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# Tribune Stonewall Teulon

THURSDAY,  
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**On the move**

TRIBUNE PHOTO BY AMANDA CLARKE  
RW Bobby Bend Grade 1 student Claire Smith was excited to show her new bike to her classmates that she won at the annual Hike and Bike draw on June 18. Smith's bike was donated by TD Bank.

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# RW Bobby Bend students were buzzing with excitement

By Lana Meier

June 18 was a lucky day for seven Ecole RW Bobby Bend School students. Cheers echoed through the school's hallways as shiny new bicycles were presented to the annual Hike or Bike event winners. It was the moment the 432 eager students had been waiting for since they started their healthy initiative of hiking or biking to school.

In 2011, former Parent Advisory Council (PAC) member Rhena Harold brought the exciting Hike or Bike event to Ecole RW Bobby Bend School. Students are encouraged to hike or bike to school every Tuesday from April to June. Those students who do, receive a ballot for a weekly draw of an ice cream cone from The Kiln or one of the seven brand-new bicycles drawn the week before school is finished for the summer. Those unable to walk or bike to school have the option of walking laps indoors or outdoors.

Thanks to generous sponsors, seven students received brand-new bicycles and accessories like locks and bells.

Kindergarten student Anna Schoeffman, Grade 1 student Claire Smith, Grade 2 students Adelin Dacombe and Paisley Wilson, Grade 3 student Owen Cox, and Grade 4 students Hillary Grzenda and



TRIBUNE PHOTOS BY AMANDA CLARKE

Seven lucky RW Bobby Bend students won a brand new bicycle at the annual Hike or Bike to School event on June 18. Pictured left to right, Hillary Grzenda (4B), Jaelynn Brooks (4PT), Owen Cox (3M), Paisley Wilson (2W), Claire Smith (1D), Adelin Dacombe (2L) and Anna Schoeffman (KA).

Jaelynn Brooks were thrilled to be the lucky winners of this year's draw.

Sponsor support makes this heartwarming initiative possible. The Stonewall Lions, Eco-Metallic Indus-

tries, the Stonewall Rockwood Fire Department, CIBC, Interlake Salvage, and Ecole RW Bobby Bend School donated bicycles. TD Bank donated \$250 to purchase ice cream cone certificates from The Kiln.

The community coming together to promote health and wellness among children is truly commendable. Riding a bike isn't just great exercise; it also helps improve strength, balance, and coordination - important skills for growing kids.

The Parent Advisory Council president, Amanda Clarke, expressed her gratitude for the generous support

Continued on page 3

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> BUZZING, FROM PG. 2

from community sponsors.

"Thank you to our amazing community businesses for donating bikes to support Hike or Bike at Ecole RW Bobby Bend School and to the staff and PAC members at the school for being involved and helping encourage kids to be healthy by hiking or biking to school, not just Tuesdays, but every day."

Harold, who initiated this program 13 years ago, expressed her joy at seeing it thrive year after year.

"It was so much fun over the years," she said. I even contacted Olympian Clara Hughes one year, who sent a personal message to the students." Harold was moved by the little walk down memory lane as her oldest son graduated from high school on June 25.

The impact of programs like Hike or Bike extends beyond just physical activity – they create lasting memories and promote well-being within the school community.



Stonewall Rockwood firefighters Ryan Fotty, left, and Jeff Hallock, presented Owen Cox of class 3M with his bicycle.



Eco-Metallic Industries' Sam Schultz Clarke rides the bike they donated to the lucky winner in Grade 4B.

## HBH Charity Golf Tournament set for July 26

By Jennifer McFee

Mark your calendars for the second annual HBH Charity Golf Tournament coming up next month.

The event will take place on July 26 at Whispering Winds Golf Course in Warren in support of CancerCare Manitoba.

At the same time, the event also honours the memory of Hailey Belluk Hunt, who lost her battle with breast cancer in September 2022 at the age of 31.

In August 2021, Hailey was diagnosed with breast cancer. She fought hard through six months of chemo-



TRIBUNE PHOTO SUBMITTED  
HBH Charity Golf Tournament in honour of Hailey Belluk Hunt will be held July 26 at Whispering Winds Golf Course in Warren.

Continued on page 4

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# Diabetes Fundraiser



TRIBUNE PHOTO SUBMITTED

College Stonewall Collegiate Grade 12 business students donated \$450 to Diabetes Canada. Pictured left to right, John Yelinek, Brandon Braun, Corbin Goddard, Kaleb Clark, Tyler Persoage (holding cheque), Tanner Petri and Ashley Searcy.

By Emma McGill

On Thursday, June 6, the Interlake School Division held their annual division wide middle school track and field meet at the College Stonewall Collegiate track. Each year, Stonewall's grade 10 and 12 business classes run the canteen. Despite the weather, which was overcast and involved the occasional sprinkle of rain, sales were brisk. The students decided to take a portion of this year's proceeds and donate to Diabetes Canada. The

\$450 will be used to support people living with diabetes and ultimately end diabetes.

"It means a lot to be able to support an organization that impacts my life firsthand," said Tyler Persoage, Type 1 diabetic and grade 12 business student. "Diabetes Canada does such great things across the country. Raising money for them just makes me feel happy that I'm able to give back."

## > HBH, FROM PG. 3

therapy, a double mastectomy, reconstructive surgery and 25 rounds of radiation.

While both battled breast cancer, Hailey and her sister Randi, launched a CancerCare Manitoba fundraiser for breast cancer research and raised \$83,000.

Then in May 2022, Hailey received the diagnosis that she had terminal Stage 4 metastatic breast cancer with five large inoperable brain tumours. She underwent further radiation and chemotherapy. In Sep-

tember 2022, she passed away while surrounded by loved ones.

Now the charity golf tournament is also raising funds for the cause. Last year's inaugural event brought together 30 teams to participate and raised more than \$19,000 for CancerCare Manitoba. This year, the organizers hope to surpass that donation.

Anyone who would like to show support could consider becoming an event sponsor, making a donation or registering a team. To support the event or register a team, email [hbhcharitygolf@gmail.com](mailto:hbhcharitygolf@gmail.com).

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# Inwood girl undergoes chemotherapy and surgery

By Jennifer McFee

An Inwood girl is back at home after spending about a month at Ronald McDonald House and Children's Hospital.

Three-year-old Maize Morin was diagnosed in May with a rare form of kidney cancer called nephroblastoma, also known as Wilm's tumour.

She underwent chemotherapy, followed by surgery on June 13 to remove her kidney and the tumour.

Her grandma Susan Senick said the surgery was a success, although they are still waiting for results from tests on the tumour.

Maize was discharged to go home on June 19, while waiting to find out if further chemotherapy or radiation will be needed.

"Maize has been feeling pretty good since the surgery," Senick said, adding that their family was further blessed last Wednesday when her youngest daughter had a baby boy.

The community showed their support for the family at a sold-out fundraising social on June 1 at Inwood Memorial Hall, which helped raise funds to help cover expenses and loss of wages for Maize's parents, Nathan Morin and Monique Bazin.

"It was a very emotional night for



Three-year-old Maize has returned home after a month stay at Ronald McDonald House and Children's Hospital.

the family. The hall was full to capacity, and there were so many people to visit with and thank for their support," Senick said.

"Overall, there has been tremendous support throughout all of this. Thank you to all that have contributed in any way."



TRIBUNE PHOTOS SUBMITTED

Maize Morin with her family — Logan, Lauren, Nathan Morin and Monique Bazin — following her chemotherapy and surgery to remove her kidney and cancerous tumour.

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TRIBUNE PHOTO BY CARLY HOWELKO

The continuous blasts of rain this spring have wreaked havoc on roads throughout the Interlake and flooded farmers' fields. Tyler Howelko and his family walked down Road 79 in the RM of Woodlands last Thursday evening after another two inches fell off and on throughout the day. Left to right, Bennett, Annie and Tyler Howelko with their pets Hank, Tucker and Kitty. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca

## Master Angler drum on Lake Manitoba, not a fish tale

By E Antonio

Having been an avid fisherman for as long as he can remember, Danny Kleinsasser had a momentous catch on June 20.

Kleinsasser landed a 30-inch freshwater drum from his dock.

The Manitoba Master Angler program awards fishermen the title of "Master Angler" when a freshwater drum is larger than 24 inches.

Most freshwater drums in the Lake Manitoba Narrows are 20 inches.

This is the biggest drum Kleinsasser has ever caught and reeling the fish in was no easy feat.

"When I saw it, I knew it was something big," exclaimed Kleinsasser.

It took 15 minutes to reel it in.

"The fish took off a couple of times, but I finally got a hold of it with my net," said Kleinsasser.

Because Kleinsasser was fishing with his dog when he caught the drum, he pulled the fish in and ran to

capture the proof.

"I ran up to the renters in the cabin next door to take a photo," Kleinsasser explained.

After the photo, Kleinsasser released the fish back in the water so others can experience the joy he did when catching it.

Visiting Lake Manitoba Narrows has not only become a tradition for Kleinsasser but a place where fishing brings him unparalleled happiness and peace.

He visits his cabin on the Lake Manitoba Narrows weekly.

"I just love morning and evening fishing up here," said Kleinsasser.

For as long as he can remember, Kleinsasser has held a fishing rod in his hands. However, it wasn't until the past two decades that he truly developed a passion for the activity.

Kleinsasser is enjoying his time at the cabin, which he considers his "happy place."



TRIBUNE PHOTO SUBMITTED

Danny Kleinsasser caught a Master Angler 30-inch freshwater drum fish last week in the Lake Manitoba Narrows.

"I just love being able to get away," he added.

Kleinsasser plans to fish as long as he is able and he enjoys being able to get away from his work.

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**OUR EDITORIAL STAFF**  
Jennifer McFee 204-461-5352  
jen@stonewallteulontribune.ca  
Autumn Fehr 204-998-1993  
Reporter/Photographer  
asfatcos@academic.rrc.ca

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# Recent grads reflect on what it means to be a Pharmacy student

By Emma McGill

Two pharmacy students who have overcome challenges, pursued their passions, now stand at the threshold of exciting new beginnings. Randi Frost-Hunt and Camryn Miller, both recently graduated from the four year Doctor of Pharmacy (PharmD) program at the University of Manitoba.

From starting out working at Quarry Ridge Pharmacy in the eleventh grade to graduating with the honour of the University of Manitoba's Gold Medal in Pharmacy, Frost-Hunt's journey through post-secondary education has been a challenging and rewarding experience.

Frost-Hunt grew up in Stonewall and graduated from Stonewall Collegiate in 2017. Throughout school, she was highly involved in sports, including ringette, soccer, basketball, and track and field. She still keeps up with her love of sports by participating in recreational teams.

When she started working at Quarry Ridge in high school, Frost-Hunt had no idea what she would pursue when it came to the wide world of post-secondary options. Through the pharmacy, she ended up working with a number of remarkable mentors who inspired her to head further down the pharmaceutical path.

After graduating high school, she studied for three years towards a microbiology degree, and entered into the University of Manitoba's Pharmacy program in 2020.

"Starting a new program at the height of the pandemic was challenging, as many of our classes were held through Zoom," shared Frost-Hunt. "My class took every opportunity we could to try and get to know one another."

The new learning environment and switch to online lectures was a huge adjustment, but by the third year of her degree, Frost-Hunt finally got to experience the joy of in-person classes.

During the last year of her program, Frost-Hunt did an 11-month-long internship which is mandatory for students in her program. During this time, she gained experience and learned from several different areas of pharmaceutical practice. For her, this meant rewarding time at Seven Oaks Hospital, a community pharmacy in Neepawa, LifeSmart Pharmacy in Winnipeg, and the Renal Transplant Program at the Health Sciences Centre. Also as a part of her internship year, Frost-Hunt completed a research project alongside peer Camryn Miller in which they observed proton pump inhibitor prescribing habits in a children's hospital.

When considering the most rewarding parts of her journey, Frost-Hunt turns to these hands-on experiences she had through both her internships as well as her clinical rotations. "These opportunities allowed me to apply theoretical knowledge in real-world settings and understand the importance of patient-centred care," said Frost-Hunt. "Having the opportunity to directly contribute to improving a patient's health and well being, including providing solutions to help with medication adherence or managing complex drug interactions, is very rewarding."

Now convocating after seven years of being deep in her studies, Frost-Hunt is very excited to start her new career in the profession of pharmacy. As a part of graduation from the Pharmacy program, students are honoured with both a ceremony and convocation. During these, Frost-Hunt was honoured with the University of Manitoba Gold Medal in Pharmacy, the College of Pharmacy Convocation Award for Excellence in Clinical Courses, the Abraham Schwartz Prize for a high degree GPA, and the Frank Edick Memorial Prize for holding the highest standing in Clinical Therapeutics 3.

"Receiving the Gold Medal in Pharmacy symbolizes my hard work, passion, and dedication to the profession of pharmacy," shared Frost-Hunt, when asked what the award means to her. "It motivates me to continue striving for the highest standards in my professional career. I could not have received this award without the constant support from my parents and sister, my friends, and the staff at Quarry Ridge Pharmacy: Kyla, Teryl, Bryn, and Laura."

After graduation, Frost-Hunt will continue to work in community pharmacy with the goal of receiving her extended practice pharmacy license within the coming years.

"I look forward to the scope of pharmacy practice continuing to expand with more clinical services being offered to patients by pharmacists. It is an exciting time in the world of pharmacy, and I am honoured to be a new member of this profession."

As for Camryn Miller, peer of Frost-Hunt at Stonewall Collegiate and at the University of Manitoba Pharmacy program, she moved to Stonewall from Halifax, Nova Scotia when she was five years old.

Since high school, Miller has been interested in pursuing a career in healthcare and has always enjoyed studying the sciences. After starting her journey through university, she realised during the completion of her undergraduate degree that she en-



TRIBUNE PHOTO SUBMITTED

Stonewall's Camryn Miller, left, and Randi Frost-Hunt recently graduated from the University of Manitoba's Doctor of Pharmacy program.

joyed the sciences of physiology and psychology most of all. These particular interests led her to pursuing the study of pharmacy.

"Beyond finding the courses within pharmacy school interesting, I found that I really enjoyed the field of pharmacy and the job opportunities available to pharmacists," said Miller.

Though Miller has enjoyed the study of pharmacy, it has come with challenges. She found that both the load of courses and their content could be heavy, but from this challenge she gained skills in time management and organization. It also pushed her to adapt the way that she studied in order to balance her course load. "I was very lucky to have an awesome group of friends in my class who were a great support system as we were all facing the same challenges," shared Miller. "I also had endless support from my family and couldn't have done it without them."

Despite the stressful times, Miller's journey has provided her with many rewarding relationships and moments, including the friendships she has made and the knowledge and confidence she has gained. "I'm very appreciative of the skill set pharmacy has provided me with, and how I can use this knowledge to assist others in optimizing their health."

After eight years of university, working hard to complete both her undergraduate general science degree and her PharmD, Miller is looking forward to taking a break from the heavy studying and indulge more in her hobbies, which she only did to relax during steady breaks while in

university. Ever since she was young, she has loved painting and drawing. Much of the artwork displayed around her house are pieces that she herself has created.

Through her PharmD, Miller has received the MB Pharmacists' Women's Auxiliary Scholarship and the Bonnie Schultz Memorial Scholarship, awards which recognize outstanding merit in second and third year pharmacy studies, as well as in the Applied Practice Lab course spanning from first to third year.

For the fourth year research project which Miller and Frost-Hunt collaborated on, they received the Top Poster award at the Canadian Society of Hospital Pharmacists Banff Conference in March of this year. "I'm very appreciative of these awards and proud of how they reflect the hard work I've put into the program," said Miller.

While still enjoying the rewards and pride that come with convocation, Miller looks forward to future opportunities within hospital pharmacy. This month, she started a new job at Winnipeg's Health Sciences Centre as a hospital pharmacist, where she looks forward to expanding on the experience she gained during fourth year experiential rotations related to the care of renal patients. "I'd also be interested in completing extended practice in these domains to allow me to have more prescribing authority and be even more involved in patient care in these areas," shared Miller. "I'm also looking forward to life after university, and having the opportunity to relax and spend time with family and friends!"

# Stonewall hosts Interlake district AMM meeting

By Jennifer McFee

Municipal leaders from across the Interlake gathered in Stonewall last week for an Association of Manitoba Municipalities district meeting.

The organization aims to support member municipalities through advocacy, programs and services to achieve strong and effective municipal government. Two directors represent each of the seven districts: Interlake, Parkland, Midwestern, Central, Western, Eastern and Northern.

For the Interlake district, the two directors are Stonewall Mayor Sandra Smith and Selkirk Coun. Kelly Cook.

On Wednesday, June 19, the Interlake group gathered at the Heritage Arts Centre for a day of discussion, networking, engagement activities and more.

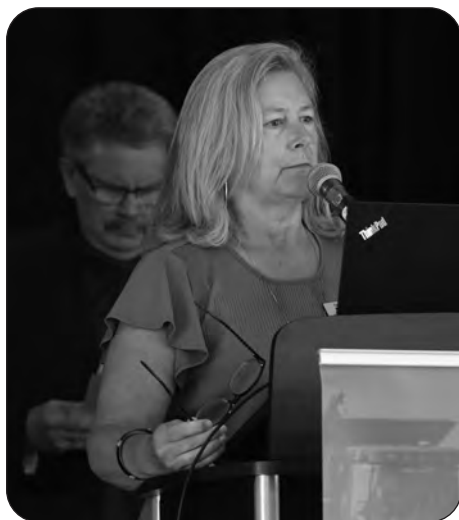
To start off the event, singers from Ecole Stonewall Centennial School performed an impressive rendition of O Canada.

Director Kelly Cook addressed the crowd, noting that he had recently returned from the Federation of Canadian Municipalities (FCM) conference in Calgary.

"I'm really inspired by the work that's going on nationally to redefine the role of FCM," he said.

"And the work that we do in our province in reimagining what our communities could be and should be ... is phenomenal."

Kam Blight, president of Association of Manitoba Municipalities (AMM) and reeve of the RM of Portage la Prairie, explained that the June district meetings are significant for the organization's executive and staff.



Mayor of Stonewall Sandra Smith brought greetings on behalf of the town and AMM Interlake district.

"Personally, I'm very thankful for the opportunity to serve our organization and connect with local communities across Manitoba," he said.

"We understand the importance of gathering and prioritizing your feedback during these June district meetings."

Blight also took a moment to reflect on the past year, which included policy advancements and a continued focus on four key priority areas: funding fairness, core infrastructure investments, social infrastructure investments and public safety.

These pillars were at the forefront of lobbying events in April when AMM representatives engaged with all three provincial political parties.

"While we welcome the modest two per cent boost to the municipal operating and strategic infrastructure baskets, our ultimate goal is to collaborate with the province to



TRIBUNE PHOTOS BY LANA MEIER

The Interlake District of the Association of Manitoba Municipalities held a fireside chat with Ian Bushie, minister of Municipal and Northern Relations, and Kam Blight, AMM president and reeve of the RM of Portage la Prairie.

determine a predictable multi-year funding model with a built-in annual escalator that meets the needs of all municipalities," Blight said.

"We recognize the importance of balancing our budgets and securing assurances that provide predictability and long-term funding."

AMM's executive team and board of directors will ensure this goal remains a top priority during their lobby day discussions, he added.

"We are working hard for all municipalities. With a new government comes new challenges and new opportunities," Blight said.

"We are building relationships and ensuring Manitoba's municipal needs are prioritized, whether it's during our annual ministerial meetings or lobby day events. We know

that strong municipalities promote a strong province."

Kathy Valentino is the vice-president of AMM, third vice-president of FCM and deputy mayor of the City of Thompson. She shared that she loves the Interlake because of Highway 6 since it's the road that takes her home and paves the way to the great north.

She noted that the AMM executive has visited multiple Interlake communities so far in 2024, including Rosser, Dunnottar, Bifrost-Riverton, Fisher and St. François Xavier.

Some topics of discussion in these communities included illegal drainage, recruitment and retention of medical staff, West Interlake Watershed District expansion, Bill 37, Highway 26, childcare and daycare issues, police funding and the role of the Municipal Board.

After several introductory speeches, the district meeting featured interactive elements to ensure an engaging experience for all.

The first session of the day was a "fireside chat" with Kam Blight and Ian Bushie, minister of Municipal and Northern Relations. Valentino moderated the discussion, which focused on topics that included the 2024 provincial budget, municipal operating funding, investment in water and wastewater infrastructure and economic growth across the province.

In addition, Valentino said that during last year's June district meetings, AMM conducted an interactive survey session asking all members which piece of legislation they would most like to see changed.

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Patients who wish to stay at the clinic can book with one of my colleagues currently accepting new patients. I will continue to refill my patient's prescriptions throughout July to ensure you have enough medication to cover until you find a new physician. Your files will remain at the clinic unless you request to have them transferred to a new physician.

I have greatly valued my relationship with you, my patients and I thank you for your many years of loyalty and trust.

**Cheers,**

**Doctor Dirk Venter**



## > AMM, FROM PG. 8

“Unsurprisingly, the overwhelming response at each district meeting was Bill 37, the Planning Amendment and City of Winnipeg Charter Amendment Act,” she said.

“Therefore, we would like to thank Minister Bushie and the Manitoba government for expediting a statutory review of the planning legislation, which includes Bill 37.”

Then she asked Bushie and Blight to outline the priorities of the province and AMM under the review that’s being undertaken.

Blight said AMM has strongly contested the notion of the Municipal Board having authority to override decisions made by democratic leaders and local officials. He said another concern with Bill 37 is the impact of the appeal process, particularly in terms of municipal staff time and costs.

“We have to make sure that the Province of Manitoba, through this engagement process, fully under-

stands and realizes the impact that this appeal process is having on municipalities’ bottom line,” Blight said. “Further to that, it leads to a sense of delays that have been created by the appeal process.”

Bushie said the provincial government is listening, and the topic has come up time and again.

“Any legislation put forward should be for the betterment of the communities, the betterment of the province and the betterment of the citizens,” Bushie said.

Valentino added that AMM would like to hear from any municipalities that are incurring costs because of the appeal process with the Municipal Board.

The event continued throughout the day, and participants enjoyed a lunch provided by Prairie Fusion Catering Co.

Stonewall Mayor Sandra Smith encouraged the attendees to explore Quarry Park if they had the chance. She also shared with them a few details about the project to rebuild the



Music director Vhana Moldowan and students from Ecole Stonewall Centennial School performed an impressive rendition of O Canada.

kilns, which she hopes will increase interest in the already popular tourist attraction.

“If you do get the opportunity, we’ve got 80 acres here. We’ve got a campground here, ball diamonds, splash pad, Kinsmen Lake,” Smith said.

“There’s an interpretive centre downstairs, so if you have the opportunity to give the grounds a tour today at some point, please do.”

To learn more about the Association of Manitoba Municipalities, visit [amm.mb.ca](http://amm.mb.ca).

# Fence causes concern in Teulon

By Jennifer McFee

A Teulon resident has expressed concern about a new fence being put up around a life-lease complex in town.

Beth McLean is a resident at 5th Avenue Estates, which was under construction in 2016.

“Residents, including myself, began moving in beginning February 2017 and there was no fence or any mention of a fence,” she said.

“I would not, along with others, have moved into a place in which I was fenced in on three sides. To my knowledge, there are no other multi-family or seniors’ housing that is fenced in with a fence seven feet outside their window and six feet high.”

Teulon Mayor Todd Campbell said the fence was a condition in the developer’s development permit.

“Council received a complaint from a neighbour adjacent to the property indicating that snow was being piled

on his property and that the condition of the development was not completed. The developer was advised to complete,” he said, adding that the fence is still under construction.

“The developer had come to council to discuss and asked that we reconsider and remove the requirement. Council upheld the requirement of the development agreement.”

However, for some residents at 5th Avenue Estates, the fence remains a point of contention.

“A fence is detrimental to the health and welfare of the residents, who support a fence to the south to appease one of four neighbours who live to the south and has made a complaint to town council,” said McLean, who also expressed frustration about a lack of acknowledgment from council.

“How many people would want to look outside their bedroom and kitchen window to see a fence which obscures any view of nature, which I and others have enjoyed for seven years?”



### 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 & Friday 8-9 PM

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

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# Stony Mountain students suggest names for local park

By Jennifer McFee

Stony Mountain students continue to contribute to the fabric of their community by suggesting names for a local park.

Rockwood Reeve Wes Taplin explained that Stony Mountain has a retired quarry space in town featuring many amenities typical of a park.

"Consequently, council has decided to take steps toward officially designating it as such," he said.

"Currently, only a portion of the park is named Centennial Park. To address this, the council has decided to name the remaining space owned by the RM 'Limestone Park.'"

The name stems from a contest designed to gather specific input from Stony Mountain School. Each classroom collectively chose a name to submit. Jodie Stewart's Grade 5/6 class submitted the winning name.

"Our goal was to foster a collaborative environment that involved our youngest residents directly," Taplin said.

Council reviewed the submissions during the June 12 council meeting and made the final decision to select "Limestone Park" as the winning name.



TRIBUNE PHOTO BY LAINE WILSON

Jodie's Stewart's Grade 5/6 class of the Stony Mountain School won the local park naming contest held by the RM of Rockwood. The retired quarry space will be named "Limestone Park."

"Council enjoyed the tribute to our heritage that the limestone quarries provided — and still provide — to our area," Taplin said. As for how the kids came up with the name,

Stewart said her students independently researched Stony Mountain and its history.

"They chose potential names based on their research. We wrote them all on the board and then took votes on which ones we should keep and erase. Each student explained why they chose that name based on their research," Stewart said.

"We talked a lot about the history of Stony Mountain in our discussions. One student picked Limestone Hill, and another student suggested changing Hill to Park. The class voted and agreed on the name Limestone Park."

Through their research, the students learned that limestone is one of the most common stones found in the quarry. In their submission, they also noted that local limestone was used to build the Stony Mountain penitentiary in 1872.

"My class was very excited to win the contest," Stewart said. "They were jumping up and down, cheering and high-fiving each other."

Some students also expressed surprise and shock, noting that "they never win anything."

When Stewart asked them how they felt, another student expressed pride in getting to name a park in their own community.

"It helps them feel connected to the town they live in," she said, "and hopefully they will begin to take more pride in their community now and in the future."

Other name ideas included Dolostone Park, Rocky Trails Park and Isbister Quarry.

Ms. Harrison's Grade 1/2 came up with the name "Stony Mountain Fossil Park" because of the many fossils that can be found in the quarry, while Ms. Di Lazzaro's class submitted the name "Stony Mountain Heart" because the park is the heart of the town.

"It is a place where families gather and go for walks, quad and play," they wrote in their submission. "The town comes together for events on the band stage to cel-

Continued on page 11

## Inland Port Special Planning Area Under The Authority of The Special Planning Areas Regulation 49/2016

# Notice of Public Hearing

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

### Inland Port Special Planning Area By-law 2-24

**Being an amendment to the Inland Port Special Planning Area Regulation 48/2016 to rezone part of Parcel E Plan 50401 WLTO in SE ¼ of Section 20-11-2 EPM from "IPR" Inland Port Rural Zone to "I2" Industrial General Zone and to subdivide 18 new lots (plus residual) totalling ± 41.13 acres in the Rural Municipality of Rosser**

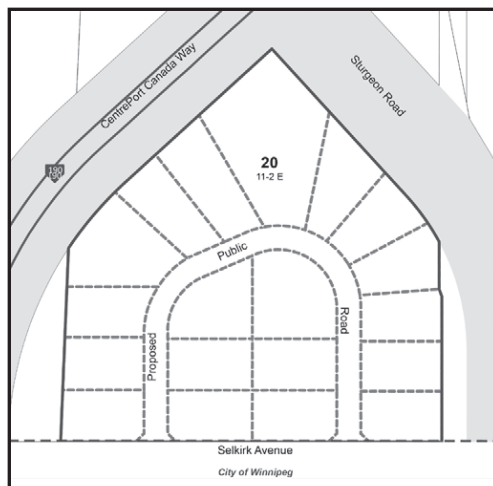
**HEARING LOCATION:** Sandman Hotel & Suites  
Winnipeg Airport  
1750 Sargent Avenue  
Winnipeg, MB R3H 0C7

**DATE and TIME:** Wednesday July 17, 2024 at 6:00 pm

**GENERAL INTENT and PURPOSE:** To rezone part of Parcel E Plan 50401 WLTO in SE ¼ of Section 20-11-2 EPM from "IPR" Inland Port Rural Zone to "I2" Industrial General Zone and to subdivide 18 new lots (plus residual) totalling ± 41.13 acres in the Rural Municipality of Rosser

**AREA AFFECTED:** This zoning by-law amendment and subdivision shall apply to the area identified on the map appearing on the Public Hearing Notice.

**FOR MORE INFORMATION CONTACT:** Jessie Russell-Edmonds, Planner  
Municipal and Northern Relations  
Inland Port Special Planning Area  
604-800 Portage Avenue  
Winnipeg, MB R3G 0N4  
Phone: 204-945-1312 Email: inlandportspa@gov.mb.ca



A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request. A description of the procedure to be followed at the hearing is also available at the location noted above.



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# Rock painting artist inspired by local nature

By Emma McGill

Step into the vibrant world of artist Carmen Hemmersbach, where rocks transform into captivating canvases bursting with color and character.

Hemmersbach's relocation from Winnipeg led her to Warren, where she discovered her artistic talent. After a 42 year career in social work, retirement beckoned Hemmersbach towards new adventures – including catering with her husband. Their shared love for nature and relaxation blossomed at their lakefront cottage in Nopiming Park, sparking Hemmersbach's passion for rock painting.

Though she spent time relaxing after retirement, travelling and scuba diving, she found a new way to get back to work through catering. She and her husband started their catering service, preparing hors d'oeuvres for small parties.

Over 40 years ago, Hemmersbach and her husband built a lakefront cottage in Nopiming Park, where she

found her passion for rock painting.

"I had never really done any painting until then," shared Hemmersbach. "I started with painting little stones for giving away, but soon wanted a larger canvas for flowers."

Hemmersbach, her husband, and occasionally one of her three sons venture out onto the lakeshore to find flat shale rocks that usually break off into the water. With these as her new canvases, Hemmersbach began to expand the subjects of her paintings from flowers to birds to small animals.

"I still have so much to learn about painting but I find that if I just keep working at a piece, it eventually gets to where I want it to be," said Hemmersbach. "Painting brings me such a sense of peace and happiness where time doesn't matter to me. I have always loved vivid colours and try to make my rocks as eye-catching as possible."

Though she works to make her



TRIBUNE PHOTO BY EMMA MCGILL

Carmen Hemmersbach showed her artistic rock painting talents off at this year's Mother's Day Market in Stonewall.

paintings visually appealing, Hemmersbach never considered selling her artwork until she read an article about a small craft store, Warren Crafters' Corner, run by Stacey Fairlie in the Warren gas station. At the time, she'd reached out to Fairlie to see if she could sell some of her rocks at the shop. Hemmersbach already had about twenty painted rocks in her garage and when she dropped the first five rocks off at Warren Crafters' Corner, they sold out within 45 minutes.

"So, my rock painting career started," said Hemmersbach. "I'll always be grateful to Stacey for giving me a chance."

As enthusiasm for her paintings grew, Hemmersbach learned more about painting from the internet, trying her hand at more intricate portraits. She began to paint raccoons, frogs, and otters and loved the challenge. She has also painted pet portraits and memorial stones, learning new ways to paint thanks to commissions from those who admire her work.

Now, she and her husband collect about 125 stones from around the lake every summer. She then cleans them up and lets the stones dry out completely before they can become her canvases. She coats each one in a layer of gesso, which helps the paint stick. After painting, she seals the rocks with a UV resistant varnish to protect from rain and sun, though the art pieces do need to be kept inside during the wintertime.

"I have sold many rocks in the Warren area and thank all of my supporters," said Hemmersbach. She also attends markets when she has more than 25 rocks in her inventory.

"People really seem to like my rocks whether they buy them or not. The rocks seem to bring a smile to people's faces. That makes me happy! I hope to continue painting, and I look forward to attending more markets."

Anyone interested in placing a custom order or seeing her stock, visit Hemmersbach's Instagram page, [carmencatering204](#).

## Prime time reunion



TRIBUNE PHOTO BY RENATA KROWIAK

Ninety-one-year old Merv Prime and his daughter enjoyed a visit with a number of former Stonewall Collegiate students on June 19 at Quarry Park Heritage Arts Centre. Prime emigrated to Canada from Trinidad in 1960 with a teacher's certificate. He took a job in Fisher Branch when he first arrived in Canada but only stayed for two years. He did move to Portage la Prairie to be closer to Winnipeg but only taught one semester on the air force base before returning to Fisher Branch. Prime went back to university to get his education degree and was hired by Stonewall Collegiate principal Ed Woods in 1964. Prime loved Stonewall and enjoyed 40 years of teaching geography, history and French before retiring in 2000.

### > LOCAL PARK, FROM PG. 10

celebrate things like Canada Day and watch movies."

Rockwood council representatives visited the school on Monday, June 24 to bring the winning class a prize of pizza and pop.

Taplin added that a sign with the name "Limestone Park" will eventually be put up at the park.

"It is truly a unique and beautiful space," Taplin said. "Over the years, Stony Mountain Community Asso-

ciation has undertaken many projects in the quarry, including the creation of trails and a bandstand. Last year, Disc Golf Manitoba added to its appeal by establishing an exceptional disc golf course."

The announcement of the new name coincides with Parks and Recreation Month, which runs throughout June to raise awareness about the importance of parks and recreation and the role they play in quality of life.



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ea**

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WAS: \$1.99  
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# Strawberry Social set for July 4

By Jennifer McFee

Mark your calendar for a sweet way to welcome summer!

South Interlake 55 Plus is hosting a Strawberry Social on Thursday, July 4 from 1 to 2 p.m. at 374 1st St. West (Oddfellows Hall).

"This event takes place for many years in celebration of the strawberry season, as the centre has held this annual event to celebrate the season and supports the South Interlake 55 Plus centre," said Deborah Hildebrandt, executive director of South Interlake 55 Plus.

"We provide strawberry shortcake with whipped cream, tea, coffee and entertainment. Two Crows for Comfort are our entertainment this year, and we are beyond excited to have them attend."

Local musicians Erin Corbin and Cory Sulyma make up Two Crows for Comfort. Two years ago, the duo sold their home in Stonewall for a life on the road performing across North America.

For the Strawberry Social, the audience can look forward to an impressive array of music.

"We never truly plan everything we'll play, but folks can expect a mix

of our original songs and some fun covers," said Sulyma from a tour stop in Oregon as part of a 25-day tour of Western Canada and the U.S.

"We like to keep things interesting and put our own spin on the classics, which is always fun."

The musical pair will be in and out of Manitoba often throughout the summer, with another gig coming up at Stonewall's Canada Day celebration.

"The amount of support we receive from folks in and around the Interlake, and Stonewall specifically, means a lot to us so it's always a treat to play in town," Corbin added.

"We're super grateful for any opportunity to play for the community, and the Strawberry Social will be a fun one."

Looking ahead, Two Crows For Comfort has an exciting summer in store.

"We've always got something cooking up — it seems we can't sit still. We just received the physical copies of our record before we left for this tour, which folks can pick up at Southside Service if they're interested in grabbing one," Sulyma said.

"We've got lots more touring over



TRIBUNE PHOTO SUBMITTED

Two Crows for Comfort, Erin Corbin and Cory Sulyma will be entertaining at the Strawberry Social in Stonewall on July 4.

the summer from Manitoba all the way to Alaska. We're playing at the Fire and Water Festival in Lac du Bonnet in August. We're staying busy."

Tickets to the Strawberry Social cost \$10 each and are available for purchase until Friday, June 28 at 374 1st St. West (Oddfellows Hall) or by calling 204-467-2582.

The South Interlake 55 Plus Centre

is a not-for-profit charitable organization with a mission to encourage all older adults to improve their quality of life by providing educational, recreational, health and social opportunities. All events at the South Interlake 55 Plus Centre are open to everyone and all are welcome. Visit [si55plus.org](http://si55plus.org) to learn more.

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**MANITOBA**

PHOTO: BEN DARTNEL



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# Garden Club students take their learning outdoors



TRIBUNE PHOTOS MICHELLE AVGEROPOULOS

Ecole Stonewall Centennial School Grade 5 students joined a Garden Club run by Mrs. Avgeropoulos and Mrs. Wadge this past spring. The Garden Club met a couple of times a week during May and June to clean up the school's courtyard, which included raking and weeding. Students worked together to fill two cedar boxes with soil and planted sunflowers and a garden with vegetables that will be ready to harvest when school starts in September. Students also filled some holes on the playground and planted grass seeds. Students learned that gardening is a great lifelong skill, increases mental health and overall wellness and creates a sense of joy. The Garden Club received support from the Learning for a Sustainable Future (LSF), a Canadian charity dedicated to integrating sustainability education into Canada's education system, and the Interlake School Division provided the Healthy Schools Grant. Waring Landscape donated soil for the project.

Students learned that gardening is a great lifelong skill, increases mental health and overall wellness and creates a sense of joy. The Garden Club received support from the Learning for a Sustainable Future (LSF), a Canadian charity dedicated to integrating sustainability education into Canada's education system, and the Interlake School Division provided the Healthy Schools Grant. Waring Landscape donated soil for the project.



## SOUTH INTERLAKE PLANNING

### Planning to Build a Deck this Summer?

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

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



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

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

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

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## Canadian Dental Care Plan Misconceptions

The Government of Canada started implementing a \$13 billion Canadian Dental Care Plan (CDCP) last month. This plan represents a significant opportunity to improve oral healthcare access for Canadians without dental access to dental benefits.

Today, over two million Canadian seniors have been approved to receive dental care coverage. By next year, an estimated nine million uninsured Canadians will be eligible for the plan. This is excellent news. Yet only a small percentage of Canada's 25,000 dentists have registered to participate in the program so far.

Despite our continued advocacy for changes to **reduce** program complexity, **protecting** patient privacy, and **securing** clarity on terms and conditions, the program remains flawed. Further, issues and misconceptions about the program by the public persist.

In fact, in a survey conducted this month by the Canadian Dental Association (CDA) and the Provincial and Territorial Dental Associations (PTDAs), we learned that while many seniors require extensive dental work, 40% seniors would struggle to afford \$100 copay and 60% are not aware they will face additional costs under the CDCP.

This is a problem. Our primary concern with these troubling findings is that patients will not receive the care they need under this program. Additionally, this misunderstanding about the program is likely to add extra pressure on dentist visits.

Unless things change and the government makes a concerted effort to clearly communicate the parameters and limitations of their plan, many people in Canada will experience difficulty in accessing a dentist.

Dentists are deciding how and when they may participate. They care about their patients and their oral health and are looking for a program that can integrate efficiently with their staff and practices.

Although we acknowledge Health Minister Mark Holland's responsiveness and the progress that has been made to date to address dentists' concerns with the program, there are still some fundamental issues that directly impact patients that have been left unresolved.

Dental offices across Manitoba and Canada are faced with having difficult conversations with patients about CDCP misconceptions. In fact, recent surveys with dentists show that dental office staff spend on average 50 minutes per day explaining the federal program to patients. This creates a huge administrative burden to dental offices.

Canada has a severe shortage of skilled dental office staff, particularly dental hygienists & dental assistants. There is concern these shortages may affect dental offices' ability to participate with the CDCP.

The Manitoba Dental Association, PTDA's, and the CDA are undertaking an education initiative encouraging people who are eligible for the CDCP to **Know Before you Go**.

Based on what we're hearing from our patients and know about our profession/practice, this is what Manitobans and Canadians need to know before they go to their dentist and seek treatment under the CDCP:

**"For many patients, treatments under the CDCP will not be free."**

Many people are under the impression the CDCP will cover all the costs for their care. This is not the case. Patients with an adjusted net family income between \$70,000 and \$90,000 are responsible for a federal government required "co-payment" of between 40-60% of fees set out by the government. In addition, the coverage provided by the federal government for all eligible CDCP patients (regardless of family net income) is less than full cost of the dental service. The difference will be on you.

**"Patients can receive CDCP covered treatments from any dentist."**

Until July, patients can only see a dentist registered to participate in the program.

After July, patients can also see a dentist that will participate through the government claim-by-claim pathway. However, this non-registration pathway still requires dentists to accept the same unclear terms and conditions with patient privacy concerns and not all dentists are willing to do so. This lack of clarity will leave patients confused and, in some cases, they may be unable to find a dentist to treat them under the CDCP.

**"The CDCP will cover all oral treatments today."**

Currently, the CDCP offers limited coverage and treatment options. Care options like sedation, crowns, partial dentures and additional units of scaling, as needed by youth, seniors, and persons with disabilities, will need government pre-approval which does not start until November of 2024. We still don't know how long you, our patients, will need to wait for the government to approve the treatment we know you may need.

Canada's new national dental plan still has the promise of being a true game-changer for oral health, enabling expanded access to care for many Canadians, but only if done correctly. Troublesome aspects that are holding dentists back from participating have not been fully addressed. While there's still time to fix what's wrong with CDCP, the clock is ticking.



### The Canadian Dental Care Plan (CDCP) Information for Patients

The Manitoba Dental Association is deeply committed to assisting the Government of Canada in designing, implementing and sustaining a successful and effective Canadian Dental Care Plan (CDCP) for the benefit of all Manitobans.

1. The Manitoba Dental Association has advocated for the right of patients to see their provider of choice.
  - a. Starting after July 8, 2024, patients will no longer be restricted to Sun Life Canada-registered dentists.
  - b. Please contact your dentist to see if they are accepting the Canadian Dental Care Plan in their office.
2. The CDCP is not a free dental program. It is a dental benefit program administered by Health Canada.
  - a. Health Canada is not paying for the full cost of your dental care.
  - b. Patients may be required to make a payment up to 75% depending on their adjusted net family income.
3. Not all services are covered.
  - a. It is not a comprehensive plan, so please talk to your dentist about your oral health needs.
4. The Manitoba Dental Association will continue to advocate for positive changes for CDCP-eligible patients.

**Know before you go.**

Visit the Health Canada website at

[www.canada.ca/en/services/benefits/dental.html](http://www.canada.ca/en/services/benefits/dental.html)

**Talk to your Dentist**  
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# Happy Canada

## Local rap artist taking Stonewall's stage on Canada Day

By Emma McGill

Get ready to groove to the beats of local rap sensation Isaac James Desmarais as he hits the stage at the Canada Day celebrations in Stonewall.

Desmarais, a talented rap artist hailing from North Bay, Ontario, and now living in Stonewall, found his passion for music amidst the diverse experiences of growing up in a military family. Influenced by his drummer father and rooted in rock and metal music, Desmarais eventually discovered his innate talent for rap – a genre that res-

onated with him.

Desmarais played drums himself for a long time and though he always knew he wanted to do something with music, he was not sure what that would be.

“When I started with rap, I picked it up faster than anything I’ve ever done in my life,” said Desmarais.

Aside from his father’s influence, something that really inspires Desmarais is meeting new people and spending time with them.

“I’m a very people person,” he

shared. “I think human interaction is very important. My girlfriend, family, and friends have all been super supportive and that motivates me to keep doing what I do.”


Having shared stages with iconic acts like Eminem’s old rap group D-12 and Violent J & Shaggy 2 Dope, Desmarais is now gearing up to captivate audiences at Stonewall’s Canada Day celebrations. Desmarais will be performing a set of original music and collaborating with his team at Jupiter Dawn and DJ Nugget for an unforgettable performance post-fireworks promises an electrifying night filled with original tracks and dynamic covers.

As he works on “Forgotten City,” an upcoming album set to debut later this year, Desmarais’s musical journey continues to evolve.

Desmarais is very enthusiastic about touring more in the future.

This year’s Canada Day celebrations will involve special events, including the Canada Day Night Market, organized by the Stonewall Girls Markets, involving live entertainment, memorial dancers, and a beer garden.

Earlier in the day, a performance by the Stonewall Crows for Comfort, the musical group from Stony Mountain who have just returned from touring through the United States will be featured. Also performing will be Damn Straight and J. & Chris Allarie from Atomic City. Flett Memorial dancers will perform at the Heritage Arts Centre, and local performers James Bezan, Trevor King, and Sarah will bring greetings. And, though the events are outdoors, a large tent in case of any rain.




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# Day

## Day

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TRIBUNE PHOTO SUBMITTED

Isaac James Desmerais is planning to put out an album in the coming months.

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# School bus driver ready to retire after 50 years on the job

By Jennifer McFee

After half a century on the job, a well-known local school bus driver is gearing down for retirement.

Charlie Amy had an interesting resumé of work experience before he landed his five-decade job behind the wheel. Prior to his driving career, Amy quit school in 1964 and worked at Teulon Hosiery Mill, where a friend introduced him to his future wife Margery Slater — and they've now been married for 55 years. From there, Amy worked at Bell Bottling in Winnipeg followed by a six-year stint at Pepsi Cola. After that, he left Pepsi to take over his family's farm.

"In the spring of 1974, I went to work for Paul's Hauling, hauling oil to portable sites to make asphalt until the fall of 1974 when I started driving the school bus — which was a better fit with the farm like many others at that time," Amy said.

"At the time, Interlake School Division had no spare drivers, so mechanics had to pull runs. It was a wet day so I was home. The telephone rang and it was Glen Durant. He was the transportation supervisor at the time."

Durant said he was in desperate need for a driver to go to Selkirk to pick up students. He told Amy to pick up a bus from the bus garage, where another employee would give him a crash course on how to operate it.

"I drove to Selkirk and the first student on the bus was my sister," he recalled.

She wondered what on earth her brother was doing driving her bus.

"I told to her sit down and be quiet if she wanted to get home! This was my first bus trip," Amy said.

"Glen phoned me several times more in September to see if I could drive. In October, a driver quit and nobody applied. Glen asked me if I would take it on. I said I would do it for two weeks until he found somebody. He never did, so two weeks turned into 50 years."

Over the decades, Amy has provided transportation for the second and third generation of some local families.

"Around 1990 I wanted to drive a tour bus but needed Grade 12 to drive a highway bus, so I took my Grade 12 by GED but was still unsuccessful in getting a tour bus job," he said.

"In 2000, the documentary Pioneer Quest was filmed on my property and I was hired on part time with the film crew. I was still itching to see the country and get paid, so I started working for Teams as a spare who always had work for me when school was out."

As a result, Amy has seen almost every state in the U.S.

"After two years, my wife would sometimes come along for the ride," he said. "When the pandemic hit in 2020, work dried up."

In 2012, Amy started to job-share for a three-month period so he could become a snowbird.

"I was a 4-H leader for 35 years, which complemented my dealing with kids on the bus. My bucket list includes visiting the Maritimes, Alaska and Northwest Territories," he said.

"Between belonging to seven volunteer groups, building a log cabin at Settlers, Rails and Trails and being a snowbird in Welton, Ariz., I plan to keep myself busy in retirement."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Bus driver Charlie Amy has been driving a school bus for the Interlake School Division for half a century. Balmoral passengers with Mr. Amy, left to right, Addisyn, Hanna, Tenille and Nolan Peters.

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# Beloved golfer honoured with memorial tournament

By Jo-Anne Procter

A poignant tribute unfolded at Whispering Winds of Warren Golf and Country Club in Warren on June 14. The inaugural Cal Surgenor Open. The golf tournament was not just about swinging clubs and sinking putts; it celebrated Warren's beloved Cal Surgenor, whose passion for golf touched many hearts.

After a courageous battle with kidney cancer, Surgenor left a legacy that inspired his family and friends to honour him meaningfully. The 152 golfers who participated in the Texas scramble were not just swinging clubs and sinking putts. They were a community united in their support, raising over \$10,000 to benefit CancerCare Manitoba and South West District Palliative Care.



Cal Surgenor passed away from cancer in Decemeber 2023.

Surgenor's vibrant personality was evident in his golf game and unique



TRIBUNE PHOTOS SUBMITTED

Cal Surgenor's family on the bench that Sigfusson Northern donated. Pictured left to right, Tyler, Carly and Ainsley Jones, Cheryl Surgenor, Chris and Corie McKay.

## THANK YOU

From the planning committee, as well as the families & staff at the Stonewall Children's Centre, a really big thank you to all the sponsors of Touch-A-Truck! On June 8th, over 2600 people attended Touch-a-Truck, a perfect day with beautiful weather and lots of fun.

We had major donations this year from Access Credit Union as presenting sponsor, Rockwood Quarry Producers as Activity Alley sponsors, and Sigfusson Northern as Raffle Sponsor.

A few notable items for this year:

- Over 2600 people attended
- We had over 70 vehicles and equipment
- We had 17 activities which all the kids thoroughly enjoyed
- 35 businesses/organizations sponsored Touch-a-Truck this year which is amazing!

*The event had its most successful year yet.*



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Winners of the the inaugural Cal Surgenor Open. Left to right, Andrew Hunt, Bill Pettigrew, James Uffelman and Mike Teeter.

attire. His love for bright and bold colours was a trademark, bringing a touch of cheer to the golf course every time he played. In a heartfelt tribute to him, fellow golfers embraced his love for colorful outfits, many choosing to wear shades of orange, the color symbolizing kidney cancer awareness, a unique and personal way to remember him.

The sea of colourful players illuminated the course, serving as a reminder of Surgenor's spirit, which continues to inspire others even after his passing. Through this gesture, they paid homage to their friend and raised awareness for the cause.



Surgenor's granddaughter Ainsley Jones putting for papa.

Continued on page 21

# A serene plot of land that whispers echoes of the past

By Emma McGill

Just a stone's throw from the Stonewall & District Healthcare, a hidden gem awaits - the Ruby Roe Tall Grass Prairie. This untouched land, a tribute to community dedication and environmental stewardship, stands as a living legacy of preservation.

The tall grass prairie, named after Ruby Roe, stands as a testament to her dedication to the community. After retiring in 1988, she made Stonewall her home and founded REACT, the town's environmental organization, in 1991. One of her significant contributions was the preservation of this patch of land, ensuring its untouched beauty for future generations.

Today, her name and the land are still honoured. On June 15, REACT brought the community together to celebrate the tall grass prairie and the native species that thrive there. The tradition of cleaning up the prairie began in 2007, but the annual celebration did not begin until 2009.

Joining REACT on this day was Aimee McDonald of Prairie Flora Greenhouse of Teulon, who came with a pop-up shop of native grasses, many of which can be found on the Ruby Roe plot. Monarch butterfly farmer Alicia Francisco Michel from Stonewall, also attended, for the second year in a row, with a detailed display of information on the life cycles of monarchs, as well as tangible examples: monarch eggs and cocoons. Later in the year, she will display the later stages of life, chrysalis and butterfly.

Also joining in on the fun and enhancing the experience was Bryana Nicolas, a biologist with the province of Manitoba, recommended by John Morgan, an expert tall grass prairie specialist from Argyle and one of the biologists who has guided the tour of the prairie in the past events. This time, it was Nicolas' turn to guide visitors through the complex world of plants and grasses on the Ruby Roe land. As the group strolled across the prairie, Nicolas discussed subjects such as what attracts pollinators, how different prairie plants and grasses survive, what the prairie may have looked like centuries before our time, and the conservation status of various plants, including milkweed and lady slippers.

"When I get to a prairie, I kind of read it like a book," said Nicolas as she knelt down in front of various growths and showed the group how to help certain plants spread their seeds, told of the history of plants like northern bedstraw and of the historic fire cycles of the tallgrass prairie. Her anecdotes included stories of "sleep-



TRIBUNE PHOTOS BY EMMA MCGILL

Stonewall's REACT began the celebration of the Ruby Roe Tallgrass Prairie in 2009.



Aimee McDonald of Prairie Flora sells native plants found in the tall grass prairie.



Lucas McDermid enjoyed learning how to spread different seeds for plants that need assistance.



Biologist Bryana Nicolas guided the tour through the prairie.

ing sheep," which were large rocks left alone in the ground that appeared from afar to be sleeping animals, and how darker patches of grass in a field are likely locations of old anthills, which create more organic soil.

"I love talking to people who are passionate about prairies, and who want to enhance habitat at their home," said Nicolas. "There was such a strong feel for community at the Ruby Roe Prairie, and that was really great to experience."

Both the REACT team and Nicolas believe that every little bit people can do for the environment helps:

- Planting native grasses.
  - Learning what plants are problematic and pulling them.
  - Composting.
  - Disposing of waste responsibly.
- The Ruby Roe Tall Grass Prairie is not only a landmark of Stonewall and the Interlake that brings the community together to learn, but it also provides a safe habitat for many endangered species of plants, grassland birds, and insects.



## Help Your Pets Beat the Heat This Summer

The first day of Summer is almost here! As we plan to load up on sunscreen, soak up the sun, and stay extra hydrated, as pet parents we also have to plan for the risks to animals.

To help you make the most of this summer, here are some summer safety tips to make sure your pets stay healthy and comfortable when the temperatures are at their peak.

### Always Have Water

Pets can get dehydrated quickly, so give them plenty of fresh, clean water when it's hot or humid outdoors. Make sure your pets have a shady place to get out of the sun, be careful not to over-exercise them, and keep them indoors when it's extremely hot.

### Know the Signs of Overheating and How to Help

If you plan on being outdoors with your dog on a hot day, make sure you know the signs of heat stroke. This is especially true if you have a puppy or a senior dog, or if your pets aren't used to exercising for long periods of time.

Watch for the signs and symptoms of heat stroke—excessive panting, muscle twitching, an anxious or dazed look, vomiting, lethargy, increased drooling, and diarrhea. Heat stroke is an emergency. Move your pet to a cool and shaded area right away. Provide them with cool, not freezing cold, water. If you have a fan, direct the fan to them. Then, with a cool, damp towel, wet their coat and put a fan on them (if available). Take them to your veterinarian immediately. Severe untreated heat stroke can be fatal.

### Never Leave Your Animals Alone in a Parked Vehicle

Year after year, we see heartbreaking stories of animals dying of heat exhaustion after being left in parked cars.

### Do Not Leave Pets Unsupervised Around a Pool

Not all dogs are good swimmers. Introduce your pets to water gradually and make sure they wear flotation devices when on boats. Rinse your dog off after swimming to remove chlorine or salt from his fur. Try to keep your dog from drinking pool water because it contains chlorine and other chemicals.

### Save the Shave

Feel free to trim longer hair on your dog, but never shave your dog. The layers of dogs' coats protect them from overheating and sunburn. Brushing cats more often than usual can prevent problems caused by excessive heat. And be sure that any sunscreen or insect repellent product you use on your pets is labeled specifically for use on animals.



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Willis completes her first full Manitoba Marathon

By Kieran Reimer

Completing the Manitoba Marathon was something Stonewall's Bohdanka Willis had on her bucket list for a while.

Willis, 38, who has run multiple half marathons over the last few years, told herself she wanted to run and finish the full marathon before she turned 40.

Last Sunday, Willis checked that goal off her list as she crossed the finish line at Princess Auto Stadium in the 2024 Manitoba Marathon.

"It was pretty amazing," said Willis. "It was an emotional experience coming in and having my family cheer me on as I entered the stadium; that was pretty cool."

Willis began training for the full marathon in January, doing runs out on her acreage. She would run three to four times a week, mixing in long-distance runs on weekends to build endurance.

She also worked on strength training twice a week.

Going into her first-ever full marathon, Willis had to learn to run at a pace different from the one she had run in her previous half marathons.

She researched how to keep her heart rate down in longer distance runs while maintaining a five-hour pace.

Come the big day, it was one of the most humid days of the year in Winnipeg, reaching 94 percent humidity just at the start of the run.

As the starter's gun went off and her



Bohdanka Willis completed her first-ever full marathon at the 2024 Manitoba Marathon last Sunday. Willis finished with a time of 5:19.03 and received a medal for her completion.

run progressed, she could adapt to the weather even as the wind picked up at the tail end of her run.

"I was kind of nervous at the start thinking the heat is not fantastic, but it started to die down," said Willis. "It was windy going south down Pembina. Going back down there at the end, I kind of jokingly said I don't care if there is a blizzard; I'm determined to get to the finish line."

And Willis did, completing the full marathon in five hours and 19 minutes.

As she crossed the finish line, her whole family stood on the sidelines, cheering her on as she completed the goal that she had set.

"I wouldn't call myself a runner.



TRIBUNE PHOTOS SUBMITTED

The Willis family, Myles and Bohdanka Willis with their sons, Theodore and Arthur, gather for a family photo following the 2024 Manitoba Marathon last Sunday. Bohdanka completed the full marathon, while Myles, Theodore, and Arthur completed the 10k.

I did activities and sports growing up, but I wasn't incredibly athletic," said Willis. "I needed to put in that training to build up my endurance. I wouldn't have been able to run that long if I didn't put in the training. It definitely paid off. People always say they can never do it and I always say to them I was not a runner. To anyone that says they can't do it, they certainly can. You just have to have a goal

and motivation, and anyone could do it if they wanted to."

Once she crossed the line, she was awarded her first-ever full marathon medal and joined her husband and two sons for a photo.

Her husband, Myles, and sons Arthur, 7, and Theodore, 5, had also run in the 10k earlier that day and received medals for their accomplishments.

### > MEMORIAL, FROM PG. 20

Every Thursday was golf night for Surgenor in Warren. He brought laughter and camaraderie to the fairways, becoming a cherished figure among the Men's Night Crew.

In honour of his memory, the 2023 Men's Night Crew donated a bench at the golf course.

This touching tribute symbolizes the strong bond of friendship that flourished on those very greens they once shared with Surgenor.

Adding to this sincere gesture, Sigfusson Northern, where his daughter Corie works, also donated another bench in his name on the morning of the tournament. It was a beautiful way to remember him and keep

his spirit alive within these familiar grounds, where he spent many happy hours playing his favourite sport.

Andrew Hunt's team won first place, Dalton Woodhouse won the men's longest drive, and Chris Plishka was closest to the pin. The lady's longest drive was won by Melissa Waldner and closest to the pin by Judy McGuirk.

### What's *Your* story?

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# Stonewall Teulon Tribune

# Phillies Weekend Report: U13s and U19s have perfect weekend

By Kieran Reimer

The U13 Interlake Phillies took their undefeated record into the weekend as the Manitoba Premier Softball League's top team played their first regular season game since June 2.

On Saturday, the Phillies played a doubleheader against the Smitty's Terminators from Moffat Field.

In both games, the club displayed its league-leading offence, driving in 26 runs as it picked up 12-5 and 14-2 victories.

Brooklyn Chetyrbok was named Phantastic Philly of the Day as she shut down the Terminators from the mound while also contributing at the plate.

On Sunday, the Phillies were in Brandon for another doubleheader against the third-place Westman Magic.

Once again, their batting was too much to handle in both games, as they won both by scores of 10-3 and 7-3.

Anna Hoff's home run led the Phillies' offensive charge, earning her the Phantastic Philly of the Day award.

They are now up to 11 wins this season, which has earned them some separation from the 9-4 Eastman Wildcats.

They will play four games next week, with two coming against the Wildcats on Saturday at Quarry Park.

But first, they will head to Winkler on Friday for two games against Central Energy starting at 6:30 from Winkler Parkland Diamond.

On Wednesday, the U15 Interlake Phillies played their third and final game against the Smitty's Terminators.

The Phillies, who won the previous two matchups, made it a perfect three as they completed the season sweep.

They also played twice on Sunday against the Westman Magic and Man-

itoba Angels.

Peyton Rinn led the way for the Phillies in the first game, striking out 10 batters and giving up no walks in seven innings on route to a 6-1 win over the Magic.

The second game looked much different as both teams drove in eight early runs.

After multiple lead changes and multiple pitchers entering the game from both sides, the Angels clung to a slim lead late to secure a 14-12 victory.

With two wins and one loss added to their record, the Phillies now sit 9-4 this season.

Their next regular-season game is next Tuesday, July 2 when they take on Central Energy (7-2) at 6:30 p.m. at Republic of Manitobah Diamond.

The U19 Manitoba Phillies entered the weekend one game up on the Eastman Wildcats for third place in the MPSL.

The clubs were set for four games against each other on Saturday and Sunday, with an opportunity for either team to create some separation in the standings.

The Phillies batters took over in the first game, winning 8-3 the final.

In the second game it was pitching getting it done for the Phillies as they shutout the Wildcats 2-0.

Sunday's games were similar as both clubs battled it out in two close games. It was ultimately the Phillies on the right side of the scoreboard again, winning both games 7-3 and 6-3.

This was the first time the Phillies had a perfect weekend this season as they now hold their first ever four game winning streak.

The wins bring their record to 6-10 this season as they now sit five wins up on the Wildcats for third place.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Interlake Phillies U19 Sophia Dowsett gets a base hit in her teams 8-3 win over Eastman in Game 1 of a double header in Stonewall last Saturday. The Phillies won the second game 2-0.



Interlake Phillies U19 Mia Cassils tags an Eastman runner on her way to first base.

# Orioles Weekend Report: U13s walk off undefeated South Central

By Kieran Reimer

The U13 Interlake Orioles played baseball twice on Sunday.

They won and lost one against South Central, which entered Sunday as Baseball Manitoba AAA League's only undefeated ball club.

The win came dramatically as the game was tied at nines in the bottom of the seventh with the Orioles coming to bat.

Alex Walker got on base for the Orioles with Chase Murray stepping up to the plate, where he delivered the dagger on a single that enabled Walker with enough time to slide into home plate for a 10-9 walk-off victory.

With the win, the Orioles are back to

.500 this season with a 3-3 record and fifth place in Zone 1.

"Very encouraged by the progress our team is making," said Oriole's head coach, Tyler Moran, on Monday. "By beating the previously undefeated South Central, we've shown we can compete with anyone when we bring our best game. Excellent pitching, strong defence, and good situational hitting were key to success."

They also have the most games in hand of any Zone 1 team.

Next, the Orioles will play on Thursday night at Highbury Park against the Bonivital Black Sox (2-12).

First pitch goes at 7:30 p.m.

The U15 Interlake Orioles were involved in one of the highest-scoring doubleheaders in all of the 2024 season this past Sunday.

The Orioles and St. James A's combined for 64 runs over two games, with each team coming out with a win.

The 25 runs scored in the first game were the fewest of the two games as the A's grabbed a 13-12 victory to begin the day.

Then came the second game, where the Orioles managed to drive in 28 runs en route to a 28-11 victory, the most any club has scored in a single game this season.

The Orioles are now sixth in Zone 1

and have played the fewest games of any team in the league.

Next, they will play the Bonivital Black Sox (4-7) on Wednesday at Highbury Park.

First pitch goes at 6:30 p.m.

The U18 Interlake Orioles suffered two losses at the hands of the North Winnipeg Pirates on Friday.

The losses were 17-7 in the opener and 11-1 in the nightcap.

The Orioles now look to Monday night's game against the Winnipeg South Wolves (11-6-1), beginning at 6:30 p.m. from Atree Field.

The Orioles have a 3-9 record, putting them in fourth place in Zone 2.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## WCI fundraising for new, paved running track

By Becca Myskiw

Warren Collegiate Institute (WCI) is fundraising for a brand-new running track.

The three-phase project will start this summer when the school begins fixing the drainage issues in the field. Spearheading the project is teacher Fallon Campbell, who said the project has been in the works for two years now, first coming to fruition in 2022 when students brought up the problem at a leadership retreat.

"They identified we need to fix the outdoor recreational space," she said. "Specifically, the track area."

WCI's track is a gravel oval that hasn't been touched in years. A good track is necessary with an active and successful track and field program at the school.

So, WCI staff and students started working on the plan shortly after, which Campbell dubs "the road to revival". Phase One of the track rejuvenation project involves fixing the drainage on the field. This summer, the school will add French drains and weeping tile around the track, managing surface and ground water year-round.

Phase Two of the undertaking involves elevating the track to be even on all surfaces. Right now, there's a two-foot difference between the north and south ends of WCI's running

track. Campbell said the plan is to build the south side to be on the same level as the north. Phase Three is all about paving the running track, adding a long and triple jump pit, leveling the entire field, and more.

When all is said and done, the entire project will cost WCI around \$700,000. Phase One alone costs \$100,000, but thanks to DGH Engineering donating drawings, expertise, and help, as well as community members, student parents, and school staff, the first phase will cost around half of that.

"[The help] made our Phase One very attainable," said Campbell.

As WCI works to complete the track project, the school has been fundraising for it daily.

"Originally, when we saw the \$700,000 cost, it was very shocking," said Campbell, who then talked with some staff members at another school who just redid their track and was advised that every little bit counts.

WCI started doing smaller fundraisers, including a coffeehouse that involved the entire school and future students. The school is also applying for (and receiving) grants; all efforts have garnered around \$25,000 for the project.

"We're trying to encourage the families of younger kids for future years to get involved because this is their



TRIBUNE PHOTO BY FALLON CAMPBELL

The Warren Collegiate are fundraising for upgrades to their running track.

future as well," said Campbell. "People can connect with this project in several different ways. We have students that are devoted track athletes and care about the legacy, some who maybe won't run on the new track but know the future of WCI will, and some kids are just leaders in the school that see this impacts the school as a whole. They just want to get involved."

Campbell added that a paved track is an accessible one, which means WCI's track will be available for all students and staff to take advantage

of for the first time.

WCI will soon roll out a capital campaign as part of its fundraising efforts. Campbell said the parent council will run it, and they hope to receive more donations, big or small, for the project.

"Mental wellness is so important and if we can instill that in our youth, the better," said Campbell. "The project itself is teaching kids so much — leadership skills, how to apply for grants, how volunteerism can benefit the people around us."

## Personal safety for seniors

By Jo-Anne Procter

Seniors in the Interlake are being empowered with the knowledge and skills to protect themselves.

Rick Williamson with Adrenaline Fitness led a community of seniors in Shumuna Jiu-jitsu Personal Safety Strategies For Seniors courses in Gimli and Stonewall last week.

The main focus of each session was to work on activities that have been proven to significantly reduce the risk of falling.

Statistics indicate that 24,000 hip fractures occurred in older adults between 2019 and 2020, with 95 percent of them being caused by falls.

The participants underwent exercises and stretches to increase strength and flexibility and improve their range of motion. They worked on

strengthening their stance, shifting forward and backward, turning and pivoting in different directions, and maintaining good posture and balance.

The sessions concluded with some simple escapes from wrist grabs and two hand chokes which require the defender to have good balance.

All participants receive written descriptions and videos of everything that was covered in the classes and they are expected to work on these to prepare for the next session that will be held in two months.

There are five levels in the first course and Level 2 features more work on lower body strength and balance.

Participants will also learn to identify soft targets and pressure points



TRIBUNE PHOTO SUBMITTED

Seniors in Stonewall and Gimli took part in a Shumuna Jiu-jitsu Personal Safety Strategies for Seniors course last week.

and how to deliver effective strikes and kicks to these areas.

The one-hour sessions in Stonewall cost \$10, and Level 2 will be offered in

early October. Class size is limited to 10 people. For more information, contact Adrenaline Fitness in Stonewall info@adrenalinefitness.ca.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## U13 Maroons off to golden start in AA Softball

By Kieran Reimer

After only two practices so far this season, the U13 Interlake Maroons are already winning gold medals.

Last weekend the club played in the 2024 AA Showcase at Buhler Park as the top AA softball teams in the province kicked off their seasons.

The Maroons won five of six games on the weekend including the gold medal game against the Westman Fury by a score of 11-9.

"The girls were beyond excited to win," said Maroons coach Jeffery Spruyt. "I think they even surprised themselves a little bit. Lots of these girls didn't even know each other when the team was made. They come from six different communities and between them attend seven different schools. They have bonded well and have proved their commitment to each other as teammates."

On route to the gold medal the Maroons played four round robin games going 3-1 throughout.

Their record qualified them for the semi-finals where they defeated the

Westman Heat in a 7-6 nailbiter to advance to the gold medal game.

"Once we had a game or two under our belts, we were able to really start figuring out plays, calls and the girls played smart," said Spruyt. "Strong hitting and strong field plays really helped these girls get to the end. Winning really showed the determination and drive these girls all have," said Spruyt. "It was a proud moment to see our team and the Interlake represented so well."

Now with the tournament over the Maroons can get settled into their regular season.

Two weeks ago, they opened the season with a 24-7 win over the Southwest Strikers but haven't played a regular season game since.

They will take the field next on July 10 for a pair of games in Steinbach in regular season action.

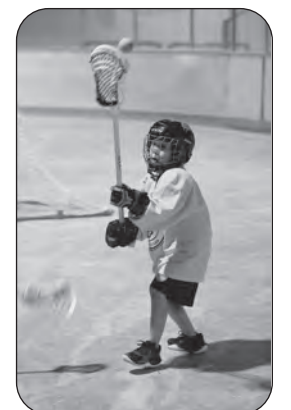
To stay up to date on the U13 Maroons this season you can visit their Instagram page @u13interlakemaroons.



TRIBUNE PHOTO SUBMITTED

The U13 Interlake Maroons won gold at the 2024 AA Showcase last weekend at Buhler Park. The Maroons went 5-1 in tournament play and won the gold medal game 11-9 over the Westman Fury. Pictured left to right, back row: Coaches Emma Wirgau, Maddy Fidler, Jeff Spruyt and Marnie Van Hussen; players, Emily Malcom, Piper Tataryn, Devynn Van Hussen, Eden Baker; middle row, Hailey Powroznik, Maya Pattie, Maddison Penniston, Autumn Christian, Amelia Wirgau, Emily Spruyt, Quinn Adamik; front row, Kendra Zaretsky, and Tamsen Killbery.

## Interlake Storm lacrosse club hosts season wrap up



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Interlake Storm Lacrosse Club wrapped up their 2024 season with a jamboree for the U7 and U9 teams at the Ice Palace in Stonewall sponsored by The Kiln Drive-In last Saturday. The U9 teams played three games each, while the U7 teams played two games each. Players also participated in a huge candy scramble and enjoyed a bouncy castle with their siblings. The local club was very pleased with their first season and looks forward to the many athletes that will return next year.

# United soccer sitting in top half of standings

By Kieran Reimer

Five games into the season, three wins to show for, and a share of third place in the standings.

It's been a successful start for Stonewall United.

They joined the Manitoba Major Soccer League's Division 3B this season after being promoted from Division 4 last year, and the heightened level of competition hasn't seemed to matter for the club.

They opened the season on a three game wins streak defeating Pescara, Superbia FC, and Richmond United along way while even sitting atop the standings at one point.

Their only loss so far came last week against second place SCM Academy in a game where a called back goal cost them a lot of momentum early on.

United's Matt Olnick said that didn't excuse the loss, but the team needed to get back to capitalizing on chances.

Then Sunday's game came, and the club bounced back on defence, keeping the ball out of their net to draw Central Plains FC nil-nil to move to a 3-1-1 record.

More importantly, the draw kept United in the mix at the top of the standings, which is where they hoped to be at this point in the season.

"Team morale is quite high," said Olnick. "The guys are having fun and we're pretty loose. We aren't going into games tensions high and stressing about who we're playing. This early in the season and on top of the standings is a good place for us. We knew we weren't going to go 16-0 but the goal is to try."

This season, United's attack has been one of the most connected offences they have had. The club uses all their options and have seen goals come from seven different players.

They have also done well on the defensive side. Keeper Steffan Hillock has shown well, going undefeated in all of his games in net, while Lucas Yarduck has stepped up in goal when

needed to hold United in games.

Despite a lack of scoring in the last two games, the club is pleased with where their game is at.

"It's playing our game," said Olnick. "We've had consistent goal scoring from a lot of different players which is huge for us. We don't have to rely on one guy. Having a number of players at each game so far has really stepped it up to. We used to be fighting for players to come to games and we might get 11, 12 guys. Now we get around 20 guys fighting to get in the starting lineup. It's a big difference and the guys are buying in. Hopefully it leads to more results heading forward."

And playing their game is something Olnick highlighted that they want to keep up this season.

He said they lost control in the loss to SCM and let them dictate the game which led to them chasing the lead.

Now as they get set to take on the Kildonan Cavaliers SC in their next match, it will be another test to see if they can stay true to their game plan.

The Cavaliers hold a 3-1-1 record which ties them with United for third place in the standings, making them United's second toughest opponent yet this year.

And United is aware of it. Olnick said they check the standings frequently and are often paying close attention to things like goals for and against to know what they need to clean up.

They currently have an even goals differential which is an area they want to improve. Aside from analytics though, they want to continue playing like they have for most of the season so far and get a crack at first in the standings.

The game against Kildonan will be a big one to see if they can move into a share of top two in the league.

The game will go Thursday at 7:30 p.m. at Stonewall Veterans Memorial Sports Complex.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The United's Nicholas Dale uses his head to move the ball forward during a match against Central Plains FC last Sunday. Dale is one of seven players to score for United this season.



United's Aiden Erickson races to a bouncing ball during Sunday night's match against Central Plains FC. The match ended in a nil-nil draw.

## Five Interlake Lightning players selected in 2024 MJHL Draft

By Kieran Reimer

Five players from the Interlake Lightning U17 and U18 AAA hockey clubs were selected in the 2024 Manitoba Junior Hockey League Draft on June 2.

Mathias Sibilleau heard his name called in the second round as the Steinbach Pistons selected him with

their 26th overall pick.

The forward had three goals and four assists in 41 games last season with the U18 Lightning.

Goaltender Dylan McFayden went to the Winnipeg Blues in the fourth round. McFayden played 20 games with the U18 Lightning in the 2023-24 season, backstopping them to 10 wins

while posting a .913 save percentage and a 2.94 goals against average.

The Blues also selected teammate Mason Munday with their fifth round selection after the defenceman had four goals and 14 assists in 43 games with the U18 Lightning last season.

The Pistons selected forward Peyton Thiessen in the sixth round. Thiessen

played for the U17 Lightning last season where he had eight goals and 13 assists in 31 games played.

And defenceman Brody Slatcher went to the Neepawa Titans in the eighth round after contributing 4 goals and 20 assists in 35 games with the U17 Lightning in 2023-24.

# get inspired

> MEAL IDEAS

  
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## Genoa Salame and Pepperoni Three-Cheese White Pizza

chopped  
 Preheat oven to 425 F.  
 Stretch each dough ball over separate lightly greased, 14-inch pizza pans.  
 Drizzle 1/8 cup olive oil on top of each crust then top each with 1 tablespoon garlic and 1 tablespoon anchovies followed by 1/2 cup Parmesan cheese, 1/2 pound fontina cheese, 1/2 pound fresh mozzarella pearls and 1/2 package charcuterie duo.  
 Bake pizzas about 15 minutes, or until cheese is bubbly and crust is golden brown.  
 Remove pizzas from oven and garnish each with 1 tablespoon chopped parsley.

Prep time: 10 minutes  
 Cook time: 10 minutes  
 Serves: 6  
 2 pizza dough balls  
 1/4 cup extra-virgin olive oil  
 2 tablespoons fresh garlic, minced  
 2 tablespoons anchovy filets, chopped  
 1 cup Parmesan cheese, grated  
 1 pound fontina cheese, shredded  
 1 pound fresh mozzarella pearls  
 1 package Carando Charcuterie Duo  
 2 tablespoons flat-leaf parsley,



## Tour of Italy Charcuterie Board

5 ounces provolone piccante cheese  
 5 ounces fresh mozzarella pearls  
 6 ounces olives  
 6 ounces giardiniera (pickled vegetables in oil)  
 crackers, crostini or bread, for serving  
 fresh basil, for garnish  
 cherry tomatoes, for garnish  
 To make mostarda: Mix apricot preserves and whole-grain mustard.  
 To prepare charcuterie board: On large board or platter, arrange mostarda, genoa salame, dry salame, pepperoni, fontina cheese, provolone piccante cheese, mozzarella pearls, olives and giardiniera. Serve with crackers, crostini or bread and garnish with fresh basil and cherry tomatoes.

Prep time: 20 minutes  
 Servings: 3-4  
 Mostarda:  
 1/2 cup apricot preserves  
 1/4 cup whole-grain mustard  
 Charcuterie Board:  
 1 package (5 ounces) Carando Uncured Genoa Salame  
 1 package (5 ounces) Carando Uncured Dry Salame  
 1 package (5 ounces) Carando Uncured Pepperoni  
 5 ounces fontina cheese



## German Potato Salad Flatbread with Bratwurst and Caramelized Onions

1/8-inch thick  
 1 can (15 ounces) READ German Potato Salad, drained  
 1 flatbread, approximately 12 inches olive oil  
 1 cup shredded gruyere cheese  
 fresh chives, chopped, for garnish  
 fresh lemon wedges  
 Preheat grill to medium-high heat (about 425 F).  
 In 12-inch skillet or pan over direct heat, caramelize onions in butter 15-20 minutes. Set aside.  
 In same pan, cook sliced bratwursts until browned and cooked through, 7-10 minutes. Set aside.  
 In same pan, spread drained German potato salad. Cook until browned, 5-7

Recipe courtesy of "Dad with a Pan"  
 Prep time: 10 minutes  
 Cook time: 30 minutes  
 Servings: 4-6  
 2 large onions, thinly sliced  
 2 tablespoons butter  
 4 bratwurst links, sliced crosswise

# Ask the money lady

Dear Money Lady Readers: What do you do when society says you're not enough, but reality says you are?

Attitude is transferable and your emotional mood can be contagious to others. The first step in having people believe you are successful is for you to believe you are. You absolutely can move forward with the expectations of good things happening to you and you can largely control the outcome of your life and future.

Past memories serve a purpose in our life. They allow us to travel back in time and learn from our past. Many people make use of these insights in the present to become better, to help others and to improve their life. But it is also very easy to become trapped by the past.

Regret, we all have a little. It's an inescapable emotion that every person will feel in their life. Why? Because we all make mistakes. We've all made bad decisions. For the most part, many people will try to make amends, they eventually let it go, and they know they must move on with their lives. Some of us, however, just can't. The problem lies when we fester over these mistakes and allow regret to build a home in our minds, causing us to falsely believe we are incapable of making any good decisions and are undeserving of the things we want out of life.

Let me first say - the past can never be entirely your fault and beating yourself up about it, only makes it that much longer for you to wait until your life gets better. Here are the first steps to begin turning things around for the better.

1. Stop believing that you lack the ability to make positive changes for your future
2. Get a journal and write down all your thoughts, (I like to call this a "brain-dump"). Everything that comes into your mind - good or bad, just write it all down.
3. Okay, let's put away the journal for a day or two. Now I want you to do something that makes you happy. Maybe a day at the spa, a lunch out with friends; honestly, it could be anything, as long as it gets you out of your pajamas and out of the house.
4. When you come back, read



Christine Ibbotson

over your journal. Start brainstorming and finding ways to make all those dreams and possibilities for change a reality. All your ideas are welcome here, and anything is possible.

5. Try to use the past to take you in another direction. Often times staying in the same environment where a tragedy occurred, forces you to experience PTSD, (post-traumatic stress disorder) and the only way to start feeling better is to start over in a new community, a new job, or even a new life.

6. If you can, try to also use your pain to help others. This is one of the best ways to become mentally stronger. When you use your tragedy to help others going through similar situations, you now not only rescue another broken soul, but you begin to heal your own.

Just because a past tragedy lives rent free in your mind, doesn't mean you can't kick them out and evict them. Believe you deserve more. There's something that you're still meant to do with your life, even if you don't know what it is right now. Once you begin on your journey of letting go of the past, the objective of your new future will reveal itself.

Good Luck and Best Wishes,  
 Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at [askthemoneylady.ca](http://askthemoneylady.ca)

minutes. Set aside.

Brush bottom of flatbread with olive oil.

Place flatbread directly on grill grates. Layer with browned potato salad, cooked Bratwurst slices, cara-

melize onions and cheese.

Close grill lid and cook 8-10 minutes, or until cheese is melted and flatbread is heated through.

Garnish with chopped chives and serve with fresh lemon wedges.

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## NOTICE OF APPLICATION TOWN OF TEULON REVISED WASTEWATER RATES TEULON WASTEWATER UTILITY

June 18, 2024

The Town of Teulon (Town) has applied to the Public Utilities Board (Board) for revised wastewater rates for the Teulon Wastewater Utility (Utility) as set out in By-Law No. 1/2024, read the first time on February 28, 2024. Rates were last approved in 2003 in Board Order No. 182/03, with current rates coming into effect January 1, 2004. Tipping fees were approved in 2022 in Board Order No. 28/22 with current rates coming into effect March 10, 2022.

The current and proposed rates are as follows:

	Current Rates		Proposed Rates			
	By-Law 6/03	By-Law 1/2024	By-Law 1/2024 Year 1	By-Law 1/2024 Year 2	By-Law 1/2024 Year 3	By-Law 1/2024 Year 3
Annual Service Charge	\$ 31.00	\$ 31.19	\$ 31.19	\$ 31.29	\$ 31.38	\$ 31.38
Wastewater (per REU)*	\$ 44.75	\$ 74.48	\$ 89.35	\$ 89.35	\$ 104.21	\$ 104.21
Total Annual Charge (per REU)*	\$ 75.75	\$ 105.67	\$ 120.64	\$ 120.64	\$ 135.59	\$ 135.59
<b>Lagoon Tipping Rates</b>						
Initial Key Fob Charge (refundable)	\$ -	\$ 275.00	\$ 275.00	\$ 275.00	\$ 275.00	\$ 275.00
Replacement Key Fob Charge	\$ -	\$ 225.00	\$ 225.00	\$ 225.00	\$ 225.00	\$ 225.00
Emergency TIPS - Unregistered Haulers (per load)	\$ -	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00
Single Axle Truck (per load)	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00	\$ 40.00
Double Axle Truck (per load)	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60.00	\$ 60.00

\*Residential Equivalency Unit

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

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

Questions or comments should be sent on or before **August 2, 2024**.

The Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

Frederick Myktyshyn

Assistant Associate Secretary  
Manitoba Public Utilities Board

### METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

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### FARM MACHINERY

J.D. 4WD 8640, \$19,900; Leon scraper, 8.5 yards, \$19,900; Flexicoil cultivator, 33 ft., 7" spacing, \$2100. Email orsulakt@gmail.com or call 204-981-7618.

### FEED & SEED / AGRICULTURAL

FORAGE SEED FOR SALE: Organic & conventional: Sweet Clover, Alfalfa, Red Clover, Smooth Brome, Meadow Brome, Crested Wheatgrass, Timothy, etc. Star City, SK. Birch Rose Acres Ltd. 306-921-9942.

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Mature person, 1 bdrm. basement suite on 80 acres. Livestock welcome. Clean, quiet, smoke free home. \$850, satellite included. No indoor pets. Teulon, 204-479-0294.

### WANTED

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

### FLIGHT ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

**News Tips? Story Ideas?**  
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### NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to welcome? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

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# Classifieds



# Announcements

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## HEALTH

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## IN MEMORIAM

**Dave Hiebert**  
 May 17, 1942 – June 26, 2009  
 In loving memory of  
**my husband, our father and grandpa**  
 Never more than a thought away,  
 Quietly remembered every day.  
 Your presence we miss,  
 Your memory we treasure;  
 Loving you always,  
 Forgetting you never.  
 -Jean and family

## RETIREMENT



June 28th, 2024

**Carrie Munro is retiring from the IERHA!**

The last 14 months, Carrie was the Adult Day Program Coordinator. Prior to this, she was the Recreation Director at Rosewood Lodge PCH for over 18 years. Carrie's beautiful smile, obliging nature and true dedication to clients, residents, families and coworkers will be greatly missed. It is now your time to enjoy and cherish every moment to come... Have a healthy and happy retirement!!

## WANTED

Coins,  
 Coin Collection,  
 Old Jewelry,  
  
 Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

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**Todd**  
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 **McSherry Auction Service Ltd**  
 Online McSherry Auction  
**Estate of Donald Gulewich Auction**  
 July 11th @ 7:00PM Stonewall, MB  
 1 Mile South on Hwy 236 then 1 1/2 Miles East on Winfield Road #7108E  
 04 Wildcat 5th Wheel 28' Camper, Sea Ray 22' Cabin Cruiser, 03 Chevy Tracker, 05 Chevy Blazer, Acreage Misc., Paddle Boat, Riding Mower, Tools, Household, Music Instruments  
 204-467-1858 or 204-886-7027 Mcsherryauction.com

 **McSherry Auction Service Ltd**  
 Online McSherry Auction  
**Skidsteer, Tractor & Equip.**  
**for John Karatchuk**  
 July 23rd @ 7:00PM  
 Arborg, MB: John 204-376-5037  
 12 Kubota SVL 90 Skidsteer on Tracks 1293 Hours, JD 6200 Cab 3PH 5500 Hours, Quick Attach Rake Up Grapple Skidsteer Attach., Dymax Timberwolf 14" Hyd. Tree Shear/Feller Buncher Skidsteer Attach.  
 204-467-1858 or 204-886-7027 Mcsherryauction.com

**Don't forget to send your special wishes to your family and friends with a message in the Tribune**

### Online McSherry Auctions

**Estate of Donald Gulewich Auction**  
 July 11th @ 7:00PM  
 Stonewall, MB

1 Mile South on Hwy 236 then 1 1/2 Miles East on Winfield Road #7108E  
 04 Wildcat 28' Camper, Sea Ray Cabin Cruiser 22', 03 Chevy Tracker, 03 Chevy Blazer, Paddle Boat, Tools, Household, Jewelry  
 204-467-1858 or 204-886-7027  
 McSherryAuction.com

### Online McSherry Auctions

**Estate & Moving**  
 2015 Dodge Ram 2500 Safetied, 2000 Ford F350 with B+H, 2010 Chevy Malibu 86,000kms with Trans. Issue  
 July 3rd @ 7:00 PM

**Estate & Moving**  
 July 10th @ 7:00PM

**12 Patterson Dr.**  
**Stonewall, MB**  
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 McSherryAuction.com

## THE RURAL MUNICIPALITY OF ROCKWOOD



## EMPLOYMENT OPPORTUNITY

### PUBLIC WORKS HEAVY EQUIPMENT OPERATOR

The Rural Municipality of Rockwood invites written applications for the position of Public Works Heavy Equipment Operator. Under the direction of the Manager of Public Works, the position will be mainly grader operations along with the following:

#### QUALIFICATIONS – Public Works Heavy Equipment Operator:

1. Valid Province of Manitoba Driver's Class (5) Licence (clear driver's abstract)
2. Experience in a Public Works related field would be an asset
3. Good interpersonal skills to deal with the public
4. Knowledge in the operation and maintenance of different equipment (grader, loader, tractor/mower)
5. Must be able to lift, pull and manage heavy equipment and objects
6. Required to work outside in varying conditions (ie: extreme cold and extreme heat)
7. Mechanically inclined
8. Ability to work under minimal supervision
9. May be required to work evenings and/or weekends
10. Anticipated Starting Date – July 29, 2024

Salary Range \$28.56-\$33.26 / Hr – dependent on qualifications A complete job description may be obtained on the R.M. of Rockwood website at [www.rockwood.ca](http://www.rockwood.ca) or by email at [info@rockwood.ca](mailto:info@rockwood.ca).

Applications should be marked "**Application for Public Works**" and should contain a cover letter and full resume with three references.

**Forward applications to the undersigned no later than 4:00 p.m. on Friday, July 5, 2024.**

Attention: Ian Tesarski – Director of Operations  
 The Rural Municipality of Rockwood  
 285 Main Street, Box 902, Stonewall MB R0C 2Z0  
 Telephone No. 204-467-2272  
 Fax No. 204-467-5329  
 E-mail Address: [ian.tesarski@rockwood.ca](mailto:ian.tesarski@rockwood.ca)

*Thank you to all applicants for your interest, however, only candidates selected for interviews will be contacted.*



*We would like to express our gratitude to all the kind and generous individuals and businesses who have donated their time and money to the Mighty Maize fundraiser.*

Our family has been overwhelmed by the continuous support we have received since Maize's diagnosis and it has helped us immensely during this difficult time.

Right now, Maize has undergone surgery to remove the kidney with tumour attached and has been discharged home.

We are currently awaiting test results and the next steps in her treatment plan.

Due to the large number of contributions and donations to this fundraiser, we are unable to list all the names, but we sincerely thank each and every one of you for your incredible support!

*-Maize, Nathan, Monique, Logan and Lauren*

 **Ashern Auction Mart SUMMER TENDERS**  
 Tenders are now being accepted for  
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# Announcements



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## OBITUARY



**Michael Matskiw**  
June 17, 1935 – June 17, 2024

It is with profound sadness that we announce that after a lengthy illness, Michael eased into his final rest in Gimli Hospital on his birthday, June 17th with his devoted wife at his side.

Michael is predeceased by his parents (Doris and Alex), his sister Nellie, brother Alvin and nephew Anthony.

He is survived by his wife Susana, his step-children Edward, Viola and Teresa, his brother Harry (Camille) and sisters Eleanor and Louise, his nieces and nephews, Melanie, Karen, and his grandson Jonah.

Michael started life working on the farm in Boulton Municipality, and continued in that occupation for decades. He took care of the farm and the family until the nest was empty and the labour involved far outweighed the benefit. He moved to Dauphin as an

inveterate bachelor and met what would become the love of his life, Susana. Working to benefit the family had been one thing, but having someone to devote his life to and get reciprocation in return was now his focus. They met, they courted, they married, and he gained another family when he said 'I do'. Living with his new wife wasn't always easy. She was a woman with plans and now she had someone to carry them out with. They moved from Dauphin to Woodridge, and again to Labroquerie where they spent many happy years.

Mike's health suddenly declined and help was needed to get him to and from appointments, so they moved to Inwood where he weathered out Covid by cutting down trees. Lots of trees. The hum of the chainsaw broke through the morning air and he always came home with a grin on his face.

He lived the best life he could in the last few years and when he passed, his wife was at his side, holding his hand one last time.

The funeral was held at Inwood Memorial Community Center, Friday, June 21, 2024.

Thank you to the doctors and nurses who treated him during his battle at CancerCare, Selkirk Outpatient, and Gimli Hospital.



204-886-0404

## OBITUARY



**Barbara Barnes (nee Geisler)**

After a lengthy battle with heart disease, Barbara Barnes (nee Geisler) passed peacefully surrounded by family and friends on June 19, 2024.

She was predeceased by her husband Ed and daughter Shannon. She is survived by her son Sean; daughter-in-law Kristine; grandchildren Mitchell and Kendall; brother Ron Geisler and spouse Joan and their children Debbie, Deanne, Denise, Randy and Susie; Ed's sister Sharon Brandstrom, and her children Kristi and Kelli. Barb is also survived by her partner Neil Tuerlings.

In the months preceding Barb's passing as her mobility decreased, she was incredibly well supported by relatives and friends alike. We express a heartfelt thank you to our Barnes and Geisler relatives and a special thank you to the Jasper family in Brandon for being there in our time of need.

Barb grew up in Ashern, MB where she was a strong student and enjoyed track and field. She met Ed Barnes who was a classmate and after high school they were married. They settled in Stonewall in 1971 with Ed pursuing his career as an air traffic controller and Barb found employment at the Centennial School in Stonewall as the admin assistant. She could type over 100 words per minute and loved working at the school for over 30 years making lifelong friends. She was an avid curler and watching curling was something she enjoyed throughout her life. She loved crafting, cooking, board games and puzzles. Entertaining family and friends was a joy in her life.

In 2005 she lost Ed in a tragic accident and in 2016 her daughter Shannon lost a long battle with cancer. Barb persevered through these challenges later in her life. She wintered in Texas and met fellow Manitoban snowbird Neil in 2008. Neil has been her partner and companion and we are grateful that she had him in her life for the last 15 years.

A celebration of life will be held at the Stonewall Legion on Friday, July 5, 2024 at 1:00 p.m.

MACKENZIE FUNERAL HOME STONEWALL  
(204) 467-2525 • [info@mackenziefh.com](mailto:info@mackenziefh.com)



## OBITUARY

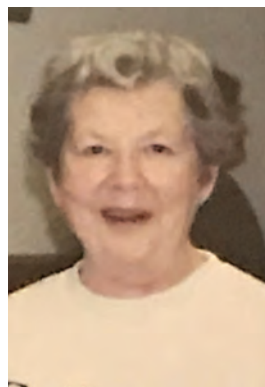
**Helen Marie Croy**

Helen Marie Croy, 85, of Penticton, British Columbia, passed away March 11, 2024, after a 14-year battle with Alzheimer's disease.

There will be a funeral held on July 13, 2024, at 11 a.m. at Victoria Cemetery near Balmoral, Manitoba.

Please see full obituary in next week's Tribune.

## OBITUARY



**Ellen Maria Steinhorsen**  
July 28, 1931 – June 21, 2024

Peacefully with family by her side, Mom passed away (left us) to reunite with her husband Ragnar, sons Earl and Dale, grandson Tyler and son-in-law Jim.

Left to cherish her memory are daughter Dawn (Al), daughter-in-law Kathy; grandchildren Sheryl (Myles), Daryl, Brandee (Braeden); great-grandchildren Colby, Natalie, Aidan, Natasha, Linnea, Waylon, and Tazmyn.

Mom enjoyed a busy and full life. She was born and raised in the Eriksdale area. After her and Dad were married they moved to Vogar where they farmed together and Mom taught at Vogar School. They later moved to Stonewall and Gunton where she worked at the Arris Centre, Jackson Insurance and Sigvaldason Agency.

She spent many hours sewing, knitting, and crocheting items for her family through out the years and all were made with love.

Upon retirement Mom moved to Lundar where she was very involved in the community. She enjoyed getting together with friends and going to the Old Time dances. She enjoyed travelling to many different places after retirement. We were all a little concerned when Mom and her galavanting Grannies decided to drive to the Yukon. Mom, Nina, Edith and Thelma had many wonderful adventures on this trip and made it there and back safe and sound.

We would like to thank the Homecare staff and staff at Stonewall Hospital for all the care they provided to Mom.

Cremation has taken place and a private family interment will be held at a later date.

Donations in Mom's memory may be made to Lundar New Horizons Club.



204-886-0404



## Summer Crop Tour

Plan now to attend the MB Forage Seed Association Summer Crop Tour and learn about the crop production research presently being conducted in the forage seed industry. The meeting point will be at Paterson Grain located on Paterson road off the perimeter. **\*\*Please take note transportation will not be provided by MFSA.**

**Date: July 16, 2024**

**Time: 12:00 pm**

**Dinner: 5:00 pm (Carman Golf & Curling Club)**

### Highlights

- Pre-seed herbicides on Alfalfa, trefoil, meadow fescue and perennial rye
- Chaperone/Classic herbicide carryover effects on Canola and Wheat
- Perennial Rye liquid fertility trial, melted urea vs UAN
- Perennial Rye herbicide screening
- Spray Drone Demonstration

To Register please call Lisa @ 204-376-3309 or [loneill@forageseed.net](mailto:loneill@forageseed.net)

*\*This year we ask when registering to indicate if you will also be attending the dinner.\**

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