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# Stonewall seeks feedback on proposed aging-in-place campus

By Jennifer McFee

The Town of Stonewall shared its vision and plan for an aging-in-place campus, which aims to support the community's evolving needs.

The aging-in-place campus would be located on town-owned land located on the east side of 4th Street East, extending from 3rd Avenue South, which would allow older adults to remain in the community as they age. An extension to 3rd Avenue South would provide access to the campus.

The campus neighbourhood would feature housing and care options, including independent living, assisted living, supportive housing and long-term care, with opportunities for rental, life-lease and ownership possibilities.

The plan also includes a commitment from the Town of Stonewall to provide a fully serviced five-acre parcel of land to the Interlake-Eastern Regional Health Authority and the provincial government to develop a personal care home within the 15-acre campus. The provincial government has indicated support for building a 144-bed personal care home within the next five years, which IERHA would own and operate. In addition to government support, the town and its partners commit to contributing financially to the project.

The design prioritizes pedestrians in a traffic-calmed setting, and parts of the site's existing forest will be preserved. A central area will provide



TRIBUNE PHOTO SUBMITTED

A conceptual drawing shows the Town of Stonewall's proposed aging-in-place campus, a 15-acre neighbourhood designed to meet the evolving needs of older adults through a range of housing, care and community options. The campus will include a 144-bed personal care home, walking paths, preserved forested areas and shared spaces to foster inter-generational connection.

spaces to bring people of all ages together.

The vision for the campus also includes providing space for a hotel. The town is entering into a development feasibility and planning cooperation agreement for the potential development of a hotel on the site.

A total of 53 per cent of Stonewall's population is between the ages of 25 and 64. Looking ahead, the demand will increase for seniors and supported housing, as well as recreation and care facilities that will allow the aging population to remain in town. Currently, the supply of seniors housing in Stonewall is at full capacity, yet the demand continues to increase.

The town is also in the process of updating its of-

ficial community plan, secondary plan and zoning bylaws in an effort to encourage residential growth and neighbourhood services. In addition, the town is working to develop incentives such as density bonuses for affordable housing and allowances for integrated features like patios and accessible drop-off zones.

The town hosted an open house event on June 23 to share plans and answer questions. For those who weren't able to make it, the information is posted on the Town of Stonewall's website at [stonewall.ca](https://stonewall.ca). All are welcome to share their feedback through a survey at <https://forms.gle/osarBr8b9EtSKcU47> until July 14.

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# Warren CIB honours green thumbs and community pride



TRIBUNE PHOTOS SUBMITTED

Congratulations to Cathy Clements and Brian Campbell of Whispering Winds Warren Golf and Country Club, named the first Business of the Month in Warren. Their efforts to beautify the community are appreciated. The Warren Communities in Bloom committee launched this new initiative to promote local pride, with businesses to be recognized in July and August 2025.



Lorraine and Leo Passaggio of 137 MacDonald Ave. are Warren's first Yard of the Week for 2025. The curbside view of their immaculate vegetable garden fits perfectly with this year's Communities in Bloom edible garden theme, while "pretty in pink" barely begins to describe the abundance of petunias that frame the dove-grey siding of their home. The result is stunning. Miracle-Gro signs will be displayed with all 2025 yard selections, since Warren is one of four communities participating.



## 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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# King family gathers to celebrate nearly a century of farming legacy

By Jo-Anne Procter

A century-old farming legacy was celebrated June 28 as nearly 100 descendants, neighbours and friends gathered at the King family farm to honour the roots laid down by Ben and Marjorie King in 1925.

The celebration took place at Trevor and Kim King’s farm at NW25-13-2W, a few kilometres west of Warren, where the family’s journey began exactly a century ago. Ben and Marjorie King had moved from Lily Bay, near Lundar, in search of better pastureland and new opportunity. What followed was a life of perseverance, dedication and deep family ties, anchored in the heart of Manitoba farmland.

The Kings arrived at NE25-13-2W in July 1925 to face difficult conditions. The house was unfinished, the water was unfit even for cattle, and skeptics warned of failure on what was then known as the “alkali flats.” But with determination, they set about transforming their land — building infrastructure, planting shelterbelts and growing both their cattle herd and their family.

Their eight children — Jennie, Myrtle, Annie, Marvin, Ronald, Harold, Elsie and Doris — grew up steeped in the values of hard work and community. In time, several members of the next generation settled nearby, keeping close to the land that shaped their upbringing. Marvin and Ronald both purchased and farmed sections adjacent to the original homestead, helping carry the family tradition forward.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The King family gathered at their original homestead site west of Warren where a monument has been placed to celebrate 100 years of settlement on June 28.

In 1979, Ben and Marjorie celebrated 60 years of marriage. Ben passed away in 1980, and Marjorie continued to be a pillar of the family until her death in 1995.

To mark the occasion, a commemorative plaque was unveiled on a monumental stone at the original homestead, now farmed by Lawrence King, son of Marvin King. The stone, which has stood through generations of farm life, was chosen as a symbol of the family’s strength and resilience.

The gathering included a shared meal, musical performances by family members, and stories that wove together the joys and hardships of life on the land. The celebration not only paid tribute to the past but also to the present and future.

Trevor and Kim King, the current stewards of NW25-13-2W, continue to operate the farm alongside their sons, Colton, Trey, Karson and Rhet. Together, the family remains deeply connected to their agricultural roots, passing down knowledge and values with each generation.

As the family looks ahead to 2033, there is growing excitement around officially recognizing the King farm as a century farm. The milestone will reflect a legacy built not only on agriculture but also on heritage, perseverance and community.



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# Three first-year medical residents share skills in Interlake-Eastern

By Jennifer McFee

A trio of medical residents continue to hone their skills in rural medicine.

Krista Sigvaldason, Alexandra Peper and Gabriel Kingma are completing a two-year residency through a family medicine residency program in the region. Residency is the final training stage for doctors after they graduate from medical school.

Krista Sigvaldason grew up in Arborg and moved to Winnipeg after graduating from high school to attend the University of Manitoba to earn an undergraduate degree in kinesiology. She pursued medical school and graduated in May 2024.

Sigvaldason said she decided to come to IERHA for her residency because of her positive rotation experiences in Selkirk and Lac du Bonnet during medical school. She also participated in the Home for the Summer program in Arborg and Gimli.

"I found the preceptors to be very supportive and welcoming, and I wanted to train rurally during residency to become a well-rounded physician," said Sigvaldason, who enjoys running, going to the gym and spending time with family and friends.

"My goals for my future medical practice include to work rurally in family practice, and I hope to gain a broad and well-rounded knowledge base to best provide for my patients."

Looking ahead, Sigvaldason plans to work in rural Manitoba and is open to working in any health region — including IERHA.

Alexandra Peper grew up near Oakbank and is proud of her strong Dutch and Ukrainian heritage. She attended U of M for her undergraduate degree, earning a bachelor of science with a major in psychology. After that, she completed her medical degree.

"I was inspired to become a physician because of experiences I had



PHOTOS SUBMITTED

Medical residents, from left, Krista Sigvaldason, Alexandra Peper and Gabriel Kingma are completing a two-year family medicine residency through the Interlake-Eastern Regional Health Authority, gaining hands-on experience in rural Manitoba communities.

in communities located in the Interlake-Eastern region as a youth and considered it a natural fit to return to these areas for my residency training," said Peper, who enjoys traveling, visiting her family's cabin in the Whiteshell and spending time with family and friends.

"After completing an elective rotation in Selkirk during my last year of medical school and learning more about the Interlake-Eastern residency program, the decision was solidified. The attending physicians, residents and staff are all very knowledgeable and welcoming, along with the community members."

Currently, she spends time working at Selkirk Medical Centre, local personal care homes and the Selkirk Regional Health Centre.

In the future, she hopes to return to

IERHA for her medical practice.

"There are many opportunities as a rural family physician, and my goal

is to incorporate several of them into

Continued on page 8

**"I WANTED TO TRAIN RURALLY DURING RESIDENCY TO BECOME A WELL-ROUNDED PHYSICIAN."**  
— KRISTA SIGVALDASON

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## Local Métis musician featured in national documentary that airs July 12

By Jennifer McFee

A local Métis musician is hitting a high note through his inclusion in a documentary that showcases the connection between land, music and Indigenous languages.

Dave Lavallee, who lives just outside Stonewall, is a musician who weaves stories of his Métis heritage throughout his music.

He is one of 16 Indigenous artists from across Canada being featured in a documentary called *Rhythms of the Land*, which will broadcast on CTV on Saturday, July 12.

Presented by the Office of the Commissioner of Indigenous Languages, this national music documentary features performances by Indigenous artists across the country who sing in their own mother tongues.

Adding to the impact, each artist is filmed in a landscape of deep personal significance. The film follows the artists from coast to coast to coast, providing an incredible visual journey of Canada and its music.

For Dave, he chose to be filmed in St. Ambrose where he grew up. His deep family roots in the community stretch back to his great-grandparents.

Dave and his 16 siblings all grew up in a musical household, taking after their talented parents. Music was their main entertainment throughout childhood — a tradition that carried on throughout their lives and into the next generations.

For the documentary, Dave shares a song in Michif.

Along with his wife Marj, Dave travelled to Gatineau, Que., for the premiere screening of the documentary.

"It's so exciting. We are so proud of Dave and all that he does for his community, the Métis people and our



TRIBUNE PHOTO BY JASON LAVALLEE

Métis musician Dave Lavallee of Stonewall is featured in *Rhythms of the Land*, a national CTV documentary showcasing Indigenous artists singing in their traditional languages across Canada.

family and friends," Marj said.

"He's been translating songs and teaching them to our daughter and granddaughter. They sing with him, so they're learning to sing in Michif too. We're really enjoying this."

Together, Marj and Dave are ambassadors for the Office of the Commissioner of Indigenous Languages, and they've also been leading their own workshops that focus on the Michif language for youth and adults. Coming up, Dave will perform in Ottawa for the Global Indigenous Languages Summit – Waves 2025, and he's also travelled to Kamloops to be involved in an event through the Office of the Commissioner of Indigenous Languages.

With a deep appreciation for his culture, Dave reflected on the significance of sharing the Michif language

with others.

"I love doing it. I should have been doing it a long time ago," he said. "I've always liked helping people out, and now I know I can with teaching people the language too."

Earlier this year, Minister Mona Buors presented Dave with a King Charles III Coronation Medal in recognition of his efforts to carry on the Métis culture and heritage through his music, language and teachings.

To keep up to date with Dave Lavallee and his music, follow the Facebook page called "Dave Lavallee – Lavallee Tradition."

Visit [rhythmsoftheland.ca](http://rhythmsoftheland.ca) to learn more about the *Rhythms of the Land* documentary, which includes a trailer and information about each artist — including Dave Lavallee.

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## Faith

"Faith is the assurance of things hoped for and the conviction of things not yet seen." Hebrews 11:1

You have probably heard the phrase "blind faith" which is often said as to say that belief in God is really without evidence or any real reason to believe other than your feeling that God exists. If we truly look at this verse in the context of the rest of Hebrews 11 this idea of "blind faith" is far from what faith actually means. We can have faith because of the things that we believe are coming are assured or guaranteed. Things we may not be able to see yet but we can be assured that it is real or that it will happen.

The chapter continues with bringing us back to the faith that people had in God's promises that they did not get to see come to pass in their lifetime. But God did bring those things to pass. Faith that God will do something He said He will do is not blind faith but rather having a confident understanding of who you have your faith in and understanding that whatever he says will come to pass because we already have evidence that He is real and that He will accomplish that which He purposes. We can put our assurance in God because what He says will happen is guaranteed.

Daniel Brewer

## Teulon firefighters bring fire safety to elementary school

TRFD teams up with  
TES, One Insurance,  
Rona Rockwood

By Emma McGill

For more than a decade, Teulon Rockwood Fire Department (TRFD) firefighters have been doing more than just responding to emergencies — they've been actively working to prevent them by teaching the next generation about fire safety.

Now in its 15th year, the TRFD Smoke Alarm Program continues to make its mark at Teulon Elementary School (TES), where students in

grades 1 to 4 received hands-on lessons about fire prevention, emergency preparedness and the importance of working smoke detectors.

The June 16 event was led by firefighters Kevin Algner and Tanner Wilton, who delivered age-appropriate presentations and answered questions from curious students. Each child also received a free smoke detector, handed out with help from One Insurance volunteers Rey Girardin, Theresa Cronin and David Robin.

The long-running initiative is made possible through community partnerships with Rona Rockwood and One Insurance, both of which support the effort through their Because We Care campaign.

Adding extra excitement to the day was Sparky the Fire Dog, who delighted the students while driving home key safety messages.

"This program is very important to keep families — and especially children in the community — safe, as we've found that some homes don't even have a working detector," said Algner. "Smoke detectors only have a useful life of 10 years, and a lot of people either don't realize that or think a fire could never happen to them."

The TRFD hopes to soon bring back its interactive public education trailer, which allows students to experience a simulated fire scenario and practise safe evacuation techniques, including crawling low through smoke.





# Local store funds summer fun

**TRIBUNE PHOTO SUBMITTED**  
Stonewall Red River Co-op store manager Ryan Madla, far right, presented a \$2,000 cheque last week to Community Living Interlake clients and director of client care Marissa Hibbitt. The generous contribution will help fund summer experiences, including passes to Kinsmen Lake, assistance with travel costs so participants can access activities throughout the season, and a community barbecue.

## > MEDICAL RESIDENTS, FROM PG. 5

my career," she said.

"During my residency training, I will be keeping an open mind and gaining as much experience as I can in a variety of areas. I look forward to seeing where my career takes me."

Gabriel Kingma, from Winnipeg, completed a bachelor of science degree with a major in biochemistry from the University of Winnipeg before earning a medical degree from the University of Manitoba.

He decided to come to Interlake-Eastern for his residency because it aligns perfectly with his passion for both medicine and the great outdoors.

"Having spent time working in rural

Ontario for several years before entering medical school, I developed a deep appreciation for community-focused health care and the unique challenges that rural populations face," said Kingma, who enjoys cooking, music, reading, exercising and spending time with his wife, family and friends.

"The Interlake's beautiful landscapes and tight-knit communities really resonate with me. I love being outdoors, whether it's hunting, fishing or simply enjoying nature. I believe that my active lifestyle and commitment to community health can help me connect with patients in meaningful ways."

At this point in his training, Kingma is still undecided about his future career path; however, he's discovered that he really enjoys working in acute care environments.

"The fast-paced, dynamic nature of acute care excites me, and I thrive on the challenges it presents," he said.

"At the same time, I'm passionate about building meaningful relationships with my patients. I believe that providing long-term care is incredibly

rewarding, as it allows for deeper connections and a better understanding of each patient's unique needs."

His goal is to find a balance between these two aspects — leveraging his skills in acute care while fostering strong, supportive relationships with patients throughout their health-care journeys.

"Ultimately, I aim to create a practice that not only addresses immediate health concerns but also promotes ongoing wellness and connection," Kingma said. "I could very much see myself working as a member of the IERHA to achieve my future medical practice goals."

In addition to the three first-year medical residents, Dr. Rita Costa and Dr. Amanda Wong are currently in their second year of the residency program.

The family medicine residency in Interlake-Eastern is run by Selkirk Medical Associates in collaboration with the Department of Family Medicine, Max Rady College of Medicine and Interlake-Eastern Regional Health Authority. Dr. Ian Alexander of Selkirk Medical Associates is the lead.

Dr. Alexander stressed the need for ongoing support for the residency

program, as well as other programs that support medical learners along the way.

"The development of the residency training program has been a game changer in the recruitment of new family physicians. We expect this to continue as our program becomes more established," he said, adding that the residency program wouldn't be possible without the support of Selkirk Medical Associates and the Lac du Bonnet Medical Group.

"It's exciting to see the next generation of physicians choose the IERHA as their home and site to practice."

To date, the Interlake-Eastern Family Medicine Residency Program has trained and graduated seven residents since the program launched in the region in 2019, and six of them continue to work in the region. The residency program is looking to expand in 2025 and is seeking space to accommodate more learners.

The Interlake-Eastern Family Medicine residency program has accepted six incoming residents who began their program on July 1, 2025.

### Al-Anon and AA Meetings Information

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

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

**Stonewall AA**  
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# New exhibit launches at Argyle museum

By Jennifer McFee

A new museum exhibit has launched in Argyle — with perfect timing for an interesting summer-time outing.

Settlers, Rails and Trails will host a grand opening for its Treasures from The Vault exhibit on Saturday, July 5 from 1 to 4 p.m. in the lower level of the Argyle Community Centre.

This new exhibition showcases items from the museum's permanent collection that have not yet been displayed to the public.

Shayne Campbell, the museum's president and executive director, explained that the board of directors each chose 10 special items that represent the communities of Argyle and Balmoral. These pieces come from a range of artifact categories, including local history, railway, veterans, agriculture, art and culture, archives, special collections, natural history, Manitoba Brick & Block Collection and the Canadian flag collection.

At the same time, the museum has created another unique experience called the Timeline Exhibition.

"A set of eight display cabinets will feature the history of Manitoba's telephone communication, in chronological order, from the 1900s to present day. In future exhibitions, we will change the theme of the displays to toys, tools and household items through the ages," Campbell said.

"These brand-new cabinets were



custom designed by our volunteers and built locally with funding from the Manitoba government's Community Museum Project Support Program."

After viewing the show, visitors will be able to vote for their favourite artifact, offering an opportunity to gather feedback from guests and members. The results will be posted at the museum and online.

"Every item has been gifted by incredible donors from Argyle, the Interlake region, Winnipeg and across the province of Manitoba. The museum began accepting artifacts in 1991 and currently has over 25,000 items," Campbell said.

"Each time we unveil a new show, our rented exhibition space of 725 square feet is completely emptied, painted, re-imagined and re-set for our visitors. However, the space features only one per cent of our museum's holdings. A new larger interpretive building is currently being designed by our group, to be located



PHOTO SUBMITTED

Settlers, Rails and Trails has launched its new Treasures from the Vault exhibit.

at the museum's 12-acre park."

The new Treasures from the Vault exhibit is slated to run for one year, but it might be extended based on popularity.

The Manitoba Brick and Block Exhibition, the museum's most popular exhibit yet, was extended well beyond its projected one-year timeframe.

"In the course of its run, we saw over 3,000 visitors — and possibly three times that many people viewed it virtually. Visitors included elected and bureaucratic members of government, architects, students (youth and international), brick collectors, masonry heritage enthusiasts, brick retailers, construction workers, business owners and the general public

from all across Manitoba," Campbell said.

"The museum also made several off-site and online presentations to students at the University of Manitoba faculty of architecture. The bricks and artifacts have since been carefully packed away in our storage facilities, awaiting display in our future interpretive building."

Settlers, Rails and Trails museum is open the first Saturday of every month from 1 to 4 p.m. Admission is free. Appointments and tour groups (2 to 30 people) can also be accommodated throughout the summer. To make arrangements, contact Shayne Campbell at [argylemuseum@gmail.com](mailto:argylemuseum@gmail.com).

## Midsommar celebration welcomes summer with song and dance

By Jennifer McFee

The Swedish Cultural Association of Manitoba drew a crowd from the Interlake and beyond for its annual midsommar (midsummer) celebration.

The free event took place on Sunday, June 22 in Winnipeg at the Swedish Canadian Home (5419 Roblin Blvd.) to celebrate the Scandinavian midsummer tradition to welcome summer.

Highlights included raising the maypole, followed by lively ring dances around it. The event also featured raffles, a barbecue, ice cream treats and much more.

Even a brief downpour of rain coupled with high winds did not deter the festivities. Looking ahead, the Swedish Cultural Association of Manitoba plans to host a crayfish party on Aug. 28 and a tour of New Iceland on Sept. 13.



TRIBUNE PHOTOS BY JENNIFER MCFEE

Guests took part in traditional ring dances around the maypole during the Swedish Cultural Association of Manitoba's annual midsommar celebration, held June 22 in Winnipeg.



# Stonewall street closes to allow for an afternoon of free play

By Jennifer McFee

Youngsters — along with the young at heart — took over the streets to let their imaginations soar.

On Tuesday, June 24, a portion of 1st Street West was temporary closed to traffic to allow community members to gather and play safely in the road.

The free event, known as Play Streets, encourages unstructured outdoor play — something that is often lacking but is vital to children's health and development.

Students in the Stonewall-based Early Childhood Education Workplace Program, offered through Red River College Polytechnic, acted as stewards of the event, facilitating and supporting the play.

The streets were lined with materials and equipment such as chalk paint, a beanbag toss, a parachute, bubble solution and giant wands, bucket stilt, gym mats and cardboard boxes, with children moving freely and independently between activities.

Attendees also had the chance to enjoy free snacks and drinks — supplied by Red River College Polytechnic, Pratts Wholesale and Quarry Physiotherapy — while engaging in child-led and child-inspired play.

"For me, the best thing about the event was the children playing without needing adult instruction," said Dr. Kelly Andrushko, an instructor in the ECE Workplace Program.

"The children were supervised, but they had freedom and choices — and it was amazing."

Children and staff members from



Stonewall Children's Centre, Starting Blocks and Ecole RW Bobby Bend School attended the Play Streets event, along with residents of Stonewall and Stony Mountain.

The sunny weather added to the carefree ambiance of the adventure-filled afternoon, but it was the sounds and sights of excited, joyful children that made the event truly special.



TRIBUNE PHOTOS BY JENNIFER MCFEE

Children played freely on Stonewall's 1st Street West on June 24 during the Play Streets event, which closed the road to traffic and offered snacks and unstructured outdoor play.



# Stony Mountain students blast into summer

By Jennifer McFee

Stony Mountain students enjoyed a unique way to cool off on a hot day.

To wrap up the school year, the Stony Mountain Fire Department paid a visit to the school for the Year-End Blast Into Summer event. Excitement builds for this annual activity when members of the local fire department drop by the school and spray the kids with water — straight from the fire truck.

"It's something the kids look forward to every year," said Capt. Kristina Knapp. "We make sure to always get the principal soaked too, which the kids think is hilarious."

Principal Bill Olson was happy to be part of the action. He noted that a Grade 2 student high-fived him in the crowd and described the experience as the best day of his life.

"The staff — and especially the students — appreciate our local fire de-



Sophia Knapp and principal Bill Olson were soaked head to toe.

partment and the time and effort they put into connecting with our school community at the end of the year," Olson said. "It is probably the most anticipated year-end event."



TRIBUNE PHOTOS BY KRISTINA KNAPP

Lt. Ryley Wytinck was busy on the hose line, while Deputy Chief Kevin Knapp and firefighter Reid Craigie ran the pump on the engine and tanker.



# Cruisin' Gimli Beach Car Show rolls into town July 13

By Haley Cvar

Chrome will shine and engines will roar as car lovers gather for the annual Cruisin' Gimli Beach Car Show on Saturday, July 13.

Hosted by the Gimli Car Club, the popular Show & Shine event will run from 11 a.m. to 4 p.m. at the Sobey's parking lot in Gimli. Registration is \$10 per vehicle, and participants are encouraged to bring a non-perishable

food item or make a cash donation in support of Evergreen Basic Needs.

Dash plaques will be handed out to the first 400 registered cars, and a walking poker run will add a fun twist to the day's festivities.

Now in conjunction with the national Collector Car Appreciation Day, the show also marks the 15th annual celebration of the day in Canada, recognizing the cultural and historical

significance of classic cars and the people who preserve them.

Organizers say the event draws hundreds of vehicles from across the region, with everything from vintage rides to muscle cars lining the streets near the waterfront.

For more information, visit the Gimli Car Club Facebook page.



## Correction TCI graduation



TRIBUNE PHOTO BY EMMA MCGILL

Teulon Collegiate graduate Sarah Tyluk receives the Town of Teulon Award #2 from Coun. Robin Nishibata. Tyluk was also awarded the Teulon Healthcare Foundation Award, 2025 Trevor King Citizenship Scholarship, Janet Kuchma Leadership Award #2, Interlake Bus Drivers Association Award #1, Lorne Ferley Scholarship, ISD Grade 12 General Proficiency Award and University of Manitoba Scholarship.

In last week's graduation coverage, *The Tribune* incorrectly reported that Sarah Taylor received the ISD Grade 12 General Proficiency Award. The award was in fact presented to Teulon Collegiate graduate Sarah Tyluk and Sarah Taylor received the TCI Principals Scholarship. We apologize for the error.



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# JULY 19



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# Stony Mountain celebrates Canada Day in style



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stony Mountain Canada Day celebrations kicked off June 30 with two days of fun-filled festivities. Families gathered at the Bison Bandstand, where children lined up excitedly for face painting and bounced in inflatable castles. The candy scramble had little ones racing to collect treats, and an outdoor concert featuring local favourites Glove Box Gold kept the energy high. Following the concert, the sky lit up with fireworks set off by the Stony Mountain–Rockwood Fire Department. On Canada Day itself, the fun continued with a pancake breakfast, a parade, a slo-pitch tournament, a free hot dog lunch and the legendary town-wide water fight with the fire department. Pictured clockwise from top left: Bob Beck of the Interlake Community Foundation presents a \$2,000 cheque to the Stony Mountain Community Association in support of the Memory Garden Project; Violet, Alex and Addi take part in the Canada Day parade with Prairie Fusion Catering; Daria, Slava, Chad and Luka Deprez show off their red and white; local band Glove Box Gold performs; and kids race during the candy scramble.





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# Langelaar set to become sixth Manitoban to compete in Canada's Strongest Man

By Kieran Reimer

Andrew Langelaar of Iron Image Barbell Club recently competed at the 2025 Western Canada's Strongest Man competition, finishing second in the two-day event after missing the podium last year.

The top-three finish earns him a trip to his first-ever Canada's Strongest Man competition, where he'll become just the sixth Manitoban to compete in the event.

What's made his season even more memorable is how quickly he's transformed into one of Canada's top competitors — after picking up the sport just over a year ago.

The 28-year-old, who was born in Winnipeg, was a powerlifter for more than 10 years before transitioning to strongman last year.

Since then, Langelaar's world has been flipped upside down.

"I've kind of made my whole life evolve around it," said Langelaar. "I'm lucky enough to have a job that doesn't take too much out of me during the day, and then pretty much the rest of my life is just living and breathing [training]. I'm lucky enough that the guys behind me are very supportive of it — they've done an amazing job to equip me with the



2025 WESTERN CANADA'S STRONGEST MAN		
1	COLTEN SLOAN	118.5
2	ANDREW LANGEAAR	109.5
3	SAM RISSLING	107
4	LARSON HEHR	99.5
5	BILLY HORNADAY	89
6	ALEX CRISBY	76.5
7	RYAN JABALEE	64
8	BEN BORGER	64
9	AUSTYN RYAN	61
10	RYAN STICKEL	60.5
11	DAVE BLAKE	47
12	JOSH CLOHERTY	43

Andrew Langelaar of Iron Image Barbell Club in Selkirk placed second at the 2025 Western Canada's Strongest Man competition, held June 7-8 in Devon, Alta.

tools and the equipment that I need to make sure I can do that. My lovely girlfriend helps out making all the meals and stuff.

"Pretty much everything I do is either related to fatigue management, recovery or actively training and practising, so it was a big lifestyle shift. It's definitely paying off."

Leading up to Westerns, Lange-



TRIBUNE PHOTOS SUBMITTED

Iron Image Barbell Club will host Strongmania on July 12 at the Selkirk waterfront during the Triple S Fair & Rodeo. One of the gym's own, Andrew Langelaar, is now ranked among the top strongman competitors in Canada.

laar attended the Arnold Amateur championship.

Pro/Am before beginning the grueling training process for the regional

He had less than the typical 12-week

Continued on page 16

## COMING SOON TO STONY MOUNTAIN - The Quarry View Plaza

Exciting changes are on the horizon for Stony Mountain as a brand-new multi-tenant commercial development prepares to open its doors!

Quarry View Plaza, located at 9158 Quarry Rd., Stony Mountain, MB, is set to launch on January 1, 2026, and is already creating a buzz in the community. Anchoring the development are two major names: Tim Hortons, Canada's favourite coffee stop, and an Esso gas station, making Quarry View Plaza a convenient and high-traffic destination for both locals and visitors alike. But the excitement doesn't stop there.

Three prime commercial units are still available for lease, offering local entrepreneurs and businesses a unique opportunity to become part of this vibrant new plaza: Two units at 1,200 sq. ft. each. One larger unit at 2,219 sq. ft.

Whether you're a retailer, food service provider, medical or professional service, Quarry View Plaza provides excellent visibility, ample parking, and the foot traffic that comes with two nationally recognized anchor tenants.

This is your chance to be part of Stony Mountain's growing commercial landscape.

For leasing inquiries or more information, please contact: Angelique Gantuk 204-977-1956

Or reach out to our listing agent: The Mark Thiesen Group 204-794-5700



Quarry View Plaza – Opening January 2026. A new destination. A new opportunity.





# Young dancers light up the stage at Green Acres

By Emma McGill

With bright smiles and boundless energy, young dancers from the Green Acres Art Centre's spring dance program took the stage June 24 to showcase the routines they had spent the past eight weeks perfecting.

The first group, ages four to six, performed to the upbeat tune "Splish Splash" as part of the Creative Movement class. The second group, dancers aged seven to 10 from the Exploring Dance class, presented a lyrical number. Both classes were led by instructor Jill Demianiw, who will con-

tinue to offer dance programming at GAAC this fall.

After the applause, the dancers and their families enjoyed a live cover of "APT." by Bruno Mars and Rosé, performed by David Trach and his nine-year-old son.

The celebration also included a special presentation from Julie Leduchowski, who delivered a cheque on behalf of the Quarry Choristers to support GAAC's theatre program. The centre expressed heartfelt thanks for the generous donation.



TRIBUNE PHOTOS BY EMMA MCGILL

Julie Leduchowski presents a cheque on behalf of the Quarry Choristers to support the Green Acres Art Centre's theatre program during the centre's spring dance showcase June 24.



Young dancers from the Green Acres Art Centre's spring program take the stage June 24. The Creative Movement group (ages 4-6) performed to "Splish Splash," while the Exploring Dance group (ages 7-10) showcased a lyrical routine.

## ARBORG Agricultural Society

### Arborg Agricultural Fair

Saturday, July 19<sup>th</sup> & Sunday, July 20<sup>th</sup>

### Heartland Rodeo

### Turn'n Burn Gymkhana

### Kids Zone

### Antique Tractor Pull • Mud Bog

### Food Trucks • Merchant Mall

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Mechanical bull Saturday evening

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\$25.00 per person/weekend pass

\$40.00 for family of 4/ day pass

\$70.00 for family of 4/ weekend pass

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# Teulon honours Canada's 158th birthday with a weekend of festivities



TRIBUNE PHOTOS BY EMMA MCGILL AND SHAE-LYN BURZUIK

Teulon was bursting with red and white spirit as the community came together June 30 and July 1 to celebrate Canada's 158th birthday with two full days of festivities, food and family fun. From reptiles and riders to burgers and bands, the town offered something for everyone. Activities stretched from the Teulon Rockwood Arena — home to the crowd-pleasing Fraser Reptiles petting zoo — to the Teulon and District Museum, which welcomed visitors with free admission on Canada Day. The Access Outdoor Stage kept toes tapping all weekend long with performances by local favourites including the Country Pride Band, singer-songwriter Austen Croy from Petersfield and the Winnipeg-based country rockers The Honeysliders. Young dance students from the Green Acres Art Centre also took to the stage to show off their moves. For the kids, it was a playground of excitement — carnival games, a Lego castle, face painting and a bounce house kept the young ones smiling. Kirt Ansell's Hot One Transport Bus made a memorable appearance, offering free rides for little thrill-seekers. Hungry festival-goers filled up on classic favourites — burgers, fries and cotton candy — served with a side of Teulon hospitality. Vendors in the park added extra flair, showcasing handmade goods, sweet treats and local creativity. The night of June 30 ended with a bang — literally — as a dazzling fireworks show lit up the sky moments after the final band wrapped up their set, capping off a perfect start to the long weekend. Whether dancing in the heat or exploring museum displays, the community spirit in Teulon shone bright — a fitting tribute to 158 years of Canada.





# 2025 Collège Stonewall Collegiate Awards, Scholarships and Bursaries

Annika Hildebrand	ETHAN BENNETT ZUK BOYER MEMORIAL HUMANITARIAN AWARD
Ashlyn Delaine	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS KEITH A. COSENS MEMORIAL - THE WINNIPEG FOUNDATION STONEWALL ROYAL CANADIAN LEGION BRANCH #52 - STONY MOUNTAIN GRAD VALEDICTORIAN
Autumn Michalsky	STONEWALL UNITED CHURCH INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS
Avari Hidlebaugh	LIFETOUCH CANADA WALTER MALAZDREWICH MEMORIAL
Ben Toews Benjamin Toews Blake Farthing	STONEWALL INDEPENDENT ORDER ODD FELLOWS LODGE #49 INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS DWAYNE SWANSON MEMORIAL
Chase Border	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS RONALD & JESSIE MATTHEWSON - THE WINNIPEG FOUNDATION STONEWALL ROYAL CANADIAN LEGION BRANCH #52 WALTER MALAZDREWICH MEMORIAL
Chloe Beresford Colby Salkeld	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS STONEWALL STARTING BLOCKS ELLA MAE EMMS JOHANNESSEN MEMORIAL RONALD & JESSIE MATTHEWSON - THE WINNIPEG FOUNDATION (JESSIE PATERSON) TALBOT & ASSOCIATES
Daisy Uhres-Todd	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS INTERLAKE COMMUNITY FOUNDATION - LEADERSHIP LIFETOUCH CANADA MLA- TREVOR KING RONALD & JESSIE MATTHEWSON - THE WINNIPEG FOUNDATION (JESSIE PATERSON) STONEWALL ROYAL CANADIAN LEGION BRANCH #52
Elia Grosselle	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS CANADIAN PARENTS FOR FRENCH - FRENCH FOR LIFE GOVERNOR GENERAL ACADEMIC MEDAL KEITH A. COSENS MEMORIAL - THE WINNIPEG FOUNDATION RONALD & JESSIE MATTHEWSON - THE WINNIPEG FOUNDATION STONEWALL KINSMEN CLUB STONEWALL ROYAL CANADIAN LEGION BRANCH #52
Elizabeth Danis-Caron Erin Sullivan	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS DAVE & ANNETTE UNRAU - INTERLAKE COMMUNITY FOUNDATION STONEWALL UNITED CHURCH INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS
Ethan Samborski Gracie Fingas	STONEWALL & DISTRICT CHAMBER OF COMMERCE ELLA MAE EMMS JOHANNESSEN MEMORIAL WALTER MALAZDREWICH MEMORIAL WILLIAM M.A. CAMPBELL MEMORIAL - THE WINNIPEG FOUNDATION
Jackson Vandersteen Jane Sugimoto Katrin Epp	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS RYAN GRANDMONT MEMORIAL - INTERLAKE COMMUNITY FOUNDATION JAMES FAMILY - THE WINNIPEG FOUNDATION INTERLAKE TEACHERS ASSOCIATION WILLIAM M.A. CAMBPELL MEMORIAL - THE WINNIPEG FOUNDATION INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS
Keenan Abraham Leah Dewar	VALEDICTORIAN STONEWALL KINSMEN CLUB INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS
Leah Porteous	JENNIFER JENSEN & KELSEY MOELLER BROWN - INTERLAKE COMUNNITY FOUNDATION KEITH A. COSENS MEMORIAL - THE WINNIPEG FOUNDATION INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS
Logan Meier Logan Rayner	BECK FAMILY - INTERLAKE COMMUNITY FOUNDATION STONEWALL & DISTRICT CHAMBER OF COMMERCE STONEWALL & DISTRICT LIONS CLUB INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS
Madison Skrumeda Mikayla Breton	RYAN GRANDMONT MEMORIAL - INTERLAKE COMMUNITY FOUNDATION INTERLKAKE COMMUNITY FOUNDATION- LEADERSHIP STONEWALL & DISTRICT LIONS CLUB STONEWALL KINSMEN CLUB WALTER MALAZDREWICH MEMORIAL
Orren O'Neill Quinn Dewar Rayna Mackenzie Reese Farmer Ryan Wolfe Sam Martinussen Sari Brown	VALEDICTORIAN QUARRY PHYSIOTHERAPY SCHOLARSHIP STONEWALL VETERINARY HOSPITAL BOONSTRA FARMS ONE INSURANCE RONALD & JESSIE MATTHEWSON - THE WINNIPEG FOUNDATION INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS
Shannon Bodnarus	BECK FAMILY - INTERLAKE COMMUNITY FOUNDATION INTERLAKE ASSOCIATION OF NON-TEACHING EMPLOYEES BRIAN LEFLEY MEMORIAL - INTERLAKE COMMUNITY FOUNDATION INTERLAKE SCHOOL DIVISION GENERAL PROFICIENCY INTERLAKE TEACHERS ASSOCIATION
Shawn Daher	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS RONALD & JESSIE MATTHEWSON - THE WINNIPEG FOUNDATION STONEWALL ROYAL CANADIAN LEGION BRANCH #52 UNIVERSITY OF MANITOBA CHOWN SCHOLARSHIP
Tasha Thiessen	INTERLAKE SCHOOL DIVISION 90+ ACADEMIC GOLD EXCELLENCE MEDALS INTERLAKE BUS DRIVERS

*In the July 3 The Stonewall Teulon Tribune Graduation section the incorrect awards list ran. The Stonewall Teulon Tribune sincerely apologizes for the error.*

## Community groups receive funding from Town of Stonewall

**By Jennifer McFee**  
The Town of Stonewall announced grant funding to various community organizations that help meet the needs of the growing community.  
The grant recipients include Community Living Interlake (\$15,000), South Interlake 55 Plus (\$12,500 in funding plus \$2,500 to help offset costs to rent town facilities), South Interlake Seniors Resource Council (\$8,500), Stonewall Youth Drop-In Centre (\$2,500), Interlake Community Foundation (\$7,500), Community Re-Source Network (\$10,000), REACT (\$1,135), Age Friendly Stonewall/Rockwood (\$500), the Heritage Committee (\$3,300), South West District Palliative Care (\$5,000), Stonewall Quarry Days (\$5,000), Rockwood Festival of the Arts (\$1,000) and South Interlake Rockwood Agricultural Society (\$500).

### IN OTHER COUNCIL NEWS:

- Council accepted a proposal from WebCemeteries for cemetery software.
- The town is buying a \$455 quarter-page colour ad in the annual Royal Canadian Legion’s military service recognition book for Manitoba and Northwest Ontario.
- Stonewall Developments Inc. and Quarry Ridge Park Developments Inc. received conditional approval for a proposed subdivision to modify the boundaries between two lots of property within Quarry Ridge.
- South Interlake Planning District had a budget surplus at the end of 2024 and provided the Town of Stonewall with a full reimbursement of its 2024 contribution of \$37,326.23.
- The fire ban is lifted so all town residents, including those on annexed lands, can resume responsible recreational burning. Updates will be posted on the Town of Stonewall website at stonewall.ca.
- Authorized canvassers are going door to door throughout July and August to gather information for the town’s emergency notification system. All canvassers will have town-issued identification.

## > LANGELAAR, FROM PG. 13

training window ahead of Westerns but made do with what he had.  
At Westerns in Devon, Alta., he was one of the most mobile competitors — helping him secure first-place finishes in multiple events over the two days.  
Langelaar reached the podium decisively with 109.5 total points, behind only Colten Sloan, who finished with 118.5. Samuel Rissling rounded out the top three with 107 points to earn the final Western Canada spot for the 2025 Canada’s Strongest Man.  
“It’s pretty cool to go. It’s been a goal of mine, but I didn’t think that I would get there for maybe another year or two — so to go as a pro in my rookie year is pretty cool,” said Langelaar.  
Langelaar also maintained his perfect record in the Atlas Stones event at Westerns, keeping him undefeated in the event over his entire strongman career.  
He’ll look to keep the streak alive this summer.  
“It’ll come to an end eventually, but for right now, it’s a fun little stat that I’d like to keep going.”  
Before heading to Canada’s Strongest Man, Langelaar also competed in Manitoba’s Strongest Man & Woman competition on June 29 in Vita, Man.  
Details and dates for the 2025 Canada’s Strongest Man competition are still to be announced.



# Stonewall United Church celebrates 100 years of community

## Long-time congregants share memories of Stonewall United

By Emma McGill

On June 10, the United Church of Canada celebrated 100 years of its deep, bold and daring history. While the anniversary was marked across the country, each congregation honoured not only the national milestone but also their own local legacies.

For Stonewall United Church, that meant gathering June 22 during their regular Sunday service to reflect on what it means to reach this remarkable milestone.

Reverend Tammy Blue opened the service with a welcome, reminders of upcoming events and a land acknowledgment. On this special occasion, retired Rev. Ted Hicks also helped lead the service.

While much of the morning followed the structure of a typical Sunday gathering, several long-time members of the congregation shared personal reflections on the church's long and meaningful history.

The first to speak was Merle Tomyk, who was married in the original church building — lost to a fire in 1978. Many long-time Stonewall residents remember weddings held in the old church. Tomyk recalled sneaking up to the sanctuary as a child to watch the ceremonies unfold.

"Our church is a part of an amazing community," she said, reflecting on how other churches in Stonewall stepped up to help after the fire. "The Catholic church offered us office space, while the Presbyterian church provided a place for our choir practices."

Next to speak was Linda Doubleday, who brought some humour to her historical recollections, recalling people who had come through the church doors and left their mark.

She shared a memory of Mark Whitehead and Mary Best introducing themselves to the congregation.

"Then Mary said, 'Well, I guess you're all wondering if we're married or not. We have different names. I am Mary Best. When you're the best, why would you change your name?'"

Marlene Miller, a member of the church for 55 years, spoke next.

"My thoughts immediately turned to the many wonderful and dedicated people who have led this congregation in worship, and to those who have kept everything running behind the scenes with grace, commitment and quiet strength," she said. "Over the years, we've been blessed with a number of incredible ministers. Each brought unique gifts and talents. Many of them have played meaningful roles in my family's life."

Miller also shared heartfelt reflections about longtime church secretary Barb Fenske and treasurer Wally McAmmond.

"Barb began her work long before computers and emails — when bulletins were typed on a typewriter, duplicated and folded by hand. Barb became the heart of the church office, a source of knowledge, kindness and steady support. Over the decades, she built strong connections with everyone who walked through the doors, playing a vital role in welcoming and



TRIBUNE PHOTOS BY EMMA MCGILL

Merle Tomyk, Linda Doubleday, Marlene Miller and Betty Taylor took turns reflecting on their years of attending Stonewall United Church.



As part of the 100-year celebration, an Old Time Dance was held at Argyle Hall following the Sunday service.

supporting many new ministers."

On McAmmond, she said: "Wally had a meticulous approach to church finances. I'll never forget taking over from him and seeing those big, black ledger books, all handwritten and underlined in red pen. Wally was known for saying, 'Let's make a list.' Whether it was a few jobs around the church or a plan to tackle financial challenges, he'd pull out a pen and paper and get to work."

"When I asked how he managed the year-end reports, he told me, 'Well, I gather up my stuff on a Sunday afternoon, head over to a friend's place with a bottle of whiskey, and we go through them together.' Maybe that's a strategy we should consider bringing back."

"Today, we remember their efforts not only as tasks completed, but as acts of love and service that helped create a community we cherish."

The final speaker, Betty Taylor, focused on the church's longstanding musical tradition and the leadership shown by its directors and accompa-

nists over the years. She gave special recognition to Dorothy May and Marie Cousins, as well as current music leaders Cathy Horbas, Eleanor Kathler, Don Horbas, Pat Claeys and Dexter Sigurdson.

"We are so fortunate to have you here every Sunday," said Taylor. "The dedication you show, the fun you seem to have, the musical talent, the instrumentals, the soloists, the guest performers, the Cantata, the Easter service. ... I remember hearing one supply minister say one Sunday after the gift of music, 'To have a choir at all — and especially a choir like this — is very rare now as I travel from church to church on Sunday mornings.'"

Following the service and heartfelt speeches, the congregation gathered at Argyle Hall for an Old Time Dance, which was well attended. Guests enjoyed a pulled pork lunch and ice cream dessert while dancing to the Classic Country Band, featuring Mark Morisseau. Organizers hope to host another dance in the near future.



The Stonewall United Church was rebuilt in 1980 after the previous one was burned in 1978.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## 18U A Wildcats claw back – again – for provincial title

By Kieran Reimer

The Warren Wildcats 18U A baseball team came through in the clutch once again when it mattered most.

On Sunday, their season came down to one final game — the provincial 'A' championship at St. James Optimist Fields against the Bonivital Gold Sox.

The Wildcats had yet to beat the Gold Sox this season, and their only loss of the year came at their hands earlier in the playoffs.

Trailing by multiple runs late in the game, Warren delivered one last comeback performance — this one for the provincial crown.

The Wildcats rallied for six runs in the final innings and went on to win 12-7, capturing the 2025 18U A provincial title.

"We had to come back twice in the game," said head coach Brad Drews. "Then, with the very late inning comeback of six runs, we were able to get ahead of them. Our pitching, which was very strong this year, just shut them down."

Drews, alongside manager Diana Drews and assistant coaches Rey-

nald Neault, Carter Olson and Kaitlyn Christensen, guided the team throughout the season — but said the experience and championship mentality of the players made their jobs much easier.

Last season, the team finished as a .500 club. This year, they went unbeaten in the regular season.

Still, it wasn't all smooth sailing. The Wildcats often found themselves behind but developed a reputation for timely rallies and refusing to fold.

Heading into provincials, it almost became expected — if the Wildcats were down, they'd claw their way back.

"They're all athletes, and getting along is the most important thing — and they did," said Drews. "They never seemed rattled. They'd always be calm on the bench and supportive of each other. We didn't have to do much beyond regular coaching. These guys knew the game."

Now, they know what it feels like to be provincial champions.



TRIBUNE PHOTO BY TARA-LEE KOSS

The Warren Wildcats 18U A baseball team poses after winning the provincial title. Back row, from left: head coach Bradley Drews, Drew Cassidy, Emmett Miller, assistant coach Kaitlyn Hogue, Shawn Hofer, Ty Olson, Sigge Bjornson, Rhet King, Daniel Koss, Hayden Hogue, Diana Drews (manager), Reynald Neault (assistant coach) and Carter Olson (assistant coach). Front row, from left: Paul Chartrand, Liam Ivany, Ethan Pauls, Cameron Gallant and Rylan Neault.

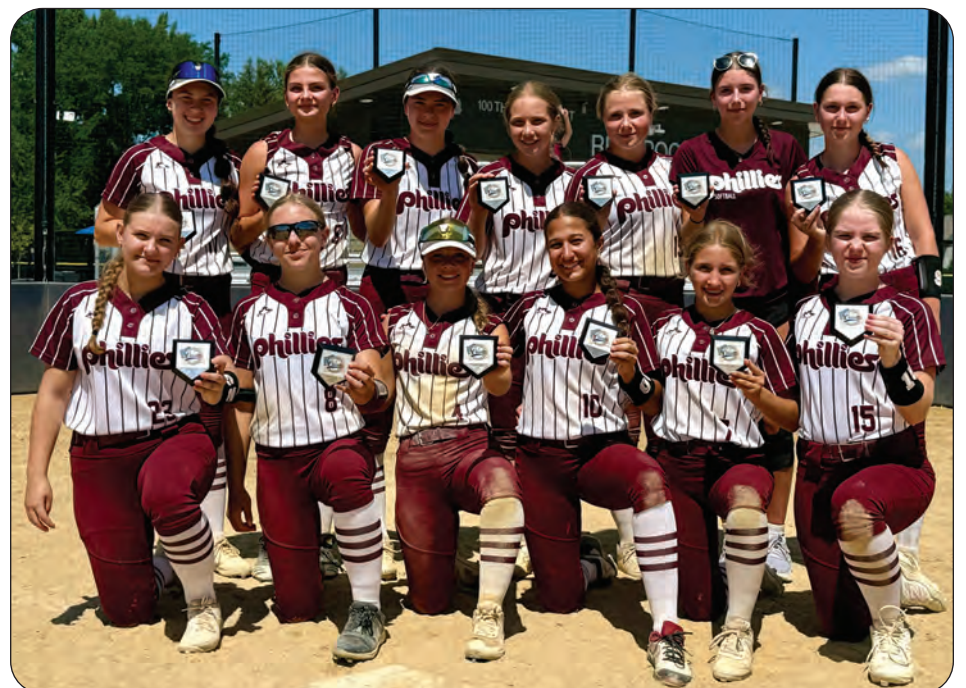
## Balmoral girls provincial bound



TRIBUNE PHOTO SUBMITTED

Balmoral's U19 softball team captured bronze at the league playoffs this past weekend, powering past Assiniboine West 21-10 in the final game. The team now turns its focus to provincials, set for July 11-13 in Crystal City. Pictured left to right, back row: Crystal Berghthorson (coach), Jaret Thiessen (coach), Bre-Ann Lucier-Windross, Grace Stewart, Gabby Nolan, Natalie Berghthorson, Ava Smolinski, Teagan Price, Len Epp (coach), Avery Reed, Eric Voth (coach). Front row (L-R): Katrin Epp, Lauren Voth, Sadie Walsh, Kaitlyn Prochner, Mikayla Breton, Tasha Thiessen and Avery Langrell.

## Phillies battle heat



TRIBUNE PHOTO BY MIKE HAMMOND

The U15 Interlake Phillies battled through nine games in three days under scorching 33 C heat at a tournament in Mankato, Minn., this past weekend. With a 5-4 record, the team finished as silver bracket runners-up. Pictured left to right, back row: Jersey Macmillan, Brynn Williams, Katie Braid, Lily Hammond, Kara Powroznik, Emma Cassils, Paige Bernier; Front row: Kendra Zaretsky, Kardyn Reimer, Jordyn Chetyrbok, Sara Vande, Brooklyn Chetyrbok and Kenzie Meyers.



# 'He's our MVP': United keeper the backbone to club's early season success

By Kieran Reimer

Keeping the ball out of the net has been no trouble for Stonewall United this season.

A big reason for that is goalkeeper Steffan Hillock, who has United sitting at 4-2-3 on the season in the Manitoba Major Soccer League Division 3A.

Hillock, 32, is now a seasoned veteran with the club and is in the midst of perhaps his best campaign to date. He kicked off the summer with back-to-back clean sheets, helping Stonewall start 2-0.

Since then, he's come close to adding more shut-outs, with steady performances that have helped United earn points on most game nights.

He credits the strong start to entering the season "fired up" after a frustrating indoor campaign.

"We played indoor and kind of got shafted in the indoor season, so I was eager to get ahead this season because of that," said Hillock. "I was fired up, ready to play, and ready to win this season outdoor because we kind of got screwed in our last season."

Hillock also gives credit to his defenders for making life easier in net.

"There's lots of communication back there between me and the defence," he said. "We're always looking out for each other. Whenever I make a mistake, I can always count on them to have my back and fix it. We have a good relationship — nobody gets mad; everyone listens to each other. It's good."

His chemistry with the team dates back to high school, where many of the current United players first played together. Later, they asked Hillock to join United — a move that's paid off, as he's now been with the club for half a decade.

"Game in and game out, he's our MVP," said United's Matt Olnick. "With him back there, the whole team's very confident and we excel. If we have any sort of breakdown, chances are he's got our backs, and that's a reassuring feeling we maybe didn't

have in the past."

Last game: vs No Touch FC (July 4)

If you weren't at Veterans Memorial Sports Complex for Friday's 7:30 p.m. kickoff, you likely missed a bit of club history.

Facing struggling No Touch FC, United's Chris Hunter struck just 40 seconds into the match to give his side a 1-0 lead.

The goal marked the fastest in Stonewall United history.

"I don't think the other team touched the ball before it was in the back of their net," said Olnick. "It was kind of a 'Is this how the game's going to go?' feeling. It was good."

United kept up the pressure and doubled the lead later in the first half with a goal off the head of Chris Thompson.

Thompson made no mistake heading in a cross from Adam Brown to make it 2-0.

"Chris Thompson scored with a flying header that he blacked out on," joked Olnick. "When he woke up, it was in the back of the net from a great cross from Adam Brown."

That cushion didn't last long, though. No Touch FC cut the lead late in the first half after an unlucky bounce in United's end.

Despite controlling much of the second half, United conceded a penalty kick late in the game. The shot just slipped through Hillock's fingertips to tie the game.

It ended 2-2, with United settling for a single point against a club they would've preferred to take three from.

**Looking ahead:**

Stonewall will now prepare for a home-and-home series against Hanover Sting, beginning Monday night in Steinbach. The two sides will meet again Friday in Stonewall.



TRIBUNE PHOTO BY LANA MEIER

United keeper Steffan Hillock is the backbone to the team's success. He began the season with two consecutive clean sheets, helping Stonewall get off to a 2-0 start.

United enter the week fifth in Division 3A; Hanover sits ninth.

## UPCOMING GAMES:

Monday, July 7 – vs Hanover Sting, 7:30 p.m. at Steinbach Soccer Park – Royal LePage Field

Friday, July 11 – vs Hanover Sting, 7:30 p.m. at Veterans Memorial Sports Complex

# Bronze medallists



TRIBUNE PHOTO BY KAREN LEVY

The Stonewall Blazers U12 girls' team earned bronze at the 2025 Red River Soccer Tournament. Back row (L-R): Assistant coach Eric Meier, assistant coach Antonella Bertone, Grace Douglas, Avery Will, Kylie Brunel, Elysse Kuizenga, Reagan Wakeman, Azalea Keys, head coach Gerard Levy. Middle row (L-R): Havana Medeiros, Siena DeKezel, Nora Rasmussen, Harlow Meier. Front: Parker-Lynn Ritchie.

# Stonewall hosts U11 Tier 1 provincials



TRIBUNE PHOTO BY JO-ANNE PROCTER

Baseball Manitoba's U11 Tier 1 provincials were held in Stonewall last weekend, drawing nine teams eager to battle for the championship title under the summer sun. Hartney claimed the title with an 8-6 win over Mitchell in the final. Stonewall showed grit throughout the tournament, picking up a hard-fought 9-8 win over Hartney and losing four other games by narrow margins. Pictured: Stonewall's Levi Murphy makes a clean hit in the bottom of the fifth inning during his team's 4-0 loss to Mitchell on Friday morning.



# Stonewall Blue Jays strike gold at U11 provincials

By Annaliese Meier

The Stonewall Blue Jays capped off a perfect weekend with a gold medal at the 2025 U11 Provincial Softball Championships, going 8-0 en route to the title at Buhler Park from June 27 to 29.

The Blue Jays wrapped up their undefeated run with an 11-3 win over St. Malo in Sunday's championship final, highlighted by four home runs — including a walk-off shot from Harper Farthing.

"This was more than just a winning weekend — it was a testament to everyone's hard work, heart and teamwork," said head coach Heidi Fingas. "Every single player contributed, every parent cheered their heart out, and every coach pushed these girls to believe in themselves and each other."

Coached by Fingas and assistants Kevin Donovan and Lance Marohn, the Jays battled through scorching temperatures, rain delays and back-to-back playoff games to earn the provincial crown.

vincial crown.

Sunday's playoff round tested the team's resilience. They opened with a 10-8 win over the Winkler Hurricanes before shutting out Morden 16-0 in the semifinal.

One of the weekend's most thrilling moments came in the final qualifier against Brandon MNP. Down 7-2 at the bottom of the second inning, Stonewall stormed back with aggressive base running and timely hits to take an 8-7 comeback win, punching their ticket to the gold medal game.

In the final against St. Malo, the offence surged again. Emma Fingas-Green, Abby Donovan and Hailey Stetch all went yard before Farthing's walk-off homer sealed the title.

From dominant pitching to consistent defence and clutch hitting, the team's all-around performance made the difference.

"This group showed so much grit and guts," said Fingas. "They earned this every step of the way."



TRIBUNE PHOTO SUBMITTED

The Stonewall Blue Jays U11 girls softball team won gold at the 2025 provincial championships in Winnipeg, finishing with an 8-0 record. Back row: Heidi Fingas (head coach), Kevin Donovan (assistant coach), Paytyn Missiabit, Hillary Grzenda, Hailey Stetch, Emma Fingas-Green, Lance Marohn (assistant coach). Middle row: Kaitie Marohn, Abby Donovan, Scarlett Rivera, Arla Williams, Brynn Dickey. Front row: Kinley Meyers, Harper Farthing and Adley Rempel.

## St. Laurent teen wrestler fundraising for shot at Pan-Am gold

By Lana Meier

Sixteen-year-old Beau Chartrand represented Canada at the 2025 U17 Pan-American Wrestling Championships in Rio de Janeiro last month and qualified to compete at the U17 World Championships in Athens, Greece from July 29-Aug. 3 - but first, he's looking for help to get there.

The rising star from St. Laurent has launched a fundraising campaign to support his travel and competition costs as he prepares to take on the

top wrestlers from across the world. Chartrand will compete in the 80kg weight class, representing Canada for the second time at the Pan-Am level.

"Last year I came home with a bronze," said Chartrand. "This time, I'm feeling confident. I've trained hard all year for this."

After growing up wrestling in Manitoba and earning national gold in 2022, Chartrand moved to British Columbia last fall to train full-time. His recent win at the U17 Cadet National



TRIBUNE PHOTO SUBMITTED

Sixteen-year-old Beau Chartrand of St. Laurent will represent Canada in the 80kg division at the U17 World Championships in Athens, Greece, later this summer. He's raising funds to help cover travel and competition costs.

## Cowan goes camping with NHL's Blue Jackets

By Kieran Reimer

Dawson Cowan has gone camping — again.

The 19-year-old goaltender from Warren headed east last week to take part in the Columbus Blue Jackets' development camp as an unsigned invite.

It marks Cowan's third NHL camp in just over a year. He attended the Toronto Maple Leafs' development camp in July 2024 and joined the San Jose Sharks for their rookie and main training camps later that fall.

Cowan continued to impress in the Western Hockey League this past season with the Spokane Chiefs. In 2024-25, he posted a 34-14-2 record, a 2.67 goals-against average, a .905 save percentage, four shutouts and was named a finalist for the Del Wilson Memorial Trophy as the WHL's top goaltender.

He remains eligible to return to the WHL in 2025-26.

The Blue Jackets' development camp ran July 2-5 at OhioHealth Ice Haus in Columbus, Ohio.

Championships earned him a spot on the Canadian team.

A top-three finish in Rio qualified Chartrand for the U17 World Championships in Athens, Greece, later this summer.

Supporters wishing to contribute to his journey can do so through his GoFundMe page: <https://www.gofundme.com/f/help-send-beau-to-the-2025-panam-and-world-championships>



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Sr. Jays get fireworks-worthy win on Canada Day

By Kieran Reimer

It was a happy Canada Day for the Stonewall Blue Jays, who beat both the rain and the Elmwood Giants on Tuesday at Koskie Field.

The Jays delivered a fireworks-worthy performance, shutting out the Giants 3-0 and winning the hits battle 8-6.

Stonewall grabbed a 2-0 lead in the first inning and held it through to the sixth, when they tacked on one more run before closing out the game in the seventh.

They returned home Wednesday to face the Carillon Sultans at Quarry Park. The Jays led 4-2 heading into the seventh, but Carillon rallied to tie the game and send it to extras.

The Sultans scored three runs in the first extra inning, and while the Jays got one back, they couldn't complete the comeback, falling 7-5.

The Jays were back at it Thursday night against the St. Boniface Brewers. Stonewall jumped out to a 3-0 lead over the first three innings, but the Brewers chipped away and nar-

rowed the gap to 3-2 by the seventh.

St. Boniface completed the comeback with two more runs in the top of the seventh to take a 4-3 lead. The Jays were unable to answer in the bottom half and dropped their second straight by a single run.

Following a busy week, the Jays sit seventh in the Winnipeg Senior Baseball League with a 6-9 record. With just five games remaining over the next two weeks, the regular season is winding down.

Fortunately, the Jays won't have to

travel far — all five remaining games will be played at Quarry Park as part of a seven-game homestand.

### UPCOMING GAMES:

Monday, July 7 vs. North Winnipeg Pirates, 7:30 p.m. at Quarry Park

Tuesday, July 8 vs. Elmwood Giants, 7:30 p.m. at Quarry Park

Thursday, July 10 vs. West Winnipeg A's, 7:30 p.m. at Quarry Park

## Jr. Jays riding high after late-season resurgence

By Kieran Reimer

The Interlake Blue Jays' world looks a whole lot different following a late-season turnaround.

As of June 30, the Jays were sitting second-last in the Manitoba Junior Baseball League, ahead of only the winless Altona Bisons. But then came a critical upset win over the first-place Elmwood Giants on home turf at Quarry Park.

The 2-1 victory came at a crucial time, with the Jays needing a spark to

mount any sort of push up the standings ahead of the mid-July playoffs.

That jolt of momentum was all they needed. Over the past week, the Jays earned five straight wins to pull even in the standings.

Defence played a key role in Thursday's 2-0 shutout of the second-place Carillon Sultans on the road.

The Jays returned home Saturday for a doubleheader against the Winnipeg South Wolves — a team that beat them 10-2 just over a week earlier.

This time, the Jays turned the tables with dominant 12-2 and 13-9 wins to extend their win streak to four.

On Sunday, Interlake hosted the Altona Bisons in Stonewall for another doubleheader. Once again, the Jays delivered on both sides of the ball, cruising to 12-2 and 7-0 victories.

Now sitting at 11-11, the Jays have climbed to fourth place in the MJBL standings. With just two regular-season games remaining, they could enter the playoffs as the hottest team

in the league, riding a six-game win streak into Monday night's matchup against St. Boniface.

Due to press deadlines, the result of Monday's game was unavailable at press time.

### UPCOMING GAMES:

Wednesday, July 9 vs. Carillon Sultans, 7 p.m. at Île-des-Chênes

## Orioles Report: 18U offence catches fire to snap losing skid

By Kieran Reimer

The 13U AAA Interlake Orioles came up just short of the win column against one of the league's top clubs last week.

The Orioles hosted their Zone 2 rivals, the Brandon Marlins, in a doubleheader Sunday at Quarry Park.

In both games, the Marlins' bats came alive while limiting Interlake to just eight runs total. The Orioles dropped the opener 8-5 and fell 19-3 in the second game.

### UPCOMING GAMES:

Tuesday, July 8 vs. South Central

Cubs, 6:30 p.m. at Quarry Park

Wednesday, July 9 vs. Bonivital Black Sox, 6:30 p.m. at Quarry Park

The 15U AAA Interlake Orioles played a trio of tight contests last week but came out on the wrong side of each result.

On Friday, they lost 3-1 to the North Winnipeg Pirates at Atree Field, ending their hopes of back-to-back wins.

They followed up with a Sunday doubleheader in Altona against a strong South Central Cubs squad that entered with just one loss on the season.

The Orioles battled closely in both games but couldn't seal a win, falling 7-5 and 6-5.

### UPCOMING GAME:

Wednesday, July 9 vs. West Winnipeg A's, 6:30 p.m. at St. James Optimist Fields

The 18U AAA Interlake Orioles were busy with five games between Thursday and Sunday.

They came up short against Carillon on Thursday and dropped both games of a Saturday doubleheader to North Winnipeg.

But on Sunday, the Orioles' offence came to life in a 15-8 win over Midwest at Atree Field, snapping a 15-game losing streak and earning their second win of the regular season.

In the second game of the doubleheader, Midwest rebounded to take an 8-4 victory.

### UPCOMING GAMES:

Tuesday, July 8 vs. Elmwood Giants, 7 p.m. at Koskie Field

Wednesday, July 9 vs. West Winnipeg A's, 6:30 p.m. at Atree Field



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Darragh, Bodnarus named MHSAA Athletes of the Year

By Kieran Reimer

High schools across the Interlake put together memorable performances this past year in Manitoba High Schools Athletic Association competition.

From league titles to provincial championships, student-athletes proved that coming from a small town is no disadvantage — if anything, their team chemistry and work ethic give them an edge when facing larger schools across Manitoba.

Among all the accomplishments, two standout athletes were recognized by the MHSAA for excelling in not just one but multiple sports — while also serving as leaders in their school communities.

At the 2025 MHSAA Awards at the Sport for Life Centre on June 25, Warren Collegiate's Colby Darragh and Collège Stonewall Collegiate's Shannon Bodnarus were each named MHSAA Athlete of the Year.

"It was really exciting, and I was honoured," said Darragh. "There's lots of competition and many deserving athletes, but I was fortunate to go to a school that does so well in sports and has such strong programs. That definitely helped put me in a position to be noticed."

"It really means everything to me," said Bodnarus. "To be recognized in this way is such an honour. I really want to thank my coaches for all the hard work and time they put into the programs. They gave me the opportunity to play at this level and succeed."

Together, the two athletes competed in a combined 11 sports during the 2024–25 school year.

Darragh was named AA Girls Athlete of the Year after competing in basketball, volleyball, track and field, cross-country and badminton. The Grade 12 student capped her season by leading the Warren Wildcats Varsity Girls to a AA provincial basketball championship in March, where she was also named tournament MVP.

"Winning basketball provincials was definitely the highlight," she said. "We were finalists last year, so getting the win this time — especially since



TRIBUNE PHOTOS SUBMITTED

Collège Stonewall Collegiate's Shannon Bodnarus was named MHSAA AAA Girls Athlete of the Year for her multi-sport excellence in volleyball, basketball, badminton, cross-country, track and golf, including a provincial finalist finish in volleyball.

many of us are graduating — was the perfect way to end our high school basketball careers."

Bodnarus played for the Stonewall Rams in volleyball, basketball, badminton, track and field, cross-country and golf. Also a recent graduate, she competed at five different provincial championships in her senior year.

Her most notable moment came on the volleyball court, helping lead the Rams to a AAA provincial finalist banner and earning a spot on the Volleyball Manitoba Graduating All-Star Team. She was named AAA Girls Athlete of the Year.

"A highlight definitely was finishing second at the AAA volleyball provincials," said Bodnarus. "It was a great tournament to end the season, and my singles badminton zone championship was another. I went 11-0 to



Warren Collegiate's Colby Darragh capped off a standout senior year by winning the MHSAA AA Girls Athlete of the Year Award after leading the Wildcats to a provincial basketball championship and competing in five sports. Manitoba High Schools Athletic Association executive director Chad Falk, right, presented the award.

win, and that was incredible."

Now graduated, both athletes are heading to Providence University College & Theological Seminary this fall — Darragh to join the Pilots women's basketball team and Bodnarus to suit up for the volleyball squad.

"I'm really excited to continue playing basketball, meet new girls and play for a different coach," said Darragh. "The Providence program has a strong history, so hopefully we can win a few championships too."

"I'm very excited to continue playing sports after high school," added Bodnarus. "Providence is a great school with fantastic values."

Their post-secondary seasons will begin this fall.

### What's *Your* story?

**We want to hear from you.**

The Stonewall Teulon Tribune connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

A young entrepreneur starting out?

Please share your story ideas at

news@stonewallteulontribune.ca Phone 204-467-5836

Stonewall Teulon  
**Tribune**

## To see more photos of your favourite Interlake Athletes

**GO TO Stonewall Teulon Tribune | flickr**

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# Activities for Seniors in Your Area



**Activity Centre**  
374 1st Street West, Stonewall  
204-467-2582 si55plus@mymts.net  
Tuesday-Friday: 8:30am-4:00pm

## 2025 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR

To renew or become a new member, check out our website at [www.si55plus.org](http://www.si55plus.org) to fill out a Membership form or come see us at the Centre (374 1st Street West, Stonewall).  
• You do not have to be 55 + to become a member!  
• Payments can be made by cash, cheque or E-transfer to si55info@gmail.com



## Strawberry Social Fundraiser Thursday, July 10, 1:00 pm

374 1st Street West, Stonewall (Oddfellows Hall)  
Serving Strawberry Shortcake and Entertainment by Tannis Tyler  
TICKETS: \$10.00 ADVANCE TICKETS ONLY  
Available at South Interlake 55 Plus Office, 374 1st Street West, Stonewall  
Deadline to purchase tickets: Friday, July 4, 2025

## Digital Literacy Support Program

We are offering individual support with your cell phone, laptop or tablet.  
374 1st Street West, Stonewall Please call for more information.  
Complimentary program due to sponsorship of the New Horizons Grant

## Thursday Night Cribbage July 3 to August 28, 2025

Single Play (No Partner Needed)  
\$5.00 per person  
South Interlake 55 Plus Centre  
(374 1st Street West, Stonewall)

## Shopping Trip to No Frills in Selkirk

**Tuesday, July 15**  
Leave Lions Manor at 9:15 am and  
South Interlake 55 Plus at 9:30 am  
Temporary Grant Funding  
Sponsored by Age Friendly.  
Call to reserve your seat by Tuesday, July 8

## Shopping Trip to No Frills in Selkirk

**Tuesday, August 19**  
Leave Lions Manor at 9:15 am and  
South Interlake 55 Plus at 9:30 am  
Temporary Grant Funding Sponsored by Age Friendly.  
Call to reserve your seat by Tuesday, August 12

## Pickleball

**Stonewall Curling Rink**  
**July 5 to September 2, 2025**  
Tuesdays & Thursdays  
6:00-8:30pm  
and Saturdays 10:00am-12:30  
Call 204-467-2582 for further information

## Picnic in the Park

**Wednesday, August 13**  
Bring your lawn chair, a bagged lunch  
and meet us at Memorial Park  
(Market Street & 2nd Street East, Stonewall)  
Ask about the subsidized transportation  
grant, sponsored by Age Friendly.  
Limited seats available!

## 2025 Stonewall Pickleball Tournament

**September 5, 6 and 7**  
Visit the South Interlake 55 Plus website for  
more information: Si55plus.org

## WEEKLY ACTIVITIES

Cards	Quilting	Ukulele Club
Line Dancing	Craft n' Coffee	Virtual Chat
Pickleball	Men's Chat	Exercise Programs

## VOLUNTEER OPPORTUNITIES

We are a volunteer-based organization and we are always looking for volunteers whether it is to facilitate a program, serve at our luncheons, provide dainties or volunteer at a fundraiser. We are always looking for new volunteers. Feel free to contact the office!

## South Interlake Seniors Resource-Stonewall 144-622 Centre Avenue-Lions Manor, Entrance 4.

## SOUTH INTERLAKE SENIORS RESOURCE

**Support Services for Seniors • Driver/Escort Program**  
• Equipment Lending Service • Meals on Wheels • Lifeline  
• ERIK and ICE Programs • Handy Helper/Housekeeping Program  
• Friendly Visiting and Telecheck (phone buddy)  
• Home Hair Care Service • Resource information/Form Assistance  
Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.

**204-467-2719 www.sisrc.ca**

The South Interlake Seniors Resource Council offers services for seniors and those with disabilities to help them to remain independent and safe in their homes and communities. With the help of volunteers and our fee for service workers, we provide these services to the town of Stonewall, the RM's of Rosser, Woodlands and the southern portion of Rockwood.

## Update your Manitoba Health Card

### New Plastic Health Cards

Do you have a paper  
Manitoba Health Card?

CLICK HERE FOR YOUR NEW  
PLASTIC HEALTH CARD

If you need assistance applying for the New Manitoba Health Card,  
please come see us at our office.

We are in Lions Manor - 622 Centre Ave., Stonewall (Entrance 4).  
Contact us @ 204 467 2719

## Supports to Seniors in Group Living (SSGL)

SSGL provides a range of free enhanced support services in group living/elderly persons housing buildings.

These services will assist the residents in accomplishing their Instrumental Activities of Daily Living (IADL's) and provide them with the support to remain in their community and "age in place"

If wanting any support services in group living/elderly persons housing building, please contact Kelley Rutkair @ 431 381 4002  
or email @ ssglstonewall@shaw.ca

*thank you*

South Interlake Seniors Resource would like to thank Interlake Community Foundation, Bel Acres Community Fund Jack Moore Community Fund and Slagerman Family Fund for a grant to purchase outdoor seating.

In collaboration with the tenants of each building the grant was used to purchase two outside benches for Crocus Manor, a picnic table for Hilltop Manor and a picnic table for Sprucewoods Place. These items were greatly appreciated as they provided outdoor sociable space for tenants.

## Teulon & District Seniors Resource Council Inc.

*Providing a Helping Hand*

Find us at 54 Main St, Teulon 204-886-2570

## PROVIDING FREE SERVICES TO SENIORS:

- PHONE BUDDY • DRIVER ESCORT
  - INFORMATION/FORM ASSISTANCE
  - COMMUNITY VOLUNTEER INCOME TAX PROGRAM
  - MEDICAL EQUIPMENT LOANS
- REGULAR OFFICE HOURS: 8:30AM-4:30PM

## St. Laurent Seniors Resource Council Inc. "SENIORS IN ACTION"

55+ and people living with disabilities

Support Services in the RM of St. Laurent and Oak Point

Office: St. Laurent Community Health Centre

51 Parish Lane, Please call: 204-646-2504 ext. 3

Free E.R.I.K. Emergency Response Information Kit,

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Fundraising activities throughout the year. Fee for Service such as,

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Free Community Volunteer Income Tax Program

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Office Hours: Tuesday to Thursday: 10:00AM-4:00PM stlsr@mymts.net



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### METAL RECYCLING

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

### SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

### WANTED GOLD & SILVER!!!



Cash in your gold and silver coins, jewelry, nuggets, gold dust, ingots, dental gold, sterling etc. Also BUYING ENTIRE COIN COLLECTIONS! Numismatics, old coins, Royal Canadian Mint coins, Franklin Mint coins +++.

House calls available for free and I cover all of MB & SK.  
**Todd**  
**204-904-9705**

### FARM MACHINERY

For sale - Lighter standing hay. Also 5010 MacDon hay bine, swinger 16ft, immaculate condition, very lightly used. Ph. Brian, Teulon 204-918-0765

ADVERTISE IN THE TRIBUNE

### HELP WANTED

Farview Place in Teulon is looking for an individual for a cleaning contract. Pay would be \$240 bi-weekly upon completion of a weekly checklist of duties. Please contact Andrea at 204-886-2760 or [farviewplace1989@gmail.com](mailto:farviewplace1989@gmail.com) for details.

### 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.

### YARD SALE

Yard Sale- Cloverale United Church, Saturday, July 19, 2025, 9:00-4:00, 805 Cloverdale Road. A variety of goods: household, outdoor, toys, books, etc. Call 204-482-4987 for more information.

### NOTICES

**URGENT PRESS RELEASES** - Have a newsworthy item to announce? 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.

**ARE YOU HIRING FOR SUMMER? SELLING LAND? HAVING AN EVENT?** Let us help you book a blanket classified ad! You will be seen in the 31 Member Newspapers, in over 368,000+ homes in Manitoba. Please call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. Take advantage of our great pricing! MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

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Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkranch@gmail.com](mailto:stonewoodelkranch@gmail.com)



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call the Tribune  
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## EMPLOYMENT OPPORTUNITY GENERAL LABOURER

*Charisons Turkey Hatchery is currently hiring for general labourer type positions.*

- Full time and part-time positions available with competitive compensation and benefits package which includes health and dental coverage.
- Training will be provided for the ideal candidate.

Please submit resume to [shaunne@charisons.ca](mailto:shaunne@charisons.ca) or call 204-886-2922 for further information.

Selkirk & District Community Foundation  
Is accepting applications for the fulltime leadership position of:  
**Executive Director**



### Qualifications: Essential:

- A minimum of five years' experience within a community-based, not-for-profit sector.
- Demonstrates excellent leadership skills with the ability to support a Board, staff, volunteers, funding partners and donors.
- Proven ability to develop and implement strategic plans.
- Possess sound judgment, analytical skills, strong decision-making abilities, to understand complex issues and challenges, with the ability to multi-task.
- Demonstrates excellent communication skills; interpersonal and public relations, along with exceptional computer skills.
- A self-disciplined, self-starter who is highly organized, undertaking work without supervision, while leading a staff team.
- Excellent organizational and time management skills in order to meet deadlines.

### Desired:

- Knowledge of and working experience within SDCF's catchment.
- Post-secondary education connected to charitable/non-profit sector community-development sector.
- Displayed strong leadership experience and a proven record of job advancement.

### Conditions of Employment:

- Must be legally entitled to work in Canada.
- Satisfactory Criminal Record Check with Vulnerable Sector Search.
- Satisfactory Adult Abuse Registry Check.
- Able to work within a public office setting and off-site work environment.

To apply please submit resume to: [exdirector@sdcf.ca](mailto:exdirector@sdcf.ca) no later than **July 22, 2025**

For the complete job description visit [www.sdcf.ca](http://www.sdcf.ca)

SDCF thanks all applicants for their interest, however only those selected for an interview will be contacted.

Eddie's Gravel Supply Ltd. is Hiring

## LONG HAUL DRIVER

**Term Position with possible year round work.**

**Class 1 drivers experience required**  
*Competitive wages • Mechanically inclined*  
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**204-389-2023**  
[info@eddiesgravel.com](mailto:info@eddiesgravel.com)  
**102086 Hwy #9, Wpg Beach, MB**



**The West Interlake Watershed District is Hiring!**  
The West Interlake Watershed District (WIWD) is currently seeking qualified applicants for the following positions:

### 1. Financial Operations Administrator (Part-Time: 1-2 days/week)

We are seeking a highly experienced accounting professional to manage the District's financial framework. **Compensation:** Based on experience and qualifications

### 2. Administrative & Outreach Coordinator (Full-Time: 40 hours/week)

Duties include reception, communication, event planning, and assisting with WIWD's Community Programs. **Compensation:** Minimum \$20.00/hour

**Location:** WIWD Office - Lundar, MB **Start Date:** When position is filled

To view full job descriptions visit [www.wiwd.ca](http://www.wiwd.ca)

To apply, email your resume to [Manager@wiwd.ca](mailto:Manager@wiwd.ca)

**Help make a difference in your local watershed!**



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

## Online McSherry Auctions

Estate & Moving  
July 16th @ 7:00PM

Firearms & Ammo  
July 22nd @ 7:00PM

Estate & Moving  
July 23rd @ 7:00PM

McSherryAuction.com  
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## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF THERESE MARIE BUORS, also known as TERESA MARIE BUORS, late of the Town of Stonewall, in Manitoba, who died on or about the 27th day of October, 2023. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their law office at 590 Main Street, Winnipeg, Manitoba R3B 1C9, on or before the 20th day of August, 2025.  
DATED at Winnipeg, Manitoba, this 10th day of July, 2025.

**OLSCHEWSKI DAVIE**  
**ATTENTION: IAN J. LAXER**  
**SOLICITOR FOR THE ESTATE**



**Ashern Auction Mart SUMMER TENDERS**

Tenders are now being accepted for  
**500 ROUND BALES OF GOOD QUALITY UPLAND HAY/ALFALFA GRASS MIX,**  
**500 LARGE ROUND BALES OF STRAW**  
**2 SEMI LOADS OF SMALL SQUARE BALES**  
*Smaller amounts considered*  
Please quote price per tonne delivered to Ashern Auction Mart with a brief description of the hay, and a completed feed quality test, bales will be moisture tested on arrival. Please quote price Bale Delivered on straw (Large and Small). Also state what the bales are tied with.  
*Lowest or any tender not necessarily accepted.*  
**High moisture bales rejected.**  
**Deadline for tender: July 21, 2025**  
For more info call:  
Kirk @ 204-768-0019 (cell)  
or send quote to: Interlake Cattleman's Co-op Assoc. Ltd. (Hay Tender)  
Box 599, Ashern, MB. R0C 0E0  
Fax: 204-768-3690  
Email: [icca@mymts.net](mailto:icca@mymts.net)  
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**Call Today!**  
**204-467-5836**

## R.M. of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

The Council of the **R.M. of Armstrong** under the authority of the Planning Act will hold a PUBLIC HEARING at the date, time and location listed below:

**Tuesday July 22, 2025**  
**1:00pm.**  
**Armstrong Municipal Office**  
**Civic # 1094 Lot 55 PTH 17, Inwood MB R0C 1P0**

Property owners are being notified in order to give them the opportunity to speak in support of or objection to the proposed conditional use and/or variation order.

**CONDITIONAL USE:** # 3/2025  
**ROLL NO:** 0075400.000  
**OWNER:** CHASSI-LEA ENGBAEK  
**APPLICANT:** CHASSI-LEA ENGBAEK  
**AREA AFFECTED:** Legal Description: 7-16246  
Civic Address: 10109 PR 231 RD 111  
FRASERWOOD, MANITOBA  
**ZONE:** General Development Zoning District  
**SUBJECT:** R.M. of Armstrong Zoning By-Law No. 6/04  
Part 9.3.57 Modular Home Dwelling

**Modular Home Dwelling:** means a building assembly or system of building sup-assemblies manufactured in its entirety, or in substantial part, off-site and transported to the point of use for installation on-site, with or without other specified components, as finished building or as part of a finished building in accordance with CSA building regulations. Modular homes need not have electrical, plumbing heating, ventilation, insulation or other service systems, but when such systems are installed at the off-site manufacture or assembly point, they shall be deemed a part of such building or system of building assemblies. Modular homes do not include open frame construction which can be completely inspected on-site

**CONDITIONAL USE REQUESTED:** To allow for a 76'x 16' modular home as a permanent residence.

**WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm THURSDAY July 17, 2025, by calling or emailing the below email and/or number.**

**For further information, please contact:**

Colleen Mayer -CAO	Phone: 1 (204) 278-3377
Rural Municipality of Armstrong	Fax: 1 (204) 278-3437
Box 69, Inwood, MB R0C 1P0	e-mail: <a href="mailto:cao@rmofarmstrong.com">cao@rmofarmstrong.com</a>

Documents related to the matter to be considered at the hearing may be inspected or copied at the RM of Armstrong Office during normal office hours, Monday to Friday.

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

## EMPLOYMENT OPPORTUNITY



## Now Hiring: Full-Time Bakery Position - Teulon Bigway

We're looking for a dedicated and reliable individual to join our bakery team at Teulon Bigway. This is a **full-time position** in a **fast-paced, early-morning environment**.

### Requirements:

- Must be clean, organized, and punctual
- Able to work well with others
- Previous bakery experience is an asset, but we're willing to train the right candidate

If you're passionate about baking and enjoy working as part of a team, we want to hear from you!

**For more info or to apply, send your resume to:**  
[TeulonBigWay@hotmail.com](mailto:TeulonBigWay@hotmail.com)  
**Subject line:** Bakery Position

## R.M. of ARMSTRONG UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING

The Council of the **R.M. of Armstrong** under the authority of the Planning Act will hold a PUBLIC HEARING at the date, time and location listed below:

**Tuesday July 22, 2025**  
**1:15 pm.**  
**Armstrong Municipal Office**  
**Civic # 1094 Lot 55 PTH 17, Inwood MB R0C 1P0**

Property owners are being notified in order to give them the opportunity to speak in support of or objection to the proposed conditional use and/or variation order.

**CONDITIONAL USE:** # 4/2025  
**ROLL NO:** 0120530.000  
**OWNER:** SIMON LEIHKAUF & BRYNN SHORE  
**APPLICANT:** SIMON LEIHKAUF & BRYNN SHORE  
**AREA AFFECTED:** Legal Description: 2-39245  
Civic Address: 11031 RD 117NE  
MELEB, MANITOBA  
**ZONE:** General Development Zoning District  
**SUBJECTS:** ~R.M. of Armstrong Zoning By-Law No. 6/04  
Part 9.3.57 Modular Home Dwelling  
~R.M. of Armstrong Zoning By-Law No. 6/04  
Part 3 46.0 Temporary Additional  
Dwellings/ Mobile Homes

**CONDITIONAL USE REQUESTED:** To allow for a 70'x 16' modular home as a temporary residence for parents as an additional dwelling on the property.

**WE REQUIRE ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER BY NO LATER THAN 4:30 pm THURSDAY July 17, 2025, by calling or emailing the below email and/or number.**

**For further information, please contact:**

Colleen Mayer -CAO	Phone: 1 (204) 278-3377
Rural Municipality of Armstrong	Fax: 1 (204) 278-3437
Box 69, Inwood, MB R0C 1P0	e-mail: <a href="mailto:cao@rmofarmstrong.com">cao@rmofarmstrong.com</a>

Documents related to the matter to be considered at the hearing may be inspected or copied at the RM of Armstrong Office during normal office hours, Monday to Friday.



# Announcements

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## ANNIVERSARY



**Marg and George Bond**

**Wednesday July 16th, 2025**

On this special day, we celebrate both of you and 65 years of marriage.  
Wishing you much love and happiness and many more moments together.  
Happy 65th wedding anniversary!

-Love,

Myles, Gary and Toni,  
and grandchildren Joshua, Nyja, and Keira xo



## OBITUARY

**Rudy Grant Giesbrecht**  
**November 9, 1958 - June 21, 2025**

It is with great sadness that we announce the untimely passing of Rudy Giesbrecht, age 66, on June 21, 2025, at St. Boniface Hospital.

He will forever be missed by his wife Cheryl and children Annalee and Sam (Madison Tooth); his brother Harley (Elenore); his Remple in-laws Ron and Paula, Neal and Sharon, Del and Barb, Judy and Jim Crawford; numerous nieces and nephews, and many close and cherished friends.

He was predeceased by his parents William and Elizabeth, sister Ruth, brother Warren and nephew Holden.

Rudy lived in Gretna for the first 5 years of his life until his family moved to Winnipeg. He attended school in Winnipeg and went on to Red River College to become an Electronic Technologist.

Rudy and Cheryl were married in 1982 in Winnipeg. They later moved to northern Manitoba, where Rudy started a 32-year career with Nav Canada. He held various technical positions, retiring as a Supervisor Technical Operations Coordinator in 2018. Throughout his career, he was highly regarded and respected as a man of integrity.

Both of Rudy and Cheryl's children were born while the family lived in Churchill. In 1990, Rudy, Cheryl, Annalee and Sam moved to Stonewall, where Rudy was happy to find his forever home.

Rudy was a man who cared deeply for his family and showed that love by doing whatever he could to make their lives better. He could fix anything and he could make anything—and if he didn't have the right part, he'd make it himself.

As dads do, he taught Annalee and Sam to ride a bike and drive a car and many things in between. Friends and family alike would consult Rudy for technical support, sailboat repairs and all sorts of other advice (which he often prefaced with the phrase "there's two schools of thought on that...")

Rudy and Cheryl were partners in all ways, from raising their kids, goofing off in the kitchen, travelling the world, or daily happy hour on the deck. To their family and friends, their marriage of forty-three years was an inspirational example of a loving, supportive and respectful relationship.

Rudy had many hobbies and interests that he pursued to perfection: rock climbing, woodworking, stained glass, cooking, everything sourdough (his pizza was legendary), traveling, spiritual studies, photography, pipe making, sailing, gardening, all things scotch related, and most recently cheering on Manchester City FC in the Premier League. His interests were often inspired by his friends and family: he took up rock climbing after discovering Sam's interest in climbing at a young age, and learned Spanish when Annalee moved to Latin America.

One of Rudy's greatest passions was traveling: once he started traveling he didn't want to stop. He always wanted to be a traveler, not a tourist, and spent hours researching the destination and learning the language before every trip. He loved being in Europe, saying it felt like coming home, and he (eventually) warmed up to the idea of tropical winter holidays. But his favourite trip of all was a bucket list trip to Scotland for an unforgettable scotch tour.

Rudy will be remembered for his dry sense of humour and the way he cared for the people around him with quiet acts of service. He left us far too soon, with so much more of the world left to see and so much to learn and share.

The family would like to thank the staff at St. Boniface Hospital, especially the Intensive Care Cardiac Sciences staff who cared for him with dignity and compassion.

In keeping with Rudy's wishes, there will be no funeral service. The family will hold a small celebration of life at a later date with close family and friends.

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

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## GRADUATION



Congratulations  
Gaby McKnight  
on your graduation  
from RRC Polytech MRT program  
We are so proud of  
your accomplishments!

-Love your family

## IN MEMORIAM



**Richard Eardley**  
In loving memory of our  
Dad, Papa, Brother, Uncle and  
Loving Husband  
October 12, 1946 – July 10, 2024

In Our Hearts

We thought of you today,  
But that is nothing new;  
We thought about you yesterday,  
And days before that too.  
We think of you in silence,  
We often speak your name;  
Now all we have are memories,  
And your picture in a frame.  
Your memory is our keepsake,  
With which we'll never part,  
God has you in His keeping,  
We have you in our hearts.

-Forever missed and loved by,  
Alison, Rae-Anne (Brad),  
Scott (Tracy), Shannon  
and the rest of our extended families

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## OBITUARY



**Robert (Bob) Allan**  
November 19, 1946 – June 29, 2025

It is with deep sorrow we announce the passing of our beloved husband, father, papa and brother.

He leaves behind wife Vivian of 55 years; sons Jason, and Michael; grandson Thomas; brother Gary (Betty); sister Pat (Paul Ducharme); sister-in-law Mary Anne (Darcy); as well as nieces and nephews.

He was predeceased by his mom and dad, Rod and Janet Allan; brother Roddy; and special nephew Cody Joss.

Dad worked for the Boilermaker Local 555. He loved most sports and loved watching them with his two "boys". Dad loved Broomball, playing and coaching with the Teulon and Selkirk Flying Angels with Lary and the Scantbury Brewers, taking them to the provincials. He loved country and western music, and fiddle

fest. Dad loved camping with Lynn and Wayne Stewart and also watching the Grey Cup together every year for 35 years. Xmas was good for Dad. He played Santa at the parades and breakfasts around the Interlake. He also loved rodeos.

Our family would like to thank the Deer Lodge Centre, fourth floor and tower 3, they gave him such good care and compassion. Both floors loved his smile, when he smiled everyone smiled.

In lieu of flowers donations can be made to the Deer Lodge Centre Foundation, Dementia Care, 2109 Portage Ave, Winnipeg, MB R3J 0L3.

A celebration of life will be held on Saturday, July 26, 2025, at 11:00 a.m. at the MacKenzie Funeral Chapel, Stonewall.

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



## CONDOLENCES



**Lori Penner**

It is with great sadness that the Manitoba Community Newspaper Association (MCNA) offers our deepest condolences to the family, friends and co-workers of Lori Penner upon her sudden and unexpected passing. Lori was kind and well loved in her community. She was also a dedicated and award-winning journalist to a few of our MCNA newspapers. We extend our deepest sympathy to all those who knew her in the community and who will miss her dearly, as well as to all of those who had the honour of working with her. Rest in Peace.

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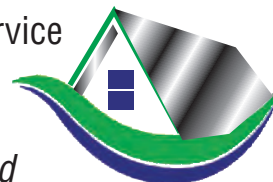
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