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Eva Kerbrat (front) and Vanessa Kerbrat and the Asham Stompers performed at Her Honour the Honourable Anita R. Neville, PC, OM Lieutenant Governor of Manitoba's Levee on the Lawn on June 22.



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Balmoral resident earns McMaster alumni award

By Jennifer McFee

A Balmoral resident has earned recognition for her countless contributions to community volunteerism and health advocacy over the past two decades.

Brenda Martinussen recently received the McMaster University School of Rehabilitation Science 2024 distinguished alumni award in the master of health management program.

Established in 2012, the award recognizes the 20th anniversary of the school's first graduating class in occupational therapy and physiotherapy.

Vanessa Killinger nominated Martinussen for the award, describing her as an advocate who addresses relevant policy issues across Canada relating to older adults.

It all came as a surprise to Martinussen, who wasn't aware she'd been nominated. She said it's an honour to receive the award.

"The first I learned of it was when I received a letter from McMaster University telling me I had won," said Martinussen, who graduated from the university in 2015 with a master's degree in health management.







TRIBUNE PHOTO SUBMITTED

Brenda Martinussen recently received the McMaster University School of Rehabilitation Science 2024 distinguished alumni award in the master of health management program.

"The letter indicated that the award was for individuals who inspire a passion for personal growth, development and life-long learning."

The award honours and recognizes alumni who are respected and admired for their leadership, achievements and contributions in scholarly activity, education, clinical practice and in the community.

Martinussen was chosen for her community work. She started working in health care for Interlake-Eastern Regional Health Authority as the regional manager of allied health. From there, she transitioned to become a clinical team manager in home care, which involved overseeing seniors' housing, services to seniors and adult day programs.

At the same time, she graduated from McMaster's master of health management program and became a certified health executive with the Canadian College of Health Leaders.

After that, she became the chief operating officer and then the chief strategy and growth officer with a large non-profit that provides community care in Winnipeg.

"Around that time, I was diagnosed with breast cancer and took some time off for medical care," she said. "This break helped me to determine the need for more balance in my life."

Martinussen then moved on to working with the Canadian Coalition for Seniors' Mental Health, where she oversaw national projects and public policy relating to the mental health of older adults in Canada.

"This was a contract position that I thoroughly loved with an organization I passionately believe in. When the contract came to an end, I moved into my current position as the chief

executive officer at the Portage Clinic," she said.

"This move was also in line with my passion for both community care and health care in our province."

Through her extensive volunteer work, Martinussen continued to advocate for issues relating to older adults.

"Several years ago, given personal family experience, I joined the Alzheimer Society of Manitoba's board of directors. During this time, I was also a member of the national board of the Alzheimer Society of Canada," she said.

"As a board member, you are responsible for setting the strategic direction of the organization, including its advocacy with public policy. We sought improvements to dementia training in health-care facilities, advocated for 'dementia-friendly communities' — not just age-friendly — and more."

Part of her role was to ensure that people with dementia and their care partners have a voice in programs and policies that impact them.

"This includes hearing stakeholders identify their more concerning issues, identifying an advocacy agenda based on what we hear and finding the right opportunities to advance that agenda," she said.

She made efforts to seek meetings with key politicians to emphasize the importance of issues related to dementia, welcome politicians to key events where both board and clients are present, and ensure an appropriate cadence of interactions with the government so that Alzheimer Society of Manitoba is respected and consulted. As an example, Martinussen said Alzheimer Society of Manitoba was consulted during the recent development of the Seniors Strategy.

Continued on page 8



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Local Co-op's experiencing empty shelves due to cyberattack

Federated Co-op Limited (FCL) continues to be affected by a cyberattack. However, it says customer data has not been compromised, which is good news for customers who shop at Co-

Over the past two weeks, co-op locations across Western Canada ĥave been plagued by system outages, which have led to the closure of gas bars, a lack of inventory at grocery stores and other logistical issues.

FCL has noted that several systems were taken offline as a precaution when the incident was discovered. However, everything has now been restored, and all stores and gas bars are open. Businesses are trying to run as usual.

Locally, the Stonewall Co-op Grocery has been experiencing some issues these past weeks due to a lack of items on the shelves from the cyber-

Stonewall Co-op notes that its stores and staff are doing the best they can to help everybody despite the current lack of essentials on the store shelves.

The ordering system from which stores get their items has been affected

at the local store level. So when you go shopping, shelves may be emptier until the matter is resolved, as the supply may be down since the stores can't keep track of what's been ordered or sent due to the cyberattack.

On July 9, FCL put out its most recent statement on its social media pages:

"We are aware of statements made online that data was allegedly copied from the FCL IT environment and will allegedly be released. While it's possible these allegations are related to the cybersecurity incident we previously experienced, we are still investigating with assistance from third-party experts. If the investigation determines that data was in fact compromised, as previously stated, we will take appropriate action.

"It's important to note that while this incident has been contained, upon first discovering that we had experienced a cybersecurity incident, we temporarily took a number of our systems offline as a precaution. As we continue forward with resuming normal operations, we're working towards bringing all systems back online safely.'

When reached out to for comment, FCL spokesperson Brad DeLorey noted that the only information he can release was included in the recent statements that the FCL and local Co-op's put out on its social media channels.



Stonewall Co-op Grocery manager Ron Harder is excited that they had a large shipment of product arrive Monday morning. Federated Co-op grocery, hardware and gas bars across Western Canada have been experiencing some emptier shelves than usual from a recent cyberattack.

He could not provide an update on when everything will return to normal at all of its Co-op stores across Western Canada but said that its teams are working as diligently as possible to find a solution.

"We once again want to thank Co-op members, customers and the public for their patience and understanding," said DeLorey.







Rockwood council news in brief

By Jennifer McFee

Rockwood council is taking initiative to help community members beat the summer heat.

Last week, council provided freezies to local RCMP members to distribute while they were out and about in communities.

IN OTHER COUNCIL NEWS:

- Calvern Farms requested permission to vary the minimum site width to 30.001 feet from the required 200 feet for a proposed lot. In April, council conditionally approved subdivision of the property to create the proposed 9.52-acre yard site for an existing dwelling as well as a 150.48acre agricultural parcel. The proposed lot is flag-shaped, since the main yard site is set back from the road by a narrow driveway that fronts onto Road 80N. Flag lot subdivisions usually need variances due to the reduced site width for the driveway. South Interlake Planning District had no concerns with the variance application. Council approved the variation
- The RM of Rockwood paid \$195 plus tax for a 2024 membership fee to become a member of the Heavy Equipment and Aggregate Trucks Association of Manitoba Inc. Coun. Neal Wirgau abstained from the vote.
- Council defeated a resolution to authorize repair the sod and boulevard on a portion of Arthur Street in Stony Mountain. A resident said that snow clearing caused the damage.
- Council authorized the public works department to purchase a 2024 half-ton from Selkirk GM for \$67,206.64 plus tax.
- Council credited \$527.51 to a Stony Mountain resident who received a large utility bill for the first quarter of 2024. The customer and the utility department determined there was an issue with the water softener regenerating water, which led to a



TRIBUNE PHOTO BY LAINE WILSON

Stonewall-Headingley RCMP handed out 150 freezies helping kids and adults alike stay cool in the 32 degrees C. on July 10, thanks to the RM of Rockwood.

large consumption of water.

- Council defeated a request to install a Subway advertising sign on the municipal rail bed south of Provincial Road 321 and east of Highway
- Council authorized two teams to attend the 25th annual ARM charity golf tournament on Aug. 1 at the Selkirk Golf and Country Club.
- Council defeated a request to have a yield constructed on Winfield Road turning south onto Road 7E (Summit Road). A resident requested the yield due to increased traffic on Winfield Road and dangerous driving habits.
- Disc Golf Manitoba requested permission to operate an outdoor beer garden on Sunday, July 14 from 10:30 a.m. to 6:30 p.m. within a boundary around the Bison Bandstand in Stony Mountain, adjacent to Rockwood Centennial Park. Council approved the tournament's request to apply for a liquor permit.
- The RM of Rockwood will enter into an agreement with the Stony Mountain Child Care Centre to lease the premises at 81A School Rd., which is the north portion of the old curling rink building. The RM of Rockwood will pay to JQ Built all costs associated with a building envelope inspection and maintenance package for a two-year period for the newly constructed daycare at 81B School Rd.
- Council gave second reading to an amended bylaw to regulate the Stony Mountain utility system to establish new water and wastewater rates. Council also gave first reading to a bylaw to establish water and wastewater rates in the community of Grosse Isle and Rockwood Regional Water, including lagoon tipping fees at the Rockwood-Rosser Wastewater Treatment Lagoon.
- The RM of Rockwood will enter into a digital plan agreement with Teranet to receive digital copies of mylars, or plans, following completed

- subdivisions.
- The RM of Rockwood will enter into an agreement with Randal Van Wyk and Erica Van Wyk to operate an agri-tourism business.
- The RM of Rockwood will enter into a renewal agreement with Glacial Stone for quarry activities.
- Council passed third reading of a bylaw to amend the zoning bylaw.
- Council approved a request to set off fireworks on Saturday, July 13 for a 70th birthday celebration n Stony Mountain.
- Council defeated a resolution to change the current truck routes or provide dust control at a subsidized rate at the corner of Road 84N and Road 7E, just south of Balmoral. A resident had expressed concern about an increase in heavy truck traffic and the dust produced by the trucks.
- Council approved for councillors Curtis McClintock and Miles Tarrant to attend the 2024 Manitoba Community Futures provincial conference at Lakeview Hecla Resort from Oct. 8 to 10.
- The Association of Manitoba Municipalities is requesting the provincial government to provide disaster financial assistance to rural municipalities in southern Manitoba specifically for gravel road rehabilitation and maintenance related to damage from this year's winter weather and spring rainfall.



Asham Stompers perform at Levee on the Lawn

By Becca Myskiw

After a successful first round of reaching jigging in St. Laurent, Eva Kerbrat has done anything but slow

The locally raised dancer is fresh off nine weeks of jigging classes, having taught more than 13 locals how to improve on or start their jigging. Eva said the classes went well, and everyone improved considerably from the first class to the last one. She taught children under 15 in one class and, right after, she taught adults.

Having danced since she was five, Eva is no stranger to busy schedules. Though her dance classes just finished, she hasn't. Eva dances with the Asham Stompers, a well-known jigging group of about a dozen dancers, give or take. Her younger sister, Vanessa Kerbrat, recently developed an interest in jigging, and having learned from one of the best, she too started dancing more often and more seriously, eventually joining the Asham Stompers as well.

The traditional Red River Métis jigging group was invited to perform for 40 minutes by the King's representative in Manitoba, Lt.-Gov. Anita Neville, on the grounds of Government House on June 22. This was the lieutenant-governor's first-ever Levee on

the Lawn, and the Asham Stompers adorned their new costumes for the event. The Kerbrat sisters like the bright new outfits, their dresses shining red, blue and white as they spin.

"It was a really good show," said Eva, adding that eight of them performed that day — four women and four men dancing in pairs.

Before the Levee on the Lawn, though, the Asham Stompers made the trek to Puerto Vallarta, Mexico, to partake in the country's largest folkloric festival, the Festival Vallarta Azteca (FESTVA). The 18th annual festival featured free performances from dance groups worldwide, one of which was the Asham Stompers from Manitoba, Canada. From April 28 to May 5, they danced along the Malecon, Puerto Vallarta's famous boardwalk, amid people, lights, food and décor.

The shows the Asham Stompers performed in Mexico were around 30 minutes each, and they danced more than once. Since the Kerbrats go to Mexico often, the culture wasn't anything new to them, and they fully enjoyed the experience.

"It was more of learning and experiencing the different cultures," said Vanessa.

The Kerbrats don't know what's



TRIBUNE PHOTO BY DOUGLAS LITTLE PHOTOGRAPHY

Eva Kerbrat and the Asham Stompers performed at Her Honour the Honourable Anita R. Neville, PC, OM Lieutenant Governor of Manitoba's Levee on the Lawn on June 22.

next, but Eva is hoping to offer more jigging lessons to the community in the fall. She has yet to determine if they'll be in St. Laurent, Stonewall or both, but she knows it will happen.

"Just being with everybody, the energy the people, it's fun," she said. "Everybody's smiling and clapping and us, the dancers, we're smiling and laughing and clapping."



TRIBUNE PHOTO BY DOUGLAS LITTLE PHOTOGRAPHY

Vanessa Kerbrat was all smiles as she twirled and showed off her new costume.







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Province offers free provincial park entry July 15 to 21

By Lana Meier

Environment and Climate Change Minister Tracey Schmidt announced that the Manitoba government is offering complimentary access to all provincial parks for a full week in

"Manitobans love spending time outdoors during the summer and we are helping families have the chance to enjoy our parks without paying park entry fees," said Schmidt. "Our government is lowering costs for families by covering park fees for the week. This is the perfect week to plan a visit to one of our beautiful provin-

During the dates of July 15 to 21, there is no need for vehicle permits to access provincial parks. However, it is important to note that regular camping fees must still be paid and entrance fees for national parks are also required. Those interested in camping at a provincial park can secure a spot through the Parks Reservation Service at www.manitobaparks.com or by dialing 1-888-482-2267.

Visitors to Manitoba's provincial parks enjoy some of the lowest entry fees in Canada. This weeklong initiative, along with other free park access opportunities through the year, aims to ensure cost is not a barrier for anyone looking to enjoy the outdoors.

The minister added the Manitoba government chose to freeze provincial park fees for this camping season to help more Manitoban families enjoy the province's parks.

Park interpreters are offering free guided hikes, campfire talks and other family programs this weekend and through the summer for visitors to connect to the natural features, culture and history in provincial parks. Several campgrounds have also organized special events to celebrate Canada's Parks Day on Saturday, July 20. Interpretive program information is available online at www.manitobaparks.com or visitors can check with the local campground office for details on any activities happening in the park.

Tips for visitors and campers at Manitoba provincial parks include:

- check the Manitoba Parks website at www.manitobaparks.com for advisories before travelling;
- all campers must check in at campground offices upon arrival to receive camping permits;
- be "Wildlife Smart" by maintaining a clean campsite, keeping all food, trash, toiletries and cooking utensils locked in a vehicle or trailer, and pack out trash and recyclables before leaving;
- wear a life-jacket when par-

ticipating in water-related activities, especially boaters, children and weak swimmers;

- keep all pets on leash; and
- keep campfires in approved pits such as those found in campsites. Check with the campground office for any campfire restrictions.

Campers are reminded that because the emerald ash borer has been confirmed in Winnipeg, no firewood can be transported outside the city. Transportation violations can result in charges and fines of up to \$1,300 for individuals or \$15,000 for businesses. Firewood is available for purchase from local retailers at most campgrounds.

Attention all watercraft users and beach-goers: remain vigilant in your efforts to prevent the spread of aquatic invasive species. Remember to thoroughly clean, drain and dry your watercraft and related equipment. If needed, utilize decontamination stations for added precaution. For more information on these species and location of decontamination stations, visit www.manitoba.ca/stopais.

Stay connected with provincial park updates and events by following Manitoba Parks on Facebook at www.facebook.com/MBGovParks or X (previously known as Twitter) at www.x.com/MBGovParks.

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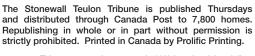
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TRIBUNE PHOTO BY JO-ANNE PROCTER

Kim, My, Hoa, Minh, Thao, all originally from Vietnam, along with Nova (the dog) were enjoying the 26 degrees C. temperatures while picking saskatoons last Saturday. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca

RM of Armstrong holding byelection to replace council

By Patricia Barrett

A byelection for the Rural Municipality of Armstrong will be held at the end of July to replace four councillors who had resigned earlier this year, as well as the reeve and a councillor who could no longer function as a council after quorum was lost.

Councillors Pat Stein, Ted Sumka, Paul Humeny and Brent Dziadek resigned their seats during council's regular meeting on April 9, almost halfway through their four-year term of service.

Allen Pfrimmer (Ward 1) and Reeve Kate Basford did not resign their seats, but under the provincial Municipal Act they could not form council as a quorum (minimum of three councillors) is required.

The provincial department of municipal and northern relations had stepped in to appoint an administrator to run the day-to-day business of the municipality.

Under the Manitoba Municipal Act, an administrator can be appointed to a municipality when there is no council or no quorum. Quorum is required for each council meeting, with a minimum number of three councillors.

The Act states that "if the number of members of a council is fewer than required for a quorum or if a council resigns, the Lieutenant Governor in Council may appoint an administrator for the municipality"

Council meetings were cancelled starting with the April 23 meeting, according to the RM's website. The first meeting of the new council is scheduled for Aug. 13.

Despite having resigned their seats, Pat Stein and Paul Humeny are running again for council, along with over a dozen other candidates.

There are three candidates running for reeve: Kate Basford, Pat Stein and Garry Wasylowski.

Ward 1 candidate Guy (Sonny) Rohne was elected by acclamation (there was no other candidate running against him), as was Ward 4 candidate David Tyndale.

Paul Humeny, Amanda Ermel, Drenna Campbell and Charles Whittier are running for Ward 2. Danny Gudbjartson, Greg Fontaine, Glenn Barkman and Greg Dwornick are running for Ward 3. And Luke Hendrickson and Allen Evanchyshin are running for Ward 5.

Advance voting will take place on Saturday, July 20 from 8 a.m. to 8 p.m. at the Fraserwood Hall and on Tuesday, July 23 from 8:30 a.m. to 12:30 p.m. at the RM of Armstrong office on Highway 17 in Inwood.

The byelection will take place on Wednesday, July 31 from 8 a.m. to 8 p.m. Voting stations will be set up at the Inwood Memorial Community Center, the Chatfield Community Club, the Silver Community Centre and the Fraserwood Hall.

For more information on the voting locations and alternative means of voting, contact Ernie Epp, senior election official for the RM of Armstrong, at clerk@rmofarmstrong.com or 204-278-3377.

with us > FAITH

When Things Get in the Way

"And he said to them, 'Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions." (Luke

It's obvious that we're in the season of yard sales, and our need to let go of possessions is there on full display! The good news is, people having yard sales are trying to give the items they no longer need another life in someone else's home or

All of us have a complicated relationship with our possessions. Inevitably, there comes a time when we have to downsize and let go of the things we've owned. Sometimes, it's because we are moving. At other times, it's because we have simply run out of room to keep them.

It's amazing how we come to define our lives and ourselves by the material things we possess that give us a sense of belonging, security and self-sufficiency.

In the twelfth chapter of his gospel, Luke tells a parable about a farmer who had a bumper crop. Instead of giving any of it away, he decides instead just to build a bigger barn to put it in.

From the distance of time, it would be easier for us to judge the farmer for his self-centredness if we didn't see him in ourselves.

There is no room for God in a soul that is self-satisfied, self-sufficient and self-absorbed. When we tear down our small barns and build larger ones, they block the view of our neighbours and we forget that they may have empty barns, smaller barns, or even no barn at all to give them any security in life. We forget that the riches that are stored in earthly barns can't go with us.

Jesus' parable of the rich fool is not a condemnation of riches, it's a plea for us to be rich towards God and our neighbour. Jesus calls us to travel a little lighter down the road of discipleship we have chosen.

Summer is a great time to de-clutter our lives. Let's all take the time to look closely at where our treasure lies and how we are using it to serve God and our community.

Rev. Mona Denton Stony Mountain & Lilyfield United Churches stonymountainlilyfieldpc@gmail.com

at Stony Mountain-Lilyfield Pastoral Charge

St. Laurent open house set for July 20

By Jennifer McFee

The RM of St. Laurent is hosting a municipal open house this weekend and everyone is welcome.

The event takes place on Saturday, July 20, starting at the St. Laurent recreation centre from 11 a.m. to 2 p.m.

"The event aims to share and discuss ongoing projects and foster constructive dialogue within our community," said Reeve Richard Chartrand.

Attendees can look forward to a welcome speech from council at 11 a.m. After that, guests can check out

information booths about ongoing projects. They'll also have the chance to ask questions and share ideas on potential options. Refreshments and snacks will be available until 2 p.m.

Then from 2 to 4 p.m., an open house will take place at the old town hall to

view the renovations that were completed in 2022. Members of the public will have the opportunity to provide feedback on the building's future.

For more information, contact the municipal office at 204-646-2259.

> MCMASTER ALUMNI AWARD, FROM PG. 2

"When I was on the Alzheimer Society of Canada board, MAID (medical assistance in dying) was just coming into being and we developed a position statement on MAID as it related to those with dementia," she added. "Alzheimer Society of Canada is regularly at the table with the federal government for topics relating to dementia."

With the Canadian Coalition for Seniors' Mental Health, they aimed to keep on top of issues that might impact older adults. Martinussen co-authored and published an article titled "Timely Yet Long Overdue: Canadian Standards for Long-Term Care Homes" in the *Canadian Geriatrics Journal* (cgjonline.ca). This article was in response to the national standards of care for long-term care homes.

"We were consulted and had input of older adults was not forgotten.

into the development of the national mental health standards for long-term care in Canada that are currently being developed," she said.

"We also had input into the Safe Long Term Care Act, speaking to the need for cultural safety; quality care; communication; infrastructure and the physical environment; the critical role of the individual, families and loved ones in the system; access to mental health services; the need to meet the new long-term care standards; minimum staffing levels and the need to support staff; transparency and public reporting; standardized assessments and reporting; and more."

In addition, they secured a seat on a panel relating to overcrowding in emergency rooms to ensure the voice of older adults was not forgotten. "In my time with Canadian Coalition for Seniors' Mental Health, we also developed national evidence-based best practice clinical standards for anxiety in older adults, social isolation and loneliness in older adults and behaviours in dementia," she said.

"We also created and launched the behavioursindementia.ca website an online resource library for healthcare professionals and the public."

When considering volunteer opportunities, Martinussen seeks to spend her volunteer hours doing work that is meaningful to her.

"My board involvement is with organizations that I feel strongly about in terms of the work that they do," she said.

She was recently appointed to the national board of Jack.org, which is a Canadian mental health non-profit organization devoted to ensuring young people get essential mental health education.

"Through its programs, young people learn how to recognize signs of struggle in themselves and others, how to support friends and classmates who might be dealing with a mental health struggle, and when a situation requires professional support — and how and where to get that support," she said.

"This work matters because youth mental health struggle is on the rise in Canada and has been for a long time. Young people in rural and remote areas often face distinct barriers with their mental health. More work needs to be done to provide youth in rural and remote areas with the support they need."

Jack.org is looking for partners and collaborators in bringing its programs to communities across the country and in co-developing initiatives to support vulnerable youth, she added.

"We all have a role to play," she said.
"Young people need the support of their parents, teachers, coaches and other adults."

Her long list of volunteer roles includes serving as the South Interlake Regional Library's vice-chair and public representative appointed by the RM of Rockwood. She's also currently the treasurer for the Teulon

Skating Club, and she's involved with Canada's Volunteer Awards national advisory council as a public representative appointed by the federal government.

With both the College of Occupational Therapy of Manitoba and the College of Pharmacists of Manitoba, Martinussen serves as a public representative appointed by the provincial government. She's also currently a member of the Canadian College of Health Leaders. Previously, she served on the national awards advisory committee and the Manitoba professional development committee.

Other past volunteer roles included committee and board positions with Big Brothers and Sisters of Winnipeg and committee positions with Big Brothers Big Sisters of Canada. She also served on the boards for Interlake Minor Ball and Balmoral Baseball Club.

These extensive volunteer roles contributed to the reasons why McMaster University recognized Martinussen, who attended the June 12 award ceremony virtually.

Dina Brooks, McMaster's executive vice-dean and associate vice-president academic in the faculty of health sciences, shared congratulatory sentiments.

"We were thrilled to include Brenda as a recipient of the School of Rehabilitation alumni award. Brenda, who graduated with her masters in health management in 2015, has made significant contributions in senior support programs and health-care management," Brooks said.

"Her leadership and innovative initiatives, including the launch of DASCHWorks, and her extensive volunteer work exemplify the qualities we honour with this award."

For Martinussen, she gleans inspiration in the words of Mahatma Gandhi: "Be the change you wish to see in the world."

"I believe that for society to be the place we want it to be, we need to take personal responsibility and take steps to help it get there," she said.

"I am very fortunate to have a family who supports me in all my endeavours, including my volunteering, academic pursuits and career. "



A Very Special Thank You!



Thank you to all who generously sponsored, volunteered, golfed and provided donations and prizes for the 19th Annual Ralph Eichler Charity Golf Tournament. Thanks to our hosts at Teulon Golf and Country Club. Net proceeds are shared equally by the Interlake Community Foundation and South West District Palliative Care.

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South West District Palliative Care

Ralph R. Eichler Eichler Prairie Consultants

Bob Beck, Co-Chair Interlake Community Foundation

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Health-care education opportunities close to home

By Jennifer McFee

Local communities benefit from a healthy supply of options for pursuing health-care education close to home.

And with graduation season wrapping up, it's an ideal time to start thinking ahead to next steps to reach career goals.

Julene Sawatzky, regional lead for human resources for Interlake-Eastern Regional Health Authority (IER-HA), said strong connections with education institutes are crucial to stabilize staffing.

"Working in health care has to become more accessible, so expanding the number of ways that people can enter the health workforce is critical," she said.

"Since many health careers require training by certifying bodies - including registered nurse, practical nurse and certified health-care aide — we have cultivated strong working relationships with post-secondary institutions working in the region. Currently, we're working with Assiniboine College and Red River College Polytechnic. University of Manitoba is also a major partner for registered nurses, where a key focus is increasing practicum placements in the region."

In addition, community-based organizations like Fieldstone Ventures education and training centre are working to connect communities to local post-secondary training.

"The partnership between Fieldstone Ventures and the community of Arborg would be a key example that has successfully brought licensed practical nursing and certified healthcare aide training to the northwest part of the region. This training is part of rural rotating education outreach designed to bring training closer to home for rural Manitobans," Sawatzky said.

"Similarly, the community of Beausejour and surrounding municipalities have secured a space to host practical nursing training starting in their community in January 2025 through Assiniboine College's rotating training programs. This IERHA-dedicated training has wrapped up in Arborg for now after graduating two consecutive classes of practical nurses, the majority of which are now working in facilities across the region."

Sawatzky added that training programs intentionally rotate throughout the region to ensure there are enough students in the area to meet class size requirements and to ensure that training is offered in a variety of geographic areas. While these programs focus

on reducing barriers to access training, Sawatzky said more needs to be done across the region to help connect people with employment in health care.

"Travel to a different community may not be an option and taking any time off from paid employment may not be feasible for some people. For this reason, in June of last year, we piloted a locally offered, community-based health-care aide micro-credential that provided on-thejob training opportunities in five communities as a way of removing barriers that many face in joining the health workforce," she said.

"This pilot project brought training and employment opportunities to the communities of Fisher Branch, Selkirk, Lake Manitoba First Nation, Lac du Bonnet and, as one group, Manigotagan, Aghaming, Seymourville and Hollow Water First Nation. Among those five training offerings, 34 individuals graduated and received offers to work in their community in a personal care home or in home

With the success of the pilot project, the program is continuing to run, recently graduating eight individuals in Fisher Branch and another eight in Selkirk to work in home care. The next session starts in Selkirk on July 2, followed by Lac du Bonnet on Aug. 26 and Eriksdale/Ashern area on Sept. 30. For more information, visit https:// www.ierha.ca/careers/educational-opportunities/.

For those interested in health-care education, here are a few options close to home provided by some of the training institutions that are currently working in collaboration with IERHA.

FIELDSTONE VENTURES

Fieldstone Ventures facilitates skills development and training opportunities for adults in the northwest Interlake region. For more than two decades, Fieldstone Ventures has worked with communities all the way from St. Laurent to Dauphin River.

"We travel to all the communities within our region and the five First Nations. In the last six years, we have moved over to the Arborg area with the intentions of offering the same services there as what is offered here along Highway 6," Fieldstone Ventures manager Julie Bergner said.

"The services we provide are not available north of Selkirk, so we felt it fit to join in with Arborg when approached on the opportunity to bring LPN (licensed practical nurse) training to the area."

Over the past four years, Fieldstone Ventures, Assiniboine College, community representatives and IERHA have partnered on the LPN program locally. Since the Central Interlake Training Facility opened in Arborg, two LPN training programs have concluded. Of the 25 graduates from the first course offering, 16 took positions with IERHA. In the second offering, 12 of 15 graduates gained employment with IERHA and the remaining three took positions in health care elsewhere in Manitoba.

"We work back and forth on identifying what positions need to be filled and constantly work on bringing training to the region locally. The staff at IERHA have been amazing to work with," Bergner said.

"We also ran a successful health-care aide program in 2016-17, which saw 16 students graduate and all 16 obtaining work in the area. The training facility is within a 100-kilometre radius of the areas we serve so it can be accessed by people within our catchment area.'

When it comes to community partnerships, Bergner said they're all working towards the same goal — to bring training and employed personnel to the area.

"Having a diversified board of directors helps get the

message out. Our board of directors is comprised of different organizations, including IERHA and one member from each of the municipal councils, as well as the Lakeshore School Division," she said.

"We are funded through Manitoba Jobs & Skills Development Centre to provide the employment assistance services to the regions, so we follow their guidelines when it comes to training and employment."

Fieldstone Ventures is always seeking new board members, and all board meetings are open to the public.

"Most of the members now are from the Ashern area. We would welcome new members from surrounding communities. This, we feel, would benefit their groups as well. We are not limited to only training in Ashern or Arborg," she said. "If we can find suitable facilities in other locations, we would entertain bringing training there also."

Fieldstone Ventures tries to offer courses that are in demand, including those to train nursing and health-care

"We offered a paramedic training course in 2010 and this is something we are looking at again. In most cases, the training we offer through the colleges and universities must meet the labour market demand," Bergner said.

"If the jobs are not available at the end of training, we

Continued on page 11

Centre Street West 55+ Development

By Falki Developments

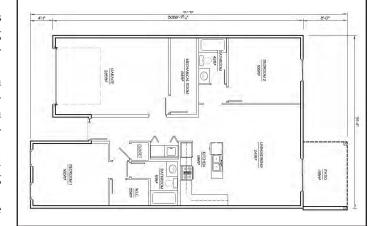
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ICF donates \$200,000 to Joy Smith Foundation

By Jennifer McFee

Human trafficking is happening in communities across the country — including right at home in the Interlake.

The Joy Smith Foundation aims to educate and empower everyone to stay safe from human traffickers looking to lure our youth into the sex trade or forced labour.

And now more funds are available to propel that work forward in the Interlake, thanks to a recent donation from the Interlake Community Foundation

On June 25, representatives from the Interlake Community Foundation presented a \$200,000 cheque to the Joy Smith Foundation. Bob Beck, chair of the Interlake Community Foundation, said the cheque represented a grant from the Fund for Gender Equality.

"The Fund for Gender Equality was part of a partnership with Community Foundations of Canada and was supported by a collaboration between Community Foundations of Canada and the Equality Fund, with support from the Government of Canada," he explained.

"The Joy Smith Foundation is a national not-for-profit registered charity that works to combat human trafficking across Canada. This grant will be used to fund programs specific to the Interlake. It is easy to believe that human trafficking does not happen in our neighbourhood but, unfortunately, with the reach of the internet and other access, it can happen anywhere."

Joy Smith became a member of Parliament in 2004 and was instrumental amending the Criminal Code to strengthen sentencing for traffickers and expanding Canadian laws to have an international reach.

In 2011, she founded the Joy Smith Foundation to combat human trafficking.

"We've done a lot of work in the Interlake and it's a very busy area," Smith said.

"Often traffickers feel very strong-

ly that it's a good place to go and look for people with the fairs and the events that happen during summer. We want to make sure to prevent it."

In total, about 93 per cent of Canada's sex trafficking victims are born in Canada, according to the Joy Smith Foundation.

"A lot of rural areas don't know about human trafficking, and yet it's less than a kilometre away from every child because they have telephones and the internet in front of them all the time," Smith said.

"Traffickers earn in excess of \$280,000 per victim per year tax-free, so they feel it's well worth their while. They do it for the money and the power over innocent people. The average age for entry into the sex trade is 13, but it's not a job or a trade. It's a horrible crime against very innocent victims."

The \$200,000 donation will allow the Joy Smith Foundation to continue its work specifically in the Interlake.

"We have produced really good results, and victims have restored their lives. We've gone into schools, community centres, churches — anyplace that will listen to what we're doing," Smith said.

"We also do a lot in terms of the sextortion issue where kids are blackmailed over the internet. It happens to both girls and boys, and so does human trafficking."

Over the years, the Joy Smith Foundation has helped more than 7,000 human trafficking victims and their families to restore their lives. However, Smith stresses the importance of stopping human trafficking before it happens.

"We want to make parents and students aware. Our youth are smart, but they just don't expect something like that to happen to them — and they're in it before they know it. Young people have committed suicide because they've been so ashamed," she said.

"Don't be naïve and think this won't happen to your family. It is very ac-



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Interlake Community Foundation presented Joy Smith and Janet Campbell with the Joy Smith Foundation a cheque for \$200,000 at Collège Stonewall Collegiate on June 25. Pictured left to right: Sandra Smith, Dale Sklepowich, Janet Campbell, Murray Slagerman, Joy Smith, Perry van der Zweep, Cheryle McClure, Bob Beck and Peggy Linklater.

tive in the Interlake, and it's under the pubic radar. You can prevent it easily by finding out how the traffickers operate and how you can protect your family. Traffickers can be men or women."

On Saturday, Aug. 17, the Joy Smith Foundation is hosting an event called Joy in Action in Birds Hill Park from 9 a.m. to noon. The family-friendly event is free to attend. Participants can sign up to walk, run or cycle while also raising funds.

"Everything is free because our main goal is to get people out to understand what human trafficking is and how to prevent it," Smith said. "It's a dark subject, but it will be a great family-friendly occasion."

Learn more at joysmithfoundation. com or call the office to register for free at 204-691-2455. Donations to

the Joy Smith Foundation can also be made through the website.

Similarly, donations to the Interlake Community Foundation help fund many worthwhile projects throughout the region.

"The Interlake Community Foundation is an important source of funding for charitable organizations in the Interlake. This program is one of the many programs we have been able to use to increase the funding available for our communities," Beck said.

"We continue to grow and are celebrating 30 years this fall. In that time-frame, we have granted over \$2.1 million to our communities."

Learn more about the Interlake Community Foundation or make a donation at interlakefoundation.ca.







> EDUCATION, FROM PG. 9

will not bring it forward. We work with IERHA and Manitoba Jobs & Skills Development Centre from Selkirk to determine the needs and go from there."

Anyone looking for information on training through Fieldstone Ventures can call their office at 204-768-3797. Bergner said they're always open to training suggestions.

ASSINIBOINE COLLEGE

Similarly, Assiniboine College aims to transform lives and strengthen Manitoba through applied education and research — including opportunities in local communities.

"Assiniboine College is very much about bringing education closer to home in all rural Manitoba communities and, as such, works in partnership with industry to meet labour market demand," said Suzanne Nicolas, dean of nursing at Assiniboine College.

Community partnerships pave the way to determine if education programs meet industry needs and offer evolving opportunities. At the same time, Assiniboine College maintains a collaborative relationship with IER-HA so it can respond to the region's needs and bring education closer to

Assiniboine College has offered a comprehensive health-care aide program and practical nursing program in the Interlake-Eastern region. The practical nursing program is coming up in Beausejour with training beginning in January.

"When students can stay in their home communities to study, they typically will stay and work in their community. This certainly builds capacity in the region, is good for economic growth and responds to the labour shortage and demand," Nicolas said.

"We are always looking for partnerships with communities and regional health authorities. Currently, the School of Nursing meets regularly with regional health authorities to connect with communities. We continue to have conversations with IER-HA to meet the educational needs of potential students closer to home to meet the labour market demand."

RED RIVER COLLEGE POLYTECHNIC

RRC Polytech is committed to a continuous transformation of its learning model to meet emerging needs. Education options are flexible with a blend of virtual and course-based delivery models, including in-community training.

"Virtual and blended learning models allow students to study in the community or from home with hands-on skills assessments either on campus or at a centralized location," said Darlene Bouvier, regional campus manager. "Our

course-based registration model allows for part-time, full-time, day or evening learning opportunities to meet the needs of learners who may be moving into a new career, underemployed or unemployed and may need alternate dates and times to complete their learning."

Community partnerships are critical since students can learn directly and complete hands-on practicums locally, she added. From there, they can transition smoothly from practicum into jobs to support local employment needs.

"The college provides flexible wraparound supports including students services, tutoring, study sessions, counselling, accessibility services and access to mentors and Elders," Bouvier said.

"For example, in Sagkeeng First Nation, we delivered a health-care aide program where students studied with the support of the community and family. The opportunity for local training removes barriers related to access to childcare, transportation and the challenges and costs of moving outside of the community to receive an education where the learner may not otherwise have this opportunity."

Partnerships within industries, such as health authorities, are essential, she added.

"IERHA is one of the region's largest employers, and our partnership ensures collaboration on employment needs, supports training throughout the region and supports students with work experience that leads directly to job offers — and often times multiple job offers due to the extensive need for health-care professionals throughout the region," Bouvier said.

Al-Anon and AA **Meetings Information**

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

Selkirk Red River Al-Anon Family Group

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

Teulon AA

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

Stonewall AA

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

"Our partnerships are the core of our success. They enable us to extend our resources, leverage our partners' strengths, accelerate progress in innovation and research, and expand our reach."

Looking ahead, RRC Polytech is committed to the continued development and expansion of community partnerships to reach all learners. Part-time virtual and blended options will be available this fall through Interlake and Peguis Fisher River campuses. Evening and weekend options are available through continuing education.

"We deliver multiple programs where learners can participate anywhere in the region with our blended learning model. Students may need to travel for testing and practicum; however, a large portion can be done in community or, if the student prefers, on campus. Students can take this full time, reduced work load or part time to meet individual needs," Bouvier said.

"With the opportunity for virtual, in-community and flexible blended learning models, this opens the door for expanded learning opportunities throughout rural Manitoba."

UNIVERSITY OF MANITOBA

The University of Manitoba also creates connections with local communities through the College of Nursing.

Jennifer Dunsford, director of clinical education for the College of Nursing, said many nursing students benefit from clinical placements in rural settings, including those in Interlake-Eastern communities.

"We really value the opportunity to work with Interlake-Eastern RHA. There's such a rich potential for great experiences for our students that they wouldn't necessarily get doing a specialty placement in a tertiary care setting. If you're in a rural setting, you might get orthopedic, burns, trauma, palliative care, labour and delivery," she said. "If at all possible, we strongly encourage students to consider doing a rural placement at some point within their program."

At the same time, rural communities benefit from students pursuing clinical placements in their facilities.

"Rural hospitals are having staffing crunches just like everywhere else. We find that the more a student is exposed to a certain environment or facility or area, the more likely they are to request that for their senior practicum — and very often senior practicum students get hired right onto the unit that they did their final placement on," Dunsford said.

"So we're hoping that will help to address some of the staffing shortage across the province as well by expanding the placement opportunities. It's been quite successful. Our students tend to enjoy their time in rural hospitals and I think they get a great experience."



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Grand reopening draws crowd to Red Apple in Stonewall

By Jennifer McFee

The community came out to celebrate the grand re-opening of the Red Apple store in Stonewall.

On Friday, June 28, the store reopened to showcase its new look after renovation work wrapped up.

The first hundred customers received a \$10 gift card and a laundry basket, and it didn't take long to reach that number.

"We had the first 100 customers within the first half-hour," said store manager Pat Melo. "Although there was rain, there was a lineup all the way to the parking lot."

Mayor Sandra Smith came out for the ribbon-cutting event, along with district manager Kent Oar.

"We also had three other managers from different towns who were here helping out too. We had Shirley from Arborg, Tamara from Gimli and Chris from Fort Frances, who is a new manager," Melo said.

"It was busy. We had cake and coffee. The mayor was bagging for us behind the checkout. She threw herself in there and was busy helping us out."

Customers can now look forward to a more accessible shopping experience at Red Apple.

"We had a completely renovated store inside. We changed the layout of the counters so now it's easier to shop," Melo said.

"It's got wider aisles and it's more accessible for people. When you come in, there are straight rows so you don't have the maze effect. The registers are located right in front of the doors now. Everybody is enjoying the



The first 100 customers received a \$10 gift card and a laundry basket.

changes."

The popular CandyWorks Candy Store is now bigger, and Melo said they're exploring the possibility of adding more varieties of candies. Besides candy, Red Apple is a one-stop shop for almost anything a customer could need.

"I call it 'the little bit of everything store.' We've got clothing, food, housewares, gifts, small appliances, a small section for hardware, some furnishings and seasonal items," she said.

"We also have a price match promise. If you find the price cheaper within town, we always match it."

Stonewall's Red Apple, located at 436 Main St., is open Monday to Saturday from 9 a.m. to 7 p.m. and Sundays from 10 a.m. to 6 p.m.



RIBUNE PHOTOS SUBMITTED

Red Apple in Stonewall hosted a grand reopening event on June 28 to showcase the newly renovated store.



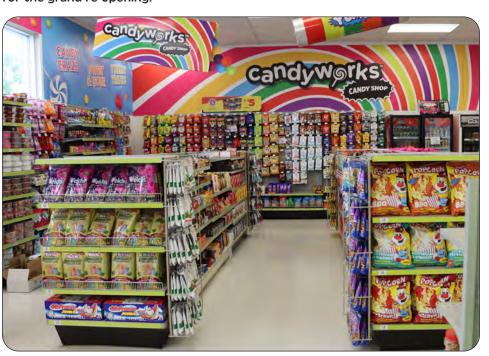
Stonewall Mayor Sandra Smith had the honours of cutting the ceremonial ribbon for the grand re-opening.

Sewer lines for Stony Mountain



TRIBUNE PHOTO BY HALEY CVAR

Work continues along the old railbed to install the new sewer forcemain that will serve the new Stony Mountain development. This development will include a mix of residential, commercial and industrial lands.



The newly renovated candy shop is now larger with a lot of sweet treats.

Teulon council approves street closure for street market

By Jennifer McFee

At the request of Teulon and District Seniors Resource Council, a portion of Main Street will be closed on July 12 and Sept. 6 for a street market.

The closure will span from the south end of Fourth Avenue SE to First Avenue SE, as well as Second Avenue SE from Main Street east to the back lane.

The market will run on those two dates from noon to 11 p.m.

The town will provide barricades at no cost, and volunteers from Teulon and District Seniors Resource Council will staff the barricades. Volunteers will also ensure that the Shoppers Drug Mart parking lot is only used by Shoppers' customers.

IN OTHER COUNCIL NEWS:

- Council approved a quote of \$22,901.44 from Toromont to repair the loader.
- Teulon council approved a change order request from Maple Leaf Construction at a cost of \$13,000 plus tax in addition to their tendered quotation of \$107,319.75. As a result, the public works manager will be able to approve any extra work required.
- change order request from WSP Canada Inc. in the amount of \$4,247. Additional work by WSP Canada was required to review South Interlake

Planning District's comments and to include additional graphics to produce the town's secondary plan.

- Council approved a lot grade request on First Street SW to one inch above the centre of the road. The applicant must ensure the drainage impacts are mitigated for neighbouring properties.
- The town will enter into a digital plan agreement with Teranet for electronic mylar submissions. This approach will save costs for applicants while also expediting the approval process and reducing delays associated with regular mail.
- The Town of Teulon provided awards to Class of 2024 graduates Annika Kowalchuk and Anthony Osnach.
- The Town of Teulon has applied to the Public Utilities Board for revised wastewater rates. Rates were last approved more than two decades ago in 2003, and the current rates came into effect on Jan. 1, 2004. The total annual charge is currently \$75.75. The proposed rates would see an annual increase to \$105.67 in Year 1, \$120.64 in Year 2 and \$135.59 in Year 3. Questions or comments can lon.ca.

Council also approved a be sent to the Public Utilities Board by Aug. 2 at www.pubmanitoba.ca. More information is available on the Town of Teulon website at www.teu-**Ilth Annual Stonewall Quarry Days** Saturday, August 17th at II:00 am No charge for float entries. Help make this another great event by volunteering or participating in it. Contact Christy at 204-467-5836 or christybrown@stonewallteulontribune.ca or online at stonewallquarrydays.ca for an entry form. **Application Deadline:** Thurs., August 15th

Tim Hortons Camp Day is back on July 17





Planning a Project this Construction Season?

Spring and summer are busy seasons for construction, and it's also a time when many are preparing to enjoy the outdoors.

With this in mind, the South Interlake Planning District (SIPD) would like to issue a reminder that **Development and/or Building Permits** are required for most types of construction, renovations, and structures (pre-built, site-built, temporary or permanent). These include but are not limited to: Pools, Hot Tubs, Decks, Sunrooms, Gazebos, Pergolas, Sheds, Fabric Shelters, Interior/Exterior Renovations or Repairs, Solar Panels, Window and Door Installations (structural only), Basement Developments, etc.

Permits help ensure that buildings and structures meet zoning requirements and 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

TRIBUNE PHOTO BY DAWN GREEN

Last Saturday evening, Mother Nature co-operated by pausing the rain so that Kung Fu Panda 4 could be shown at the Bison Band Stand in Stony Mountain Quarry. The Green family from Rockwood Wrecking and Recovery organized the event for the third consecutive year, with support from both community members and visitors from Teulon. The Stony Mountain Métis Local also contributed to the festivities by offering complimentary hot dogs for all attendees.

MANITOBA CROP ALLIANCE WANTS TO LET YOUR NAME STAND

We are currently accepting nominations from farmer members to serve as delegates on our four crop committees: wheat and barley, corn, sunflower and flax. Nominations close on Oct. 1, 2024.





Movie night under the stars In memory of Danica



TRIBUNE PHOTO BY JESSICA WILLIAMS

Sawyer, Arla and Nora Williams have been hosting a lemonade stand annually for the past four years in memory of Danica deLaroque, who passed away eight years ago. Last Friday, they set up their fundraising stand near Memorial Park in Stonewall and raised \$230 by selling regular and raspberry lemonade as well as iced tea. All proceeds from the stand go to support Danica and Abby's Village.













Growing local: a new strawberry farm promoting regenerative ag

By Emma McGill

The Melnychuk family, made up of Kathleen, Michael and their two sons, first started farming back in 2018 when they lived in Balmoral and bought some bred heifers. Slowly, they grew their herd but then decided to buy and move to Kathleen's homestead just outside of Fraserwood in 2020. This is where they started Stoney Acre Farms.

Kathleen's family had been farming in the Fraserwood area for over 100 years, a mixed farming operation that eventually became a beef operation. When it came time to forge her own path, Kathleen left home to study environmental sciences with a focus on natural resource management at the University of Manitoba. She now works for the East Interlake Watershed District as a funding coordina-

Kathleen's husband, Michael, also has an extensive background in agriculture. Raised in Balmoral, he spent his high school years running a market garden on his family's farm. After graduation, he worked in dairy barns, and as an auctioneer while raising Holstein calves at home. Later, he worked at the Teulon Grain Elevator and Gunton Crop Inputs. In 2020, he moved onto a seasonal job at the airport in Winnipeg as an operator, spending the off-seasons on the farm.

The downsizing of the Melnychuks' herd in Balmoral and the creation of Stoney Acre Farms are rooted in their prioritization of growing their family.

"Farming was in our blood and over many conversations, we decided that we wanted to continue farming and worked on a way we could safely include our young children, maintain our off-farm jobs and be productive with what we own," said Michael.

"We were talking about it many years ago because I was always interested in a market garden and having more fruits and vegetables locally. We thought it would be a new challenge to take a shot at," shared Kathleen.

Not only does pursuing strawberry production allow for a family-friendly farming experience, but it also provides a strawberry farm for the Interlake. So over the last year and a half, the Melnychuks have been hard at work doing extensive research, attending seminars and webinars, working with their agronomy team and speaking to other local producers about their operations.

Through all of this, the Melnychuks learned that establishing a sustainable operation with a strawberry farm takes three years from the time the first plant goes into the ground. This means that strawberries planted in the first year of operations will be available for picking next year. Shortly after Mother's Day weekend, they planted 15,500 strawberry plants on the northern part of their land, which was accomplished with the help of both sides of the family.

The plants that grow this summer will have their blooms and buds cut off to prevent them from fruiting and to promote the use of energy for sending out runners, allowing the plant to multiply and become strong enough to handle the Manitoba winters.

Next year, 10,000 plants will be put in the ground, followed by another 7,000 the year after that. These strawberry plants last, on average, three picking seasons, which ensures there will be berries available for picking every year. The 15,500 plants from last month will be ready for U-pick operations in 2025.

This year, the Melnychuks also planted 2.5 acres of sweet corn and 1,000 pumpkin plants. With these, they plan to market through farm



Stoney Acre Farms is run with family in mind. Left to right: Kathleen and Michael Melnychuk with their sons.

gate sales and local wholesale. New additions in the future may also include a saskatoon and cherry orchard.

Through all of their hard work behind Stoney Acre, the Melnychuk family hopes to create a sustainable, environmentally friendly, profitable operation. With working for agricultural sustainability comes the need to look at things in different ways. For example, despite the heavy rains the Interlake has experienced this season,

the Melnychuks were actually worried about running out of water for their crops. Last year, they partnered with the East Interlake Watershed District to install a water retention project which will help to keep water on their land for longer periods of time.

They also want to be more resilient to climate change, promote biodiversity

Continued on page 16



JOIN US FOR THE JULY CONSIGNMENT SALE 2024

GOSSELIN FARM RETIREMENT. LOTS 1 THOUGH 5 ARE FEATURING TOP END PIECES IN EXTRA CLEAN CONDITION. THE GOSSELIN BROTHERS HAVE DECIDED TO RETIRE AND HAVE PUT THEIR EQUIPMENT UP FOR AUCTION. THIS IS A WELL MAINTAINED SET OF EQUIPMENT, ALWAYS SHEDDED AND WELL CARED FOR, USED IN THE PRIME LAND OF THE RED RIVER VALLEY. DAY 1 ITEMS AVAILABLE TO VIEW GOSSELIN FARM RETIREMENT AUCTION ARE JULY 15 TO 19, 9-5PM. DAY 2 ITEMS AVAILABLE TO VIEW JULY 15 TO 19, 9-5PM. BIDDING STARTS: JULY 18TH AT 9AM.

DAY 1 OFFSITE ITEMS WILL BE CLOSING ON JULY 24TH STARTING AT 10AI

DAY 2 ONSITE ITEMS WILL BE CLOSING JULY 25TH STARTING AT 10AM



Pickup Days: July 26 & 27 from 9am to 5pm. Arrangements can be made otherwise. SALE WILL CONSIST OF FARM **EQUIPMENT, GENERAL** MERCHANDISE, OVERSTOCK AND SURPLUS ITEMS, PLUS MUCH MORE! THIS IS AN ONLINE BIDDING AUCTION ONLY! IF YOU REQUIRE HELP OR DO NOT HAVE INTERNET ACCESS PLEASE CALL THE OFFICE AT (204) 434-6519.

Call today if you would like to consign your items! Office (204) 434-6519 • Brad Kehler (204) 346-2440

Darryl Enns (204) 216-0931 ITEMS ARE SOLD AS YOU SEE THEM, Call Now to Consign in Upcoming Auctions.

> STRAWBERRY FARM, FROM PG. 15

and increase wildlife habitat. This is why they will be seeding native prairie plants and grasses around their irrigation site. The native grasses will help with water management by creating less runoff and reducing nutrient loading while purifying the water. Through their deep root systems, they also help to stabilize the soil, reduce erosion and sedimentation effects, reduce nitrogen and phosphorous loss to water systems, help reduce disease and pest pressures and improve nutrient cycling and soil health.

On top of promoting biodiversity with these native grasses, Stoney Acre Farms recently finished planting a shelterbelt of five rows with the help of the Watershed District. This agriculture production system is a mix of native trees, including balsam poplar, trembling aspen, Manitoba maple, green alder, dogwood, saskatoon, cranberry and rose. They planted 700 trees, allowing for a large number of environmental benefits.

The Melnychuks are passionate

about the sustainability of their environment and have an environmental farm plan, as well as having agriculture closer to home to be able to rely on. They regularly soil test and apply manure where it is needed to create a healthy soil, research meticulously and keep up to date on food safety guidelines, and use farm stewardship practices.

"We think regenerative agriculture is going to be the way of the future," said Michael. "It's not a concept that you need to do in an 'all or nothing' manner either."

It is easy to gain access to resources, like those promoted by the Watershed District, which will help someone familiarize themselves with the five principles of regenerative agriculture: minimizing soil disturbance, maintaining a living root, maximizing plant diversity, keeping the soil covered and integrating livestock. Though all operations are different, anyone can apply these principles to make their practice more sustainable.



TRIBUNE PHOTOS SUBMITTED

The Melnychuks are highly invested in regenerative agriculture and planted 15,500 strawberry plants last month.

"Currently, we are watching everything grow," shared Michael. "We take the boys out to the field to check the strawberries, pumpkins, corn and trees every day and see if any maintenance needs to be done. They have been by our side through spring equipment preparation all the way to planting the last seed. Our farm has truly become the family operation we envisioned it to be."

Blast off with Stonewall library's summer reading program

By Jennifer McFee

Now that summer is in full swing, the Stonewall library is offering an out-of-this-world experience for young readers.

The summer reading program launched July 1 with a theme of "Reading is Out of This World." Until Aug. 31, readers can earn \$10 in "library bucks" for each hour they read or are read to. After that, readers can spend their earnings throughout the summer on cool items from the library store.

Branch librarian Joan Ransom invites everyone in to check out the stellar space they've created that's right on theme.

"Come into the library and see the rocket ship zooming through the Milky Way toward our solar system," she said.

"Moonwalk under the asteroid belt balloon arch and take a photo at our face station booth."

Adding to the excitement, readers will also receive one grand prize ballot for each log sheet they complete.

"The more you read, the more you earn. Readers will be over the moon when they see our store items — there is something for everyone," Ransom said.

"Our five grand prizes are stellar — and we are starry-eyed over them all. Each one features a Snackle plushy as well as games, sports equipment,

summer toys and treats. Readers can earn extra ballots by completing activities in the activity booklet we hand out with registration."

The summer reading program is open to kids of all ages.

"Library clerk Stella McAuley has taken great effort to 'planet.' She welcomed 19 school classes to the library for promotional tours over the month of June where students made rocket bookmarks and listened to space stories," Ransom said.

"Stella will be tracking the hours read over the summer and is sure they will be astronomical. Last year, 370 kids read 5,354 hours, and we know that this year the numbers will skyrocket as kids make the 'comet-ment' to read all summer."

Readers of all ages can also look forward to entering several contests at the library this summer.

"Kids can guess the number of planets (gumballs) in the container to win the gum and a book prize," Ransom said, "and our adult readers can enter to win a book prize package."

She also expressed gratitude to the South Interlake Regional Library's community partners and program sponsors.

"Special thanks to the SIRL Friends of the Library, Jim and Hazel Ridley, and Tracey Malone for their financial contributions and to The Kiln for their generous donation of treat coupons,"



TRIBUNE PHOTO SUBMITTED

Library clerk Stella McAuley is ready to launch into a stellar summer of reading, along with young readers Oaklyn F. (left) and Easton F. (right).

Ransom said. "Together, we are helping kids be reading stars this summer."

For more information about any-

thing happening at the library, visit www.sirlibrary.com, drop by the branch or call 204-467-8415.

judges are coming!

Excitement is blossoming for the upcoming visit from Communities in Bloom judges, who will be touring Stonewall from July 23 to 25.

Community members can offer a warm welcome to judges Larry Hall of Buena Vista, Sask., and Mohammad Asadian of Richmond, B.C.

This year, the Town of Stonewall is participating in the 30th edition of Communities in Bloom in the Class of Champions category. Other communities in this category are Bay Roberts, N.L.; Melfort, Sask.; and Bruderheim,

Businesses and residents can make a difference by tidying up their properties before the judges arrive.

The results will be announced in October in Charlottetown, P.E.I.

Communities in Bloom is a Canadian non-profit that uses a competitive evaluation process to foster community strength, involvement and continuous improvement.

The volunteer-run organization aims to nurture environmental sustainability, green space enhancement and heritage conservation in cultural and natural environments.

Learn more at communities inbloom.

/2 DOOR TRUCK SUV (2ROWS AND TRUNK) /2 DOOR TRUCK \$169⁹⁹ SUV (3 ROWS AND TRUNK) /4 DOOR TRUCK \$19999 Approximately 1 - 2 hours SUPER CLEAN AUTO DETAILING IS A PROFESSIONAL DETAILING SHOP, GIVING YOUR VEHICLE THE TREATMENT IT DESERVES **Call or text 204-513-56** Open for appointments Monday thru Sunday (closed Tuesday and Wednesday) PICK UP AVAILABLE



Communities in Bloom Christmas in July



TRIBUNE PHOTOS SUBMITTED

Michelle Crenier, the Inwood Ladies Golf League and a dedicated team of volunteers organized a successful fundraising tournament for the Manitoba Association of Women's Shelters (MAWS). A total of 140 women participated in the event, raising \$5,000 to support MAWS while also enjoying a festive Christmas in July celebration.







The Day Iceland Stood Still: A story of strong women changing society in 1975

By Autumn Fehr

The 24th annual Gimli Film Festival (GFF) is proud to be presenting the film *The Day Iceland Stood Still* (2024) by Paula Hogan — a documentary that delves into one of the most pivotal moments in Icelandic history.

Sometimes all it takes is resilience, connection and perseverance to create change. *The Day Iceland Stood Still* is the true story of how Iceland became a world leader in gender equality.

It recounts how women in Iceland transformed their position in society.

The brief documentary by Hogan captures the remarkable moment when 90 per cent of Icelandic women staged a strike to advocate for their rights. Collaborating with renowned Icelandic producer Hrafnhildur Gunnarsdóttir, Hogan skillfully weaves together the accounts and viewpoints of women and a few men who participated in this significant event. Notable works under Hogan's direction include *Africa Reframed, Ultimate Weapon: The H-Bomb Dilemma* and *Wildlife Wars USA: Bears Under Siege.*

The Day Iceland Stood Still has received numerous awards, including the Iceland Film Commission award and the New York State Council on the Arts award. Key crew starring in the documentary included Kate Taverna, editor; Helgi Felixson, director of photography; Joel Orloff, animator; Margrét Rán, original score; and Björk, end credits song.

The Day Iceland Stood Still stars prominent women from the 1975 strike that turned Oct. 24 into "Women's Day Off." On that historic day in Iceland, "women came from all directions, like rivers, united in the square." The women wanted equality — nothing more, nothing less. Fed up with the gaping inequality in their society between the value of a woman's labour and wages, female employees,



PHOTO SUBMITTED

The Day Iceland Stood Still will be shown at the Gimli Film Festival on Thursday, July 25 at noon at Lady of the Lake Theatre.

wives and mothers took a day off. They stopped working, cooking, cleaning and looking after their children, all standing together in solidarity that morning on the ground and overseas. Women refused to work in factories, stores and duties in their homes. Most schools, airlines and storefronts, were closed the day. Society was paralyzed — everything was closed. This moment in Iceland was a revolution, a standstill for the country.

There were many firsts for men in Iceland the day the women took the day off. Chores typically conformed to the housewife, such as dishes, cooking and cleaning, were left to the men of the home for that day. For many men, it was their first time doing regular tasks like dishes and changing a diaper. The men called it the "Long Friday."

The Day Iceland Stood Still did well in getting its main message across to its audiences. One of the documentary's key strengths was recounting the critical information, focusing on how it affected

people's lives as human beings and not just the event itself. In the film, the women's emotions, perspectives and struggles came across well and were impactful as a viewer. The documentary did well for its genre in providing information about the historical event without focusing heavily on statistics; sprinkling statistics in here and there fit the film well.

As a viewer, it was impactful and meaningful to see individuals from both sides of the political movement sharing their perspectives on what participating in the movement meant to them. It was interesting to see how, even among women, there were different opinions about the day they went on strike. Many women were worried and feared for their jobs or feared what others would think of them for not conforming to their gender roles.

A non-formal societal feminist group called the Red Stockings in Iceland, formed in 1970, was a large part of the difference made that day. So many women in Iceland didn't like the Red Stockings. They were controversial because they were thought to be destroying the role of the housewife and putting society on its head. Some women even felt that the group was mocking women for how they were living — as housewives. However, their perseverance and resilience showed through their turnout on Oct. 24, 1975, with 90 per cent of women taking the day off in solidarity.

"Today, Iceland is celebrated as one of the best places to be a woman." It is a dignified feeling that wouldn't have been possible without the courageous woman who showed that woman can do and be anything. "I dare, I can, I will."

Catch this film at the Lady of the Lake Theatre in Gimli on Thursday, July 25 at 12 p.m. as part of GFF. Be sure to also check out other screenings and events from July 24 to 28.

Woodlands council news in brief: Filming in Marquette on July 19

By Autumn Fehr

Woodlands council passed a resolution on June 25 to purchase a used semi-truck and a trailer. However, they are delaying the purchase until 2025 while they explore contracting trucks for the 2024 gravel season.

IN OTHER COUNCIL NEWS:

- Council authorized the CAO to issue a request for quotations for limestone hauling up to a maximum of \$30,000 for the 2024 season.
- Council authorized Neal Baksh from Lionsgate Studios Film to

film in Marquette on July 19. A number of streets — including Railway Avenue, Lisgar Street and Selkirk Street — will be closed. Council agreed to the filming under the terms that the filmmakers must inform the municipality, local residents and emergency services as far in advance as possible of other traffic closures and local impacts. Additionally, the municipality is not responsible for traffic control during filming.

- Council passed first reading of a bylaw for governing public cemetaries
- Council passed second and third reading of a bylaw that sets out the terms of employment for non-union employees (office staff). The bylaw was already existing. It was amended to reduce the probation period for health and dental benefits from six months to three months and to clarify compensation for travel time

- Council authorized Douglas Oliver, Carl Fleury, Lorna Broadfoot, Darrell Sinclair and Darryl Langrell to attend the Twin Lakes Beach Association's AGM on July 21.
- Council authorized five members of the Health and Safety Committee and the public works foreman to attend the 2024 SafeWork Manitoba Conference on Oct. 23 for \$275 per registrant:
- Council agreed to increase the maximum hours that can be banked for public works employees from 100 to 250 straight-time hours for 2024. CAO Griffith said public works employees are in favour of it. This change is intended to reduce the amount of overtime paid out, since it means employees can bank more and use it as time off instead. It is an option, not a requirement, and was brought forward because of the unusual amount of overtime required this year due to the poor road conditions.



Contact: Claudette 204 886-2393 Eileen 204 861-8107



Toughness...
is in the soul
and spirit
not in the muscles

Drop in on our..."Laughs & Chats" group held in Teulon on the 2nd Tuesday of the Month

We've always got your back.....and your front too!!

Warren's Yard of the Week









TRIBUNE PHOTOS SUBMITTED

Warren's Yard of the Week is Diana and Mike Friesen's place at No. 3 Michaels Lane. Riverstone gardens with plantings and objects of interest grace this beautifully manicured yard while planters provide accents and mixtures of succulents and herbaceous really pop. It is well worth a walk-by. Judges still have five more weeks to choose from the many other beautiful yards in the community. Like the Warren Communities in Bloom Facebook page and do not hesitate to nominate a neighbour on Messenger.





Seniors are benefitting from the new government denture insurance

BY ELISHA VANDOR

The Canadian Dental Care Plan (CDCP) is the newest government funded dental benefit for seniors that rolled out at the beginning of May this year and we can attest to the fact that this new insurance is giving new smiles to a lot of happy patients in Winnipeg and surrounding areas. Zoltan, featured in the article photo, is from Stonewall and wants to tell all 300+ people living in his complex that we are accepting new patients. It's not just Zoltan that's enjoying his new dentures, let's hear from a few of our recent patients this month.

Margaret came to see us for the first-time last month for a new partial denture and she said, "The whole experience was seamless right from the time I walked through the door until I left with my new dentures fitting perfectly. I certainly have got my smile back as they feel and look

as if they are my own teeth - nobody would ever know otherwise. Thank you Vandor Denture Centre for such professional and efficient service."

- Margaret H. May 20, 2024

Ray came to us on recommendation from his brother-in-law and wanted to use his new CDCP denture benefits. After he received his new upper and lower dentures he said, "I have had dentures for many years, made by several denture clinics. I just got new dentures today, made by Brock Vandor. They a Denturist that was not only are very comfortable. He spent a lot of time adjusting them to my mouth. Would not hesitate to recommend this clinic to anyone. Very pleased with my experience with the Vandor Denture Centre."

- Ray S. June 6, 2024

Eight years ago, Sharon came to see us for new dentures. We had not seen her since the day her dentures were fitted back in 2016, but just a couple weeks ago she came to have the dentures profes-

sionally polished and said very exuberantly, "best dentures ever! Cleanings come out so white. I would recommend this clinic to everyone!"

- Sharon M. June 13, 2024

New patient Kim came to first see us in April to discuss new full upper and partial lower dentures. She has since been wearing her new dentures for three-weeks now and said, "after years of struggling with loose dentures that didn't fit right, I finally found qualified but also listened to and catered to my specific needs. Thank you for my new smile!"

- Kim W. Jun 8, 2024

Just as Zoltan said, we are accepting new patients, including those who now have coverage with the CDCP. Your dentures are our top priority, whether you want to replace your existing ones, reline them, or discuss dental implant options, give us a call today.



Happy patient Zoltan gives the thumbs-up for his new dentures with Denturist Brock and patient coordinator, Caitlyn at Vandor Denture Centre.

VANDOR • DENTURE • CENTRE A passion for excellence and innovation since 1971

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Congratulations to the Class of 2024 Graduates! Congratulations to Francophone St. Laurent graduates

Six St. Laurent's Ecole Communautaire Aurele-Lemoine graduates celebrated their educational success with family and friends at their high school graduation ceremony on June 21.

Kayden Chartrand plans to become an electrician. He received the following scholarships and awards: Le comité culturel de Saint-Laurent Inc.: Leadership JMCA, St. Laurent School: Perseverance Award, Royal Canadian Legion #250: Engagement Award and an IMA Cultural Bursary.

Tyson Christensen plans to play basketball. He received the following scholarships and awards: Interlake Packers: athleticism; Centre récréatif de St-Laurent: involvement in sports; Le comité scolaire de l'ÉCAL: continuing studies; and an IMA Cultural Bursary.

Aiden Coutu plans to become a culinary chef. He received the following scholarships and awards: Flo's Septic Service: Creativity in the Arts; Maryann & Edgar Bruce: engagement in the Arts; and Ruby Bruce: Artistic Tal-

Cowan McKay received the Royal Canadian Legion #250 Community Engagement Award; Le Comité Culturel de Saint Laurent Inc. - Leadership JMCA Award; Derek Johnson,



Ecole Communautaire Aurele-Lemoine celebrated their high school careers last Saturday evening. Pictured left to right: Cowan McKay, Tyson Christensen, Kohn Sigfusson, Aiden Coutu, Daniel Morden and Kayden Chartrand.

MLA - Citizenship Award; and the MMF Cultural Award.

Daniel Morden plans to become an electrician. He received the following scholarships and awards: Les Petits Dorés Inc.: volunteer with youth in the community; Belle Image: adherence to the school values; Knights of



TRIBUNE PHOTOS BY BRENNA SIGFUSSON

Graduates of St. Laurent's Ecole Communautaire Aurele-Lemoine were recognized at their graduation ceremony last Friday evening. Pictured left to right: Kohl Sigfusson, Daniel Morden, Cowan McKay, Aiden Coutu, Tyson Christensen and Kayden Chartrand.

Columbus: outstanding volunteer; La comité scolaire de l'ÉCAL: continuing studies; Interlake Embroidery: best school attendance; RM of Saint-Laurent: community engagement; Caisse: community engagement; and WIWD: academic bursary.

Kohl Sigfusson will be taking Diesel

Engine Mechanics. He received the following scholarships and awards: Big Interlake Mechanical for his interest in becoming a mechanic; Dumont Bros Cont. Ltd., for its Innovative Projects enterprise; St. Laurent Pharmacy, for its entrepreneurial spirit; and an IMA Cultural Bursary.

2024 BMO Financial Group Indigenous leader of tomorrow scholarship recipient

By Lana Meier

The University of Manitoba has chosen a group of exceptional students to be the province's future leaders.

These nine individuals, including St. Laurent's Mackaila Bruce-Tapley, have been selected for their impressive academic performance, strong leadership skills and active involvement within their communities.

They have been awarded the BMO Financial Group Leaders of Tomorrow and BMO Financial Group Indigenous Leaders of Tomorrow scholarships, each worth \$16,000 throughout their four years at the university.

Bruce-Tapley is a proud member of the Red River Métis from St. Laurent. She is graduating from Centre Scolaire Léo-Rémillard.

Bruce-Tapley says her involvement

in the Sun Dance ceremony, as well as other sacred ceremonies, has inspired her to pursue a career in medicine.

"My goal is to braid together Western medicine with my traditional teachings," she says.

Bruce-Tapley has been highly involved in her school community, taking charge of several initiatives. Among them, she spearheaded the establishment of an Indigenous student art gallery, designed an educational presentation to enlighten younger students on the numbered treaties between Canada and Indigenous groups, as well as organized smudging and drumming ceremonies to promote overall well-being.

An avid athlete, Bruce-Tapley plays box lacrosse, serving as assistant captain for Manitoba's North American Indigenous Games U19 female team and playing for Manitoba's provincial U22 box lacrosse team. She also plays and refs hockey.

Beyond the classroom, she actively serves as a youth representative for the Manitoba Métis Federation and also takes part in the Manitoba Student Advisory Council.

"I am excited to meet many more Indigenous people like me who have the same goals and passions that I do," she says. "I'm also excited to be able to celebrate my culture through the immense selection of ceremonies the University of Manitoba has to offer, such as sweat lodges and smudging ceremonies, as well as learning lessons from the elders and the aunties at Migizii Agamik."



Mackaila Bruce-Tapley Centre Scolaire Léo-Rémillard

et inspired



Yield: 7 mounds

1 cup black Grapes from California, halved

3/4 cup plain nonfat vanilla Greek yogurt

2 teaspoons pure vanilla extract

2 1/2 ounces bittersweet chocolate, chopped

1 teaspoon extra-virgin olive oil

In medium bowl, combine grapes, yogurt and vanilla. Line 9-inch square metal baking pan with parchment paper then, using 1-ounce scoop, place

FamilyFoods Phone 467-5553 **Chocolate-Dipped**

Frozen Grape and Yogurt Clusters

mounds of grape-yogurt mixture on sheet. Freeze until set, about 3 hours, or overnight.

Place chopped chocolate in small, wide microwaveable bowl. Microwave 1 minute on medium power. Stir and repeat. Stir then microwave 30 seconds, repeating as needed until melted and smooth.

Stir in oil. Dip bottoms of frozen clusters in chocolate to coat and return to pan.

Store frozen clusters in airtight container in freezer up to 1 week.



Yield: 1 drink

Lemongrass Simple Syrup:

1 cup sugar

1 cup water

3-4 stalks lemongrass, trimmed, halved, inner cores cut into 1-inch pieces, chopped

Cocktail:

1/2 cup cold Grapes from California

2 slices fresh ginger

1 cup ice

2 ounces vodka

11/2 ounces lemongrass simple

1/2 ounce lime juice

frozen Grapes from California, for

Lemongrass **Grape Cocktail**

garnish

lemongrass stalk, trimmed, for gar-

To make lemongrass simple syrup: In heavy, small saucepan, combine sugar and water. Bring to simmer over medium heat. Stir until sugar is dissolved; add lemongrass pieces and simmer 3-5 minutes. Remove from heat. When cool, cover and refrigerate up to 2 weeks.

To make cocktail: In shaker, muddle cold grapes and ginger. Add ice, vodka, lemongrass simple syrup and lime juice; shake well. Pour into glass over ice and garnish with frozen grapes and lemongrass stalk.

Note: For mocktail, replace vodka with seltzer water.



Sweet Potato Bowl with Cilantro, Turmeric **Ghee and Lime**

- 2 large sweet potatoes, peeled and
- 2 tablespoons 4th & Heart Turmeric Ghee, divided
- 1 teaspoon cumin powder
- 1 teaspoon smoked paprika

Non-Exercise Activity Thermogenesis and Staying Fit

By Julie Germaine Coram

Did you know that much of the success in maintaining a healthy body weight doesn't come from workouts, but from your general movement throughout the day? In other words, burning calories while cleaning, walking around, and playing with little ones significantly contributes to weight loss. Another term for this is NEAT, or non-exercise activity thermogenesis. It encompasses all your movements daily excluding rest, meals, and workouts.

Planned exercise is good for you for many reasons, particularly if you have a sedative job, but it is important to highlight the benefits of an active lifestyle in other ways. If you make a point to move around frequently, at least every hour, you are constantly encouraging the cells in your body to burn energy. This is a fantastic way to use up excess bodyfat and create a strong metabolism. Studies have actually shown that when individuals are made aware of the physical health benefits of housecleaning, gardening, or carrying groceries, they end up burning even more calories! (That mind-muscle connection I've spoken about paying off again.)

How can you increase your NEAT? Here are some tips:

- Less screen time: Set a timer and make a promise to yourself to get in your steps before relaxing again to finish the show.
- Incorporate active chores into screen time: Use an earbud and get your laundry done while listening to a podcast.
- Walk at lunch: It's summertime, so try enjoy the sunshine and walk with a co worker during the lunch break.



Julie Germaine Coram Registered personal trainer

Social actively: Meet up with your date to go rollerblading or biking, or ask a friend to come to the beach with you. Even if you are relaxing on the sand, you have to haul all those towels, snacks, and accessories from the parking lot.

Finally, making a point to burn some energy after a meal is always an effective way to kickstart the digestion process and help your body be more efficient. This even helps if you had a 'treat meal' of higher calories than usual.

Do you want to discuss your individual nutrition questions, fitness goals and struggles with me? Visit my website www.juliegermaine.com or schedule a consult by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is a fit mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of men and women in Manitoba and worldwide improve their health since 2005.

salt, to taste pepper, to taste 1 cup quinoa

1 can black beans, drained and

1/4 cup red onion, finely diced

1/4 cup fresh cilantro, chopped, plus additional for garnish, divided

1 lime, juice only

1/4 cup crumbled feta or goat cheese (optional)

Preheat oven to 400 F.

In large bowl, toss cubed sweet potatoes with 1 tablespoon turmeric ghee, cumin powder and smoked paprika; add salt and pepper, to taste. Spread sweet potatoes evenly on baking sheet and roast 25-30 minutes, or or goat cheese, if desired.

until tender and slightly crispy on edges, turning halfway through.

Cook quinoa according to package instructions. Once cooked, fluff with fork and set aside.

In medium bowl, mix cooked quinoa with black beans, red onion and 1/4 cup chopped cilantro.

Drizzle half the lime juice over quinoa mixture and stir to combine. Add salt and pepper, to taste.

In large serving bowl, top quinoa mixture with roasted sweet potatoes. Drizzle remaining turmeric ghee over bowl. Squeeze remaining lime juice over top. Garnish with additional chopped cilantro and crumbled feta

Sportside > OUTSIDE > UPSIDE DOWN

Manitobans on target at trapshooting national championship

By Jeremiah Knight

Manitoba was again represented at the Canadian Trapshooting Championships earlier this month.

Typically led by Pat Lamont of Brandon, a different trio of homegrown products — Lorne Ross, Jeffrey Halldorson and his son Logan — hit their marks and returned home with some hardware for their efforts at Vancouver Gun Club in Richmond, B.C.

"Manitoba always shoots above its weight," said Ross, a Stonewall resident who captured the singles C Class title.

Ross has been a mainstay locally since 1996, winning numerous titles on the provincial level but never found his groove nationally. In his fourth appearance at the Canadian Championships, however, he put on a show, hitting 195 out of 200 targets to earn his first win.

"I think it was the seventh-highest score out of 160-something shooters, so I was pretty pleased with that," Ross said, adding his national title drought never really bothered him.

"I'm pretty chill. I shoot for fun. I love shooting, so whether I win or lose doesn't really bother me," he said. "I was pleased I won. I always wanted to, but shooting is just fun. (Logan) winning probably made me



The winners were presented a belt buckle for their national win.

happier than me winning."

Logan, 12, was the youngest representative from Manitoba at the meet by a long shot but showed his age — and limited experience — aren't reasons to overlook the blossoming marksman.

In his second appearance at the national tournament, Logan won the doubles junior event, marking the second year in a row he's accomplished that feat. This one came against older shooters, many of whom had more experience on the national stage.

While there is typically a sub-junior (15 and under) and junior (15-18 years old) division, this year's event only featured the junior category, meaning every minor competitor was in the same field.



TRIBUNE PHOTOS SUBMITTED

Lorne Ross, left, Logan Halldorson, middle, and Jeffrey Halldorson travelled to Vancouver earlier this month where they each won their class at the Canadian Trapshooting Championships.

"I was kind of more comfortable but still get a little nervous sometimes because Vancouver has different rules," he said. "If you miss, it kind of makes you mad because you know you're going up against better people and trying to win the awards."

The St. Laurent preteen began trapshooting just three years ago and has quickly shown a knack for rising to the occasion. He won the junior doubles event last summer, too, which he says is just the first step in his career.

"The one that I haven't won yet is singles so that's the one that I'm really trying to get at," he said. "I just need more practice."

Logan was accompanied by his father, Jeffrey, who had some business of his own to attend to at the coastal meet.

Jeffrey, also shooting in his second national tournament, picked his way through the field and left with two titles: the preliminary handicap for short yardage and the doubles in D Class for the second year in a row. The short yardage event had Jeffery stand 20 yards behind the trap house, from where he pegged 95 out of 100 targets.

"It was nice that we both won some hardware," Jeffery said of him and his

son.

"It was great to see my son win. I don't get to see when he shoots, just because I kind of distract him when I'm watching him so I just walk away and let him do his thing and find out at the end."

The Halldorsons, whose experience shooting was exclusively in hunting, began trapshooting together three years ago at the Winnipeg Trap and Skeet Club. Logan was hooked almost immediately, and Jeffery followed suit shortly after.

For Dad, it's a hobby that breaks up his time on the road for work. For Logan, it's become his primary extracurricular activity since he doesn't play sports. Together, it's a bonding opportunity for the duo, who continue to improve with each competition.

"It's a fun little thing to do for me and him," Jeffery said. "It's something we get to enjoy, and it's nice."

Neither intends to leave the sport anytime soon; both believe their time in it has only begun.

"It's just fun, and I'm just natural, and I do well, so that's helped a lot," Logan said. "It makes me want to try more and get better."



Lorne Ross shooting at the Canadian Trapshooting Championships in Richmond, B.C.

Wadge making strides in fourth Triple Crown season

By Kieran Reimer

Bryce Wadge continues his climb up the Triple Crown Series 2024 leaderboard as the motocross circuit heads into its second half of the season.

The Stonewall-native, and only fulltime Manitoban in the series, has placed in the top 25 of all four races this season, including a 15th place finish at the Prairie Hill MX in Pilot Mound last June.

Now with four events remaining, Wadge is feeling confident heading into the home stretch.

"I feel I've been really trending up in the right direction," said Wadge. "Riding's been good. This series is super tough, super competitive so to be in that Top 20 and Top 15 in moto scores, it's pretty amazing to be there. Just kind of solidifying as one of the best in the country, which is pretty

This is Wadge's fourth season of the circuit after making his Triple Crown debut back in 2021 when he finished 27th in overall points as a 17-year-old.

Now at 20, Wadge is having his best season of his career riding in the 250 PRO/AM division.

He said the prior three seasons have helped him know what to expect at each event.

"It's nice to know," said Wadge. "When you're new to everything, especially at these pro races, it's tough to know what's going to happen in the race or qualifying. You need to qualify to get a spot on the gate because there's so many people trying to get on. Just little things like that are what make life a bit easier."

And handling life on the road is also something Wadge has gotten used to. With him on the road is his gym coach who helps him run through



TRIBUNE PHOTOS SUBMITTED

Stonewall's Bryce Wadge airborne during Triple Crown Series competition. Wadge finished 15th in his third event this season at Prairie Hill MX in Pilot Mound.

League champions



TRIBUNE PHOTO SUBMITTED

After finishing the year tied for first in league standings with a 12-1 record the Balmoral U17 softball team headed into the Central Regional Softball League league championships on a role. They battled hard all weekend with only nine players and some really hot days going undefeated 7-0 to take home gold. It was and has been all year a total team effort filled with everyone contributing exciting defensive plays and offensive abilities, which we hope to continue at the provincial championships. Pictured left to right, back row: Eric Voth (coach), Violet Cook, Teagan Price, Grace Stewart, Elizabeth Howes, Lauren Voth, Jaret Thiessen (coach); Front row: Avery Reed, Tasha Thiessen, Kaitlyn Prochner and Avery Langrell.



Stonewall's Bryce Wadge makes a tight turn during Triple Crown Series competition. The 20-year-old is the only Manitoban who competes in the Triple Crown full-time.

daily routines in the gym and what to eat during training and on race day.

Since the race in Pilot Mound, he's been in Ontario where the fourth and fifth races of the Triple Crown are taking place.

In round four at Gopher Dunes MX in Courtland last week, Wadge had a class finish of 25th place.

Now he is getting ready for the fifth round in Ottawa that goes Sunday.

'Getting to go across Canada is really cool," said Wadge. "The stuff you get to see is sometimes once in a lifetime. This racing is taking me to all these cool places. You get to ride some amazing tracks, meet some amazing people and do what you love."

After round five, the Triple Crown will head further east for rounds six and seven.

Round six goes the following Sunday, July 21 in Moncton, N.B., while round seven is the Sunday after on July 28 in Deschambault, Que.

The circuit will then return to Ontario for round eight, the Triple Crown Championship, which takes place on Sunday, Aug. 11 at Walton Raceway in Walton, Ont.

Wadge and the rest of the competitors will have a 15-minute qualifying session ahead of the race that day to determine gate position in the championship.

Blues Jays win streak reaches four after pair of wins



Derek Millar slid safely into third and then stole home to score a run against Elmwood.

By Kieran Reimer

The Stonewall Sr. Blue Jays extended their win streak to four games without a loss on Tuesday night.

They won both games of a double-header against first place Elmwood at Fines Field to move into third place in the Winnipeg Senior Baseball League, while also handing the Giants their third and fourth losses of the season.

In the first game it was Jays pitcher Zach Campbell keeping the Giants in check through five innings. Campbell struck out four batters while only giv-



Jays' Zach Campbell pitched all five innings in Game 1 for the win against the Elmwood Giants.

ing up one earned run in the process. Eric Swanson was also active for the Jays, connecting for hits in both of his at bats while adding a base on balls

and a stolen base as the Jays went on to win 4-3.

Derek Millar led the Jays offence in the second game with three runs and two hits in three plate appearances.

On the mound it was Liam Allen striking out six batters while only allowing four hits as the Jays downed the Giants 4-3 once again in the night cap.



TRIBUNE PHOTOS BY LANA MEIER

The Jay's Noah Ducharme was safe on first and started the come from behind win against Elmwood in the bottom of the fifth in Game 1 of the double header on July 9.

The Jays (8-5) now sit only 1.5 games back of second place West Winnipeg in the standings while the two wins have also moved them within 2.5 games of Elmwood who remain in first.

The Jays will look to Wednesday

night's match against the North Winnipeg Pirates (6-6) for their next chance to close the gap on first and second place.

First pitch from Vince Leah Recreation Centre goes at 7 p.m.

Jr Jays feeling good ahead of first round rematch

By Kieran Reimer

The Interlake Junior Blue Jays are playing their best baseball at the right time.

As they closed out their regular season with an 8-7 win over the St. Boniface Legionaires Thursday night, they also extended their winning streak to four games.

The late surge in the standings moved the Blue Jays up into third place in the Manitoba Junior Baseball League as they ended the season with a 16-8 record and a plus 43 runs differential.

Almost exactly how head coach Dave Meyers drew it up before the regular season began.

"It's pretty good," said Meyers. "I told some of the guys at the start of the season I hoped to be 17-7 so it's pretty close. I can't complain about that."

And the Jays certainly could have gotten to 17 wins, but a three-game losing streak early in the season and a couple close games they would like back were the difference.

But all that mattered in the end was the win on Thursday that secured the Jays their spot in third as they moved past the St. James A's with the victory.

And as their reward they will get to play the Legionaires again, this time in a best two-of-three series in the first round of the MJBL playoffs.

It is also a rematch of last year's MJBL first round when the Legionaires defeated the Jays in three games to advance to the semi-finals and eventually going on to win the 2023 MJBL Championship.

Now with the opportunity for revenge, the Jays intend to avoid last season's heartbreak.

"You give everything you got now," said Meyers. "There is no laying back on anything and at the plate you battle as hard as you can and hopefully it will work out in our favour."

The Legionaires come into the series 9-15 on the season. They finished sixth in the MJBL this season while boasting an even runs differential.

The Jays and Legionaires have met on three occasions this season, with the Jays holding the regular season bragging rights of two wins to one.

But based on last Thursday's game against the Legionaires being a comeback win where they trailed by four heading into the seventh inning, the Jays are aware the Legionaires are serious competition.

"They're a good team, it can go either way," said Meyers. "It will come down to who makes more mistakes because the pitching on both sides will be pretty good. I hope we make the less mistakes."

The MJBL will release their playoff schedule sometime this week.

They will likely get two of the three possible first round games on home field at Quarry Park in Stonewall.



Stonewall's Laxdal lands head coach role with AHL's Firebirds

The American Hockey League's Coachella Valley Firebirds head coach vacancy has been filled by one of Stonewall's own.

Derek Laxdal, 58, was named the second head coach in franchise history last week and will take over behind the bench for the Seattle Kraken AHL affiliate.

Laxdal is the reigning Ontario Hockey League Coach of the Year. He spent the past two seasons with the Oshawa Generals, where he coached them to the Bobby Orr Trophy in 2023-24 as Eastern Conference champions.

This is Laxdal's second head coaching job in the AHL. He spent six seasons from 2014 to 2020 as the head coach of the Texas Stars, making one appearance in the Calder Cup Finals in 2017-18 before joining the Dallas Stars in 2019-20 as an assistant coach.

Now he heads southwest, this time to sunny Palm Desert, Calif.

"From what I understand it's a beautiful place and we're excited to get down there," said Laxdal.

Laxdal joins a Firebirds squad that is entering their third season in the AHL after the league expanded to Coachella Valley for the 2022-23 season.

The Firebirds have made the Calder Cup finals in both seasons of existence, losing to the Hershey Bears on both occasions under now former head coach Dan Bylsma who is joining the Seattle Kraken as their head coach.

With the Firebirds coming off backto-back finals appearances, Laxdal knows there will be an added bit of pressure to succeed.

He plans to approach the job the same way he did with previous teams.

"It's a new market that's kind of been spoiled a bit," said Laxdal. "Obviously when they first came into the league two years ago, they didn't have any draft picks so they had to go sign a boat load of players and ended up going to the finals, even last year they got a bit younger and still got there. That's the AHL, if you can build a great veteran group and leadership group, that's only going to help those young kids take the next step. They've done a great job with that model and we want to continue that same success."

Laxdal is excited for the opportunity to coach a Firebirds team that will likely ice one of the younger rosters in the AHL once again.

He highlighted Kraken draft picks David Goyette and Ty Nelson, who are set to join the team full time this season as players he is already familiar with from being on opposing teams this season in the OHL.

Goyette was the OHL's leading scorer in 2023-24 while Nelson was a defenceman on Canada's National Team at the 2024 World Junior Champion-

The roster could also include some of the Firebirds top forwards from last season such as 2023-24 Firebirds



TRIBUNE PHOTO SUBMITTED

Derek Laxdal is heading to the west coast of Palm Springs, Calif., after he was recently named the head coach of the AHL Coachella Valley Firebirds.

point leader Kole Lind and 2022 fourth overall pick Shane Wright if they don't crack Seattle's NHL roster.

"The one thing Seattle has now obviously being in the NHL for three years now is their draft picks are starting to come through the system now so we will definitely be a younger team next year," said Laxdal. "We're going to have to work on the skill development with the players, trying to find that development model of spitting out Seattle Kraken for the NHL."

Laxdal will be joined on the bench by former NHLer Stu Bickel who has been an assistant coach with the Firebirds in both seasons of their ex-

The other assistant coach, Jessica

Campbell, is not returning as she is joining the Kraken's NHL staff as an assistant coach in 2024-25. Campbell is the first woman ever to hold a coaching role in the NHL.

Laxdal will make his first visit to Palm Desert later in July where he will address local media for the firsttime in person.

Firebirds training camp is set to begin in early October with the 72-game regular season beginning later in the

The Firebirds compete in the AHL's Pacific Division and play home games out of Acrisure Arena in Palm Desert,

Phillies Weekend Report: U13s clinch first place

By Kieran Reimer

The U13 Interlake Phillies have won first in the Manitoba Premier Softball League.

The Phillies won both games Sunday against the Manitoba Angels by scores of 13-3 and 13-0 and improved to 15-1 this season with only two games remaining.

Adriana Williams of West St. Paul led the Phillies with five hits and four runs batted in throughout the two games. Phillies pitchers also combined for a no-hitter in the second game and picked up their fourth shutout game of the season.

Brynn Williams was named the Phantastic Philly of the Day after a home run in the first game and collecting multiple hits throughout the day.

The Phillies' home regular season schedule is now complete. The team will conclude the regular season on the road Friday night in Winkler against Central Energy (5-9).

The doubleheader from Winkler Parkland Diamond goes at 7 p.m.

Later in the month, the Phillies will host the U13AAA Female Provincial Championships at Quarry Park in Stonewall.

The tournament kicks off Thursday, July 25 and wraps up Sunday, July 28.

The U15 Interlake Phillies wrapped up their regular season Thursday night with a massive 11-7 win over the Winnipeg Lightning.

With the win, the Phillies improve to 10-4 and now hold the second-best wins percentage in

Nicole Hutchinson played a big part in the win with three hits and two runs batted in Thursday.

The pitching tandem of Katie Braid and Jordyn Chetyrbok combined for seven strikeouts as well in holding off a budding Lightning of-

Next up for the Phillies is Provincials that go this weekend at Ray Fennel Park in Winnipeg.

The tournament begins Thursday and wraps up Sunday.

The **U19 Manitoba Phillies** will also compete in Provincials this weekend.

They will head to Winkler for their tournament that goes Friday to Sunday.

The Phillies finished third in the MPSL this season with a 6-10 record and are riding a season-best four game winning streak into the weekend.

Their regular season game was back on June 23 when they defeated the Eastman Wildcats by a score of 6-3.

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PeeWee Thunder focusing on development ahead of MMFA season

By Kieran Reimer

The Peewee Interlake Thunder Football Club are gearing up for another season in the Manitoba Minor Football Association.

Though the club won't open their regular season until late August, head coach Jared Boville's club has already been practicing for two weeks now.

"At the end of every practice the coaches and I have met and felt like it's been a good practice," said Boville. "Kids are working hard. Early on in the season we do a lot of basic skills. Speed training to build them as athletes because if you are smaller you got to be faster. Just teaching them how to run, accelerate, decelerate, how to cut."

This year the Peewee Thunder have 39 kids on the roster from the 2011 and 2012 born age group.

One of their largest teams in recent years, Boville said it's also one of the youngest groups and smallest in terms of size, mostly due to the large number of 2012-born players joining the team this year.

He said the team will have to rely on speed this season when trying to keep up with bigger and older competition. "We need to be flying around the field on offence and defence making plays with our feet," said Boville. "This year's focus is going to be a bit more on development. We lost a lot of older kids, especially on the offensive side of the ball. Our defence will be our anchor and our offensive line has some experience to but as far as skilled position players on the offence, we're pretty young. Hopefully those guys can grow, learn and do what they need to do."

Leading the offence this year is veteran quarterback Weston Preun. In the early practices, Preun has been working with rookies to help them get comfortable with their new offence.

On defence, Boville highlighted returnees Titus Boville, Cooper Dickey, Mason Panting and Connor Chliboyko as players to keep an eye on.

"Like any team when you have two different age groups, you're only going to be as good as your oldest players are going to take you," said Boville. "That's just the reality of it. Now being the older of the two age groups, they are going to be able to hold the defence down pretty firmly. A lot of new kids and sometimes they



TRIBUNE PHOTO BY LANA MEIER

The Interlake Thunder PeeWee team was hard at work last week in preparation for their upcoming football season.

surprise you and turn out to be great football players."

The Thunder still have a long time to prepare before the regular season kicks off in late August but will continue practicing three times a week until then.

The MMFA regular season schedule has yet to be released although the season will once again conclude in late October.

Orioles Weekend Report: U13s on a roll ahead of provincials

By Kieran Reimer

The U13 Interlake Orioles moved another week closer to 2024 Baseball Manitoba Provincials this week.

The O's took two of two games early in the week defeating the North Winnipeg Pirates 12-6 on Monday and the Bonivital Black Sox 15-10 on Tuesday.

The wins bumped the Orioles up another spot in the Zone 1 standings as they now sit in fourth with a 7-4 record.

They also have played the fewest games in Zone 1 and hold the second-best wins percentage.

Now with Tuesday night's game against Winnipeg South Wolves (16-4) the last game on the regular season

calendar, the Orioles are getting set for Provincial Qualifiers.

The Orioles are hosting the event at Quarry Park this year.

Friday afternoon the Orioles will open their tournament against South Central at 10 a.m. with five more games to follow throughout the weekend.

Provincial Schedule:

Friday 10 a.m. vs South Central, Friday 1:30 p.m. vs Oildome, Saturday 11 a.m. vs Midwest, Saturday 3 p.m. vs Pembina Hills, Sunday 1:30 p.m. vs Brandon, and Sunday 5:30 p.m. vs Carillon.

The U15 Interlake Orioles are preparing for their Provincials this weekend in Glenboro.

The Orioles wrapped up their regular season Monday night in which they finished sixth in Zone 1.

Their provincial schedule features six games beginning on Friday afternoon against South Central.

Provincial Schedule:

Friday 1:30 p.m. vs South Central, Friday 5:30 p.m. vs Oildome, Saturday 1:30 p.m. vs Carillon, Saturday 5:30 p.m. vs Brandon, Sunday 11 a.m. vs Midwest, and Sunday 3 p.m. vs Pembina Hills.

The U18 Interlake Orioles are hoping for a team reset before heading off to their provincials at the end of the month

The O's have dropped three straight games, most recently a 15-1 loss to Carillon last Wednesday to close out the regular season.

Their current record of 4-14 has them in sixth place in the Zone 2 standings only ahead of last place Oildome who have won only once this season.

Some good news is the Orioles have the next two weeks off to prepare for provincials in South Winnipeg that won't begin until July 26.

United drop stunner to WSP FC

By Kieran Reimei

A tough week for Stonewall United after an impressive victory over Kildonan last week.

The Manitoba Major Soccer League Division 3B club dropped two games this week to WSP FC and CA River Plate who are both sub-.500 teams.

Tuesday's 2-nil loss to WSP FC was the more shocking of the two as WSP entered the game winless on the season. United's Matt Olnick said ahead of the game last week they expected WSP to be a challenge despite their winless start, and indeed they were as they shutout United to grab their first win.

WSP then grabbed their second win against Pescara later in the week.

Thursday's 4-3 loss to CA River Plate saw United's offence get back to their usual ways but fell just short of grabbing a game-tying fourth goal.

This is the first time this season that United have lost in back-to-back matches.

They fall to 4-3-1 this season and sit fourth in Division 3B.

Despite the tough week, United will look to bounce back this Wednesday against first place Elmwood FC (6-0-1)

Their next six games are all against

clubs inside the top six in the standings.

Over the stretch they will play Elmwood twice, SCM Academy once, Central Plains once, Kildonan once, and CA River Plate again in a rematch on Aug. 15. Wednesday's game against Elmwood kicks off at 7:15 p.m. from Stonewall Veterans Memorial Sports Complex.

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IN MEMORIAM



Cal Sinclair July 22, 2023

Never forgotten Forever missed Always loved. We had days in the sun, We had our moments...

-Lori and your dog "Trouble", Ralph, Shirley and family Darlene Grandmont and family

IN MEMORIAM



Carol Good
September 28, 1959 – July 18, 2019
Five years have passed since the unexpected passing of beloved wife, daughter and mother,
Carol Good (Barnhart).

Always remembered and forever in our hearts.
-From Kevin, Trevor, Kayla,
Derrick, Tyler Good and
Charlie Barnhart

IN MEMORIAM

SOUTH INTERLAKE PLANNING



By-law Enforcement Officer (4-Year Contract / Full Time)

The South Interlake Planning District (SIPD) is accepting resumes for the position **By-law Enforcement Officer (4-Year Term / Full Time)**. This four-year contract position is established in partnership with the Rural Municipality of Rosser.

Please see the **complete job description** at **http://www.sipd.ca/p/employment-opportunities** for details on the position, including job duties and responsibilities, required skills and qualifications, work location and hours, transportation, training, compensation, and more.

MINIMUM QUALIFICATIONS:

- → Must be legally entitled to work in Canada;
- ightarrow High School Diploma, GED, or equivalent is required;
- ightarrow Must possess and maintain a valid full stage Manitoba Class 5 driver's license;
- → Minimum of two (2) years of demonstrated work experience in municipal by-law enforcement, policing, private investigation, security, or a related field;
- → Post-secondary education and/or training in municipal by-law enforcement, policing, private investigation, security, or a related field is considered a strong asset and may be substituted for one (1) year of work experience;
- → Ability to interpret provincial legislation, including but not limited to the Municipal Act, the Planning Act, the Municipal By-law Enforcement Act, and the Freedom of Information and Protection of Privacy Act is considered a strong asset;
- $\ \, \rightarrow \ \, \text{Effective investigation, analytical, negotiation and mediation skills are required;}$
- → Familiarity with court procedures, legality of evidence, and the requirements for documenting and presenting evidence;
- → Effective customer service, interpersonal, public relations, and problem/complaint resolution skills;
- → Excellent oral and written communications skills (ability to speak Punjabi and/or Hindi considered an asset);
- → Demonstrated knowledge of computer software applications including proficiency in Windows-based software, including Microsoft Office Suite;
- → Must be a proven team player with strong collaboration skills.

If you are interested in applying for this position, please send or email your cover letter, resume, and three references (a minimum of two references must be work-related) to the General Manager of SIPD by Friday, July 26, 2024, at 12:00PM CST:

Eric Shaw, General Manager South Interlake Planning District Box 1219, Stonewall, MB, ROC 2ZO Email address: eric.shaw@sipd.ca

Please note: We thank all those for applying, however, only those selected for an interview will be contacted.

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Brian Brindley March 25, 1952 – July 19, 2018 It has been six years

We miss you more every day.
I cannot bring the old days back,
When we were all together;
But memories keep you close to us,
And memories last forever.

-Love Bev, Jackie, Val, Mary and Karen Donna and families

There is a link death cannot sever, Love and remembrance last forever.

Announcements

Tribune Stonewall Teulon Tribune

OBITUARY

Bernice-Anne Hodgkinson (nee Hockett)

It is with heavy hearts our family announces the passing of our dear mother, Bernice-Anne Hodgkinson, on August 23, 2023 after a brief illness at the Stonewall Hospital. Mom was born September 3, 1935 in Irma Alberta.

A Service of Remembrance will be held on Saturday, July 27, 2024 at 11:30 a.m. at Gunton-Greenwood Community Hall.



204-886-0404

OBITUARY

Percy Paul Roberts

Close in our hearts you will always stay Loved and remembered every day

Percy Paul Roberts passed on July 11, 2024 at the Stonewall Hospital.

He will be sadly missed by his loving wife, Irene, of 72 years; dear daughter Bonnie Ellen, son-in-law John Warszycki and granddaughter Laura Anne... "Grampa's Pet" the love of Grampa's life!, their extra daughter, Sharon Scott and friend Audrey Rak, brother, Robert (Pat), and sisters-in-law Karen and Margret, as well as his nieces, nephews and their families, the extra children who lived with them over the years, especially, Darlene (Koralewicz)

Irwin, Heather (Roberts) Hamaburg, Michael Walsh, and Roy (Darlene and their children Brandon and Austin) Longley.

Percy was predeceased by his son Tom; daughter Joan; parents, Tom and Ada Roberts; sisters Ruth Nelson and Alma Lobban; brothers, Owen, Arthur, Edward and David; brothers-in-law Albert Nelson and Les Lobban and sister-in-law Joan Roberts. The extra children who lived with them, Bill Hyde and Victor Colonville.

Born in Lundar in 1932, the third child of Tom and Ada Roberts of Markland district, Percy attended school at Markland, McMillan and Inwood moving back to the farm at Markland in 1945. Percy tackled every type of job at home, as well as for neighbours, to add to the family income, as his Dad died in 1947. He became a hunter, shooting his first deer at 13 years...as well as partridges and geese. He enjoyed hunting and fishing all his life, but his real love was dancing with Irene, to that good Old Time Fiddle, since they were teenagers.

In 1951 Percy started working in Winnipeg for the C.P. Rail in the Car dept, Traffic Yard West End as an Airman, working nights from 11 to 7, and approximately 15 years later moved to the Piggyback Terminal, working evenings from 3 to 11. At work Percy was nicknamed "Mother". A severe heart attack ended his work career of 35 years.

In 1952 he married the love of his life, Irene Irwin. Although they spent a wonderful life together, they also faced many hard times and illnesses along the way, but those were nothing compared to losing their children Tom and Joan.

After retiring, they moved to an acreage near Balmoral, where they enjoyed wonderful neighbours, bowling friends and, of course, their Pattern Dancing friends. Percy learned to play the fiddle after retiring. Percy was a fixer! He could repair most anything and was often heard to say, "Why buy, when it can be fixed!"

In 2015, after a serious illness, they moved to the town of Stonewall. Where, year after year, he took pride in growing his tomatoes.

Percy had a warm smile, a ready handshake or a big hug for everyone. He will be missed. At a later date, a private interment will take place in the St James Cemetery, Winnipeg. Percy liked poetry and this was one of his favorites!

When I Cash In

When I cash in I would like to go
Where the geese fly low and the bucks run slow
Where the fishing is good
Anytime of the year
And you don't need all
That expensive gear!
Where the weather is nice
The whole year round
With about two months
Where there is snow on the ground
No vicious storms, no droughts, no tornadoes
A good summer for growing tomatoes
--Author unknown

KEN LOEHMER FUNERAL SERVICES 204-886-0404

OBITUARY

Richard Eardley October 1946 – July 2024

With heavy hearts we announce the peaceful passing of Richard Eardley of Stonewall, Manitoba on July 10, 2024, following a lengthy illness. Richard, aged 77, leaves behind a legacy of love, resilience and cherished memories.

Richard is survived by his devoted wife of 53 years, Alison Eardley, who stood by his side through every chapter of their journey together. His memory will forever be treasured by his children: Rae-Anne (Brad) Lychak, Scott (Tracy) Eardley and Shannon Eardley. He was a proud and loving grandfather to Braedon, Nikki (Steven), Emma, Joshua, Zachary, Michael, Matthew, Makayla, Tyler and Christopher; and great-grandfather to Ellie, Brooklyn, Mallory, Bentley and Aubrey.

Richard's brothers, Brian (Carol) Eardley, Gordon Eardley and Ken (Amy) Eardley, along with his brothers-in-law Eric Riel, John (Danielle) Riel, Ted Riel and many nieces and nephews will also mourn his loss deeply.

Affectionately known as "Papa", Richard was a force of nature, known for his stubborn determination. He wasn't leaving without one last Iced Cap. He was revered in the electrical manufacturing industry as the go-to person for his vast knowledge and expertise. At home, he was constantly embarking on new projects, even if his talent for finishing them didn't quite match his enthusiasm for starting them.

The family extends their heartfelt gratitude to the compassionate staff at Rosewood Lodge in Stonewall, who provided exceptional care for Richard in his final years. Despite his reluctance to be there, their kindness and dedication helped make his stay more comfortable.

In accordance with Richard's wishes, cremation has taken place, and a private family service will be held at a later date.

In lieu of flowers, the family kindly requests that donations be made to Crohn's & Colitis Canada. Richard's presence in our lives was a blessing and his spirit will live on in the hearts of all who knew and loved him.

OBITUARY

George Garnet Laing

It is with deep sadness we announce the sudden passing of our Dad, George "Garnet" Laing on July 9, 2024 at the Health Sciences Centre in Winnipeg, MB at the age of 77 years.

He will be deeply missed by his son Ryan (Kara), Whyatt, Isabel; his daughter Sherri (Murray), Sonny, Ty, Cheyenne; his sister Norma (Bill) and family; his brother-in-law Geoff (Audrey) and family, and sister-in-law Sandy and family.

Garnet was predeceased by his parents George and Mary Laing, his loving wife of 49 years Lindsae Laing, his father-in-law John McIvor, mother-in-law Irene McIvor, and brother-in-law Leon McIvor.

Garnet loved his "green machines" and when Paul Harvey wrote the poem "So God made a Farmer" we truly believe he wrote it for our Dad. Dad survived polio as a child and never let polio defeat him

in any way, shape or form. From working with his Dad on the family farm, to custom combining, working construction with Nelson River, Mulders Construction and Lesters. To driving school bus for the Interlake School Division and part time with the Stonewall and District Handivan.

He met numerous people, family and friends over his lifetime with always a good story to tell, he never forgot a child's face that rode his school bus run, or anyone that rode the Handivan, especially "Rick Puddifant". Dad always had time to stop and chat and always seemed to know someone wherever he went, or when we drove his truck, he was always aware where he went...

Dad's grandchildren were the light of his life and would always have a story to tell everyone he met about all of them and their accomplishments or save all the newspaper clippings of them. From riding the golf cart checking for ducks, watching them in hockey, soccer, or baseball, from rodeo to horse shows or hitching up teams. He especially loved talking farming with all of them, or back in the day we used to walk seven miles to school up hill both ways, or ya know your animals should always eat before you. Dad taught us a lot of good life lessons over the years. He enjoyed going for his drives checking the crops but between you and us, it was really the pizza dates with Mom that they enjoyed. There was always the story of Clear Lake and the fish that he caught that remained in the freezer for 10 years because it was not big enough to feed a cat. Dad had a love for Charolais cattle with his prize bull "Bobby Acorn Acres". To be honest he loves all animals and would bring Mom home surprises as he would say from Inwood Auction.

After retirement from school bus and construction Dad got tired of not farming, so he went to work with Elskamp Farms where he got to drive all the green machines he wanted and go on parts runs.

We would like to extend our extreme gratitude to the doctors, nurses and support staff at the Health Sciences Centre and Selkirk General Hospital where they went above and beyond to make sure Dad was as comfortable as possible during his passing and treated us with the most respect and kindness.

As per Dad's wishes cremation has taken place with no service held. In lieu of flowers, if friends so desire donations may be made in Dad's name to a charity of one's choice.

"May you be farming in Heaven Dad"



204-886-0404

Announcements



OBITUARY

Peggy Alda Munroe April 23, 1964 - July 8, 2024

With sadness we announce the passing of Peggy Munroe, who passed away peacefully at the Grace Hospital, Monday, July 8, 2024.

She was predeceased by her father Robert Munroe, brother lan Munroe, grandparents Rob and Alda Munroe and Dave and Setta Eggertson.

She is survived by her mother Margaret Munroe, and brother Jamie Munroe.

She will also be missed by her special friend Randy Melnychuk, as well as numerous cousins, family and friends.

Peggy grew up on the family farm at Warren and attended Warren Elementary School, as well as attending special programs at Stonewall Collegiate and R.B. Russell School in Winnipeg.

She was born with numerous health issues which affected her entire life. She never considered herself to be different and always held onto her dreams.

Peggy had a big heart and loved everyone. When Peggy was happy, everyone around her was happy too. She would want to be remembered for those moments too.

We extend a special thank you to all the dedicated social workers, the ACL, doctors and nurses who helped her in her journey through life. May She rest in peace.

Wesley Orland McGillvray It is with great sadness we announce the passing of Wes McGillvray

aged 91 years of Stonewall, Manitoba on Friday, July 12, 2024 at Hunter Memorial Hospital, Teulon, MB.



204-886-0404

OBITUARY

David Martin Garn March 8, 1956 to May 31, 2024

The family announces the sudden passing of David Martin Garn. Predeceased by parents Mabel and Emil Garn, brother William (Bill) Garn.

Leaving siblings Fred and Jacquie, many nephews and nieces. cousins and friends.

Born and lived his entire life in the Balmoral area.

No more socks or shoes!





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