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Rookie in training

TRIBUNE PHOTO BY JO-ANNE PROCTER
 Benny Ritchie drags a fire hose through an obstacle course during the Stonewall Rockwood Fire Department's annual Pancake Breakfast and Open House on Sept. 27. He may one day follow in the footsteps of his father, Brad Ritchie, who has been a volunteer firefighter with the department for the past 16 years.

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Community gathers for annual fire department open house



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stonewall Rockwood Fire Department welcomed residents to its annual Pancake Breakfast and Open House on Sept. 27. Guests were treated to pancakes, bacon and sausage prepared by volunteers from the Rapid Relief Team, while children tested their skills on an obstacle course that mimicked firefighter training techniques. The department's public education trailer gave families a chance to learn about fire safety and prevention in a hands-on way. Visitors also toured the fire hall, exploring emergency vehicles and life-saving equipment while chatting with local firefighters about their work in the community. Families, including the Stewarts (below), enjoyed breakfast and learned about fire safety alongside members of the department.



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The Liliane Baron, South Interlake Breast Cancer Support Group

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

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Book launch empowers patients to take charge of health care

By Annaliese Meier

A Canadian writer with deep ties to Manitoba is celebrating the launch of her latest book aimed at helping people feel more confident in their medical appointments.

Susie Schwartz, a columnist and author now based in Staffordshire, England, has released the second edition of *Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the BEST From Your Appointments*. The updated edition, out Nov. 4, features fresh advice, guest stories and a redesigned cover.

"I realized there were more tips that could benefit people dealing with illness, and I came across some statistics and quotes from medical websites that I knew could be helpful," Schwartz said. "I had great feedback from the first edition and I know it helped people. I have big plans for the second edition, including book signings, events and hopefully getting it into bookstores."

Among the new strategies are reminders for patients to be upfront

about lifestyle factors, to develop emergency action plans and to request longer appointments for complex health issues. The book also includes stories from others who put her tips into action.

Schwartz draws on her own lived experience navigating health care. Diagnosed with Type 1 diabetes at age nine, she has since faced multiple chronic conditions, including retinopathy, gastroparesis and even brain surgery. Her thousands of appointments with doctors and specialists have shaped her advocacy and her voice as what one of her doctors dubbed an "expert patient."

"Type 1 diabetes nearly killed me at nine and continues to try," she said. "It demands 24-7 care, is exhausting and comes with long-term complications. I've had to advocate for myself since I was a child, and I've learned through experience that there doesn't have to be a power imbalance between you and your doctor. You real-

Continued on page 4



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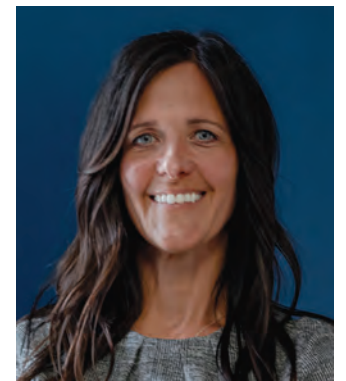
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> BOOK LAUNCH, FROM PG. 3

ly can become a team.”
Her favourite piece of advice from the book is simple but powerful: treat doctors like people.
“Every time I take a moment to ask how their day is going, I see a look of relief flood their face,” Schwartz said. “They’re not just a white coat. Building that relationship means they will care deeply about your outcomes.”
Humour is another cornerstone of her writing. Schwartz said leaning into comedy has helped her through dark times and makes difficult topics more approachable.
“When we can see the funny side of things, it really does relieve stress,” she said.



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PHOTO SUBMITTED

Manitoba-connected author Susie Schwartz is set to release the second edition of her book *Help the Doctor Help You: 41 Secrets and Tips for Self-Advocacy to Get the BEST From Your Appointments* on Nov. 4.

Barbara Lucas, a registered nurse who endorsed the new edition, praised Schwartz’s approachable voice.
“Susie may not have asked or even wanted the title ‘Patient Extraordinaire,’ but she has certainly earned it,” Lucas said.
Schwartz continues to share weekly health reflections through her Substack newsletter *The Quest for Less Health Stress* and her long-running column *Expert Patient Here to Help!* She said her biggest hope is that readers will feel empowered to build safe, trusting relationships with their doctors.
“I want them to have the best health outcomes possible,” she said.
In addition to her patient advocacy writing, Schwartz has completed a memoir about living with chronic illness and a domestic suspense novel featuring a protagonist with Type 1 diabetes. She recently finished ghost-writing a memoir for another author.
Help the Doctor Help You will be available Nov. 4 on Amazon, with Schwartz planning author appearances in the weeks to come.



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Teulon PAC upgrades school with Giving Tree funds



TRIBUNE PHOTOS BY SOPHIA KROEKER

The Teulon Elementary parent advisory council thanks The Grocery People for selecting the school as the 2023 Teulon Giving Tree project. Funds raised supported new paint and basketball backstops, refreshed sand and timbers in the volleyball court, and the purchase of hexagon picnic tables. The council extends its appreciation to The Grocery People and the Teulon community for their support.

Good work starts with good partners.

Last year we contributed \$13.4 million to social responsibility programming in Manitoba – including \$9.4 million to over 20 community centred organizations helping to minimize harms from alcohol, gambling and cannabis, many listed below. Through partners like these, we are proud to support a network of services for Manitobans when and where they need help.

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Interlake musicians in the running for Manitoba Country Music Awards

By Jennifer McFee

Interlake musicians continue to make waves in Manitoba's country music scene.

Multiple local musicians are nominees for the 2025 Manitoba Country Music Awards.

In the Cover/Tribute Artist, Duo or Group of the Year, local band Lost in a Small Town is in the running. The band features Trey King of Warren on lead vocals, Colton King of Warren on rhythm guitar and vocals, Garret Kristjanson of Warren on rhythm guitar and vocals, Craig Keena of Marquette on bass and vocals, Garrett Rattai of Lockport on drums and Cameron Ducharme of St. Laurent on lead guitar, fiddle and vocals.

They're up against Club Wagon Creek, Hearts on Fire, Prairieline, The InClines and Waylon Willie & Cash.

On behalf of the band, King said they're beyond grateful to be nominated for Cover/Tribute Artist, Duo or Group of the Year at this year's Manitoba Country Music Awards.

"This is the third year in a row we've been nominated in this category, and it means so much to us to be recognized for doing what we love. We've got two to three original songs set to be released in the new year, and we're really excited about the opportunity to grow as artists — and hopefully earn nominations in other award categories in the future," King said.

"We want to thank our amazing fans, our families and all the guys who have subbed in to play with us when the main guys couldn't make it — they're a big part of this nomination too. And, finally, congratulations to all the incredible bands and artists who were nominated. Manitoba truly is an amazing place for country musicians."

For anyone who would like to catch Lost in a Small Town, their next show is on Oct. 25 from 8:15 to 11 p.m. at Belle's Kitchen + Music Hall, located at 1212 Nairn Ave. in Winnipeg.

Also in the spotlight is Lachlan McLean, a nominee in the All Star Band of the Year Guitar category. He's up against Clinton Giesbrecht,



TRIBUNE PHOTOS SUBMITTED

Lost in a Small Town — featuring Trey King, Colton King, Garret Kristjanson, Craig Keena, Garrett Rattai and Cameron Ducharme — is nominated for Cover/Tribute Artist, Duo or Group of the Year at the 2025 Manitoba Country Music Awards.

Levi Winters, Rylan Knaggs, Sean Borton and Troy Flamand.

"I'm incredibly grateful that I've had the good fortune to be able to continue doing what I love alongside some really wonderful and talented people," McLean said.

"Considering that there are so many other Manitoban guitarists I look up to, it's a special feeling to be reminded that others appreciate me as well, and so I'm especially thankful."

Morgan Grace of East Selkirk is nominated in the category of All Star Band of the Year Specialty (Banjo, Fiddle, Mandolin, Keys, Steel). She's up against Brad Moggie, Blaine Badiuk, James Klassen, Michael Audette and Real Comeault.

Event of the Year nominees include the Morden Corn and Apple Festival, Hanover Ag Fair,

Manitoba Stampede and Exhibition, Manitoba Threshermen's Reunion and Stampede, Niverville Fair and Summer in the City.

Award winners will be announced on Nov. 8 at Club Regent Casino and Event Centre in Winnipeg at the 10th anniversary event.



Lachlan McLean is nominated in the All Star Band of the Year – Guitar category at the 2025 Manitoba Country Music Awards, a recognition he says is especially meaningful given the talented Manitoba musicians he admires.

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

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

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

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Thursday 4-10 Crib 7pm sharp
Friday - 6:30 Meat Draw
Saturday 2-close Darts 7pm
Tickets for Dinner on October 25th are on sale \$12.50 at the bar. Dinner is Ham and Scalloped Potatoes.
Vets Dinner will be held on Saturday November 1 in the hall.
Tickets are available at the bar for \$20
All are welcome - please support your local legion!

Prairie Sun Candles, a Stonewall scent-sation

Candle artisan to showcase new fall line
Oct. 10 during Pages & Pumpkins market



Prairie Sun Candles has a line of fall and Christmas candles including the Fraser Fir, Alpine Eucalyptus and Christmas Tree Farm, Speak Easy and Harvest Moon.

By E Antonio

Stonewall resident Rachel Kinsley's candle company, Prairie Sun, has continued to flourish after what started as a simple hobby in 2019.

Kinsley first began experimenting with making her own candles because she found it difficult to enjoy average name-brand options.

"We (my family) weren't happy with the candles we had. I have terrible allergies and every candle seemed to make them worse," she said.

She and her son, Hudson, started trying different combinations of oils, scents, wicks and waxes in search of the perfect formula.

"Candle-making is a science. The makeup of each candle is unique," Kinsley explained.

Once she discovered how to create a candle she truly loved, Kinsley began selling her creations to friends and family — and quickly fell in love with being an entrepreneur.

"I find it so calming and relaxing. I love being able to make a product that makes people happy."

Five years later, Prairie Sun has grown from a kitchen-table project into a thriving small business. Sales have increased steadily each year thanks to the support of loyal lo-

cal customers and new buyers from across the Interlake and Winnipeg.

"My small business has consistently grown in sales each year, and I'm so appreciative of the people who support me," Kinsley said. "They are the reason why my little company keeps growing."

Kinsley continues to make all of her products in the basement of her home with help from her husband and family. In addition to candles, Prairie Sun offers foaming hand soaps, bar soaps, soy melts and, most recently, a body spray perfume. Each product is made with high-quality ingredients — all candles are soy-based, phthalate- and paraben-free, and vegan-friendly.

Because Kinsley also works full time as an educational assistant in a kindergarten classroom at Bobby Bend School, new product launches are selective and carefully tested.

"I'm very picky with my scents, and candles take a lot of testing and time," she said. "Right now, I'm very happy with the product line I offer."

Prairie Sun now boasts more than 60 different candle scents available through its website (prairiesuncandles.com), social media pages and in select retail stores. The business also celebrated a major milestone this spring — its fifth anniversary — and



TRIBUNE PHOTO BY LANA MEIER

Rachel Kinsley, owner of Prairie Sun Candles, makes unique candles right from her home in Stonewall.

continues to attract new customers, many of whom make a special trip to Stonewall to shop.

"They're always very complimentary about our sweet little town," Kinsley said.

The fall 2025 line recently launched and has already become a hit. Popular new scents include Harvest Moon, Spiced Vanilla & Shea, Pumpkin Spice Latte — a returning favourite — and Whiskey & Oak. The Taylor Swift-inspired collection remains one of Kinsley's top sellers, with her newest candle, For the Life of a Showgirl, debuting this season.

Prairie Sun candles are available at several retail locations, including Interlake Kneads Massage Therapy

(which now also carries her foaming hand soaps), Stonewall Florist, 310 Wellness, Rouge & Browning in St. James and Hello Gorgeous in St. James.

Customers can also find Kinsley at a variety of upcoming markets and events this fall, including Pages & Pumpkins on Oct. 10, the Stonewall Small Business Expo on Oct. 18, Fox & Fern Market in Headingley on Nov. 1, Dakota Market in St. Vital on Nov. 8 and 9, Teulon Winterfest on Nov. 21 and 22, and Pine Ridge Hollow Christmas Market on Dec. 13 and 14.

"I'm always trying to throw brand-new candles out there," Kinsley said. "If someone has a scent in mind, I love the challenge of trying to create it."

Pop-up exhibit shares glimpse into Stonewall's past

By Jennifer McFee

The Stonewall Heritage Committee offered a glimpse into local history at recent pop-up exhibit.

The one-day show, called *Stories of Our Past*, showcased a range of artifacts from Stonewall's history at the Heritage Arts Centre on Sunday, Sept. 21. The heritage committee chose the date to coincide with Culture Days Manitoba, which runs from Sept. 19 to Oct. 12.

"We had an interesting variety ranging from Dr. Evelyn's book of babies he had delivered to a mason's chisel found when the kiln was being restored this summer," said Catherine Precourt, a member of the heritage committee.

The display also included items from McConkey's store and from A & L Anderson's millinery shop. In addition, visitors had the chance to check out antique tools, high school year-

books and a student desk.

Adding to the ambiance, the heritage committee played the *Ring and Sing* record made by the Stonewall Carillons.

"I learned a few new stories while talking to the visitors," Precourt said.

"We had never done an event like this before so it was a learning experience for our committee. We plan to have more pop-up events in the future but don't have any details just

yet."

Next up for the heritage committee is the Stonewall Remembers project, which will include banners on Main Street. This year's focus will be on the Second World War. The exhibit called *A Small Town's Sacrifice: Stonewall in World War II* will be on display in the Fullbrook Room at the Heritage Arts Centre from Nov. 1 to 14 (closed Nov. 11) from 11 a.m. to 5 p.m.

Stonewall Teulon
Tribune



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Jennifer McFee
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Manitoba Hydro offering bill payment options during postal strike

By Patricia Barrett

Manitoba Hydro is reminding its customers that their hydro bills will not be delivered while Canada Post workers remain on strike and that they can use alternative methods to pay their bills.

"A labour disruption at Canada Post will prevent delivery of Manitoba Hydro paper bills and customers' payments. It advises customers not to put payment cheques in the mail during a strike," said the utility in a Sept. 26 news release. "Customers are responsible for making payments on time during a postal strike."

Canada Post's CUPW workers went on strike on Sept. 25 after the postal

corporation was instructed to implement money-saving measures such as stopping door-to-door delivery and closing some rural post offices.

Hydro customers who receive paper bills have a number of options to pay other than by mail:

- Customers can sign up for an online account — and still continue to receive a paper bill after the strike is over — to view their account balance and payment due date, and/or set up pre-authorized payments.

- Customers can pay their Hydro bill at their bank or credit union.

- Using their 14-digit account number, customers can call a self-service phone channel at 1-888-MB HY-

DRO (1-888-624-9376) and an automated system will provide an account balance and due date. They can then pay their bill at their financial institution.

- Customers can also speak to a Hydro customer service representative, but this will likely involve waiting on hold due to likely higher call volumes.

"Anyone having trouble making full payment on time can seek a payment arrangement with Manitoba Hydro," states the utility.

Hydro's services are available on the Manitoba Hydro app or by phone at 1-888-MB HYDRO (1-888-624-9376).

Local driver dies in single-vehicle rollover near Westbourne

By Haley Cvar

A 27-year-old man from the RM of Woodlands has died following a single-vehicle rollover south of Westbourne.

Portage la Prairie RCMP say officers were called to the crash just after

7:15 a.m. Wednesday on Highway 16, where they found a heavily damaged vehicle in the north ditch. The driver, who was alone in the vehicle, was pronounced dead at the scene.

Police say the vehicle had been trav-

elling northbound at a high rate of speed when it left the roadway at a curve.

The investigation continues with assistance from an RCMP forensic collision reconstructionist.

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Manitoba Housing residents in Inwood raise concerns with MLA over vacancies, maintenance

By Patricia Barrett

Residents living in the Inwood Seniors Lodge, a Manitoba Housing rental building, have turned to their MLA for assistance in addressing their concerns about maintenance and a rising vacancy rate that they fear could lead to the closure of their building, mirroring the fate of the Manitoba Housing building in Komarno about 18 kilometres away.

Interlake-Gimli MLA Derek Johnson said he and his staff had submitted a freedom of information request (FIPPA) to the provincial government earlier this year to see how many vacancies there were at the Inwood Seniors Lodge (he obtained results at the end of March), and in late September he met with a group of building residents and older residents from the general area who are interested in eventually moving to the lodge. He also toured the 22-suite facility to understand the residents' maintenance and other building concerns.

Johnson said the number of empty suites in the lodge is climbing. The vacancy rate with 10 empty suites is 45 per cent. And at a time when Manitobans are struggling to find affordable housing, an effort should be made to fill vacant suites in government-owned subsidized housing.

"There were no repairs required at the lodge at the time we did our FIPPA request, so the vacancies weren't due to maintenance issues at that time. The FIPPA showed there are 22 units in total and nine were vacant at that time," said Johnson by phone last week. "Now there are 10 [suites] vacant and soon to be 11, as of my visit a few weeks ago, because a resident said they're moving to Teulon."

Manitoba Housing offers a rent-geared-to-income program in which tenants typically pay about 30 per cent of their monthly income towards rent. That's below market rent, which in some cases can entail people spending half or more than half of their monthly income on rent.

Johnson said lodge residents told him they're afraid the provincial government will close their building should the vacancy rate continue to climb.



TRIBUNE FILE PHOTO BY PATRICIA BARRETT

Inwood, shown in 2016, is a small community in the RM of Armstrong.

"Manitoba taxpayers are still heating this building whether there are tenants in it or not and generating revenue for Manitoba Housing. So a vacant suite represents a loss of revenue but with the same number of costs," said Johnson. "The residents are worried their building will become unfeasible and then it will be closed down."

The *Tribune* was told by a longtime area resident, who didn't wish to go on record, that the Manitoba Housing rental facility in Komarno saw a rise in vacancies and was eventually closed.

The Inwood Lodge used to be overseen by a local not-for-profit board, but Manitoba Housing assumed responsibility for daily operations in 2023, Johnson said he was told. The board members were aging out and leaving the board.

A rising vacancy rate at the lodge could potentially spell trouble for a meal program on which many of the current residents rely.

"The meal program requires so many meals a day to continue. If you don't get that certain number of meal orders, the meal program will close," said Johnson. "Those who need a meal program would have to move out if the program ended."

It's not only vacancies that are concerning Inwood Lodge residents. Johnson said the tenants told him the fire alarm does not connect to



the fire department, making it incumbent upon them to call. There is also no connectivity to the building that would allow tenants to use the internet, a cell phone or their medical lifeline or other emergency alerting device, which is one of the main reasons seniors move out. There's no central cooling of the building, a lack of exhaust fans in some suites, and an ingress, once again, of red-sided garter snakes — the area is famous for its harmless and environmentally beneficial snakes.

Windows in one part of the building don't open fully and would trap a senior in their suite in the event of a fire in the hallway, and there are non-functioning emergency lights, which are supposed to come on during a power

worship

with us > FAITH

Lessons of Faith from Jesus Christ and St. Peter

My dear brothers and sisters, the story of Jesus Christ and St. Peter offers us a treasury of wisdom for our journey of faith. We know Peter was not perfect. He was impulsive, sometimes fearful, even weak in moments of trial. Yet Jesus chose him, formed him, and entrusted to him the mission of shepherding His Church.

From this, we learn that God does not call the perfect. He perfects those He calls. Like Peter, we may stumble, we may deny, we may doubt, but the Lord looks beyond our failures and sees the faith in our hearts. When Peter stepped out of the boat to walk on water, he began to sink the moment he took his eyes off Jesus. And yet, when he cried out, "Lord, save me," Jesus reached out His hand immediately. This teaches us that whenever we feel overwhelmed by life's storms, we only need to cry out in faith. Christ never delays in reaching for us.

Another powerful lesson comes from Peter's denial during the Passion. Though he swore loyalty, fear led him to deny Jesus three times. But after the Resurrection, the Risen Lord restored him with the question, "Do you love me?" repeated three times. This shows us the mercy of Christ that no failure is final, no sin too great to prevent our return. What matters is our willingness to rise again and renew our love for Him.

Finally, Peter's transformation from a fearful fisherman into a bold preacher at Pentecost reminds us that with the Holy Spirit, ordinary lives can become extraordinary. Our weakness can become strength, our fear can become courage, and our doubts can become testimonies of faith.

Let us then walk with the humility of Peter, keeping our eyes fixed on Jesus. When we fall, let us rise with trust. When we are afraid, let us remember the hand that saves. And when we are forgiven, let us go forth boldly to love and serve.

This is the path of discipleship, imperfect yet redeemed, weak yet strengthened by grace.

Rev. Nepolian Suvakin
Parochial Administrator of Christ the King, Stonewall; St. Joseph's, Stony Mountain; and St. John Vianney, Teulon

Continued on page 10

Travel club cash calendar winners



Logan Mott was the \$500 Sept. 30 winner.



TRIBUNE PHOTOS SUBMITTED

Teulon Collegiate Travel Club member Sasha Waluk presents Hailey Zirk of Teulon with a \$500 cheque as the Sept. 19 winner of the club's September cash calendar. The fundraiser featured daily \$25 gift card draws, with "Wild Wednesdays" offering double prizes and two grand prize draws of \$500 on Sept. 19 and 30. Proceeds support more than 30 travellers from the club who are planning a trip to Italy in March 2027.

> RAISING CONCERNS, FROM PG. 9

outage. The building's common area carpets are washed only once a year.

"I was told when the lodge was run by the board, the carpets were cleaned [i.e., washed] every couple of months," said Johnson. "With the government running it since 2023, the carpets only get a cleaning once a year. And they look disgusting. They're vacuumed, but they're not cleaned. The carpet goes to the kitchen, too."

Despite the shortcomings, Johnson said he was told there are no cockroaches and no bedbugs in the building, and he himself examined the fire extinguishers, which are up to date.

But the residents' overall concern points to a troubling issue in small communities where seniors who've lived there all their lives, and have family and community connections, want to live out their remaining days there and not be uprooted because of a lack of affordable housing and other services.

Should the lodge close because of vacancies, people in town and on surrounding area farms would be deprived of affordable housing options in their community when they need it, said Johnson.

"The majority of the people [in Inwood Lodge] are locals who want to stay independent in their own com-

munity. This is about seniors' independence; that's what they want most of all," he said. "But as they start to feel pressured in ways that include not being able to have a lifeline alerting system, that forces them to choose their health over where they live, and they'll move to a place where that service is available."

The *Tribune* contacted a resident of Inwood Lodge and a resident (from another community) who had told the paper they would move to Inwood Lodge if it was possible. The paper did not hear back by press time.

Comments on Johnson's social media site included an unsubstantiated claim that people inquiring by phone about a suite at Inwood Lodge have been told they'd have to wait a year or longer to get in — which doesn't appear to marry up with the number of vacant units.

The *Tribune* had reached out to Manitoba Housing in April for comment on the vacancies and other matters at Inwood Lodge. A spokesperson said at that time there were four suites undergoing renovations, five suites available for rent and one person on the waiting list. The spokesperson also said there were no "current pest issues" and that the government's "Your Way Home" provincial housing plan does not include offering

homeless people in Winnipeg a suite in rural Manitoba Housing facilities.

The spokesperson had also said that demand tends to fluctuate for Manitoba Housing properties such as the one in Inwood. At times there will be few applicants on the waiting list, then a surge of applicants. It depends on local housing market conditions (e.g., if new housing options are available, stabilized rent), movements in the population or seasonal trends.

The *Tribune* reached out to Manitoba Housing last week to verify if there's a 45 per cent vacancy rate at Inwood Lodge, how many people are on the waiting list, who would be eligible for a suite, whether maintenance is being sidelined and whether the government has plans to close the building.

A departmental spokesperson provided statistics that indicate the vacancy rate is 41 per cent, and said that Manitoba Housing will consider renting suites — at market rate — to prospective tenants whose incomes would normally disqualify them for subsidized rent in a bid to address the vacancies.

"There are 22 studio and one-bedroom units in the building, with eight currently vacant and ready for occupancy while one unit still requires repairs. There is no one on the waiting list at the moment, and anyone interested can apply. Manitoba Housing would assess the application based

on the applicant's income. Because of the vacancies, individuals above the threshold for subsidized housing would be considered for tenancy (at market rate)," said the spokesperson by email. "Government recently reviewed and spoke with individuals on the waitlist, and held discussions around other locations ... based on their preferences. We encourage all applicants to choose many areas given vacancy varies community to community."

The province has no plans to close Inwood Lodge, he added, and the building has a full-time caretaker who maintains the property.

"The property is in good condition, and there are no plans to close the facility. The building has a full-time contract caretaker who maintains the property. Carpets are vacuumed three times per week," said the spokesperson. "The property manager attends weekly and communicates with tenants when working from the office space in the building. Tenants have not brought forward any further issues."

The *Tribune* spoke with RM of Armstrong Reeve Gary Wasylowski, who said residents at the lodge didn't ask council for help addressing their concerns as the facility is a provincial responsibility.

Community celebrates Fire Prevention Week in Teulon



TRIBUNE PHOTOS BY JO-ANNE PROCTER

In recognition of Fire Prevention Week, the Teulon-Rockwood Fire Department hosted its annual open house last Sunday. Sparky the Fire Dog and firefighters demonstrated lifesaving equipment and answered questions about the department's services. Guests enjoyed rides in a fire truck and the crew's famous French fries and hot dogs. Pictured left to right, clockwise from top: Joan Trombo, Sparky and Shirley Stewart share their fries; firefighter Wyatt Hancox oversees Ezra Emms as he operates the Jaws of Life; brothers Levi and Jacob Kroeker dress in the turnout gear worn by their dad, Nolan, on emergency calls; Matt Halldorson gets help in the driver's seat from his daughter Abby; firefighter Amy Hugill helps herself to fries; Kellan Good with his dad, Captain Curtis Good; and Lauren Podaima checks out the driver's seat in a fire rescue truck.





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EFFICIENCY MANITOBA

Stony Mountain School celebrates Orange Shirt Day with food, fun and friends

By E. Antonio

Students and staff at Stony Mountain School celebrated and honoured the National Day for Truth and Reconciliation with several Orange Shirt Day events on Sept. 25.

Activities were organized by school counsellor Dawn Bartholomew and students in her Sources of Strength group — a school-wide initiative designed to build community and promote belonging, well-being, growth and inclusion.

“We are very fortunate to have a group of energetic students who volunteer their time to develop positive messaging campaigns that include interactive school-wide activities,” said Bartholomew. “We play games, share stories and connect with each other in meaningful ways. It is a great team effort and the whole school becomes engaged in a common theme.”

For Orange Shirt Day, each class made its own batch of Three Sisters Stew, preparing ingredients that included ground bison and elk donated by Kelly Farmer. Students also made bannock to go with the stew, played Indigenous games and completed an Elaxia Saari Ojibwe floral design-inspired “beaded” art project.

Bartholomew said the day was



Students enjoying the Three Sisters Stew and bannock they made.

deeply meaningful for many students and staff.

“Honouring Orange Shirt Day and the National Day for Truth and Reconciliation is important for many reasons. Learning about the truths, acknowledging the past and celebrating a culture that was repressed for

Continued on page 14



TRIBUNE PHOTOS SUBMITTED

Students at Stony Mountain School take part in an Elaxia Saari Ojibwe floral design-inspired “beaded” art project during Orange Shirt Day activities on Sept. 25.



Students making their own bannock.

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St. Laurent School hosting Haunted Trail fundraiser

By E. Antonio

Things are getting spooky for St. Laurent School as they prepare to open their Haunted Trail this October. On Oct. 18, 19, 24, 25 and 26 starting at 6 p.m., students and parents will become the haunted hosts for a limited-time feature Halloween walk. Their Haunted Trail is located at 392 Governor Rd. and is open until 10 p.m. on Friday and Saturdays and until 9 p.m. on Sundays. "Get ready for a good time," said Vicki Leggett, leading teacher for the 2027 travel group. "We are already getting compliments that we are just as good as some of the other Halloween attractions out there." Visitors of all-ages are welcome on

their Haunted Trail and can expect to be spooked by volunteers as they trek through an eerie forest, ghoulish displays and frightening graveyards. Leggett noted all volunteers will be informed if a young guest is entering the trail, hoping for a safe and enjoyable experience by all. Once through, a variety of snacks and beverages will be available for purchase at the canteen. All proceeds — including the \$10 entry fee for anyone over nine and \$5 for those under — will support the upcoming graduates and next year's school trip to Paris, Rome, Florence and Capri. They are looking to raise \$1,000 each night of the Haunted Trail to help offset the costs.



TRIBUNE PHOTOS SUBMITTED

St. Laurent School's 2026 graduates and 2027 travel group are opening their Haunted Trail at 392 Governor Rd. this October to fundraise for each of the groups.



Their trail welcomes visitors of all ages and will have guests walking through a series of displays while being potentially spooked by one of the volunteer hosts.

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> ORANGE SHIRT DAY, FROM PG. 12

such a long time is all part of reconciliation — restoring friendly, respectful relations,” she said. “Someone approached me the following day and told me they experienced an almost indescribable feeling. They said they finally felt like they were healing. What a difference a day can make.”

For Bartholomew, a highlight of the day was the food. She enjoyed learning how to prepare the Three Sisters Stew and loved its taste and aroma. She also shared the history of bannock with classes as each group made its own batch. Some students even

cooked their bannock on a stick over a fire and described it as "their best. day. ever."

"Food is such a great way to celebrate culture and to bring people together," Bartholomew added.

Students and staff ended the day with cake and freezies donated by Larry Flett of the local Manitoba Métis Federation.

"He is such a genuine human who wants to connect in a positive way with the school and community," Bartholomew said. "It has been really wonderful getting to know Larry."

SMRFD Open House



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Stony Mountain Rockwood Fire Department hosted its annual Open House and hot dog lunch in recognition of Fire Prevention Week, held each year in early October. Although rainy weather moved the festivities indoors, children enjoyed the Sparky the Fire Dog bouncer set up inside a truck bay and had the chance to explore the fire trucks. Clockwise from top left: Fire Chief Marcel McIvor served hot dogs to Sophie and Elliott Desjardins; Mike Sagriff and Reid Byle handed out fire hats, safety information, colouring sheets and volunteer recruitment details; Siena Dekezel tried out the driver's seat of a fire truck with Hayden Hiraoka; while the little ones enjoyed the bouncer.



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Fundraiser launched to help Warren business owner in recovery

By Lana Meier

Friends and family of Warren resident and small-business owner Rick Heaps are rallying behind him as he recovers from emergency surgery following a serious medical episode last week.

According to his sister Sharon Freeman, Heaps was rushed by ambulance to the Grace Hospital on Tuesday evening, where doctors discovered internal bleeding caused by a duodenal ulcer. After an initial procedure to repair the bleeding, he was transferred to Health Sciences Centre when the condition worsened and underwent further surgery.

"He's now on a long recovery journey," Freeman said in a public update. "As a small business owner, he has no coverage to assist with payments while he's unable to work — and unfortunately, the bills don't stop while you're medically incapacitated."

Freeman, along with Deanna Atchison Heaps, has organized an online fundraiser to help Heaps cover his personal and business expenses during his recovery period.

The campaign, hosted on GoFundMe under the title "Help Rick Heaps Recover," invites community members to contribute or share words of encouragement. Donations can be made at :



TRIBUNE PHOTO SUBMITTED

Family and friends of Warren business owner Rick Heaps have launched an online fundraiser to help him cover expenses while he recovers from emergency surgery.

www.gofundme.com/f/rick-heapd. "Thank you to everyone for your help and generosity while Rick focuses on healing," Freeman said.



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Breast Cancer Awareness Month shines light on early detection

By Lana Meier

October marks Breast Cancer Awareness Month, a time dedicated to raising awareness, encouraging screening, and reminding women and men to know their bodies. For one local woman, the message is deeply personal.

Stonewall's Shelley Proven is a breast cancer survivor today because she trusted her instincts and acted on something she felt during a simple self-exam.

"I felt it one night in bed so I discovered it myself," Proven recalled. "I wasn't worried because I had a normal mammogram, so I thought it was a cyst. After I thought about it for a few days, I realized I needed to go get it checked just to make sure."

That decision changed her life. By the time she sought medical advice, doctors found two tumours measuring more than five centimetres.

Proven says she believes strongly in cancer screenings, since mammograms are far more effective than self-exams in detecting cancer early. At the same time, she stresses the importance of knowing your body and following up if something feels different — because that simple step can make all the difference.

Proven has carried her experience forward into advocacy and community involvement. Last weekend, she and her husband Ian led the Terry Fox Walk through Stonewall, an event that drew friends, neighbours, and supporters together in the fight against cancer.

"I was overwhelmed when so many people sponsored me," Proven said. "I ended up raising \$3,800. I'm just grateful that I'm here and able to celebrate as a survivor."

For her, the walk was not only about fundraising but also about honouring the importance of perseverance and hope.

According to the Canadian Cancer Society, breast cancer is the most common cancer among Canadian women and the second leading cause of cancer death. In 2024, it was estimated that 29,400 women and 270 men would be diagnosed with breast cancer, and 5,400 women and 55 men would die from the disease.

The good news is survival rates are improving. Today, the five-year survival rate for breast cancer in Canada is 89 per cent, thanks to advancements in treatment and the impact of early detection.

Health authorities recommend regular mammograms for women over 50, while those with



TRIBUNE PHOTO BY LANA MEIER

Shelley Proven, middle, joins her husband Ian and twin Marshall during the Terry Fox Run in Stonewall on Sept.

higher risk factors may need to begin screening earlier.

At the same time, doctors encourage both women and men to be familiar with the normal look and feel of their breasts and to promptly report any changes to a healthcare provider. While a self-exam is not a substitute for screening, it can play a critical role between appointments. Proven's own experience is a powerful example of why paying attention and acting quickly can save lives.

Breast Cancer Awareness Month serves as a reminder that the fight against cancer is collective. Communities rally around survivors, families grieve those lost, and researchers push for

new breakthroughs and treatment. Even the Terry Fox Walk inspire both action and hope.

For survivors like Proven, the month carries an added meaning — but also an opportunity to encourage others to take their health seriously.

"Don't ignore something," she said. "Trust your instincts and get it checked."

This October, Cancer Canada urged to wear pink and support fundraising efforts. Importantly, make your health — whether through a mammogram, a talk with a doctor, or a self-exam at home.

Three things you need to know about early breast cancer

News Media Canada

Breast cancer is the most common cancer among Canadian women. Most people are diagnosed in the early stages, when the goal of treatment is to cure the disease and prevent it from recurring.

Knowledge is power—here are a few key things every woman should know:

Breast cancer isn't a single disease. There are several types of breast cancer, classified by where they're located, how invasive they are, and which hormones and proteins in the body they may interact with.

The most common type is called hormone receptor-positive, HER2-negative (HR+/HER2-). This means the cancer has receptors for estrogen and progesterone, the main fe-

male sex hormones, but does not use HER2, a growth protein. Treatments for this type usually focus on hormones.

Survival rates vary. Some types of breast cancer have a high five-year survival rate. But common types like HR+/HER2- can return as metastatic disease, meaning it has spread to other parts of the body. When this happens, it becomes much harder to treat and is often considered incurable.

Cancer can come back. Many people assume the end of chemotherapy or radiation means the cancer journey is over. But the risk of recurrence can last for years—even decades—and when it returns, it is often metastatic and incurable.

This risk is especially high for HR+/HER2-

breast cancer. Despite available treatments, many people diagnosed with breast cancer face the possibility of recurrence, making it important to follow a treatment plan that helps manage the risk, including regular checkups.

The good news is that new treatments are available to help reduce the risk of recurrence, particularly for those at stage 2 or 3, and regardless of menopausal status.

A follow-up plan tailored to your situation is an important part of long-term health. If you've completed treatment for breast cancer, talk to your doctor about what options may be right for you.

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Local author finds light in cancer diagnosis

By E. Antonio

St. Andrews Author Rhiannon Huzarewich has published her first book, *Discovering the Positives*.

Huzarewich takes readers through her journey with triple negative breast cancer — a July 2022 diagnosis that changed her life.

"My diagnosis taught me to push and be an advocate for yourself," she said. "You know your body best and you should know to trust your gut when something doesn't feel right."

Her journey wasn't smooth sailing. She moved from appointment to appointment and specialist to specialist, with most medical professionals believing a lump she found in her breast was nothing serious. But because she continued to advocate for herself, and her medical team kept sending her for tests, she ended up with a life-changing diagnosis just a few weeks later — triple negative breast cancer.

"I got the call while I was at work and I was completely floored. I was shaking, I couldn't think straight ... I was in complete shock. I was about to go out for lunch with a group of friends, but instead I just closed my door and bawled."

She later spoke with her husband, two pre-teen daughters and her boss before going home to process what she had been told. "There was just so much going through my head. It's one thing to suspect it, but a whole other thing to know it. If any of these people (her diagnostic team) completely dismissed me, I probably wouldn't be here today and that is scary to think."

Huzarewich underwent six months of weekly chemotherapy before having a double mastectomy and breast implant surgery. Following that, she completed six weeks of daily radiation, monthly immunotherapy, six months of chemotherapy pills and attended countless medical appointments.

"You hit the ground running once you receive your diagnosis because now you are getting scan after scan and appointment after appointment, because through this all the oncology team — composed of a surgical oncologist, medical oncologist and radiation oncologist — want to ensure everything else in your body is working the way it should."

In total, she had about two years of treatment. As of fall 2024, she has been released from CancerCare. That milestone led her into a new chapter of her life — becoming a novelist.

She had already published numerous scientific documents, but writing about her personal journey was new territory.

"It feels so surreal to have published this book," she said. "The whole journey feels like a nightmare and now I'm on the other side of that dark tunnel. I love helping people — it's my calling. I want to show people that when you're in these dark times and when you feel like there is no hope — there is always light at the end of



TRIBUNE PHOTO SUBMITTED

Local author Rhiannon Huzarewich with her book, *Discovering the Positives*. She shares her journey as a woman diagnosed with triple negative breast cancer.

the tunnel. When you are going on the uphill battle, you will eventually get to that top and it does get better. If someone picks up the book and feels that sense of hope and positivity they will get through this — I know this will have been worth it to me."

Throughout her treatments, she kept a journal and jotted down the good things she was experiencing despite the circumstances. "I truly don't think I would have ever realized the small things that are important in life if I never went through this," she added.

She transformed her journal into an 88-page book after her hairdresser suggested she write one. The cover features a butterfly — a special tribute to a close friend.

"She (the friend) told me, 'I know right now you feel like this is a gooey mess, but think about butterflies. When they are in their cocoon it is gooey and gross, but as time moves on they morph into these beautiful butterflies afterwards.' This stuck with me as I couldn't wait to get to the butterfly stage of this all."

Up next for Huzarewich is checking more items off her vision board — something she created during treatment.

"I am always up for a new adventure and I'm just excited to explore the world with my family to add that spark back into my life. I've learned that life is so fragile and can be taken away at any moment which is why I want to take a jump at these things."

Discovering the Positives is available for purchase through sellers linked at: <https://linktr.ee/rhiannonhuzarewich>

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Local musician rocks Centennial Concert Hall

By Jennifer McFee

A local musician rocked the Centennial Concert Hall with his band Ikons of Rock last week.

Lifelong musician Darren Moore is originally from Stonewall and now lives in Las Vegas, where his band is about to embark on a year-long residency at Hard Rock Café Las Vegas Strip. Prior to the start of their residency in January 2026, the band is touring Canada with 44 shows from Victoria to Toronto.

On Monday, Sept. 29, Ikons of Rock took the stage at the Centennial Concert Hall in Winnipeg, where they dazzled the crowd with their impersonations of rock icons. They started off in full costume as Fleetwood Mac, followed by the Eagles, Cher, Def Leppard, Journey, Heart, Kiss, Joan Jett, Motley Crüe, Ozzy Osbourne and more.

Although the band still performs with the name Snake Oil in select locations, the group is now calling itself Ikons of Rock.

The *Tribune* recently ran a contest offering two free tickets to the Winnipeg concert plus a shirt from the merchandise table — and the response was off the charts.

The randomly chosen winner was Kerry Hannah of MacGregor, who happens to be

a related to Moore but hadn't seen him for years. Hannah, whose favourite rock icon is Ozzy Osbourne, attended the concert with her husband Eddy.

"It was an excellent performance, as always. My husband and I had a fantastic time," she said.

"Our favourite part of the concert was enjoying all the amazing talent and stage performance by all musicians. It's always very entertaining, a great memory. I look forward to each and every performance. It never gets old — love it! It was also great to see Darren and meet his wife, Valerie."

And for Moore, the experience was a much-anticipated homecoming halfway through the Canadian tour. The entire band is from Manitoba except for one new recruit from Las Vegas.

"It's always good to come home and touch base periodically. I never know who I'm going to run into at the performances. This time I saw some classmates from SCI, which is always fun. I remember our graduating class had a tight bond all the way through school," Moore said.

"I'm hoping to see some Manitobans at our Ikons of Rock Las Vegas residency next year or our Ikons of Rock Cruise. Yes, the Canadians are dominating Vegas!"



TRIBUNE PHOTO SUBMITTED

Kerry Hannah and her husband Eddy won tickets to see Ikons of Rock featuring her relative Darren Moore, who dressed up as Ozzy Osbourne for part of the show.

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Rosser Fire Department welcomes community at open house event

By Jennifer McFee

Fire Prevention Week aims to teach the public about fire hazards and risks, while also sharing information about how to keep safe.

On Saturday, Oct. 4, Rosser Fire Department hosted its annual open house event. Attendees had the chance to meet members of the local fire department, enjoy a hot dog lunch and check out the equipment, including a brand new fire truck.

Another highlight of the event was a vehicle extraction demonstration that showcased the intensive rescue efforts involved in car accidents.

Kids also had the chance to learn how to react in an emergency situation in the fire safety trailer, which

fills with “smoke” to create a realistic scenario.

“It’s important for us to spread awareness. We’re not only in the business of putting out fires — we’re also in the business of preventing fires,” said Mark Hagidiakow, a Rosser fire fighter who is also part of the department’s public education committee.

“That could mean everything from doing pre-incident inspections of a new business that’s opened in the RM or visiting the school and teaching the kids about match safety and lighter safety.”

This year, Fire Prevention Week runs from Oct. 5 to 11 with the theme “Charge into Fire Safety: Lithium-Ion Batteries in Your Home.” The cam-

paign stresses how important it is to buy, charge and recycle lithium-ion batteries safely.

“We’ve had numerous calls that are involving batteries lately. Part of what people need to know is proper charging, how to store them and proper disposal,” Hagidiakow said.

“There are a lot of people of all ages that need to be educated about fire safety and fire prevention — especially the youth.”

The National Fire Prevention Association shares three steps to use these batteries safely:

1. Buy only listed products. When buying a product that uses a lithium-ion battery, look for a safety certification mark such as UL, ETL or

- CSA. This means it meets important safety standards.
2. Charge devices safely. Always use the cords that came with the product to charge. Follow the instructions from the manufacturer. Buy new chargers from the manufacturer or one that the manufacturer has approved. Charge your device on a hard surface. Don’t overcharge your device. Unplug it or remove the battery when it’s fully charged.
3. Recycle batteries responsibly. Don’t throw lithium-ion batteries in the trash or regular recycling bins because they could start a fire. Recycle your device or battery at a safe battery recycling location.



TRIBUNE PHOTOS BY JENNIFER MCFEE

Community members attended the Rosser Fire Department Open House last Saturday for an afternoon of information and rescue demonstrations. Children were invited to explore safety vehicles and equipment and learn about escape routes in the fire safety trailer. A hot dog lunch was prepared and provided by firefighters.

REACT reacts to manage tall grass prairie

By Jennifer McFee

A local environmental group is taking steps to manage Ruby Roe Tall Grass Prairie more efficiently.

Rockwood Environmental Action Community Taskforce (REACT) is a volunteer-based, non-profit, non-governmental organization based in



TRIBUNE PHOTOS SUBMITTED

Cowslips add a splash of colour to the Ruby Roe Tall Grass Prairie, where volunteers with REACT are working to preserve and manage native plants and wildlife.

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Stonewall that launched in 1990. The group's mission is to help its members and the community to become more environmentally responsible.

REACT manages the remnants of the Ruby Roe Tall Grass Prairie, a globally endangered habitat located next to the hospital. The area is home to more than 60 species of native Manitoba wildflowers, grasses and shrubs. In addition, the tall grass prairie provides habitat to various types of butterflies, songbirds and other wildlife.

The local tall grass prairie is named after Ruby W. Roe (nee Kolstad), who died at the age of 82 in Stonewall in 2009. She made her mark as a teacher and as a community volunteer who helped to initiate REACT. In 2008, the town named the piece of land the



Wild roses bloom in the Ruby Roe Tall Grass Prairie, one of more than 60 native Manitoba wildflower species thriving in the endangered habitat near Stonewall.

Ruby Roe Tall Grass Prairie in her honour.

Looking ahead to the future, REACT has now established a dedicated sub-committee to focus on developing a comprehensive management plan for the tall grass prairie. This plan aims to ensure the long-term sustainability of the site's biodiversity while also encouraging community engagement and use of the tall grass prairie.

"To improve the site's appearance and accessibility, we've begun periodic mowing around the perimeter fencing and better maintaining the paths. This helps make the prairie look more intentional and welcoming, especially

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Playground becomes place of healing as Carman remembers Clearwater family

By Lana Meier

A Carman playground reopened Wednesday as a place of healing, remembrance and community after being transformed into a memorial honouring a local mother and her three children who were killed in a tragedy that shocked the province.

Dozens gathered at the Friends and Family Playground on Sept. 24 for the unveiling of the Clearwater Memorial Playground upgrades, which include new play features, landscaping, shade structures, a memorial stone and a series of bronze turtle sculptures symbolizing time, endurance and lasting legacy.

The upgrades were dedicated to Amanda Clearwater and her children — Bethany, Jayven and Isabella — who were killed alongside their cousin Myah-Lee Gratton in February 2024. Their deaths prompted an outpouring of grief and a renewed determination in the community to create a space that would honour their memory.

The project, which cost roughly \$110,000, was supported by provincial funding, municipal contributions and significant community fundraising. Its roots date back to a planned playground refresh, but the events of

2024 gave the initiative new meaning. During the ceremony, MC Lisa Lehman reflected on how the community responded in the days and weeks after the tragedy — and how those acts of compassion laid the foundation for the memorial that now stands.

“Today marks a truly special occasion as we gather to celebrate the reopening of the Friends and Family Playground and the unveiling of the Clearwater Memorial — a milestone made possible through the vision, dedication and collaboration of so many,” Lehman told the crowd. “In early 2024, our community was shaken by an unimaginable loss, a tragedy that touched the hearts of many. But in the midst of sorrow, something remarkable happened. People came together, offering meals, creating space for connection and simply showing up for one another.”

From that collective strength, she added, came a shared desire to do more — to create something meaningful and lasting.

“This is a place that will not only honour those we lost but also offer joy, healing and connection for generations,” she said.

Lehman highlighted the collaboration behind the project, noting the five local organizations — Carman Communities in Bloom, Carman Wellness Connections, Boyne River Keepers, the Carman and Community Chamber of Commerce and the Town of Carman — that united around a common goal.

“What we cele-



TRIBUNE PHOTOS BY HOLLY THORNE-WIEBE

Melvin and Nancy Clearwater, parents of Amanda Clearwater and grandparents to Bethany, Jayven and Isabella, unveil the memorial stone at the newly dedicated Clearwater Memorial Playground in Carman on Sept. 24.

brate today is the result of resilience, community spirit and the belief that even in the darkest moments, we can create something filled with hope and light,” she said.

Premier Wab Kinew, who also attended the ceremony, praised the community’s response and the legacy created through the project.

“This playground is a reminder of the lives that touched this community and the resilience that continues to define it,” Kinew said. “It is a legacy that will live on for a long, long time.”

The new playground blends joyful play with quiet reflection. Bronze turtle sculptures, chosen for their symbolism of time, endurance and family, anchor the memorial space, while new accessible play structures and pathways ensure children of all abilities can participate. A granite plaque engraved with a QR code links visitors to an online tribute page, which includes photos, memories and educational resources on domestic vio-

lence prevention.

Communities in Bloom representative Lee Collingridge spoke about the journey that led to the creation of the Clearwater Memorial Playground and the care that went into every part of the project.

“The story of how this playground and memorial came to fruition is lengthy in detail. It was a winding journey of endurance. Many, many dirty hands, long days and, yes, even some tears,” she said. “A team of volunteers from local organizations came together to create a truly special place. It would not only enhance the quality of life for children and families in this area but would also recognize the great loss of the precious Clearwater family.”

She said the design focused on accessibility and inclusion.

“The emphasis was placed on adding elements of play accessible to all

Continued on page 22



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Interlake Players present comedic horror musical



TRIBUNE PHOTOS BY JO-ANNE PROCTER

The Interlake Players Travelling Musical Theatre Company sold out three performances of their latest production, *The Guy Who Didn't Like Musicals*, held Sept. 25, 26 and 27 in Selkirk. Performed by local actors, the profanity-laced zombie horror comedy kept audiences laughing throughout. A three-piece band accompanied the cast as they sang their way through the story of a meteor strike that unleashes an alien contagion, causing people to sing and dance their way through life as though trapped in a musical. The theatre group raised \$1,700, which will be donated to local arts organizations.

> CLEARWATER FAMILY, FROM PG. 21

abilities, promoting healthy minds through physical activity and social interaction — simply a beautiful place to be whether you are an adult or child.”

Collingridge also shared a message from Amanda’s parents.

“She expressed to me that she and Melvin do not want Amanda, Bethany, Jayven and Isabella to be remembered only as victims. They were beautiful, bouncing, vibrant people with unique personalities and likes and dislikes and love,” she said. “Perhaps we can remember them better as we watch innocent children laugh and tumble and play on these new structures and lovely turtles in a serene place that is rooted in nature and designed to include everyone.”

Boyne River Keepers representative Chris Larsen spoke about the meaning behind the turtle memorial and the powerful symbolism woven into its design.

“The turtle was chosen because of its deep significance in Indigenous teachings,” Larsen explained. “It carries the world on its back — a powerful symbol of endurance, wisdom and the sacredness of life. It reminds us of the strength it takes to continue forward, even in the face of unimaginable loss.”

Jake Goertzen was the natural

choice to create this piece, bringing his experience and his gift as a sculptor together to reimagine turtles that would tell a story. Over the winter, he sculpted a clay model of Manitoba’s local western painted turtle. He transported this model to a foundry in Alberta, where it was cast and bronzed.

Larsen described how each piece of the bronze sculpture tells part of a larger story.

“The mother turtle, looking back toward her children, speaks to love, resilience and the unbreakable bond of family,” she said. “The smaller turtles capture the joy and innocence of childhood, while the largest, named Genesis, represents hope and the promise of new beginnings. Together, they show us that love and memory carry us forward, and that every life has the power to inspire change.”

Larsen shared a powerful story about selecting the foundation stone for the memorial, recalling how he and members of the Clearwater family travelled together to the Pembina Hills in search of the perfect piece.

“In truth, it felt as if the rock found us,” she said. “Within it was a natural quartz vein that we recognized as a symbol of the river — a representation of the continuity of life’s journey forward.”

She explained that the finished

sculpture is far more than stone and bronze.

“From an Indigenous perspective, the turtle is a foundation of life, a keeper of wisdom and a protector of family. This entire installation stands as a symbol of the sacredness of family ties and as a call for healing, protection and strength for all communities.”

Genesis House executive director Ang Braun spoke about the deeper purpose of the project and the message it sends about domestic violence, remembrance and resilience.

“We are gathered here today with heavy hearts but also with a sense of purpose,” she said. “This playground is dedicated to the memory of Amanda Clearwater and her children, whose lives were taken by domestic violence. Yet in the midst of the sorrow, we choose to create something that speaks of love, of joy and of hope.”

Braun described the playground as more than a physical space.

“It is a place where children can laugh freely, where families can gather safely and where life can continue in a way that honours those we have lost,” she said. “By standing here together, we send a powerful message: we will not forget, and we will not be silent. May the sound of children playing here remind us that hope can grow even from heartbreak

— and may we carry the memory of the Clearwater family not just in our hearts but in the way we live and care for one another.”

Other speakers included Reeve Cor Lodder of the Rural Municipality of Dufferin and Mayor Brent Owen of the Town of Carman.

Following the speeches, Kinew joined Minister Nahanni Fontaine, MLA Lauren Stone, Lodder, Owen and Clearwater Memorial Playground Project committee members for an official ribbon-cutting ceremony.

As the ribbon was cut and children rushed to explore the new play structures, the playground came alive once more — this time as a space infused with deeper meaning. It is a place for families to gather, for children to play freely and for the memory of Amanda, Bethany, Jayven, Isabella and Myah-Lee to endure.

“What we celebrate today is the result of resilience, community spirit and the belief that even in the darkest moments, we can create something filled with hope and light,” said Lehman.

Following the ceremony, guests were invited to enjoy refreshments, tour the upgraded space and share in a community celebration designed to honour the victims’ memory while supporting one another in healing.

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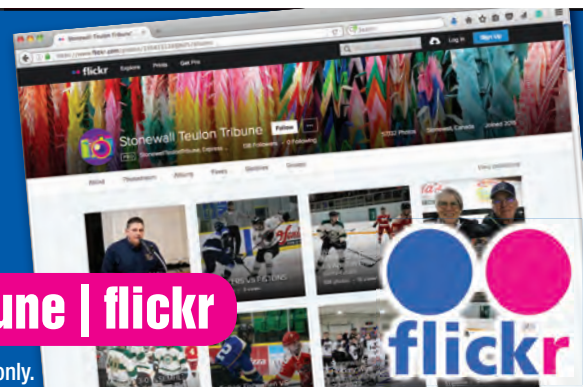
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sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall's Kirk signs with MJHL Wolverines for 2026-27

By Kieran Reimer

Another Interlake Lightning member has signed in the Manitoba Junior Hockey League.

The Waywayseecappo Wolverines announced Thursday the signing of forward Ryder Kirk ('08) for the 2026-27 season.

Kirk, 17, currently plays for the U18 AAA Interlake Lightning in the Manitoba U18 AAA Hockey League.

Last season, the Stonewall native appeared in 48 regular-season games, finishing fifth on the team with 18 goals and 14 assists for 32 points in his second full campaign with the club.



wolverines_mjhl The Waywayseecappo Wolverines have signed forward Ryder Kirk ('08) for the 2026-27...

Stonewall Curling Club awards first scholarship

By Lana Meier

The Stonewall Curling Club is kicking off a new season this week and celebrating the first recipient of its newly created annual scholarship.

Colby Salkeld, pictured, received the inaugural Stonewall Curling Club Scholarship, valued at \$500. The award recognizes a club member who has graduated from high school and is continuing on to post-secondary education.

The club also plans to host several adult curling clinics throughout the year. Those interested

in being contacted about upcoming sessions can email info@stonewallcurling.com to join the notification list.

In addition, the club is updating its list of Honourary Life Members — an honour given to anyone who has been a club member for at least 25 years, consecutive or not. Members who know of someone who qualifies are encouraged to reach out to info@stonewallcurling.com so the club can recognize them appropriately.



TRIBUNE PHOTO SUBMITTED

Stonewall Curling Club member Colby Salkeld is the first recipient of the club's new annual scholarship, which awards \$500 to a graduating high school curler pursuing post-secondary education.

> REACT, FROM PG. 20

for those unfamiliar with the ecological benefits of native grasslands," said John Morgan, a member of REACT.

"We've also been training community volunteers to identify and manage non-native and invasive plant species. These include species such as dandelion, Canada thistle, Kentucky bluegrass, quackgrass, brome, sweet clover, tufted vetch and birds-foot trefoil. In addition, we're actively identifying and recording dozens of native prairie wildflowers, grasses and wildlife — some of which are quite rare."

Recently, the Manitoba Métis Federation joined REACT sub-committee members John Morgan and Dana Beck for a staff and student tour. The event included discussions about

prairie ecology, a wildflower seed collection workshop and a shared lunch.

REACT is currently working on educational materials for schools, community members and public service agencies. These materials will highlight the prairie's ecological importance, history, future potential and the challenges it faces.

"We're also exploring the possibility of becoming a registered charity. This would allow us to apply for grants and issue tax receipts for donations, helping us secure the funding needed to manage the Ruby Roe site and support future programs and events," said Jenn Dyson, REACT treasurer.

"Most importantly, we want to hear from the community. The Ruby Roe Tallgrass Prairie offers a unique opportunity for Stonewall and Mani-

toba to enhance local learning and quality of life, and we welcome ideas on how residents would like to engage with the site."

The next Ruby Roe sub-committee meeting will be held on Tuesday, Oct. 14 from 7 to 9 p.m. And the next REACT group meeting is scheduled for Tuesday, Oct. 21, starting at 7 p.m. All are welcome to attend. For location details or to join the newsletter list, email info@reactinc.org.

"We're always welcoming new members and volunteers for events. We're especially interested in partnering with schools and businesses to expand our programming and outreach," Dyson said.

"We're incredibly grateful for the growing community interest in Ruby Roe Prairie and the work REACT is doing. Whether you're passionate about conservation, education or

simply want to enjoy the beauty of the prairie, there's a place for you in REACT. We look forward to continuing this journey together."

Throughout the year, REACT also organizes several community events. Coming up next is the much-anticipated Pumpkins in the Park event on Saturday, Nov. 1.

"We invite everyone to bring their jack-o'-lanterns and plain pumpkins to Quarry Park. Drop by anytime between dusk and 8 p.m. to see the pumpkins beautifully lit along the pathways," Dyson said.

"Hot chocolate will be provided, and all pumpkins will be composted after the event. We encourage bringing a reusable cup for the hot chocolate to reduce our environmental footprint for the event."

To learn more about REACT, visit www.react.org.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Historic setting for Zone V cross-country meet

By Jo-Anne Procter

Cross-country runners gathered at Rosser Community Friendship Park for a historic event, marking the first time the Manitoba High Schools Athletic Association (MHSAA) Zone V Cross Country Zones were held in this picturesque setting.

With its diverse terrain, the park offered an ideal mix of challenges — rolling hills tested endurance while winding trails demanded focus and agility.

Competitors faced distances tailored to their divisions. Senior boys tackled a five-kilometre trail, while senior girls and junior varsity boys raced over 4 km. Junior varsity girls faced their own challenge with a shorter three-kilometre course.

In the junior girls' division, Warren Collegiate Institute (WCI) claimed the divisional banner. WCI's Mackenzie Boonstra crossed the finish line first in 14:10.67, followed closely by teammate Everly Sherry in 14:12.58. Morgan Conrad of Collège Stonewall Collegiate (CSC) placed third with a time of 14:40.47.

WCI's junior boys also earned their divisional banner with an impressive showing. Thoren Corbett led the pack, finishing first in 16:48.84, followed by teammates Oliver Fleury (17:12.77) and Charlie Beachell (18:30.69).

The senior girls' division showcased exceptional talent, with CSC capturing the banner. Lucy Hoff led her team to victory, finishing first in 18:09.09. WCI's Maria Riddell followed in 18:55.08, and Kiera Schutz, also of WCI, placed third in 19:25.03.

In the senior boys' division, CSC was once again victorious. Dylan Fox led the charge, finishing first in 19:32.42. Teammate Ashley Conrad contributed



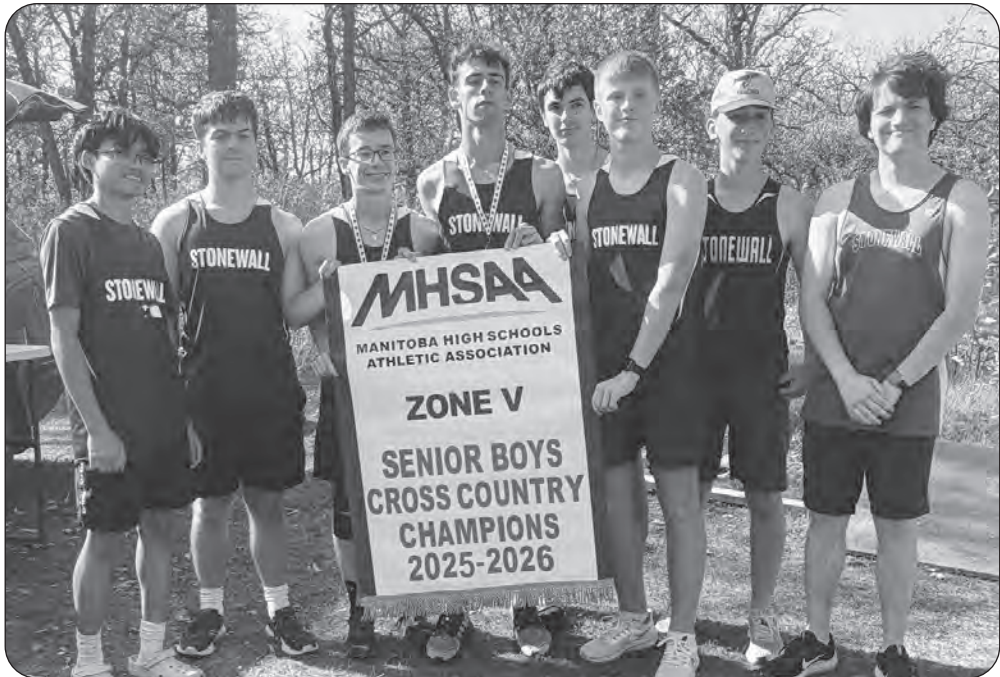
TRIBUNE PHOTOS SUBMITTED

Warren Collegiate Institute's junior varsity girls and junior boys cross-country teams celebrate their divisional banner wins at the MHSAA Zone V meet held Oct. 3 at Rosser Community Friendship Park.

significantly to the team's success (no time available), while Aaron Baril of Fisher Branch Collegiate rounded out the top three (no time available).

Qualifying runners advanced to join more than 2,000 student-athletes at the MHSAA provincial championship at Chris McCubbin Trail in Winni-

peg's Kil-Cona Park on Oct. 8. While provincial results were not available at press time, the dedication shown by all competitors highlighted the spirit of sportsmanship and community that events like these bring to high school athletics across Manitoba.



Collège Stonewall Collegiate's senior boys cross-country team claimed the divisional banner at the MHSAA Zone V Championships hosted Oct. 3 at Rosser Community Friendship Park.



Collège Stonewall Collegiate's senior girls cross-country team captured the divisional banner at the MHSAA Zone V Championships held Oct. 3 at Rosser Community Friendship Park.

Stonewall's Hagen to compete for spot on Canada's baseball team

By Kieran Reimer

Opportunity is knocking for Stonewall's Olivia Hagen.

Back in August, Hagen turned heads with a strong performance in front of Canadian national team coaches at the 2025 Jeux du Canada Games.

Her play on the mound for Team Manitoba's female baseball team caught the attention of national staff and led to an invite to Baseball Canada's National Team Development Camp.

At just 16, earning an invitation is a rare accomplishment. Hagen is the second-youngest player named to the camp roster, which was released last week.

She will head to Cary, N.C., for the camp from Oct. 15 to 19, where coaches and evaluators will begin building the next women's national team roster — one Hagen is determined to make.

"It would mean so much to me, truthfully," said Hagen. "All my coaches and my parents have just pushed me to this moment, and if I did make that team it would be a really big thing for me. I'd be really excited to play."

Hagen grew up playing softball but made the full-time switch to baseball this past season with the U15 AAA Interlake Orioles. She's a versatile player who can pitch, play outfield and handle shortstop duties — a skill set that adds value for Team Canada's selectors.

Hagen and Ally Neufeld are the only Manitobans on the camp roster, while Brittney Langlais, also from Manitoba, joins the staff as one of the coaches. Hagen, however, is the lone representative from the Interlake region.

"It's a big deal. I haven't heard of anybody from the Interlake going before, which means a lot to me — mostly because it's such a small place," she said. "Coming from somewhere small and now going somewhere bigger is just really cool."

The camp will include two intrasquad games, PDP testing and four matchups against the USA Stars and USA Stripes teams.

Hagen said she has been ramping up her workouts and working closely with her coaches to prepare for what will be her first development camp with the national program.



TRIBUNE PHOTO SUBMITTED

Stonewall's Olivia Hagen, 16, has been invited to Baseball Canada's National Team Development Camp taking place Oct. 15 to 19 in Cary, N.C. The versatile pitcher, shortstop and outfielder earned her spot after a strong performance with Team Manitoba at the 2025 Canada Summer Games.

Junior varsity volleyball action



TRIBUNE PHOTO BY JO-ANNE PROCTER

WCI Wildcats' Aliyah Schweitz and TCI Saints' Emilee Mowatt battle at the net during round-robin play at the junior varsity girls' volleyball tournament in Warren on Oct. 3. WCI defeated TCI 25-9 and 25-14. The Wildcats finished third after downing the Arborg Athletics 25-14 and 25-15. The Lac du Bonnet Chargers claimed first place after defeating the Gimli Lakers 25-20 and 25-15.

Boughton commits to Bisons women's volleyball

By Kieran Reimer

Add Stonewall's Sydney Boughton to the list of future players for the University of Manitoba Bisons women's volleyball team.

On Thursday, the Bisons announced the commitment of the five-foot-eight libero for the 2027-28 season.

Boughton is currently in Grade 11 at Collège Sturgeon Heights Collegiate in Winnipeg, where she serves as captain of the Huskies varsity girls' volleyball team.

She also competes at the club level with the Junior Bisons Gold, helping lead the squad to a provincial title this past season.

A Manitoba High Schools Athletic Association provincial all-star and Volleyball Manitoba provincial MVP, Boughton is regarded as a top recruit for the Bisons, who are coming off a U Sports national championship in 2024-25.



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INSIDE > OUTSIDE > UPSIDE DOWN

Jets dominant in home-opener thumping of Raiders

By Kieran Reimer

The Stonewall Jets will take an even .500 record into Week 2 of the Manitoba Major Junior Hockey League season.

Last week, the Jets opened their 2025–26 campaign with a pair of games against the Raiders Jr. Hockey Club and the Transcona Railer Express, earning one win and one loss.

Veterans Memorial Sports Complex was the site of the Jets' home opener on Thursday night, where they dominated in front of the hometown crowd with a 6–0 victory over the Raiders.

A three-goal first period — with tallies from Mason Bernier, Cohen Cheung and Peyton Bateman — set the tone early. Brody Stovin and Rylan Slatcher kept the offence rolling in the second, each adding a goal to extend the lead to 5–0 through two periods. Kai Smith capped off the night with a third-period marker to seal the shutout win.

Goaltender Spencer Hunnam, making his season debut, collected his first shutout of the campaign by stopping all 30 shots he faced to earn first-star honours. Slatcher and Stovin rounded out the three-star selections.

Sunday afternoon was a different story defensively for the Jets, who travelled to Transcona for their first away game against the Railer Express.



Stonewall Jets forward Mason Bernier fires home the opening goal of the 2025–26 season during the Jets' 6–0 home-opener win over the Raiders Jr. Hockey Club on Oct. 2 at Veterans Memorial Sports Complex.

The Railers kept Hunnam busy early, outshooting the Jets 13–8 in the opening frame. Both clubs converted on some of their chances, with Karson King and Gavin Holod scoring for Stonewall, while Transcona responded with two of their own.

The second period saw the Railers take control with a late surge, jumping ahead 6–2 after 40 minutes. Alex



TRIBUNE PHOTOS BY HALEY CVAR

Bernier celebrates with his team after his first-period tally helped set the tone for Stonewall's dominant victory, backed by a 30-save shutout from goaltender Spencer Hunnam.

Kaczorowski and Adam Newcombe provided third-period goals to spark a brief comeback attempt, but Transcona matched the output as the game ended 8–4 in favour of the Railers.

With Week 1 in the books, the Jets sit at 1–1–0, placing them in the middle of the MMJHL standings. Week 2 will be a lighter schedule with just one

game on Thursday, followed by the weekend off.

The Jets will welcome the reigning champion St. Boniface Riels to Stonewall for their first meeting of the season. Puck drop is set for 8 p.m. Thursday at Veterans Memorial Sports Complex.

Bring on the rain: Thunder dominate in cold weather conditions

By Kieran Reimer

No weather is too extreme to stop the varsity Interlake Thunder football team from finding success.

It's something head coach Christof Hasselfield had prepared his team for earlier this season, but as temperatures drop and rainy weather sets in, the Thunder have proven they can handle whatever gets thrown their way.

On a windy and rainy Sunday afternoon in Winnipeg, the Thunder improved to 5–0 with a 35–12 win over the Falcons Football Club.

Running back AJ Nadon was one of the busiest players on the field, racking up 240 yards and a touchdown on 25 carries. The Thunder kept their passing game minimal in the wet con-

ditions, but still connected with Trevin Smith for a passing touchdown.

Though Hasselfield would like to use his receivers a bit more, he said he trusts his team's ability to adapt to any play style.

"Gritty win by the guys. They stuck to it, they played tough," said Hasselfield. "They kept going even in the weather and being cold, so at the end of the day, a win's a win — we're pretty happy with it."

The Thunder defence was dominant, allowing zero points through the opening three quarters. Cornerback Marlo La Pierre led the charge with a pick-six, while also providing a spark on punt and kick returns.

"Anytime you can get any type of points off turnovers like that, field

position is so huge — it's going to be big," Hasselfield said. "He also set up two touchdowns on sneaks from (Christian) Mozdzen on two huge punt returns, so he was a major part of 21 of our 35 points and doesn't take a snap on offence, so hats off to him."

Hasselfield also praised rookie left guard Caleb Miyai for helping pave the way for the Thunder's powerful run game.

"When you watch the tape, he had a great game finding linebackers in the second level, so we could turn some of those maybe four-yard runs in the second half into 15- and 20-yard runs, which I think really sealed the game for us," said Hasselfield.

The Thunder now prepare for their final home game of the regular season

on Saturday when they host the Virden Golden Bears at Collège Stonewall Collegiate Field.

The Golden Bears have struggled on both sides of the ball this year, giving the Thunder an opportunity to take advantage in what could be the final home appearance for the team's graduating seniors.

Interlake currently holds home-field advantage if the playoffs started today, but will need to close out the regular season strong with games against Virden this week and Moosomin the following week before the postseason picture becomes clear.

Kickoff against Virden is scheduled for 1 p.m. Saturday at Collège Stonewall Collegiate Field.



Prep time: 15 minutes
Cook time: 20 minutes
Servings: 4
1 bag Success Pearl Couscous
1 tablespoon butter
1 small onion, diced
2 carrots, sliced
2 celery stalks, sliced
2 cloves garlic, minced
4 cups chicken broth
1/2 teaspoon Italian seasoning
1 teaspoon salt
1 teaspoon pepper
3 cups cooked, shredded chicken
1 cup milk

RED RIVER CO-OP FOOD STORE

Creamy Chicken Pearl Couscous Soup

1 tablespoon parsley, chopped
1 tablespoon heavy cream (optional)
Prepare pearl couscous according to package directions.

In large pot, heat butter over medium heat. Add onion, carrots and celery. Cook 5 minutes until softened. Stir in garlic and cook 1 minute.

Slowly stir in chicken broth then add Italian seasoning, salt and pepper. Bring to boil then reduce heat to simmer 10 minutes.

Stir in chicken, milk and pearl couscous. Simmer 5 minutes until hot. Garnish with parsley.

For creamier soup, stir in heavy cream just before serving.



Prep time: 10 minutes, plus 30 minutes for marinating
Cook time: 10 minutes
Servings: 2-4
1/4 cup soy sauce
2 tablespoons brown sugar
1 tablespoon sesame oil
2 garlic cloves, minced
1 pound beef sirloin, thinly sliced
1 bag (14 ounces) Success Jasmine Rice
1/4 cup carrots, julienned
1/4 cup cucumbers, julienned

Easy Beef Bulgogi Rice Bowl

1/4 cup onions, chopped
2 green onions, chopped
1 tablespoon sesame seeds

In bowl, combine soy sauce, brown sugar, sesame oil and garlic. Add beef and mix well. Refrigerate marinated beef at least 30 minutes, or overnight.

Prepare rice according to package directions.

Heat skillet over medium-high heat. Cook beef 7 minutes, stirring often, until cooked through and caramelized. In last 3 minutes, add carrots, cucumbers and onions.

Divide rice between bowls. Top with beef bulgogi. Garnish with green onions and sesame seeds.

Bacon Cheeseburger Popcorn

Recipe courtesy of The Popcorn Board
Prep time: 10 minutes
Cook time: 15 minutes
Servings: 3



1 teaspoon mustard powder
3/4 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon salt
1/4 teaspoon black pepper
6 slices bacon, diced
4 ounces ground beef
1 tablespoon vegetable oil
1/3 cup popcorn kernels (unpopped)
3 tablespoons cheese powder
1 tablespoon dill pickle powder
1 green onion, thinly sliced

In small bowl, whisk mustard powder, garlic powder, onion powder, salt and pepper. Set aside.

In large skillet over medium-low heat, cook bacon and ground beef 8-10

Ask the Money Lady

I recently volunteered at the SPCA in Toronto last month with a friend who goes regularly. And I was so very surprised at all the stray cats. All the little cages were full, so I decided to write about our pets this month.

Many retirees treat their pets like children, a member of the family – but what happens if your pet outlives you? Planning for our future is something we all know to do, but we should also consider proper planning for our pets to ensure they do not face the uncertain fate of your local shelter.

Legally, pets are considered property, therefore unless you state otherwise, upon your death, your pet will become the property of whom-ever receives the rest of your personal items; such as furniture, cars, etc. Does this person want the responsibility of caring for your pet and are they suitable? Often a friend or family member may say that they will take your pet when you pass, but sometimes these arrangements can change over time. What happens if the new caregiver also has pets and they don't get along? What if the new widowed pets are incompatible with other family members? Or perhaps the new caregiver may have changed their mind now that they are faced with this responsibility.

The only way to really ensure that your pet is given to someone willing and able to care for it, is to make a special provision in your Will or Estate Plan. Here are some tips that you should consider when making your own personal plan for your beloved pet(s).

1. Select two or three responsible people to take care of your pet for absence during short-term emergency situations, or as permanent caregivers. Have your administrator reach out to each person to see if they are still willing to care for the pets.

2. Provide your future caregivers with detailed instructions on



care, food, routines, vet and emergency needs. Give them a small notebook with all the specific details that are important to you and your pet should you die or become incapacitated.

3. Carry the caregiver instructions or contact information in your wallet. I have some clients that even have the details of their wishes put on a pre-printed business card or "alert card" and carry it with them. Some have also given these cards to all their family and friends.

4. If you have multiple pets, consider how you want them to be cared for – together or apart?

5. Ensure you have set aside funds for the future care of your pets. This can be gifted to your future pet guardian and provides safeguards so that they are more willing to adopt your pets wholeheartedly without suffering a financial burden.

There are so many Canadians now in retirement alone with only their pets as day-to-day companions. We need to take care of ourselves and always be planning. Write down your expectations, change things if you have to, but have your say and make sure it is done your way!

Good Luck and Best Wishes,
Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson) and join me at our vibrant living speakers events!

minutes, or until fat renders and mixture is golden brown and crispy. Transfer to plate lined with paper towels to drain. Reserve 2 tablespoons bacon fat.

In large, heavy-bottomed saucepan over high heat, combine vegetable oil and reserved bacon fat. Add popcorn kernels; stir to coat then spread in even layer. Cover with lid. Shaking saucepan, cook 2-4 minutes, or until popcorn starts to pop, then shake less frequently, at about 2-second intervals, until popping sounds have almost stopped. Remove from heat. Safely open lid.

Transfer half the popcorn to large bowl and toss with cheese powder. Toss popcorn in saucepan with dill pickle powder; transfer to large bowl of cheese popcorn. Add bacon mixture and reserved seasoning; toss to combine.

Garnish with green onion.

Tips: For beefy flavor, sprinkle popped popcorn with 1/4 teaspoon beef bouillon powder or steak spice, if desired.

For extra-cheesy popcorn, sprinkle popped popcorn with 1/2 cup shredded mild or sharp cheddar cheese.

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ANTIQUE SALE

Don't miss the big annual Fall JunkWagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, Oct. 11, 2025. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

WANTED TO BUY

Local retired couple looking to downsize. Presently residing in 4 bdrm/4 bath. home. Seeking to purchase home in town of Stonewall. Reply to griz@mts.net

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Losing my house of 25 years as it is being sold. Older gent with 2 vans for renovation business desires older house to rent. Living with adult son as well. No problem fixing or maintaining homes. Please call or text Thor anytime at 204-298-9081 or email thork649@hotmail.com. Outskirts of town preferred! Thanks....

PROPERTY FOR SALE

Farmland for sale east of Gunton. 555 acres crop land. Corn, soybeans, wheat, yard site, bins, house & machine shed. Call George at 204-886-2741, leave message.

HAY & STRAW FOR SALE

Small square Wheat and Flax straw June Broom Grass hay. Call 204-482-5101.

For sale - Flax straw, \$4; wheat straw, \$4, hay, \$8.50. Ph Nick Matheson 204-461-0706, Monday - Saturday.

109 bales of alfalfa/grass mixed hay. 1500 lbs. Bales are in the yard. \$100 per bale. Call 204-646-2359, St. Laurent.

CRAFT SALES

CALLING ALL CRAFTERS! Tables are available for rent (\$30) at the Odd Fellows & Rebekah Memorial Eye Foundation's Annual Craft Sale on Saturday, October 25 from 10 a.m. - 2 p.m. For more information & a registration form please call Betty at 204-831-5597.

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Missing a ford key fob in Stonewall please call 204-344-5588 if found.

FIREWOOD

Birch-\$400, Tamarack-\$350, Ash-\$400, Poplar-\$250, Pine-\$325 and Oak-\$450. Delivery extra. Call or text 204-904-8441 or 204-785-0641.

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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.

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NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Kenneth Elmer Rowland Slater, Teulon, Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 5th day of November, 2025. DATED at Stonewall, Manitoba this 2nd day of October, 2025. GRANTHAM LAW OFFICES Solicitor for the Executor

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Stewart William Campbell, Teulon, Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 5th day of November, 2025. DATED at Stonewall, Manitoba this 2nd day of October, 2025. GRANTHAM LAW OFFICES Solicitor for the Executors

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Attention: Ashley Monforton
Email: ashleym@stonewall.ca
SUBJECT: ARENA CANTEEN STAFF
293 Main Street, Box 250
Stonewall, MB R0C 2Z0

Deadline for applications: 4:00 PM on October 16, 2025

The Town of Stonewall thanks all applicants, however only candidates selected for interview will be contacted.



RURAL MUNICIPALITY OF WOODLANDS
PUBLIC NOTICE

REGARDING FIRST READING OF GENERAL BORROWING BY-LAW #2813/25

TO PAY FOR THE CONSTRUCTION OF A NEW REVERSE OSMOSIS WATER TREATMENT PLANT, NEW WATER SUPPLY RESERVOIRS IN STONEWALL AND WARREN, NEW SUPPLY WELLS AND A WATER SUPPLY PIPELINE FROM STONEWALL TO WARREN.

The council of the Rural Municipality of Woodlands at its regular meeting at the RM Office, 57 Railway Ave, Woodlands, MB, on October 14, 2025 at 9:30 AM will consider first reading of a by-law to borrow \$2,235,000.00 (borrowing By-Law 2813/25) to pay for the following project:

In partnership with the Town of Stonewall the RM of Woodlands will be constructing a new reverse osmosis water treatment plant at 147 5th Street West in Stonewall, new water supply reservoirs in Stonewall and in Warren, new supply wells in Stonewall, and a water supply pipeline from Stonewall to Warren.

The total estimated cost of the project is \$33,310,000 to be funded as follows:

Infrastructure Canada Improvement Program Funding of \$21,083,676; and Manitoba Water Services Board of \$2,279,113; and

Town of Stonewall contribution of \$5,408,843; and RM of Woodlands reserves and utility surplus of \$2,306,320; and \$2,235,000 to be funded by borrowing by the RM of Woodlands. The borrowing will be repaid over a maximum of 25 years at a maximum interest rate of 6.25%

The annual repayment amount which includes principal and interest will be no more than \$180,000 to be levied on the water rates of the Warren utility as a debenture surcharge estimated to be \$3.91 per cubic meter based on the estimated average yearly usage.

Copies of the proposal to borrow and information about the capital project are available at the RM office (57 Railway Avenue, Woodlands) and on the RM website: www.rmwoodlands.ca

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

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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!

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

Sudoku Answer

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NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ARMSTRONG

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 4th day of November, 2025, at the hour of 10:30 AM, at Rural Municipality of Armstrong, 1094 PR17, Inwood, Manitoba, 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
15900	NE 1/4 36-18-1 EPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$83,200	\$4,894.70
16200	THE NLY 924 FEET OF THE WLY 924 FEET OF LEGAL SUBDIVISION 13 OF SECTION 36-18-1 EPM AS SHOWN ON A PLAN OF SURVEY OF SAID TOWNSHIP APPROVED AND CONFIRMED AT OTTAWA ON THE THIRD DAY OF SEPTEMBER A.D. 1913 BY EDWARD DEVILLE SURVEYOR GENERAL OF DOMINION LANDS EXC ALL SAND AND GRAVEL TOGETHER WITH THE RIGHT TO ENTER AND REMOVE SAME SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN	L -\$25,900	\$3,029.28
35400	WLY 1260 FEET PERP OF NW 1/4 31-18-2 EPM SUBJECT TO THE SPECIAL RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN - 6038 ROAD 108NE	L -\$63,200 B -\$63,700	\$7,229.70
190500	ALL THAT PORTION OF NE 1/4 34-17-1 WPM, CONTAINED WITHIN THE FOLLOWING LIMITS: COMMENCING AT A POINT IN THE EASTERN LIMIT OF SAID NE 1/4 DISTANT SLY THEREON 396 FEET FROM THE NE ANGLE OF SAID NE 1/4 THENCE WLY PARALLEL WITH THE NORTHERN LIMIT OF SAID NE 1/4, 330 FEET THENCE SLY PARALLEL WITH THE SAID EASTERN LIMIT 264 FEET THENCE ELY PARALLEL WITH SAID NORTHERN LIMIT TO SAID EASTERN LIMIT THENCE NLY ALONG SAID EASTERN LIMIT TO THE POINT OF COMMENCEMENT, SUBJECT TO THE RESERVATIONS CONTAINED IN THE CROWN LANDS ACT. - 101154 ROAD 2W	L -\$14,100 B -\$62,000	\$5,472.81
212600	THE SE 1/4 OF SECTION 30-18-1 WPM, SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE ORIGINAL GRANT FROM THE CROWN. - 5015 ROAD 106NW	L -\$82,600 B -\$10,000	\$5,144.69
244650	NLY 1320 FEET PERP OF THE NE 1/4 23-19-1 WPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN - 111144 ROAD 1W	L -\$38,000 B -\$107,400	\$4,213.57

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 may 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 Armstrong 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 1st day of October, 2025.

Managed by:



Colleen Mayer
Chief Administrative Officer
Rural Municipality of Armstrong
Phone: (204) 278-3377
Fax: (204) 278-3437

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Rural Municipality of St. Laurent Municipalité rurale de Saint Laurent

PUBLIC NOTICE BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN THAT the 2026 Assessment Roll for the Rural Municipality of St. Laurent will be delivered to the Municipal Office, Lot 825, PTH #6, St. Laurent, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 and 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 subsection 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 property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assess value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS:

- 43(1) An applicant for revision must
- be made in writing;
 - set out the roll number and legal description of the assessable property for which a revision is sought;
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by:
 - Delivering it or cause it to be delivered to the office indicated below, or
 - Serving it upon the secretary at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board of Revision will sit on Thursday, November 13, 2025, at 10:00 am in the Council Chambers of the Rural Municipality of St. Laurent, Lot 825, PTH #6 in St. Laurent to hear applications.

The final date on which applications must be received by the Secretary of the Board is Tuesday, October 28, 2025, at 4:30 pm, Dated this 23rd day of September, 2025.

Billie Jean Oliver, CMMA
Secretary of the Board
Rural Municipality of St. Laurent
PO Box 220, St. Laurent, MB R0C 2S0

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OBITUARY

Donald Marion McRae

November 26, 1934 - September 24, 2025

On September 24th, 2025, at the age of 90, Mom passed peacefully with family by her side at the Stonewall Hospital.

Donalda was predeceased by her husband Ross McRae; her parents Donald and Grace MacMillan; her brother Hughie; her mother and father in-law Bill and Mina McRae; her sisters-in-law: Mildred (John), Jeannine (Lee), and Yvonne; her brothers-in-law: Ken (Betty), Johnnie (Marie), and Wilfred.

Mom is survived by her four children: Debbie, Murray (Charlene), Bonny (Wayne), and Terry (Susan); grandchildren: Ashley (Kris), Whitney (Justin), Meagan (Kyle), Brandi (Tyler), and Sara (Justin); great-grandchildren: Eden, Graylynn, Reagan, Clark, Stetson, Chet, Brynlee, Harper, and Lily; extended great-grandchildren: Kallie, Baylee, Max, Dekkar, Navy, and Parker; brothers-in-law: Andy, and Archie (Edna); sister-in-law Bernice, and numerous niece and nephews and many other relatives.

Mom was born on November 26th, 1934 at Meadow Lea, Manitoba. She was raised on the family homestead that is still being farmed by her daughter. Mom and her brother Hughie, walked two miles to school every day. Sometimes they were able to get a ride on the horse and buggy or the stoneboat that would pick some of the children up. Mom lived in a time when hard work was how you survived. She was able to play hockey and baseball for the Meadow Lea teams. She finished school and then went to work in Winnipeg for a few years. She met our dad, Ross McRae, and were married February 5, 1955. They were married for almost 64 years. They raised four children on their hobby farm in Marquette. Dad became ill and moved to a nursing home. Mom continued to live at home until her passing.

Mom raised us most of the time by herself because Dad had to go on the road to work. Eventually Dad took a job that would allow him to be home at night. Those were some great days, Mom could relax a bit. Our mom was a caregiver most of her married life. She took care of her father with Parkinson's for years. Gram and Gramps moved into a trailer on our yard site, that made it easier for Mom. Then she became a caregiver again to her husband. She was known to help her neighbours at anytime.

Mom's greatest joy in life were her grandchildren. She loved them all very much. She was so proud of each of them. They seemed to give her life meaning. Then came the great-grandchildren and that brought another kind of love.

Mom had many friends, young and old. Anyone that ever met my mom would surely never forget her. You will be sadly missed Mom, but you are at peace and free.

Thank you to Stonewall Hospital staff and doctors for all the love and support throughout this journey. We are grateful to each and everyone of you.

Funeral Services will be held at Meadow Lea Hall on Friday, October 10th, 2025 at 1:00 p.m. In lieu of flowers donations can be made to Meadow Lea United Church, care of Tammy Matthews, Box 52, RR1, Marquette, Manitoba R0H 0V0.

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CARD OF THANKS

I would like to thank Albert Lohmer, the best brother a sister could have, for his endless support, love and guidance always, since the sudden passing of my husband and best friend, Wayne.

The enormous support from his entire family is so needed and is greatly appreciated. His wife Maureen, for her neverending guidance and help with everything; their son Brent and his wife Meaghan and their children for their constant love and compassion; their son Cam for his love and his grizzly bear hugs.

Thank you to all of our family, neighbours, great friends, and community for the love and support through phone calls, text messages, cards, visits, food, care packages and flowers. Your kindness and thoughtfulness is so appreciated at this very difficult time, and will always be remembered. This truly shows what Wayne meant to every one.

Thank you Kenny, Stephen, and Shirley for your guidance, ongoing support, compassion and friendships.

-Heartfelt thank you,
Carol Enberg

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OBITUARY



Maureen Stutsky

It is with great sadness that the family announces the passing of Maureen Stutsky on September 28, 2025 at the age of 83.

Maureen will be lovingly remembered by her son Randal and his wife Lorie, as well as her cherished granddaughters Kristy and Erica. She also leaves to mourn her sister Darline Meloney, brother Darryll Dicks, and many nieces and nephews.

She was predeceased by her beloved husband Edward (Eddie) Stutsky, her parents Garnet and Margaret Dicks, and her brothers Calvin and Wendell.

Maureen was born on January 18, 1942 at Teulon Hunter Memorial Hospital. She attended Teulon Elementary and Teulon Collegiate before moving to Winnipeg, where she began working at Great-West Life. In 1963, she married Eddie, and together they made their home in Teulon for eight years.

Over the years, Maureen worked at the Sheer Mist Hosiery Mills in Teulon, served as secretary-treasurer for the Village of Teulon, and later worked for Autopac until her retirement.

In 1971, Maureen and Eddie moved to the family farm. After Eddie's passing, she sold the farm and relocated to Teulon. In 2020, Maureen moved to Brandon to be closer to Randal, Lorie, Kristy and Erica.

Maureen had many interests, including gardening, playing horseshoes, cards, and listening to music. Once in Brandon, she especially enjoyed spending time with her family.

Though Mom (Maureen) is no longer with us, we take comfort knowing she is back in Dad's arms again.

Cremation has taken place, and no formal service will be held.

In lieu of flowers, donations can be made to the Teulon and District Museum, Box 144, Teulon, MB. R0C 3B0 or St. Stephen's Cemetery, Pleasant Home, Box 136, Teulon, MB, R0C 3B0 or a charity of your choice.

Rest in Peace Mom!
"Don't be sad because I died,
Be Happy because I lived,
I had a wonderful life!"

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



Carol Rutt

It is with profound sadness that our family announces the sudden passing of my wife, mother, and grandmother, Carol Rutt on the 1st of October, 2025 in the early evening hours.

She was predeceased by her father Jim Magolnitski and sisters Margaret and Elizabeth.

She is survived by her husband Laurence, daughter Jennifer (Colin) and granddaughter, Gabrielle.

She was born in Winnipeg and lived on her family's holding and Teulon until she married Laurence in 1972. She travelled extensively with Laurence during his military career. She and Laurence with their daughter retired to the Teulon area in 1990 and built a home. She loved Teulon, the rural farm life and devoted time and energy to assisting in community events. Her work ethic and love of Manitoba and Canada will be greatly missed. She will be

sadly missed.

Cremation has taken place. There will be a family/friend future event in early to mid 2026. A further announcement will be made.

In lieu of flowers or cards, donations made to the Manitoba Chapter of the Canadian Alzheimer's Society would be recommended.

The family would like to thank both the nursing and support staff of Goodwin Manor for Carol's care during her time of illness at the Manor.

Carol

Just down the road and over the hill
Sunshine beams await
With peace and love and arms out stretched
Your family wait for you
Your Dad, Margaret and Elizabeth stand with them
Their smiles full of love
As this door closed another opened
To God's green garden dear
Sadly missed you leave us here
With memories of your smile
Your laughter rings within our hearts
Your voice rippling through our minds
We love you dear, we always will
Though our parting was so hard
Your peace the greatest gift of all
God's gift from Him to you.
Rest in peace with all our love
Until we join our souls with you.
-All my love
Larry

kl
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