICES** Solicitors for the Executor

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PUBLIC NOTICE

Public Notice is hereby given that the **Interlake School Division** intends to conduct the following Rodenticide and Pesticide Control Programs during 2026: Wilson Mouse Out - Rat and Mouse Killer Pellets, Rodents Away Odor Free, King Rodentox Mouse Bait, Conrac Grain Bait, Pro Professional Ant and Roach Pyroduct, Ortho Ant B Gon Max Ant Eliminator Liquid, Ortho Abt B Gone, Wilson Oneshot Wasp and Hornet Long Shot and Tomkat Mouse Killer.

The proposed dates of application for insecticide programs are July 13, 2026 through October 31, 2026.

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

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

**Environment and Climate Change
Environmental Approvals Branch
Box 35, 14 Fultz Boulevard
Winnipeg MB R3Y 0L6
pesticideusepermit@gov.mb.ca**

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

- Administration Office, 192 - 2nd Ave. N., Stonewall, MB
- Transportation/Maintenance/Technology Facility, Winfield & Summit Rd., Stonewall, MB
- Balmoral Elementary School, Balmoral, MB
- Brant Argyle Elementary School, Argyle, MB
- Grosse Isle Elementary School, Grosse Isle, MB
- Rosser Elementary School, Rosser, MB
- École R. W. (Bobby) Bend School, 377 - 2nd Ave. N., Stonewall, MB
- École Stonewall Centennial School, 573 - 2nd Ave. N., Stonewall, MB
- Stony Mountain Elementary School, 139 School Rd., Stony Mountain, MB
- Teulon Elementary School, 20 Beach Rd., Teulon, MB
- Warren Elementary School, 300 Hanlan St., Warren, MB
- Woodlands Elementary School, 222 Good St., Woodlands, MB
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EMPLOYMENT OPPORTUNITY



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The Interlake Community Foundation (ICF) is seeking an experienced and dynamic Executive Director to lead our organization in advancing community well being through donor engagement, fund development, grant making and strategic leadership.

The successful individual will have proven experience in fundraising, operational management, relationship building, financial oversight and working with boards and community stakeholders. Strong leadership, marketing and communication and planning skills are an asset.

Qualifications:

- Experience in the charitable, nonprofit or fundraising sector
- Experience in operational management, donor relations, fund development and marketing and communication
- Financial management experience including knowledge of QuickBooks
- Familiarity with fund accounting is an asset
- Experience with WordPress is an asset
- Commitment to community impact and philanthropy

This is a full-time position - 28-35 hours per week. Starting salary will depend on experience and qualifications.

Please forward resume by email to info@interlakefoundation.ca

Deadline for applications is July 17th, 2026.

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Ryan Grandmont
In loving memory of
Our Son, Brother, Uncle
June 22, 1978 - June 24, 2018

Your life was a blessing,
Your memory a treasure,
You are loved beyond words,
And missed beyond measure.
-Forever missed and loved by
Dad, Mom, Patrick, Angela, Preston,
Malcolm, Evangeline, and Henrik

OBITUARY



ELMER HERBERT OLIVER
November 30, 1938 – June 8, 2026

It is with deep sadness, and heavy hearts, we announce the passing of Elmer.
We his family will miss him and hold his memory in our hearts.
A celebration of life took place June 16, 2026.
He is survived by his wife Gwen; his daughters, Arlene, Michele (Lorne), and Cassandra; and his grandchildren.
Gone are the days we could share a hug, a kiss, a laugh, or a dance, but the memories will never be forgotten.

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OBITUARY



ELLEN FREDA TURBETT
February 9, 1933 – June 7, 2026

It is with great sadness we announce the passing of our mother, grandmother and great-grandmother on June 7, 2026.
Leaving to cherish her memory are her children Glen (Sue), Kathleen (John), Scott (Dawn); her grandchildren Lindsay (Leo), Jeff (Rachel), Jason (Lisa), Kelly (Nadia), James, Ada and her great-granddaughters Nora, Sienna, Zoey and Stella. She also leaves behind her sister-in-law Glyniss.
Ellen was predeceased by her husband George, her father-in-law and mother-in-law Roy and Kathleen, her brother Terry and brother-in-law Hugh and sister-in-law Audrey.
Ellen was born in 1933 and grew up in Winnipeg where she was raised by her foster parents Margaret and Robert Cowan to whom she was forever grateful for their love and care. Her life was much

richer because of them.
Ellen grew up in Transcona and graduated from Transcona High School. She became a legal secretary and worked at Inter-Provincial Cooperatives and McMurray, Walsh and MacKay.
She met George, the love of her life, and they were married October 3, 1953 where they built a life together on the family farm in Lilyfield and had three children.
Ellen had a lifelong love with art, painting and water colours. She was a member of several art groups, the Manitoba Society of Artists, Prairie Brush Artists, Prairie Oak Regional Art Council and was an active participant in the South of the Lakes Art tour. She was also a member of the Assiniboia Group of Artists Co-op where she participated in the Art Expo.
Ellen was a member of the Lilyfield and Stonewall United Churches, the U.C.W. and the W. I.
Ellen, along with her family, loved the lake. Many wonderful summers were spent camping at the Big Whiteshell Lake. Family was so important to her especially when grandchildren and great-grandchildren came along.
Ellen and George loved to travel and there were many trips to Hawaii, Jamaica, Bermuda, a Caribbean cruise and 15 winters were spent in Mesa, Arizona.
In August of 2019 Ellen and George moved to the Lion's Manor in Stonewall, Manitoba. After George passed in 2023 Ellen became involved in many of the activities offered but was especially thrilled to be able to participate in the art group at Lion's where she painted into her nineties.
The family wishes to thank the staff at the Selkirk Regional Health Centre for their kindness and caring during her time there.
In lieu of flowers, donations may be made to the Kidney Foundation of Canada or Stonewall United Church, in her honour.
A celebration of life will be held at MacKenzie Funeral Chapel, 433 Main Street, Stonewall, Manitoba on June 30, 2026 at 1:00 p.m. followed by refreshments at the Stonewall Legion. All are welcome to attend.

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OBITUARY

BRIAN FREDERICKSON

A graveside service will be held for Brian, Curt, Chris Frederickson at the Stonewall Cemetery on Friday, June 26 at 1:00 pm.

CELEBRATION OF LIFE - POSTPONEMENT

HENRY MAIN

The Celebration of Life for Henry Main which was to be held on Saturday, June 20th at Victoria Cemetery, Balmoral is postponed indefinitely.
A future date to be announced.

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