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VOLUME 15  
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# Stonewall Teulon Tribune

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**Young recruits**

After enjoying a delicious pancake breakfast provided by the local Rapid Relief Team in Stonewall, children explored the emergency vehicles at the Stonewall Rockwood Fire Department's annual Open House last Saturday. Pictured in the cab of the fire truck Maisie Lohmer and her brother Brandon. Front left to right; Nicole Bidzinski, Scarlett Dingwall, Todd Kozokowsky, Ben Kornelsen, Addison Jackson and Abby Kornelsen.

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# Teulon woman ready to rappel for a good cause

By Jennifer McFee

A local woman is embracing her inner superhero to swing into action in support of HSC Children's Hospital.

Stacey Pereira, who grew up in Teulon, will be participating in the Suspended Superheroes initiative on Friday, Oct. 4. Through this annual event, volunteers like Pereira gear up as superheroes in costumes, uniforms and safety harnesses before rappelling down the HSC Children's Hospital building.

On their way down, they interact with children through the hospital windows and generate a sense of excitement for all.

Winnipeg-based company Voyageur Technical plans and executes the Suspended Superheroes initiative. Participants include Voyageur Technical, the Canadian Armed Forces, the RCMP Emergency Response Team, the Winnipeg Police Service Tactical Support Team, the Winnipeg Fire Paramedic Service and special superheroes in-training — including Pereira.

At the same time, the event also serves as a fundraiser for the Children's Hospital Foundation.

"Being passionate about child health, I saw this as an opportunity to make a tangible difference in the lives of children and families facing difficult times. Our family had an extended stay at HSC Children's Hospi-

tal due to a serious accident involving one of our children. We were blown away by the care and compassion shown by the health-care providers and support staff," she said.

"Witnessing the various needs of the hospital during our stay, we have been looking for ways to give back. I am especially excited to know funds

raised will be supporting the Child Life program, which made a significant impact to both our child and family's stay. Ultimately, we just want to give back to the hospital that provided so much to our child and family in our time of need."

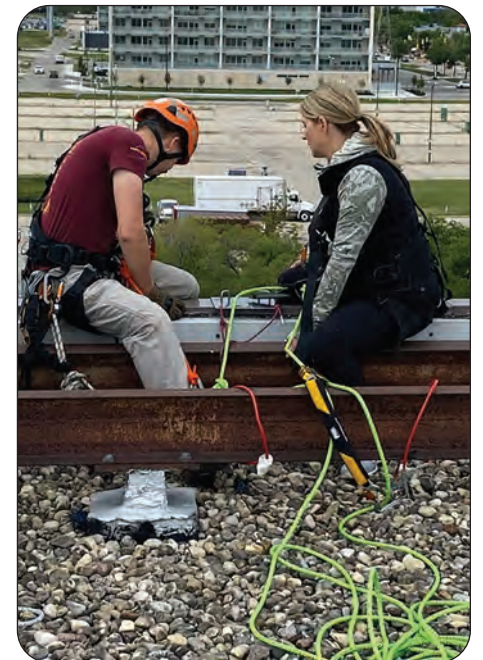
It's the first time Pereira is participating in this type of event, and she'll have to rely on her super powers to overcome her nervousness.

"I'm scared of heights, so as a rule I stay far, far away from any rooftops. Despite having had two training days, I'm still very, very nervous, but as the event approaches, I actually feel more and more excited," Pereira said.

"I think I'm most looking forward to see the children's faces as we rappel by their windows and seeing the joy it will bring to them and their families."

Anyone who would like to make a donation can visit [www.goodbear.ca](http://www.goodbear.ca) and searching for Stacey Pereira. Donations receive a tax receipt, and any amount makes a difference.

**"I THINK I'M MOST LOOKING FORWARD TO SEE THE CHILDREN'S FACES AS WE RAPPEL BY THEIR WINDOWS AND SEEING THE JOY IT WILL BRING TO THEM AND THEIR FAMILIES."**



TRIBUNE PHOTOS SUBMITTED

Stacey Pereira will be rappelling down the HSC Children's Hospital building as a suspended Superhero in support of HSC Children's Hospital on Friday, Oct. 4.

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# pRETTy awesome campaign debuts Oct. 1 for Rett syndrome

## Rett syndrome awareness month

By E Antonio

pRETTy awesome campaign debuts Oct. 1 for Rett syndrome

Across the globe, October is known as Rett syndrome Awareness Month. Rett syndrome is a genetic disorder that primarily affects women ages 4 to 45. There are only 20 known Manitobans currently living with Rett syndrome, and 15-year-old Ema Guimond of Oak Bluff was diagnosed with Rett syndrome in 2013.

Rett syndrome was first observed in 1954 when Dr. Andreas Rett identified several body movement behaviour patterns in two girls. Later in 1982, Dr. Bengt Hagberg once again noted these movement symptoms.

According to Trish Guimond, Ema's Mom, significant advancement came in 1999 when Ruthie Amir discovered the MECP2 gene. Mutations in this gene cause Rett syndrome, confirming it as an X-linked dominant disorder primarily affecting girls.

Individuals living with Rett syndrome may experience slower intellectual processing, miss developmental milestones or have a lack of control over their body movements.

"Ema is our youngest of five children. She's just like any other teenage girl," explained Guimond.

Guimond is the current President of the Manitoba Rett Syndrome Association (MRSA), a registered organization that aims to promote awareness about Rett syndrome and share resources with Manitobans. Ema's Mom and her Dad, Lionel Guimond, have been involved with the organization since receiving Ema's diagnosis in 2013.

Guimond wants to raise awareness about Rett syndrome in rural communities, she mentioned that many people go undiagnosed with Rett syndrome because it is so rare.

"We know there must be more in the province," she added. Later noting that if people know what Rett syndrome is, more people might look into getting a proper diagnosis.

Ema's Rett syndrome diagnosis gave some closure to her family. Guimond explained that she first heard of Rett syndrome when a friend asked her about it. "We looked it up online, and Ema had many similar characteristics."

After their research, Ema had a genetics appointment which confirmed that she had Rett syndrome.



TRIBUNE PHOTO BY JILL DEMIANIIV

October is Rett syndrome Awareness Month, a month dedicated to raising awareness for rare genetic disorders. Buildings across Canada will light up purple on Oct. 29 for Light Canada Purple Day in honour of Rett syndrome Awareness Month. 15-year-old Ema Guimond was diagnosed with Rett syndrome in 2013; since then, her parents, Trish and Lionel Guimond, have been involved with the Manitoba Rett Syndrome Association (MRSA) by promoting education and resources for Rett syndrome.

Continued on page 9

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# Manitoba Stronger Together meeting draws a crowd

By Staff

A large crowd recently gathered for a meeting in Stonewall expecting to learn more about a proposed plan for Manitoba's metro region.

The Sept. 21 event, hosted by Manitoba Stronger Together, aimed to provide information about Winnipeg Metropolitan Region and Plan20-50.

Shadoe Davis opened the event and introduced Anthony Madden, one of the organizers. Madden explained the origins of Manitoba Stronger Together.

"It's a group that was formed about a year and a half ago in response to a groundswell of people looking for the truth. The explanation of what is really going on since the beginning of the 2020 global incident known as the 'Plandemic.' We're not in any way associated with any government organization. We don't support any certain political party," he said.

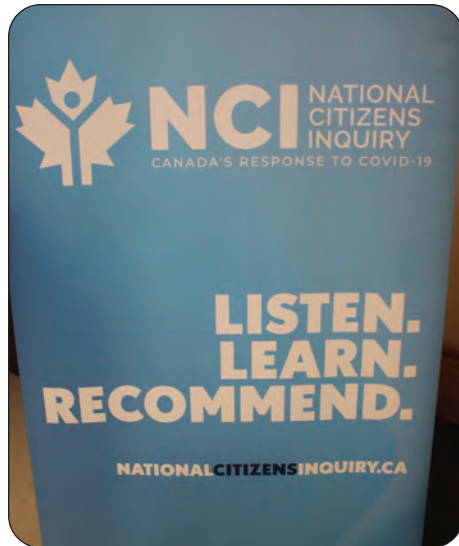
"We are also not a private organization pushing a globalist agenda, nor are we associated to any. We are self-funded, which means we take no donations. We raise funds through our volunteers. When we put on an event like this, we fund it ourselves."

He encouraged members to strive to find "the truth."

Madden then introduced Ken Drysdale, the main speaker who is also involved with the National Citizens Inquiry into Canada's response to COVID-19.

Drysdale provided some background about the formation of the Winnipeg Metropolitan Region (WMR), which is made up of 18 member municipalities.

The provincial government created WMR as a statutory corporation under The Planning Act. At the request



of the provincial government, the WMR board developed a long-term planning strategy called Plan20-50. WMR's mandate is to "enhance economic and social development of the region by coordinating sustainable land use and development." As part of this mandate, WMR must adopt a regional plan by Jan. 1, 2025.

The WMR board gave first reading to Plan20-50 in July but the process is currently paused in the public hearing stage. The provincial government plans to introduce legislation to give municipalities the freedom to choose whether they want to take part in the capital planning region and make membership in Plan20-50 voluntary.

However, Drysdale said Plan20-50 is not a plan and he questioned who reviewed it.

"Is this a plan or just talking points?" asked Drysdale, who grew up in Stony Mountain. "The language used in Plan20-50 is typical of high-level strategic frameworks that lack specific actionable steps. ... Plan20-50 outlines lofty goals that reflect common narratives in governance discussions



Anthony Madden



Ken Drysdale



Shadoe Davis



TRIBUNE PHOTOS BY STAFF

A large crowd gathered for the Manitoba Stronger Together Plan 20-50 event on Sept. 21 at Stonewall's Royal Canadian Legion.

— collaboration, consistency, reconciliation, efficacy, tangible strategies. ... It's incredible. They use these really cool words that you couldn't possibly be mad about."

By the time the meeting reached the two-hour mark, the audience had only seen a handful of Drysdale's 160-slide presentation. Topics often veered off to tangents while Drysdale shared his opinions on a range of subjects, including how the people who developed Plan20-50 are "showing somebody else's spiritual beliefs

down your throat."

"Listen, I've got nothing against the Native people. I'm going to be accused of things here. ... This isn't about race stuff. There's a whole section in here that talks about Mother Earth and I don't want to insult anybody but whatever they call their deity and all that," he said.

"And they're going to use those principles in your planning. Why is that acceptable? Why is it acceptable to bring a minority or even a majority

Continued on page 11

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# Slow-pitch tournament raises \$10,000 for CancerCare Manitoba

By Jennifer McFee

A much-loved Balmoral man was recently honoured through a slow-pitch tournament that also raised funds for CancerCare Manitoba.

On Saturday, Sept. 14, crowds gathered at the Balmoral Ball Diamonds for the second annual slow-pitch tourney in honour of Wes Killbery.

In November 2022, Killbery was diagnosed with Stage 4 non-small cell lung cancer, and he lost his battle six months later.

He was an active community member who loved sports, particularly slow-pitch.

His wife J'aime said this year's tournament raised more than \$10,000 for CancerCare Manitoba. In total, 14 teams participated — and the Gators came out on top.

"The day was a big success. It was a beautiful warm day — lots of laughs and memories made," she said.

"The rec centre donated the diamonds, which we were so grateful for. We decided to give them a donation towards the diamonds to make sure we were helping them out as well."

In addition, each player received a Killer Bee drink koozie in reference to Wes's hockey nickname.

"We are so thankful to the businesses who donated supplies towards the event. We had so many great prizes that were all donated and helped double our profit in silent auction. We want to pass on big thanks for all of those," J'aime said.

"And thank you to all volunteers to help make the day big success from set up to clean up, working shifts all day. Thank you to Marge for all the delicious food at the rec centre. Lastly, the biggest thanks to all the baseball players and people who came out to support this event. Without any of you, we wouldn't be able to give this donation towards CancerCare."

This tournament means so much to



TRIBUNE PHOTOS BY LANA MEIER

their family and the organizing committee, she added.

"It helps us carry out his wishes and make sure his memory stays alive. Wes was such a big inspiration to so many who fought so hard to beat this disease," J'aime said.

"Unfortunately, he lost his battle way too quickly, but hopefully this donation helps other families battling this disease."

The tournament will take place on the same weekend next year — and the organizers hope to include even more teams.





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**Tribune**



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## Manitoba on track to hire 1,000 net new health-care workers

By Lana Meier

One year into its first term and six months into its first provincial budget, the Manitoba government is over halfway to its goal of hiring 1,000 net new health-care workers, Premier Wab Kinew and Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced today at Grace Hospital.

According to Kinew, residents of Manitoba have made it clear that they desire an increase in the number of nurses, doctors, and other health-care workers within the province. Keeping this in mind, our government promised to bring 1,000 additional individuals into our system. We are pleased to announce that we have exceeded the halfway mark towards achieving this goal. Setting ambitious objectives is a fundamental aspect of governing. By collaborating, we can achieve things that would not be possible individually.

The premier noted that Manitoba is on track to fulfill its promise of hiring hundreds of professionals within the next four years. Since April 1, there have been 873 new health-care workers added, including 116 physicians, 304 nurses, 290 health-care aides, and 87 allied health professionals. The staff has been distributed throughout the province, with all regions seeing an increase in staffing levels, as well as at CancerCare Manitoba.

Asagwara expressed gratitude towards the new health-care workers in our province for their efforts in repairing the damage caused by the previous government. Having

a strong team of staff enables us to make headway in reducing wait times and providing excellent care. We have diligently worked to increase the number of staff in our system and will continue to do so, as we strive to address key issues in healthcare. We extend our appreciation to all those who have chosen to pursue or return to a career in health care. Thank you for your commitment.

According to the premier, the plan involved recruiting new health-care workers, persuading staff to return from private health care, increasing opportunities for recent graduates, and repairing the strained relationship with health-care staff following years of disrespect from the previous government.

The government has taken on the following responsibilities:

- taken steps to change the culture in health care including sending letters to every new graduate, holding five listening tour town halls and working to hire every new graduate into the system;
- improved safety measures for staff at major hospitals;
- increased seats in training programs for medicine, physician assistants, occupational therapy, physiotherapy and nursing;
- increased the number of training spots for internationally educated medical graduates;
- launched a new Healthcare Retention and Recruitment Office focused on helping internationally educated health-care professionals find jobs or training in Manitoba;

- changed the requirements to make it easier for nurses to return to practice; and

- increased flexibility for nurses joining the provincial float pool.

Tiana Wyrzha, a new graduate working in Children's Emergency at Health Sciences Centre, credits her mother for guiding her towards a career in nursing. With over 36 years of experience as a nurse, her mom instilled in her a passion for this profession that she is grateful to be a part of. Working in Manitoba's health-care system allows Tiana to give back to her community and she feels fortunate to be able to do so in her home province.

"Manitoba has given a lot to me. I grew up here and attended the University of Manitoba for undergrad, med school and residency," said Dr. Matthew Buchok, psychiatrist, Health Sciences Centre. "I'm grateful to have the opportunity to stay and practice in Manitoba and have a positive impact on our community."

The premier noted the numbers are a result of the government's investments in retaining, recruiting and training more health-care workers including adding new training seats, streamlining licensing for internationally educated health-care workers and emphasizing community recruitment. The premier and minister have also sent a letter to every recent graduate to welcome them to Manitoba's health-care system.

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Laura Lawrence  
CEF of MB Discovery Time Director



TRIBUNE PHOTO BY JO-ANNE PROCTER

Brittney Baldock, her children Briar and Brody, along with their Golden Retriever Cooper rode their bikes to the Kiln for ice cream last Thursday. The temperature was still 27 degrees C in the early evening. As we head into the first week of October, daytime highs are expected to range between 15-18 degrees, with nighttime lows averaging around 4 degrees C. 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

## Manitoban's will continue to save at gas pumps until Dec. 31

By Lana Meier

Premier Wab Kinew has announced that the Manitoba government plans to prolong the gas tax holiday until Dec. 31 of this year.

"Since we cut the gas tax in January, inflation has gone down in Manitoba," said Kinew. "This is what governments are for. We know Manitobans are still struggling with the impact of interest rates and grocery prices so we're going to continue to step up and save you 14 cents at the pump."

The premier has announced an extension of the current gas tax holiday on motor vehicle fuel (gasoline and diesel) until Dec. 31.

The province's leader pointed out that drivers of the most common vehicle in Manitoba, pickup trucks, can expect to save approximately \$14 with each refuel. According to the Manitoba Bureau of Statistics, this temporary relief on gas taxes has resulted in a 0.4 percentage point drop in inflation.

Since the introduction of the gas tax



TRIBUNE PHOTO BY HALEY CVAR

Manitobans will continue to save 14 cents on motor vehicle gasoline and diesel prices until Dec. 31. The posted price at the gas pumps on Sept. 27 was 126.9.

holiday, Manitoba has maintained the most affordable average retail price for gasoline in all of Canada. Furthermore, inflation levels have returned

to the preferred range of one to three per cent set by the Bank of Canada.



# Stony Mountain Metis Local hosts community gathering



TRIBUNE PHOTOS SUBMITTED BY MARCIA DESMEDT

The Stony Mountain Metis Local presented Every Child Matters 60's Scoop community gathering on Sept. 21 at the Stony Mountain Rec Centre. Left photo, Larry Flett, centre, is the Chair of the Stony Mountain Metis Local. He is also a 60's Scoop survivor who was able to share his experience with the crowd to offer them a glimpse into his past, and that of so many others. The community joined for a time of ceremony, entertainment and a meal to acknowledge and honour the youth and inspire reconciliation. Right photo, Darren Lavalee- Country Junktion Band performed for the crowd.

## Rosser council news in brief

BBy Jennifer McFee

New initiatives are cropping up in the RM of Rosser.

Two proposed projects — by Strategic Systems Engineering, Carbon Lock Tech and Typha Co. — are in the works.

The two phases of work will include a cattail, or typha, harvest near Grant's Lake and a feasibility study for a commercial-scale typha bioprocessing facility. According to Typha Co., Typha act as natural filters in wetlands and are good at absorbing nutrients before they enter fresh-water lakes. Harvesting typha helps improve overall water quality by permanently removing

nutrients.

The RM will contribute 50 per cent of the harvesting costs in Phase 1, up to \$12,500.

In other council news:

- The RM will work with Manitoba Transportation and Infrastructure and the municipality's legal counsel to prepare agreements for the repair and upgrade of a portion of the Highway 7 service road at Road 70N as part of the Abas Girls Inc. municipal road upgrade. Abas Girls Inc. and Manitoba Transportation and Infrastructure will cover the costs of the repairs and upgrade.

- Council is authorized to attend

South West Palliative Care's annual gala dinner and dance in Stonewall on Nov. 16, and expenses will be paid. The RM will also purchase a gold-level table and donate \$200 in Keg gift cards and \$200 in grocery gift cards.

- Council approved a \$300 sponsorship for Teulon Ag Society's Pumpkinfest.

- The RM of Rosser plans to donate \$1,000 to the Interlake Community Foundation. ICF cancelled their 30th anniversary event, but council still wanted to show support for the organization.

- Rosser's council and CAO are authorized to attend the Association

of Manitoba Municipalities annual fall convention in Winnipeg from Nov. 25 to 27, and expenses will be

paid.

- Council will virtually attend the annual general meeting for Interlake-Eastern Regional Health Authority on Oct. 7, and expenses will be paid.

- The reeve will send a letter to Manitoba Transportation and Infrastructure to request a safety measures study for the intersection of Highway 7 and Road 70N.

- The Rosser Fire Department will host its annual open house on Saturday, Oct. 5 from 10 a.m. to 2 p.m. to promote Fire Prevention Week in Manitoba. Trucks will be on display, and attendees can also look forward to food and kids' activities. The event will be combined with a community garage sale, and tables can be reserved for \$20. For more information, email [pub-ed@rosserfire.com](mailto:pub-ed@rosserfire.com) or call Rob at 204-471-6314.

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ERWBBS Parent Advisory Council (PAC)

### Annual General Meeting

**Tuesday, October 8  
6:30 pm (ERWBB School Library)**

PAC is the voice of the Bobby Bend parent community. We invite all caregivers of a child attending our school to be a member of PAC. Working with the administration and staff, PAC is dedicated to providing effective communication between home and school; encouraging parents to become valuable contributors to educational decisions and strengthening the role of families in education and schooling.

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# Messy Church celebrates faith with creativity and hospitality



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Messy Church is an excellent opportunity for families to worship in a fun and creative way in Stonewall. The family-friendly, Christ and Biblically-based evening is centred on creativity and hospitality and is a celebration for all ages and generations. It started in the UK and is now in 30 countries. The Stonewall chapter began in February 2017. It welcomes all ages, the young for their energy and the old for their wisdom. On Sept. 25, families gathered at the Parochial Hall in Stonewall to share in fellowship, crafts and food. This month's theme was "The Good Shepherd," with a meal of shepherd pie, salad, apple crisp and ice cream served by Twylla Gordon's dedicated kitchen staff. The next Messy Church in Stonewall is scheduled for Oct. 30 and the theme will be Moses. Left photo, left to right; Ava, Violet and Nixon lead a sing-along- song, 'I am Loved' before dinner. Middle top: Annika and Kaleah make a sheep-themed craft. Middle bottom photo, Cecilia Turner painted a sheep on Jonathan's hand and the group photo; Jeff Gordon, Karen Pokrant, Cindy Bonin, Lil Gamby, Twylla Gordon, Shirley Shinnie and Joe Gamby prepared dinner.



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PG

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AT 7:30 pm  
EACH NIGHT

Speak no Evil

James McAvoy  
Mackenzie Davis

Adult  
Accompaniment  
Under 14;  
Frightening  
Scenes

14A



AT 7:30 pm  
EACH NIGHT

Joker:  
Folie à Deux

Joaquin Phoenix  
Lady Gaga

Adult  
Accompaniment  
Under 14;  
Coarse  
Language;  
Violence

14A

News Tips? Story Ideas? Call the Tribune 204-467-5836



# South Interlake 4-H Council celebrates milestones

By Haley Cvar

The South Interlake Area Council held its reorganizational meeting and handed out several awards on Sept. 18 at Fryday's in Teulon.

Kristen Greigson of Balmoral 4-H Club and Sarah Seniuk of East Selkirk 4-H Club were acknowledged as the Gold Watch Award winners at the meeting. In addition, Teresa Melnychuk was recognized with a 20-year leader pin.

The South Interlake 4-H Council hosts the Gold Watch Awards ceremony annually, recognizing outstanding 4-H members. These recipients are chosen for their active involvement in all aspects of the 4-H program at the

Club and South Interlake 4-H Area level.

To be eligible to apply for this award, the 4-H member must be a senior member between 15 and 17 years of age as of Jan. 1 of the current 4-H year and have achieved in each of the past two years and the current club year in the South Interlake 4-H Council Area.

It comprises representatives from all area clubs, including Balmoral, East Selkirk, Minerva, Argyle, Selkirk Silver Spurs, and Teulon.

4-H Clubs are busy re-organizing for the coming year, and more information can be found at:

<https://4h.mb.ca>



TRIBUNE PHOTOS SUBMITTED

Teresa Melnychuk, left, received a 20 year leader pin presented by 4-H Manitoba Club Support Coordinator Karen Olafson, far right. Senior members Balmoral 4-H Club Kristen Greigson and Sarah Seniuk of East Selkirk 4-H Club received South Interlake Area Council Gold Watch Awards.

## > RETT SYNDROME, FROM PG. 3

"The Rett diagnosis gave us information so we could move forward," said Guimond, who added that Ema was initially diagnosed with Autism.

Once they received the diagnosis, they were able to access more resources and information to help them navigate Rett syndrome.

Currently, Manitobans looking for more information on Rett syndrome can visit [www.rettysyndrome.mb.ca](http://www.rettysyndrome.mb.ca). The website features resources and

information on Rett syndrome. Starting Oct. 1, an updated version of the webpage will launch. "The new website will have updated resources and contact information," explained Guimond.

"We want to make us (MRSA) more available to Manitobans by providing resources for the province."

In honour of Rett syndrome Awareness Month, Guimond and fellow Manitoban Rett syndrome Mom Sharon Romanow

have started a new campaign: pRETTY awesome.

Through pRETTY awesome,

Western Canada will unite to educate and spread awareness about Rett syndrome.

"We want to let people know that the children living with Rett syndrome are not just the diagnoses themselves. They just live with Rett syndrome. We want to show them how amazing these kids are," Guimond said.

The pRETTY awesome campaign will launch across Western Canada on Oct. 1 and hope to spread to the remaining provinces next year. Guimond will post pRETTY awesome updates to the MRSA website so you can follow along on the campaign's journey. pRETTY awesome is graciously sponsored by Acadia Pharmaceutical (Canada) Inc., which is helping fund the initiative.

For now, the MRSA hosts an annu-

al walk and barbeque for friends and families impacted by Rett syndrome. This year's walk is on Oct. 5 and will be held at King's Park. "We always invite family and friends to come and join us. We use it as an opportunity for families who live with Rett syndrome a chance to do a walk and connect with each other," said Guimond.

She added that you can join them for their walk, but barbequed meals will only be provided to immediate family members.

Canada will honour Rett syndrome Awareness Month on Oct. 29 for Light Canada Purple Day.

"It's (Light Canada Purple Day) is a Canada-wide campaign where buildings from the east coast to the west coast will light purple," said Guimond.

The colour purple was chosen to represent Rett syndrome from discussions made through an online forum.

"They chose a "girly" hue that wasn't pink, as pink had already been closely linked to breast cancer awareness. At the time, it was believed that only females had Rett syndrome," Guimond explained.

You can support Rett syndrome Awareness Month and Light Canada Purple Day by lighting up your building in purple or wearing purple on Oct. 29.

Guimond added, "You can make a positive impact on Manitobans affected by Rett syndrome by engaging with our social media and spreading awareness. By participating in fundraising events or volunteering your time, you can further boost the efforts to improve the lives of those impacted by Rett syndrome."

You can also consider donating to the MRSA.

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 Mar. 2/2025 .... More than Fiddles 1-5pm  
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 June 1/2025 .... Mark Morriseau 1-5pm

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                                  Thursday 4-10  
 Friday 4-close Meat Draw at 6:30  
                                  Saturday 1-close  
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# Good St. and Broadfoot Ave. projected to be completed earlier than anticipated

By Autumn Fehr

Woodlands council plans to reconstruct and pave Good St. and Broadfoot Ave. in Woodlands over four years, starting this year. CAO Kaitlyn Griffith said the initial plan was to complete the base work for Good St., asphalt it in 2025, do the base work for Broadfoot in 2026, and asphalt it in 2027.

Following its initial plan, the council has altered the path of the project to finish designing both streets within this year, conduct base work for both in the following year, and then proceed with asphalt. The RM is of the opinion that this approach will result in greater cost savings for completing both projects.

Woodlands council accepted the quote from KGS Group for \$18,000 for Scope Change No. 01, which included Broadfoot Ave. and Good St.

The 2018 International LT625 semi

purchased in July from Maxim for \$74,900 needs repairs. Council accepted the quote from DMC Diesel for \$26,972.79. The semi was sitting there waiting for repairs for several weeks, but due to the cost, the council discussed other options before ultimately approving the repairs.

## IN OTHER COUNCIL NEWS:

- Council entered into an agreement with Bell Canada that allows Bell to install fibre optic lines along the municipal-owned railbed near Lake Francis. The effect on ratepayers is minimal. Bell is paying the RM a nominal fee of \$750, and the railbed will be distributed while they work in the area but restored afterwards. Griffith said it may service local residents at some point in the future, but she is unsure exactly when that will be.

- Council authorized Coun. Valerie Stelck to attend the Interlake Municipal Recreation Association

Awards Banquet and AGM. The ticket will cost \$55, plus time and mileage.

- Council authorized the following to attend the AMM fall convention Nov. 25-27 in Winnipeg for \$450 per delegate and an additional \$78 per gala ticket: Reeve Douglas Oliver (two gala tickets), Deputy Reeve Lorna Broadfoot (one), Coun. Carl Fleury (two), Coun. Darryl Langrell (two) and CAO Griffith.

- Council approved a scope change for the Erinview Hall construction. The building will change in size from 24' x 24' to 24' x 30', the project completion deadline will change from Dec. 31, 2024, to Jan. 30, 2025, and the total approved cost has changed from \$159,650 to \$194,750. The whole project is covered by insurance from the initial fire that took down the original building.

- Council authorized the LUD of Warren Committee to proceed with

the directional sign changes requested within the LUD of Warren. Currently, signs in the town of Warren direct visitors to local attractions/facilities. The LUD Committee requested a change in the sign to remove a destination that no longer exists and add the Warren United Church to it. Council approved the request.

## Al-Anon and AA Meetings Information

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

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

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

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

## > MANITOBA STRONGER, FROM PG. 4

group and use their religious values in their planning document, whether it's Aboriginals or Jewish people or Muslim people or green people or little men from Mars? It's in here. We're supposed to have separation between government and church."

He also suggested there's a discrepancy between population growth and employment projections in the plan.

"Why are we relying on immigration here so much? Why aren't we encouraging young people to have families? Why is it our young people don't want to have families?" he asked.

"They can't afford it. They're also being told in the school that if you have a child, it's an insult against Earth."

Drysdale said Plan20-50 is more of

an opaque aspiration that will add another layer of bureaucracy, and he encouraged people to reject central planning ideology.

"It kind of reminds you of the Soviet thing," he said. "That didn't work out so well."

In addition, he said Plan20-50 lacked sufficient public consultation and he questioned the economic viability. He also suggested the plan integrates globalist agendas (particularly of the United Nations), includes unrealistic assumptions about transportation and over-emphasizes the impact of Manitoba development on climate change.

"Along with throwing out the current plan, those responsible for the misguided direction should be re-

placed," he said. "We want to ensure that fresh leadership, new ideas and a commitment to putting Manitoba first."

Manitoba Stronger Together will host another meeting on Oct. 5 at 1 p.m. at the Selkirk Rec Centre.

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Poverty affects us all, especially the most vulnerable members of our communities. The Manitoba government is developing a new five-year poverty reduction strategy, and we want to hear from you!



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# ISD students recognize the impact of residential schools

By Jo-Anne Procter

National Day for Truth and Reconciliation, known initially as Orange Shirt Day, is a Canadian day of memorial to recognize the atrocities and generational impact caused by the Canadian Indian residential school system.

In December 2023, Manitoba established Orange Shirt Day as a provincial statutory holiday so that all Manitobans have the opportunity to reflect on the legacy of residential schools and the profound trauma that still exists today, honour survivors, and remember the children who never returned home.

Every Child Matters is a call to action to learn from history and ensure the harm caused by the residential school system is never forgotten.

Last Thursday, schools throughout Manitoba, including the Interlake School Division, engaged in meaningful activities that underscored the importance of reconciliation and awareness of Indigenous histories. In Woodlands, students from Woodlands, Argyle, Grosse Isle, and Warren experienced an inspiring Indigenous drummer, Darryl Buck, who resonated with cultural significance and fostered a sense of community. Buck is a proud father and singer from the Mosakahikan and Opaskwayak Cree nations. He believes that growing up with his Cree family allowed him to



**TRIBUNE PHOTO BY BROOKE DARRAGH**  
Close to 400 Ecole Stonewall Centennial students walked through Stonewall in solidarity last Thursday.

connect with land, language, and ceremony traditions.

Meanwhile, approximately 400 students from Ecole Centennial School made a powerful statement by marching together on Main Street in Stonewall, demonstrating their unity and respect for those affected by residential schools. At Warren Elementary, an enlightening assembly was held, providing students with a deeper understanding of the historical context of the day.

These collective efforts across various communities, led by educational institutions, demonstrate a proactive approach in acknowledging past injustices and promoting understanding among the younger generation.



**TRIBUNE PHOTOS BY JO-ANNE PROCTER**  
Indigenous drummer Darryl Buck, right, received a respectful tobacco offering from Woodlands Grade 7 student Armond Buors, left, and Grade 8 student Cree Redhead at their school's Orange Shirt Day presentation last Thursday.



ISD staff and students participated in a circle dance while Darryl Buck played his drum and sang.



**TRIBUNE PHOTO BY CAITLIN BURDETT**  
Warren Elementary students created an orange shirt mural from individual orange shirt posters. Grade 3 students show off some of the Indigenous artwork they created.



Stonewall Children's Centre staff and day care children dressed in orange last Friday to honour children from residential schools. The province of Manitoba honoured residential school survivors and reflected on the children taken, the parents left behind and the children who never came home this past Monday on Orange Shirt Day. This year marks the first time Orange Shirt Day was a provincial statutory holiday in Manitoba.



# UofM Aggies Bedpush to roll through the Interlake



TRIBUNE PHOTOS BY SANDRA SMITH

The UofM Aggie's annual Bedpush fundraiser rolled through Stonewall on Sunday in support of STARS and the Manitoba Farmers Wellness Program.

By Haley Cvar

The annual Aggie Bedpush fundraiser rolled into Stonewall this past Sunday.

The University of Manitoba's Faculty of Agriculture and Food Science student organization aims to raise awareness and funds for charity. This year, the organization will support the STARS Foundation and Manitoba Farmer Wellness Program as its char-

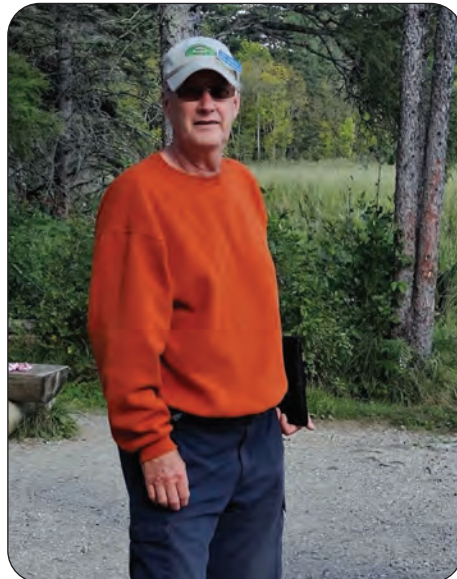
ities.

The fundraiser Interlake schedule included stops in Warren, Stonewall, Arborg, Gimli and Selkirk. The Aggie Bedpush visited 20 towns over three days.

They're raising funds through a GoFundMe page called "UofM Aggies Bedpush Fundraiser!"



# ICF retirements



TRIBUNE PHOTOS SUBMITTED

The Interlake Community Foundation is bidding farewell to two long-term board members. Ross Thompson was a citizen representative from Stonewall and retired from the ICF board in June. He served on many committees and was always willing to help out his cheery attitude.

Meechelle Best was the ICF's secretary and chair of the marketing committee and the citizen rep for Woodlands. ICF will miss Meechelle's enthusiasm, diligence and engaging smile.

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# Glove Box Gold raises the roof at church fundraiser



TRIBUNE PHOTOS BY LANA MEIER

The cover band Glove Box Gold, featuring local musicians Scott Hunter (vocals and guitar), Justin Van Alphen (vocals), Danelle Guenther (vocals), Steve Hintz (guitar and vocals) and Terry Ferguson (bass guitar), performed an intimate Take it Easy Eagles tribute concert to 120 guests at the Church of the Ascension fundraiser last Saturday. Funds from the evening will be used to replace the roof of the 140-year-old historic Church. Guests enjoyed coffee, tea, and snacks midway through the show, allowing the musicians to visit with community members. If anyone wants to donate to the Church fundraiser, contact Kathy Turner at (204) 467-5307 or Twylla Gordon at (2040) 461-4480.

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# FIRE PREVENTION WEEK



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## Do fire blankets really work?

Fire blankets are crucial tools in fire safety kits, and it's essential to understand how to use them for effective fire prevention and management. Here's an overview of what you need to know.



### HOW DO THEY WORK?

Fire blankets work on a simple yet effective principle. Made from flame-resistant materials, they work by depriving the fire of oxygen and extinguishing it. It's important to remember that fire blankets are designed for small fires only. Attempting to tackle larger fires with a blanket can be dangerous and ineffective.

Fire blankets are particularly useful for kitchen fires, where grease and oil can fuel flames rapidly. They can also be used smothering small fires involving electrical equipment or appliances.

### USING A FIRE BLANKET IS EASY

When confronted with a small fire, remember the acronym PASS: Pull, Aim, Squeeze and Sweep. First, pull the fire blanket out of its packaging. Then, aim it at the base of the flames, covering them completely. Next, gently squeeze the blanket to release any trapped air, ensuring optimal smothering. Finally, sweep the blanket across the flames to extinguish them entirely.

Finally, remember to regularly inspect your fire blanket for signs of damage or wear and replace it as needed to ensure its reliability in an emergency. Ensure a fire blanket is readily accessible to protect your home and loved ones.



**Stonewall Rockwood**

TRIBUNE PHOTO BY JO-ANNE PROCTER

Pictured left to right; Kent Fingas, Jessie Harrisko, Alain Hagenbach, Rick Porter, Danny Day, Brian Baryliuk, Darrell Humeniuk (Chief), Todd Kozokowsky, Derek Becker, Pete Bullivant, Kevin Boughton, Brad Ritchie and Paul Janssen. Missing, Brent Anderson, Daniel Argue, Colin Ballantyne, Adam Cilinsky, Ryan Fotty, Ryan Frost, Chris Godin, Jeff Hallock, Brett Harvie, Kyle Kauk, Marcel Labelle, Ryan Ritchie, Liam Smithson, Sheldon Sokoliuk and Jason Sugimoto. The fire department hosted another successful Open House on Sept. 28. The local Rapid Relief Team donated, prepared and served a pancake breakfast while firefighters were able to give tours of the fire hall and vehicles and answer questions.



**Rosser**

TRIBUNE PHOTO BY JO-ANNE PROCTER

Back row, left to right; Alex Garfinkel, Alex Morris, Victor Braun (Captain), Mark Hagidiakow, Francois Uhres and Robert Pike. Middle; Don Manchulenko (Captain), Ken Manchulenko (Captain), Peter Schutz, Rob Manchulenko (Deputy Chief), Mike Palmer (Fire Chief), Murray Slagerman, Gord Slagerman and Al Sanche. Front; Kevin Field, Nick Stratuliak, Evan Palmer, Dusty Moore (Captain) and Jason Braun. Missing; Riley Braun, Lynden Krym, Jeff Mulligan, Corey Oatway, Richard Proctor, Curtis Simonson (Safety) and Carl Witt. On Oct. 5 from 10:00 am - 2:00 pm the Rosser Fire Department invites you to join them for lunch, to tour the fire hall and vehicles and learn about fire safety. The department is also hosting a community garage sale in the parking lot of the fire hall.

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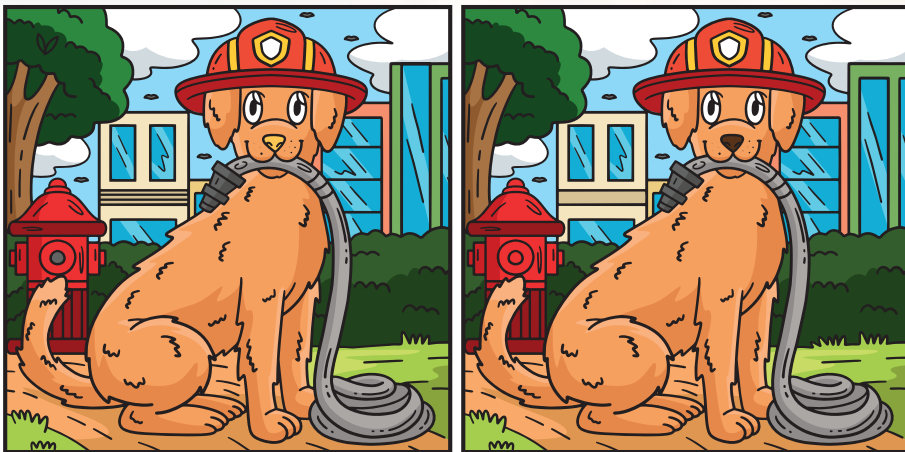




# FIRE PREVENTION WEEK

October 6-12, 2024  
SMOKE ALARMS.  
Make them WORK for you!

FIND **6** DIFFERENCES



See last page of section for answers.

## FIGHT THE BLAZE

Get out your crayons and liven up this action-packed scene!



TRIBUNE PHOTO BY ABBY RICTOR

Back row, left to right; Glenn Carroll, John Rictor, Nolan Kroeker, Mathew Girardin, Ryan Trombo, Tanner Wilton, Kyle Kearny, Matt Halldorson, Michael Rawlings, Kevin Algnier, Brad Dawson, Wyatt Hancox, Jesse Hancox, Amy Hugill, Kyle Batungbacal. Front row; Sean McGill (Deputy Chief), Scott Skinner (Fire Chief), Tyler Wilton (Captain), Daniel Hutchinson (Deputy Chief). Missing, Curtis Good (Captain), Robin Chestnut, Glenn Marmonier, Bryce Wytinck, Tyler Smith and Jarrett Chornoby. Join the department on Oct. 6 from 11:00 am - 2:00 pm for complimentary hot dogs and house cut fries. Meet your local fire fighters and Sparky and take part in fire fighting activities. There will be fire truck rides, a dunk tank, an obstacle course and much more.



TRIBUNE PHOTO BY JO-ANNE PROCTER


Left to right; Cam Stewart (Deputy Chief), Michael Sagriff, Robert Delaney, Kevin Knapp (Deputy Chief), Ian Tesarski, Justin Drohomereski (Lieutenant), Marcel McIvor (Chief), Kristina Knapp (Captain) and Ryley Wytinck (Lieutenant). Missing Keith Roy (Captain), Riley Vautour, Tyler Thorne, Jeremy Bialkowski, Gerrit Eising, Scott Miskiewicz, Reid Craigie, Kevin Breen and Reid Byle. The Stony Mountain Rockwood Fire Department will be hosting their annual Fire Prevention Week Open House on Oct. 6 from 11:30 am - 1:30 pm. Be sure to join them for lunch, truck and station tours and fire safety fun.

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# FIRE PREVENTION WEEK



October 6-12, 2024  
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## 5 tips for preventing a fire in the garage

Preventing garage fires is vital for home safety, as this area often houses flammable materials and potential ignition sources. Here are five simple tips to help minimize fire risks in your garage:

1. Keep it clean and tidy. Regularly declutter the garage to prevent flammable materials like paper



and cardboard from accumulating near heat sources or electrical appliances. Install shelving or storage bins to keep items organized and off the floor.

2. Check electrical systems. Ensure all garage wiring is in good condition and not overloaded. Consider hiring a professional electrician for periodic inspections, especially if you notice flickering lights or warm outlets. Install and maintain a functional smoke detector for early fire detection.

3. Handle flammable materials carefully. Store gasoline, paint and other combustible substances away from potential ignition sources, such as electrical outlets, to mini-

mize fire risks.

4. Use tools safely. Adhere to manufacturer instructions and safety guidelines when using tools and equipment. Keep a fire extinguisher nearby and ensure everyone knows how to use it.

5. Install fire-resistant materials. Enhance garage safety by installing fire-resistant materials like drywall rated for fire resistance or fire-resistant insulation on walls and ceilings. These materials can help contain fires and impede rapid spread during emergencies.

Make your garage a fire-safe zone by staying organized and taking proactive fire prevention measures.



## Warren/Woodlands



Left to right; Dorian Conley, Dean Campbell, Grant Palmer (Chief), Scott Atchison, Steve Jones, Eric Simonson, Jack Palmer, Chad Tristram, JayIn Langrell, Albert Bedard, Mitch Wilson, Danielle Wilson, Sebastian Vermiere, Travis Hagen, Bentley Wickens, Shawn Wickens, Shaunda Walsh and Kristy Hill. Missing, Russ Evans (Deputy Chief), Sarah Werbicki, Corey Werbicki, Kevin Schick, Morley Porteous, Debbie Buchannan, Travis Mudge, Nathan Mudge, Sadie Walsh and Harisson Kuzmik. The Woodlands Fire Department hosted their largest Open House to date on Sept. 14. They were joined by over 300 community members who came out to enjoy complimentary lunch and tour the fire hall and vehicles and learn what it takes to be firefighter. The department is hiring (Must be 18) and applications are available online or at the RM of Woodlands office. Applications will be accepted until Friday October 4, 2024 at 4pm and can be sent to firepubliceducation@rmwoodlands.ca or dropped off at the RM office located at 57 Railway Ave in Woodlands. Q: Do you get paid to be on the department? A: Yes, we're a paid on call department. The level of payment you receive for activities varies depending on the type of activity and for some activities members are expected to volunteer their time.

TRIBUNE PHOTO BY KRISTINE SARAH PHOTOGRAPHY

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# FIRE PREVENTION WEEK

October 6-12, 2024  
SMOKE ALARMS.  
Make them WORK for you!

## Space heater safety 101

Fire Prevention Week (FPW) is from October 6 to 12, and this year's theme is "Smoke alarms: Make them work for you!™." It's a great time to refresh your knowledge of fire safety, particularly if you use a portable heater for extra warmth. Follow these 10 tips to ensure you use your space heaters safely:

1. Place the heater on a solid, level and non-flammable surface. Never place a space heater on a carpet, table or other piece of furniture.
2. Keep the space heater at least one

metre away from combustible materials, such as bedding and curtains.

3. Ensure the space heater isn't in a high-traffic area or doorway, where it could pose a tripping hazard.

4. Inspect the space heater for damaged cords or plugs before every use. If you notice fraying or damage, don't use the heater.

5. Don't use a space heater in a workshop or garage near flammable paints, gas cans or matches.

6. Regularly clean the space heater to remove dust and debris buildup,

## SMOKE ALARMS

Make Them WORK For You!™



fpw.org

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## St. Laurent

TRIBUNE PHOTO BY PETER MCPHEE

Back row, left to right; Tyler Keul, Matthew Riding, Natalie Bruce, Greg Dubey, Kurt Lawson, Karly Mckay, Max Wildhager, Donovan Boudreau and Susan Gareau. Front row; Chad Malfait (Fire Chief), Roger Gillis (Training Officer), Melissa Buors, Roger Leclerc and Real Fontaine. Missing: Phoenix Abraham, Cory Vivier and Mike Long. The department trains every second Monday as well as takes basic fire fighting skills programs throughout the year. They started their fire prevention and public education with the theme this year being 'SMOKE ALARMS, MAKE THEM WORK FOR YOU'. They plan to host children from the Aboriginal Head Start Daycare to tour the fire hall and will be visiting St. Laurent School and E.C.A.L. School, Kindergarten to Grade 4 students. Members of the department are very involved in the community and can be seen volunteering at events when they are not responding to emergency calls.

which can pose a fire hazard if ignited by the heat.

7. Never leave a space heater unattended, and always turn the heater off when you leave the room or go to bed.

8. Plug the space heater directly into a wall outlet—don't use an extension cord or power strip. Moreover, don't plug other electrical devices into the same outlet as the heater.

9. Always read and follow the space heater's manufacturer manual to ensure you don't overlook any critical safety instructions specific to your heater model.

10. Install smoke alarms and carbon monoxide detectors near where you use the space heater and test them at least once a month to ensure they work. These detectors can provide early warning in case of a

fire or carbon monoxide leak related to the space heater.

Visit your local hardware store to find a space heater with an automatic shut-off feature that activates if the unit tips over or overheats. This additional safety measure can help prevent accidents and reduce the risk of fire or burns.

ANSWER:



## Inwood

The Inwood Fire Department Chief Kyle Hazelton, Deputy Chief Clint Eskilson and the rest of the department, Ashley Fisher, Carter Hazelton, Derek Hazelton, Easton Hazelton, Keifer Hazelton, Ralph Hazelton, Taydan Hazelton, Tyson Hazelton, Josh Slykhuis, Riley Strong and Jonathan Zaluski train regularly to keep our community safe.

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# Interlake Girl Guides enjoy Churchill adventure

By Jennifer McFee

A northern excursion marked a memorable experience for a group of local Girl Guides and their leaders.

A group of Interlake Girl Guides recently travelled to Churchill for an adventure that they likely won't forget.

In total, three leaders and 13 youth embarked on their journey on July 22. They travelled by chartered bus to Thompson, where they began their 16-hour train ride to Churchill. They spent the night on the train and arrived at their destination the following morning.

They had pre-booked two vans to transport the girls and their belongings to a Girl Guides and Scouts camp located about 11 kilometres outside Churchill, where they spent five jam-packed days.

They slept in a building that also included an attached common room and kitchen. And they hired a bear guard who slept in a nearby cabin. The bathrooms were outside in another building — and anyone headed there always had to carry a horn to alert others if they saw a bear.

"We didn't see any bears there, but it was for precaution's sake that we had to hire a bear guard," said Danelle Hanchar, a leader from Stony Mountain who went on the trip.

While they were in Churchill, the group was supposed to go kayaking but the weather didn't co-operate. Instead, they went beluga whale watching in Zodiac boats.

"It was really cold and windy that day. The water was choppy, but we saw lots and lots of whales that came right by the boat," Hanchar said.

"There are lots of picture of belugas up close on almost everybody's phone. It was mesmerizing. I would go back just to see the belugas."



The guides visited the Federal Explorer that was sold for the final time, to the Ithaca Shipping Company in 1960. She was chartered to the Clarke Steamship Company to deliver nickel concentrate from the works at Rankin Inlet, and sailed from Churchill on Sept. 10, 1960 to collect her cargo, carrying supplies for the settlement. She was caught in a severe gale while making the voyage, losing her rudder. She dropped anchor, but the anchors failed to hold, and she ran aground in Bird Cove, about ten miles east of Churchill, on Sept. 14.

The group also enjoyed a short dog-carting adventure around the boreal forest, complete with a presentation from the guide about his heritage and way of life with dogsledding.

They also went on a low-tide hike to see the Ithaca shipwreck and learn about the circumstances that led to it running aground in 1960.

"When the tide goes out, usually around in the evening, you go with bear guards and guides to walk out

Continued on page 22



TRIBUNE PHOTOS BY DANELLE HANCHAR

Thirteen Interlake Girl Guides and three leaders travelled to the Town of Churchill this summer for an adventure of a lifetime.



They also went looking for polar bears on a Tundra Buggy ride — and they even had the chance to drive the Tundra Buggy.



The youth went beluga whale watching in Zodiac boats.



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# Open house at the fire hall



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Local Rapid Relief Team was cooking up a storm at the annual Stonewall Rockwood Fire Department's annual Open House last Saturday. The team graciously provides the pancake breakfast for the community each year. Families toured the fire hall and the vehicles that were on display. Children enjoyed the inflatable house and the educational trailer. Left, the Lohmer family checked out the educational trailer. Lily, Hayden and Helena Gaboury explored the fire trucks. Gordon MacMillan had a hearty breakfast at the fire hall before heading to hockey practice. Owen Thoresby, Connor Carradice, Tate, Kirsten and Andrew Campbell enjoyed breakfast.

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# Celebrating four decades of firefighters in Rosser

By Jo-Anne Procter

Celebrating a legacy of courage and commitment, the RM of Rosser Fire Department recently marked an incredible 40 years of service to the community. On Sept. 21, friends, families, and community members gathered at the fire hall to honour this remarkable milestone. The event recognized decades of hard work and dedication by countless volunteers. It was a momentous occasion that showcased history and hope as they look forward to many more years of protecting their fellow citizens.

RM of Rosser Reeve, Ken Mulligan took a moment to reflect on the legacy left by the late Carl Simonson and Les Lillebo, who laid the foundation

Continued on page 22



Les Lillebo was instrumental in starting up the Rosser Fire Department 40 years ago.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Manchulenko brothers have all spent many years on the Rosser Fire Department including Don and Ken for 40 years and Howard acting as Fire Chief from 1988-1998. Pictured left to right, Ken, Don, Rob and Howard.



Pictured from left, RM of Rosser Special Projects Consultant Sandy Raposo-Lloyd, Coun. Angela Emms, RM of Rosser Chief Financial Officer Don Dowel and Coun. Kelvin Stewart served a hot dog lunch.



Reeve Ken Mulligan congratulated the Rosser Fire Department on 40 years of dedicated service.



Evan Palmer, left, is following in his father Mike's footsteps and working alongside him on the fire department.

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## > CHURCHILL ADVENTURE, FROM PG. 19

to this abandoned ship that got stuck and hasn't moved in years," she said. "It was really interesting."

They also went looking for polar bears on a Tundra Buggy ride — and they even had the chance to drive the Tundra Buggy. They didn't spot any polar bears that day, but they saw lots of other wildlife.

Back at their camp, an elder worked with the girls to make pins for their shirts, and she also made delicious homemade bannock for the group to enjoy.

On their last day, they had planned to visit the Prince of Wales fort; however, it was too foggy and the weather wasn't great. So instead, they went whale watching again on a regular boat — and that's when they spotted a polar bear.

"The girls were quite excited that they got to see belugas — and on their last day in Churchill, they got to see a bear."

On July 27, they caught the train back to Thompson, where their charter bus picked them up. They spent a night at



They slept in a building that also included an attached common room and kitchen.

a Scout camp near Liz Lake and then headed back for home. For the group of travelling Guides and leaders, home includes the communities of Stony Mountain, Stonewall, Warren, Clandeboye, Winnipeg Beach, Fisher Branch and Winnipeg.

"There were so many different experiences for these girls," Hanchar said. "I've never slept on a train before and we didn't have the berths with rooms or beds. It was a different experience trying to get to sleep on the train, but we did it."

The trip took more than three years

to plan, and it got a bit side-tracked due to the pandemic, followed by increased costs for travel.

On behalf of the group, Hanchar expressed gratitude to everyone who supported their fundraising efforts over the years.

"We're very thankful to all the communities. People were so generous buying cookies from us and supporting all our fundraisers," she said.

"Some of the girls wouldn't have been able to go without the community's support. We want everyone to know that we are very thankful."

# RCMP news in brief

By Jennifer McFee

The Stonewall RCMP detachment assisted in a recent arrest related to fraud and theft.

On Sept. 7, Winnipeg Police Service's central district community support unit members were patrolling on Tecumseh Street when they noticed a truck parked in an enclosed compound.

During their investigation, they requested and were issued a search warrant for the compound property.

They found an seized the truck and many other large items as evidence,

including a 2013 Polaris Razor stolen from Peguis in June, a 2018 Keystone Hideout camper stolen from Rosser in June, a 2012 Yamaha Grizzly stolen from Fisher Branch in August, a 2008 Ford F150 stolen from Fisher Branch in August, five farmstead handmade decorative signs stolen from St. Clements in August and a DNA Motoring roof rack and Remington gas heater stolen from St. Andrews.

They also seized multiple other vehicles and motorcycles stolen from Winnipeg and other communities

throughout the summer, as well as stolen magnetic Bison Towing decals, various Manitoba licence plates and various personal identification documents.

The recovered stolen property has an estimated value of \$300,000.

Further investigation revealed that a male suspect was renting the compound and that the owner of the compound was unaware of the criminal activity occurring within it.

With help from Stonewall RCMP, the suspect was arrested on Sept. 15.

Vincent John Jose Oliveira, 38, of Winnipeg has been charged with 16 counts of possession of property obtained by crime over \$5,000, eight counts of possession of property obtained by crime under \$5,000, two

counts of possession of credit card and two counts of possession of an identity document.

He was detained in custody. Investigators believe he did not act alone, and further arrests are anticipated. All property has been returned to its rightful owners.

The Winnipeg Police Service reminds the public to register and record serial numbers of vehicles and trailers, including power sports and leisure products. The documentation helps investigations to identify victims and substantiate property theft charges. In addition, property documentation increases the chances of property being returned to its rightful owners.

## > 40 YEARS, FROM PG. 21

for this vital community service four decades ago. Their vision and determination gave rise to an organization synonymous with bravery and commitment.

"This is a celebration of commitment, sacrifice and community spirit," Mulligan stated. "For four decades, the members of the department have put their lives on the line to protect our families, our homes

and our land. There is no greater sacrifice than to run towards danger, when others flee from it."

Mulligan's words highlighted appreciation and recognition of how far the department has come since its inception.

Fire Chief Mike Palmer read some inserts from a 1984 log book and the names of the original volunteer firefighters. He thanked his crew for

their continued dedication to the department, which isn't just about responding to emergencies.

Firefighter Mark Hagidiakow stood before the crowd, his gratitude evident. After 15 years with the RM of Rosser Fire Department, his connection to the team runs deep.

"When you spend so much time with the guys, they become family; it is truly a brotherhood; these guys

have become my best friends."

Lakeside MLA Trevor King acknowledged the strong foundation of the RM of Rosser Fire Department, which currently boasts 30 dedicated members. He congratulated them on their commitment and pride in protecting their community.



# Activities for Seniors in Your Area



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**South Interlake 55 Plus Open House**

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**October 16 Luncheon**

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Tickets available at the South Interlake 55 Plus Office

Deadline to purchase tickets: Friday, October 11

**Art Workshop:**

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November 7, 14 & 28

Registration deadline: October 17

\$25, includes all supplies

**Pumpkin Floral Centerpiece Workshop**

Wednesday, October 9

Registration deadline: October 4

\$25, includes all material

**Disability Tax Credit FREE Presentation**

Tuesday, October 22 - 5:30 pm

Please call to register by

Thursday, October 17

**Canada Pension Plan & Old Age Security Presentation**

Tuesday, October 8 - 6:30pm

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**Karen's Quilted Creations**

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

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Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.

**204-467-2719 [www.sisrc.ca](http://www.sisrc.ca)**



Looking for something to do in your spare time? Or are you needing volunteer hours come the school year? Whatever the reason, volunteering with South Interlake Seniors Resource might just be for you!

**Feel free to give us a call at (204) 467-2719 for more information about the volunteer opportunities available!**

We look forward to adding you to our team of dedicated volunteers.

**ESTATE PLANNING SEMINAR**

**Date: October 10th, 2024 Time: 2:00PM - 3:00PM**

Location: Lions Manor 144-622 Centre Avenue, Stonewall (Entrance 4)

Presenters: Jaymie Deprez, CFP, RRC & Chad Deprez, CFP, RRC

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  - Practical tips on optimizing your retirement savings • Strategies for minimizing tax liabilities
  - Guidance on preserving and passing on your wealth and most valued assets to future generations
- Estate planning is a crucial component of a comprehensive financial plan, ensuring that your assets are distributed according to your wishes upon your death. It involves creating legal documents such as wills, trusts, and powers of attorney to designate beneficiaries. Beyond drafting estate documents, establishing an estate plan involves meticulous planning. Integrating estate planning into your financial plan ensures that your legacy is preserved, your loved ones are provided for, and your assets are transferred smoothly. By addressing these important considerations, estate planning adds an essential layer of protection and organization to your overall financial strategy.

**Join us for a tax and estate planning seminar tailored specifically for individuals aged 50 and above. Please call the Seniors Resource Centre@ 204 467 2719 to register by October 9th/24.**

**Canada Revenue Agency:**

**How to Protect Yourself From Scams & Fraud**

**Date: October 24th, 2024 Time: 2:00PM - 3:00PM**

Location: Lions Manor 144-622 Centre Avenue, Stonewall (Entrance 4)

An Officer from the Canada Revenue Agency's (CRA) Outreach Team will be becoming by to discuss how you can protect yourselves from scams and fraud.

This presentation will include:

- Managing communications from the CRA through letter, phone, and our online service tools (My Account)
- Accessing your My Account • Recognizing common scams and fraudulent activities

**Please call the Seniors Resource Centre@ 204 467 2719 to register by October 23/24**

**For more information call 204-467-2719**

**Teulon & District Seniors Resource Council Inc.**

*Providing a Helping Hand*

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

**PROVIDING FREE SERVICES TO SENIORS:**

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

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

*55+ and people living with disabilities*

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

**Office: St. Laurent Community Health Centre**

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

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

Free on loan mobility aids, Resource information, Monthly Birthday Club,

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

Foot Care Clinic, Victoria Lifeline, housecleaning and more.

Free use of Exercise Equipment, Free Adult Bikes on loan,

Free Community Volunteer Income Tax Program

Annual Seniors Summer Feast in August -Entertainment-Supper-Resources

Office Hours: Tuesday to Thursday: 10:00AM-4:00PM [stlsrc@mymts.net](mailto:stlsrc@mymts.net)



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Wildcats women's hockey team wins inaugural MWHSHL game

By Kieran Reimer

The Warren Wildcats women's hockey team is already having success just days into their inaugural season.

After only two practices, the Wildcats played their first-ever game on Tuesday in the Manitoba Women's High School Hockey League Preseason Alignment Tournament, where they defeated the Beausejour Barons 3-0 at Hockey For All Centre.

"They played so well," said head coach Sam Strassburger. "It was exciting to see what two days of them practicing together can bring for them. I don't know if they had high expectations for this season but the way they came out kind of solidified they can actually do well this year if we really put in the work and it's not going to just be a first-year trial and error."

Strassburger is heading up the club this season in her first year coaching high school hockey.

A resident of Grosse Isle, Strassburger brings coaching experience from the U18 AAA Lightning, a team she currently coaches on top of the Wildcats.

This summer, she was offered the position after being recommended by parents who have had her as a coach for their kids in past seasons.

"It was kind of brought on to me," said Strassburger. "I never got to play high school hockey, so I thought it would be pretty awesome to be the

first coach to start that program and give those girls the opportunity."

Alongside her are assistants Kasey Riddell, Megan Humeniuk, and general manager Michelle Riddell.

The team will practice twice a week before school days this season, with most of their games played on weekdays after school.

Strassburger said the roster has a handful of grade 9 and 12 students, with a majority in grades 10 and 11.

The team also has two players from Teulon Collegiate, making them a joint team approved by the MWHSHL.

"A lot of them are really excited," said Strassburger. "Especially some who haven't played hockey in six years or so because they didn't play at that double-A, triple-A level, then there's not really anything else in the

area for them. They are excited to get back on the ice, play, and it be more fun than necessarily structured and serious."

The Wildcats play three total games in the Preseason Alignment Tournament to determine which of the three MWHSHL divisions they will compete in this season.

Once they know which division they will be in, their 22-game schedule (11 home, 11 away) will be released, and home games will be played at Warren Arena.

**"I NEVER GOT TO PLAY HIGH SCHOOL HOCKEY, SO I THOUGHT IT WOULD BE PRETTY AWESOME TO BE THE FIRST COACH TO START THAT PROGRAM AND GIVE THOSE GIRLS THE OPPORTUNITY."**



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Coaches Sam Strassburger, right, and Megan Humeniuk talk strategy between periods last Thursday at the Hockey For All Centre.



Wildcats' Bre Windross had a hat trick and assisted twice in her team's 5-1 win against Sturgeon Heights last Thursday at the Hockey for All Centre.

## U18 AAA Female Lightning continue preseason in Portage

By Kieran Reimer

The U18 AAA Female Interlake Lightning went 1-1-2 at the Central Plains Preseason Showcase in Portage la Prairie last weekend.

The Lightning opened the tournament on Friday with a 2-2 tie against the Westman Wildcats at Stride Place.

On Saturday, they went 0-1-1, losing their first game 3-0 to the Brandon Wheat Kings and tying the second 4-4 with the Pilot Mound Buffaloes.

On Sunday, the Lightning wrapped up the tournament with their first preseason win, defeating the host Capitals 4-1.

Lightning rookie Blake Darragh buried a loose puck in front of the Capitals net in the win for her first U18 Lightning goal.

Chloe Minkus led the Lightning in scoring at the tournament with two goals and three assists.

The Lightning now awaits the

MFHL U18 AAA regular season that begins Saturday, Oct. 5.

The Lightning will take on the Yellowhead Chiefs at 7:30 p.m. in Shoal Lake in the opener.



# Rams varsity boys battle CSC varsity girls victorious



TRIBUNE PHOTO BY JO-ANNE PROCTER

College Stonewall Collegiate Rams' Jackson Vandersteen slams the ball past Fort Richmond players in varsity boys volleyball action in Stonewall last Wednesday. The Rams battled each set forcing the match to five games which they lost the final set 15-9.



TRIBUNE PHOTO BY JO-ANNE PROCTER

College Stonewall Collegiate Rams' Shannon Bodnarus slams the ball past Oak Park blockers in her team's victory at home last Wednesday. The Rams won the first two sets 25-22 and 25-18, then lost 25-20 and won the final game of the match 26-24.

## Thunder teams looking for positives outcome

By Kieran Reimer

Fresh off their first win in two seasons last week, The Cruncher Thunder could not make it two in a row on Saturday afternoon.

The Thunder lost 24-0 to the North Winnipeg Nomads at Stonewall Collegiate Field to take their record to 1-5.

"The boys struggled," said head coach Kyle Kauk. "We couldn't get much going on offence. We did, however, have a strong showing on defence and held them to four touchdowns, including two interceptions."

The Thunder are scheduled to play on Sunday, Oct. 6 against the Fort Garry Lions at North Winnipeg No-

mads Field.

Kick-off will go at 12:30 p.m.

### PEEWEE

It's hard to pick out the positives in a 30-0 loss.

It's even harder when that loss brings your team to 0-6 to finish the season.

The Thunder finished winless this season after losing 30-0 to the North Winnipeg Nomads in their regular season finale.

The game was a tale of two teams heading in opposite directions, one being the Nomads improving the 5-1

to tie for first in the division, the other one being a young Thunder squad facing a winless season coming to an end before October.

It was a tough season on the scoreboard, though it's not completely unexpected with how young this Pee-wee Thunder team was.

Head coach Jared Boville brought that fact up numerous times throughout the season, as well as it being the first season playing football for some.

Their best game of the season came last week against the St. Vital Mustangs when they put up three touchdowns and limited the Mustangs in their closest game of the season.

That kind of effort is what the Thunder will hope to see more of next season as over half the team is eligible to return.

### VARSITY

A bye week for the Varsity Thunder meant time to heal after last week's loss to the St. Vital Mustangs.

The Thunder, 1-1, practice twice more this week before Sunday afternoon football in Stonewall on Oct. 8.

The Thunder will take on the 0-2 Falcons Football Club at Stonewall Collegiate Field.

Kick-off will go at 2 p.m.

## Annual Fundraising Gala Comedy Night Saturday, Oct. 19

Cocktails 5:30 p.m. (open bar) Dinner 6:30 p.m.

Quarry Park Heritage Arts Centre

Tickets \$150/each or \$1200/table of 8

For tickets contact [jetstreasurer@stonewalljets.com](mailto:jetstreasurer@stonewalljets.com)



### UPCOMING GAMES

St. Boniface Riels at Stonewall Jets  
Thursday, Oct. 3 at 8 p.m.  
Stonewall VMSC

St. James Canucks at Stonewall Jets  
Sunday, Oct. 6 at 2:30 p.m.  
Stonewall VMSC

*Come out to support the Jets*



# Equestrian coach wins Sport Manitoba provincial award

By Autumn Fehr

The first time Tristan Caswell saw a horse, she was hooked.

For the last 35 years, she has been riding and competing in the equestrian world and coaching for 25 years.

"Riding is a stress relief. It's my mental health reprieve. It's a part of me," she said.

Caswell is a busy mom of three hockey boys who attend Centennial School. She and her husband bought their current farm, Stonehurst Stable north of Stonewall in 2022. Since moving to the property, Caswell said they have built a good community.

Urban Stable, a program that helps at-risk youth connect, learn, and grow through interactions with horses, runs out of the facility, providing them an alternate learning opportunity.

"We have lots of amazing people that take weekly lessons with myself or Mya Oakley. Many of our riders part board or lease horses from us and go to competitions," she said.

Caswell did not come from a horse family. She started with formal lessons at 12 and had her first pony ride at age four.

"It's been a passion since day one," she said.

Caswell grew up riding off-track Thoroughbred (OTTBs) horses. These horses race first as young horses, and then after that career, they are retrained in various other disciplines. They are refined, sensitive, forward-thinking animals compared to the bigger, often slower Warmbloods. They are usually available at a fraction of the price and an OTTB is all people used to ride before society

started to import a lot of Warmbloods from Europe in the 1990s, she said.

Unfortunately, she had to sell her horse to attend Old's College in Alberta where she got her degree in Equine Science and learned the essential components of producing, training, and marketing horses.

After getting her degree, she travelled and worked at farms in Australia and for the Canadian Equestrian team before settling in the greater Winnipeg area.

At 19 years old, she began coaching at a farm near Oakbank.

Today, Caswell coaches competitive hunter riders, who are evaluated subjectively by a judge; jumper riders, on the other hand, are evaluated objectively through a combination of time and faults. She takes the show team to



Caswell petting her current show horse.

competitions in Western Canada. She is an Equestrian Canada NCCP Certified Competition Coach Specialist and Coach Developer.

With two and a half decades of competitive coaching experience, Caswell said she has spent a lot of time getting here, focusing a lot of her time and efforts on coach development.

**"IT'S NOT COMMON FOR AN EQUESTRIAN TO GET A SPORT MANITOBA AWARD,"**

"This involves training and mentoring many Manitoba Equestrian coaches at all levels on their journey to becoming certified," she said.

More recently, in her coaching career, she has started to work on initiating and running grassroots horse shows. These are events that

prepare horses, as well as the riders, for bigger shows.

When Caswell won the Sport Manitoba Coaching Award, she was shocked.

"It's not common for an Equestrian to get a Sport Manitoba Award," she said.

"Receiving the award is an honour. I am very grateful to Sport Manitoba for presenting the award and to the Manitoba Horse Council for the nomination. It's great to bring a positive spotlight to the sport I love so much."

Caswell is inspired to continue increasing her knowledge and ability in new ways, and she is simultaneously encouraged to pass on what knowledge she can to the next generation of riders and coaches.

The award recognizes her support of the Urban Stable program, the de-



TRIBUNE PHOTOS SUBMITTED

Tristan Caswell owner of Stonehurst Stable recently received the Sport Manitoba Coaching Award. Team photo including, Samuel From, Lindsay Dyck, Reese Whitfield, Mya Oakley, Tristan Caswell, Cameron Drieger, Allie Vincent, Daisy Jensen.



Caswell competing at an Equestrian show.

velopment of more provincially sanctioned grassroots competition opportunities, and the development of athletes and coaches.

Caswell has contributed her time to the industry by volunteering. She spent many years on the Manitoba Horse Council Coaching Committee, helping provincial coaches navigate the certification process. More recently, she became the Manitoba Hunter Jumper Association Athlete Development Chair.

When asked why she was chosen for this award, Caswell humbly says she doesn't know why she was chosen above her peers in an industry with many great people working in the sport.

"It's a really hard industry to make a living in as a professional. I do try to always do my best, and hold my stu-

dents and to a high standard both in performance, horse care and ethically with Social Media etc. I try to be kind to everyone, mind my own business and help the sport whenever I have the opportunity," said Caswell.

If Caswell had to give one piece of advice to others striving to do what she does and are just getting into the sport, it would be to lead with a love for the horses and the sport in general.

"If you love what you do, everyday is a good day and the endless work won't feel like work. That will get you through the tough times, cold winters, difficult clients and set backs."

One of her future goals is to return to the States with a crew of her clients. Caswell said the COVID-19 pandemic shut that down, and they have not shown horses in the States since then.



# CRJHL expanding to seven teams, home openers released

By Kieran Reimer

The Capital Region Junior Hockey League is expanding to seven teams for the 2024-25 season.

Entering the fold are the La Broquerie Habs after being approved by the CRJHL on June 11, 2024.

The Habs will play their home games out of Hylife Centre in La Broquerie, making them the second CRJHL club located south of Winnipeg.

The Habs join the Junior B classified league that includes the Arborg Ice Dawgs, Beausejour Comets, Lundar Falcons, North Winnipeg Satellites, Selkirk Fishermen, and the 2023-24 champion St. Malo Warriors who all competed in the six-team league last season.

Each team will play a total of 30 games (15 home, 15 away) in the regular season from Sept. 27, 2024 to Feb.

16, 2025.

## UPCOMING GAME SCHEDULE:

### Arborg Ice Dawgs

Oct. 4 vs St. Malo Warriors at 8 p.m. at Arborg & District Arena

### Lundar Falcons

Oct. 5 vs North Winnipeg Satellites at 7 p.m. at Lundar Arena

### Selkirk Fishermen

Oct. 6 vs St. Malo Warriors at 3 p.m. at Selkirk Rec Complex

Oct. 8 vs North Winnipeg Satellites at 8 p.m. at Billy Mosienko Arena

### North Winnipeg Satellites

Oct. 8 vs Selkirk Fishermen at 8 p.m. at Billy Mosienko Arena

# Jets start MMJHL season with perfect on the road record

By Kieran Reimer

The Stonewall Jets are 2-0 to start the 2024-25 Manitoba Major Junior Hockey League (MMJHL) season.

This week, during the opening weekend of the MMJHL, the Jets defeated the Raiders Jr. Hockey Club and the Transcona Railer Express on the road.

The victories put the Jets in an early tie with the River East Royal Knights, the Charleswood Hawks, and the St.

Boniface Riels for first place, as they are off to their best start since 2013-14.

The season got going Friday night at the Seven Oaks Sports Complex, where the Jets beat the Raiders 4-2.

A two-goal second period and a two-goal first period, including goals from Rylan Slatcher, Cohen Cheung, Peyton Bateman, and Alex Kaczorowski, led the charge for the Jets as they went on to win 4-2.

The Jets outshot the Raiders 32 to 26,

with Dylan Leclair stopping 24.

On Sunday, the Jets were at East End Arena, where they spoiled the Railers' home opener, in part due to a big night from Bateman.

Again, the Railers held a one-goal lead heading into the second period, but a two-goal period from Bateman evened things up at 2 heading into the third.

After trading third-period goals, the game was off to overtime, where

Bateman completed the hat trick just 42 seconds in as the Jets got the win, 4-3.

Leclair stopped 32 of 35 in the overtime win.

The Jets home opener is on Thursday, Oct. 3 against the St. Boniface Riels.

The two 2-0 teams go head-to-head at 8 p.m. from the Veterans Memorial Sports Complex.

## get inspired

> MEAL IDEAS



FamilyFoods

Phone 467-5553

## Creamy Pumpkin Soup with Mini Pierogies

1/8 teaspoon cinnamon  
2 tablespoons heavy cream  
fresh thyme, to taste  
1 box Mini 4 Cheese Medley Mrs. T's Pierogies

Slice shallot, peel and cube apple and crush garlic.

In pot over medium-low heat, add drizzle of olive oil and saute shallots, garlic and apple 20 minutes, covered.

Let mixture slightly cool then add to blender with 1/2 cup broth and blend until fully combined.

In pot, add pumpkin puree; blended shallot mixture; maple syrup; salt, to taste; pepper, to taste; nutmeg; cinnamon; remaining broth; heavy cream; and thyme, to taste. Bring to low boil then add frozen pierogies. Boil 3 minutes.

Prep time: 5 minutes  
Total time: 40 minutes  
Servings: 4  
1 large shallot  
1 large Honeycrisp apple (or 1 1/2 cups)  
5 garlic cloves  
olive oil  
2 cups low-sodium chicken or vegetable broth, divided  
2 cups canned pumpkin puree  
2 teaspoons maple syrup  
pepper, to taste  
salt, to taste  
1/4 teaspoon nutmeg

# Expert patient here to help!

By Susie Schwartz

I thought it couldn't happen. I thought I had been through enough that my 'expertise' meant my rules didn't apply. I was wrong. Tip for today?

Take someone with you.

I know, I've said this many times before. 'Take someone to your appointments' has been my most given piece of advice. And yet, I didn't.

I'd had my first mammogram (welcome to 50!), and I got a letter saying I needed more tests.

"You'll need more mammograms, maybe an ultrasound, and maybe even a biopsy," they said. Don (my husband) couldn't take me since he, too, had a doctor's appointment that day. "Do you want me to come with you?" my friend Nic asked. "Nah. I'll be fine. They'll either give me good news or I'll have a biopsy and won't get the results that day, anyway."

As I sat in the inner waiting room after the mammograms and ultrasound, waiting my turn for a biopsy, I sat and listened to two friends talk, one there to support the other. After hearing the 'careful cancer language' of the excellent nurses and techs who explained what they were doing and why, I felt catapulted into a new ecosystem – an alternative universe. Was I on a cancer journey? My blue gown tucked around me, I shivered as I watched those women and thought, I feel so alone.

Shocked by this feeling, I remembered Nic's offer. Why had I been

too independent and proud to take her up on her offer?

Usually, I preach taking someone with you to your appointments so they can help digest information, ask good questions, and be your brain when anything other than the need for antibiotics or antihistamines is discussed.

But there is an equally good second reason to take someone: support. How comforting it would have been to have Nic sitting there each time I returned to the inner waiting room before the next test. She could've helped me process and regaled me with funny stories of Stanley, her hilarious Tibetan Terrier floof. What a glorious distraction from squashed boobs, anticipated needles, and 'careful cancer language' that would've been.

The biopsy came back fine, and we'll just have to do regular mammograms to keep an eye on it, so I'm thankful. But, lesson learned. (Surely this time, right!?) Being a hero is pointless unless you get a Marvel movie deal. (Deadpool and Wolverine, anyone?)

Next time, I'll take the support. Will you?

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at www.lesshealthstress.com . (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: The Quest For Less Health Stress



Susie Schwartz



# Classifieds



Book Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca

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

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

**BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.**

**STRAW FOR SALE**  
SS wheat & flax straw, delivery available. 204-482-5101 431-275-9014.

**STRAW FOR SALE**  
Flax straw for sale near Stonewall. \$3.50/bale. Call/text Dean anytime after October 6th at 204-461-0870.

**HAY FOR SALE**  
HAY FOR SALE Round hardcore bales, 1st & 2nd cut, alfalfa & brome grass. Call 204-461-0722.

**FARM PRODUCE**  
Red Yellow Russet potatoes, onions, carrots, cabbage, beets, honey, parsnips, sunflower & song bird seed. Wildlife feed and rolled corn, oats & wheat. Phone 204-886-2676, Interlake Potato Farms, Teulon, MB. Closed Sunday & Monday.

**News Tips? Story Ideas?**  
call the Tribune 204-467-5836

**HOUSE SITTING**  
Looking for a responsible live in house sitter in the south Interlake area for January - March, 2025. Some small animal care. Perfect for retired person/couple. No smoking, no parties. Please respond to "Housesitter", Box 39, Stonewall, Manitoba, R0C 2Z0 with name, phone number & personal reference.

**CRAFT SALES**  
CALLING ALL CRAFTERS! Tables are available for rent (\$25) at the Odd Fellows & Rebekah Memorial Eye Foundation's Annual Craft Sale on Saturday, October 26 from 10 a.m. - 2 p.m. For more information & a registration form please call Betty at 204-831-5597.

ADVERTISE YOUR CHRISTMAS CRAFT SALES AND UPCOMING HOLIDAY EVENTS IN THE TRIBUNE

**UPCOMING EVENTS**  
Stony Mountain & Lilyfield United Churches will host the following events: Saturday, October 26, Craft Sale from 10 a.m. to 3 p.m. at the Red Barn, 8 foot table- \$30, bake table and lunch available, contact Alice at 204-344-5386 or Diane 204-881-1204. And Sunday, October 27th "Sisters of the Holy Rock" 7 p.m. at the Stonewall Legion Hall, tickets \$25 (advance), walk up \$30, info pfingler@hotmail.com or dbblue@mymts.net

Fall Market - New Location. We moved to Selkirk Friendship Centre, 425 Eveline St., Sat Oct. 5 10-3. 35+ vendors, get a door prize entry form with monetary donation to Big Hearts Xmas Hampers.

**HOUSE WANTED**  
Looking to purchase a two bdrm home within walking distance of Main St. Stonewall (preferably two blocks). Phone 1-204-981-2831.

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

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, tire signs, Coke, Pepsi etc. Call 306-221-5908.

**SHOP LOCAL SUPPORT OUR LOCAL BUSINESSES**

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

**THE RURAL MUNICIPALITY OF ARMSTRONG**  
**REQUEST FOR TENDER**  
**ROAD GRADING & SNOW PLOWING**

The Council of the Rural Municipality of Armstrong is accepting proposals for road grading and snow plowing of municipal roads in the RM of Armstrong for both Area 1 (North half) and Area 2 (South half). Bids can be for one of the areas or both. Each area will require a minimum of two (2) graders to complete the area in a timely manner.

Contract will be for three (3) years to commence on November 1, 2024, and end on October 31, 2027.

Bid forms and Contract details including maps of the areas to be done may be obtained at the RM of Armstrong Office or found on our website.

The lowest or any bid not necessarily accepted. Contractor must be in good standings with the RM of Armstrong to be considered.

Proposal Close: 4:30 PM, Friday, October 11th, 2024.

Nancy Howell, Interim CAO  
RM of Armstrong  
1094 PTH 17  
Box 69, Inwood, MB R0C 1P0  
cao@rmofarmstrong.com  
Phone: 1-204-278-3377

**PUBLIC NOTICE NOTIFICATION DU PUBLIC**

**PROPOSED ROGERS 91.5 METER WIRELESS TELECOMMUNICATIONS GUY WIRED TOWER INSTALLATION**

The proposed installation is composed of a 91.5 meter guy wired telecommunications tower, including the antennas, a lightning rod, and an obstruction light.

Location: NW 5-15-2 EPM in the Rural Municipality of Rockwood, Manitoba

Objective: To improve wireless coverage to your community (along Provincial Rd 236, East of Balmoral) and to meet rising demands for wireless services.

Details: An equipment shelter will also be installed at the base of the proposed tower and the entire site will be surrounded by a security fence with a locked gated access point.

The public is invited to provide written comments by end of business day on **2 November, 2024** to the contact information shown below. Please include a return address.

Tower Installation Project  
Projet d'installation de communication sans fil  
Reference: W6830 Balmoral

**Scott Telecom Services Ltd.**  
Agent for Rogers Communications Inc.  
Michele Klein, Municipal Planner  
900, 202 - 6 Avenue SW  
Calgary, AB T2P 2R9  
Phone: (403) 261-6514  
Fax: (403) 263-5263  
Email: notify@scottland.ca

**EMPLACEMENT PROPOSÉ PAR ROGERS POUR L'IMPLANTATION D'UNE TOUR MEC FILAIRE D'ENVIRON 91.5 MÈTRES DE HAUTEUR**

Le site de télécommunication proposé sera composé d'une tour de type mec filaire d'une élévation hors-tout d'environ 91.5 mètres incluant les antennes, le balisage aérien et le parafoudre.

Lieu : NW 5-15-2 EPM dans la Municipalité Rurale de Rockwood, au Manitoba

Objectif : Améliorer la couverture cellulaire dans votre secteur (le long de la Route Provinciale 236, à l'est de Balmoral) et ainsi répondre à la demande sans cesse croissante pour les services sans fil.

Détails : Un cabinet d'équipements sera aussi aménagé à la base de la tour et l'ensemble du site sera ceinturé d'une clôture de sécurité et d'une entrée verrouillée.

Les citoyens sont invités à faire part de leurs commentaires, avant la fermeture des bureaux de Rogers le **2 novembre 2024**, soit à l'adresse indiquée (avec une adresse de retour).



169 Beach Road E.  
Teulon, MB

**GATEWAY MANOR INC.**  
**EMPLOYMENT OPPORTUNITY**

Gateway Manor Inc. is accepting applications for a **HOUSEKEEPING/CLEANING EMPLOYEE**

- Part Time 18-25 hours per week
- Tentative Start Date - As soon as possible
- Must be able to work independently and enjoy interacting with seniors
- Housekeeping personnel are responsible for the day-to-day and long term cleaning of the facility.
- Good communication skills, written and oral
- Salary is commensurate with experience and qualifications.
- Minimum 2 references required
- A detailed job description is available upon request.

**Please submit your resume and 2 references to:**  
**GATEWAY MANOR INC.**  
**P.O. Box 144 Teulon, MB R0C 3B0**  
or by email: manorinc@mts.net  
Deadline for applications:  
**October 10, 2024 at 4:00 p.m.**

If a candidate is not found by the deadline date the position will remain open until filled.

We thank all that apply and advise that only those selected for further consideration will be contacted.

*Note: An Employee Security Check consisting of a Criminal Record, Vulnerable Sector, and an Elders Abuse Registry Check, shall be required for all persons that receive a conditional offer of employment from Gateway Manor Inc.*



# Classifieds

Stonewall Teulon  
**Tribune**

Book Your Classified Ad Today - Call 467-5836 or Email ads@stonewallteulontribune.ca

**Starting a new business?**  
**Call us - We have everything you need to promote your business**  
**Call 204-467-5836**



## PUBLIC NOTICE

### BOARD OF REVISION

**2025 General Assessment, 2025 Personal Property Assessment, 2025 Business Assessment and 2024 Supplementary Property Taxes**

Public Notice is hereby given that the 2025 General Assessment, Business Assessment and the Personal Property Assessment Rolls for the Town of Teulon will be available in the Civic Office at #44 Fourth Ave. S.E., Teulon, Manitoba after October 14, 2024, and will be open for public inspection during regular office hours. The Board of Revision will sit on **Tuesday, November 12, 2024 at 5:30 P.M.** in the Council Chamber of the Town of Teulon, 44 Fourth Avenue S.E., Teulon, Manitoba to hear applications.

Any person including the assessor, who believes that an assessment ought to be revised may make application for revision of an Assessment Roll in accordance with Sections 42 & 43 of The Municipal Assessment Act.

#### APPLICATION FOR REVISION:

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under Section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- a) liability to taxation;
- b) amount of an assessed value;
- c) classification of property; or
- d) a refusal by an assessor to amend the assessment roll under Subsection 13(2).

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by:
  - i) delivering it or causing it to be delivered to the Town of Teulon
  - ii) serving it upon the Secretary;

at least 15 days before the scheduled sitting of the Board as indicated in the public notice.

**The final date on which applications must be received by the Secretary of the Board is October 28, 2024 at 4:30 pm.**

**Applications should be addressed to the Secretary, Board of Revision, Town of Teulon, Box 69, Teulon, MB, R0C 3B0. Email to: info@teulon.ca, Fax to: 204-886-3918.**

**Where an application is received in accordance with this notice and of the Municipal Assessment Act, applicants will be notified in writing of the date, time and place of the hearing of their application.**

Chris Yuen, Secretary  
 Board of Revision  
 Town of Teulon  
 Box 69  
 Teulon, MB R0C 3B0

Dated this 25th day of September A.D., 2024 at the Town of Teulon in the Province of Manitoba.

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**Estate & Moving**  
 October 16th @ 7:00PM

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**NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ST. LAURENT**

Pursuant to subsection 367(7) of *The Municipal Act*, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **22nd day of October, 2024**, at the hour of **10:00 AM**, at Rural Municipality of St. Laurent, Council Chambers, 16 Veteran's Memorial Road, St. Laurent, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
67477	LOT 26 BLOCK 3 PLAN 13810 WLTO IN RL 6 PARISH OF ST LAURENT - 35 SANDPIPER COVE, SANDPIPER	L -\$12,000	\$2,433.47

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality will exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the RURAL MUNICIPALITY OF ST. LAURENT as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 3<sup>rd</sup> day of September, 2024.

Managed by:  
 Billie Jean Oliver  
 Chief Administrative Officer  
 RURAL MUNICIPALITY OF ST. LAURENT  
 Phone: (204) 383-0370  
 Fax: (204) 646-2705

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**Tribune** Stonewall Teulon  
204-467-5836

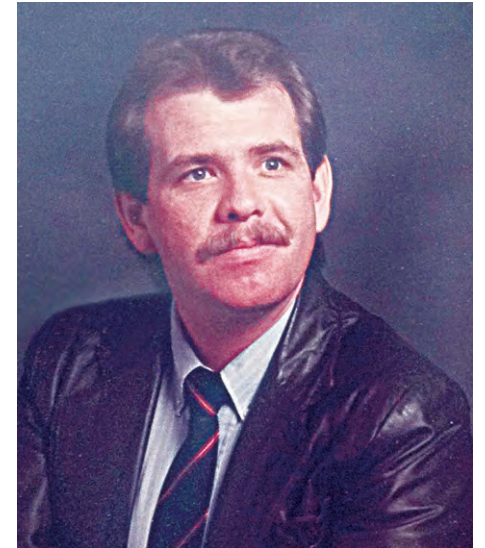
**IN MEMORIAM**

Phyllis Crockatt  
September 29, 1934 – October 2, 2022  
Mom, Gramma, Baba  
Wherever a beautiful soul has been,  
There is a trail of beautiful memories.

**CARD OF THANKS**

The family of Wayne Cathers would like to extend our heartfelt appreciation and gratitude to our family, friends and community members. The support, phone calls, emails, food, yard care and check-ins while Wayne was in hospital and following his passing will be cherished. Thank you to Glen Knutson and Vince Anderson for your guidance, kind words and honoring Wayne in his Celebration of Life. Thank you to all our friends and family who contributed and made the day so special. Thank you to MacKenzie Funeral Home for their compassion and assistance. With immense gratitude, Thank you.  
-Cheryl, Erin and David Cathers

**IN MEMORIAM**



**BRANT COENS**  
June 20, 1952 - October 5, 2012  
Though your smile is gone forever,  
And your hand we cannot touch -  
We still have many memories  
Of the one we loved so much.  
-Love Marie (Mom) and Roy, Megan and Arthur, Kevin and Judy, Lisa and Sylvain, and families;  
Lawrence, Martha and John.

Your memory will live forever  
Engraved within our hearts.

**Express your Thanks with a message in the Tribune**  
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Evan: 204-461-3470

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**SUDOKU**

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

**Here's How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

E	N	V	S	D	E	O	H	E	V	S			
U	I	W	E	T	I	O	O	E	W	W			
A	L	I	T	I	B	Y	N	E	W	Y			
V	O	H	V	B	U	E	O	V	N	O			
S	V	W	V	J	N	E	E	I	V	S			
S	O	E	L	T	O	S	A	B	A	I			
S	O	E	J	O	H	N	I	E	V	N	Y	O	
O	V	L	S	O	I	N	E	S	O	J	N		
I	W	V	O	N	E	W	V	N	S	W	N	W	
S	N	O	I	C	I	R	V	A	V				
G	E	S	V	I	C	O	E	L	S	E	L		
S	N	S	W	O	R	D	I	E	T	I			
W	V	C	N	O	I	E	T	E	X	S	O	X	E
V	V	C	N	H	O	N	V	S	E	O	I	M	
E	E	O	L	E	S	S	V	E	D	I	N	S	

Crossword Answer

**CROSSWORD**

**CLUES ACROSS**

- Separate with an instrument
- State clearly
- One-time MLB speedster Gordon
- Broad in scope
- Lacking social polish
- Amount of time
- Frame
- Automobile
- Caps
- High school dances
- Utilize
- Checked
- One-sided
- Having an extreme greed for wealth
- Potted plants
- We all have one
- Lake north of the Kalahari
- Unidentified flying object
- Aging persons
- Small amount
- Mother of Perseus
- Ornamental waist box
- Officials
- Uncertain
- A cotton fabric with a satiny finish
- Extensive, treeless plains
- Your consciousness of your own identity
- Consumer advocate Ralph
- Notable Spanish sports club
- Body part
- One's responsiveness
- Woman (French)
- Ready and willing to be taught
- Muslim ruler title
- Unhappy
- Gradually disappeared
- Able to think clearly

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15							16		
17				18							19		
20					21						22		
23				24		25		26					
			27		28	29	30						
31	32	33		34				35			36	37	
38				39				40			41		
42			43		44				45				
			46		47				48				
49	50							51			52	53	54
55				56		57	58	59		60			
61				62					63				
64				65							66		
67				68							69		

- Water sprite
- Ones to look up to
- Monetary units
- We all have one
- Marine invertebrate
- One who institutes a legal proceeding
- Outer
- Parallelograms
- Uncomfortable feelings
- Cross to form an X
- Remove
- Some pages are dog-\_\_
- Capital of Ukraine
- A citizen of Denmark
- Eighth month (abbr.)
- Unhappy
- Hindu queens
- Acids structurally related to amino acids
- Rider of Rohan in Tolkien
- Wet dirt
- Russian city
- Observed
- Irate
- Travelers need them
- Musical composition
- Auction
- Form of "to be"
- Women
- Inspire with love
- Think Japanese ankle sock
- Appears
- Old World lizard
- The lead dancer: \_\_ ballerina
- Protein involved in motion
- Rosalind Franklin biographer
- Popular 1920s style art
- \_\_ Blyton, children's author
- Abnormal breathing
- A place to rest

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# Announcements

Stonewall Teulon  
**Tribune**

**OBITUARY**



**Mike Shewchuk**  
November 1, 1933 – September 3, 2024

Mike Shewchuk, age 90, of Stony Mountain (formerly Winnipeg) passed away peacefully on Tuesday, September 3, 2024 at the Stonewall hospital with his family by his side.

He will be sadly missed by his daughter Lisa Mann (Marshall), daughter-in-law Elise Shewchuk (Kris), grandchildren Michael McIvor (Nia), Melissa Morrow (Chris), Emilie Shewchuk, Marc Shewchuk and Derek Mann (Tracey), great-grandchildren, Bowie and Nico McIvor, Jane Morrow and Ethan Lecocq. Forever remembered by his brother Paul Shewchuk and sister Anne Slobodian.

Mike was predeceased by his beloved wife Carol and son Larry, and siblings, Leo Shewchuk, Katie Adamik and Nettie Lubinski.

Mike was born and raised in Rembrandt, Manitoba by his parents Wasyl and Rosalia Shewchuk. He moved to Winnipeg when he was 16 years old and worked as a heavy-duty mechanic for the Town of Brooklands, City of St. James/Assiniboia and City of Winnipeg where he retired after 32 years as General Supervisor of Mechanical Services.

Mike loved the outdoors, especially fishing and hunting, all things mechanical, and spending time with his family. He especially loved his grandchildren and great-grandchildren. Mike believed that, "family was everything".

Mike was the type of person you could always count on to lend a hand or an ear and help solve any problem you might be facing. He loved his family unconditionally and his kindness, patience, determination and perseverance will be forever remembered by those who knew him.

Many thanks to the nurses and aides at the Stonewall hospital for their kindness and care and the wonderful staff at MAID.

A Celebration of Life will be held on Saturday, October 12 at 2:00 P.M. at The Red Barn – Stonewall, Mb located on Rd. 75N and Hwy 236.

Tributes to mackenziefh.com

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



**OBITUARY**

**June Lorraine Grayson**

It is with sadness we announce the passing of June Grayson aged 81 years of Stonewall on Wednesday, September 25, 2024. Longer obituary will follow.



**CELEBRATION OF LIFE**



**Clayton Kenneth McMurren (Clipper)**  
September 8, 1946 – September 24, 2023

Notice of Celebration of Life

Pinawa Golf Course  
1 Willis Drive, Pinawa, MB.  
Saturday, October 5, 2024  
From 1 p.m. to 4 p.m.

Please join us to share some memories and toast the "Clipper" one more time.

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

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