

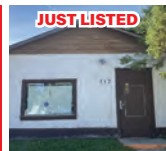


FIND THE HOME THAT MOVES YOU



COMING SOON

Lots of Potential in Teulon!
This 1120 sq.ft. bungalow sits on a beautiful 115-ft treed lot and offers 2 bedrooms, 1 bath, and a spacious layout ready for your ideas. Features some newer windows, newer shingles on the house, and a metal-rooted garage. Just a short walk to town amenities and only a 30-minute commute to the city! Alycia



JUST LISTED

Prime Commercial Opportunity in Stonewall!
Fantastic potential for a start-up or small business! 30' x 120' lot with a 661 sq.ft. building in a high-traffic area near the theatre. Needs some work but offers great visibility and value at just \$124,900. Call Matt McKillop today!



COMING SOON

Affordable, Bright & Move-In Ready in Teulon!
This freshly updated 736 sq.ft. bungalow features a sunny eat-in kitchen with new fridge and stove, fresh paint, newer flooring, and a spacious bath with one-piece tub. Steps from the park - ideal for first-time buyers, single parents, or empty nesters! Susan



RE/MAX Town & Country

NEW LISTINGS. FRESH OPPORTUNITIES. 204-467-8000

Susan

mckillop.ca

Brandt

VOLUME 16
EDITION 44

Stonewall Teulon Tribune

THURSDAY,
NOVEMBER 6, 2025

www.stonewallteulontribune.ca

LOCALLY OWNED HISTORY BOOK FOR THE COMMUNITY

ALL IN STOCK

HONDA
2024 Pioneer 520 SxS
Was \$15,927.00
Save \$500
\$15,427.00
incl freight, PDI and fees

HONDA
2024 Pioneer 700 SxS
675 cc liq-cooled single-cyl eng fuel injection
Was \$20,477.00
Save \$500
\$19,977.00

HONDA
2024 Pioneer 1000
Black steel wheels, OTR Dirt Master tires, Paddle shifter 2500 lb towing cap., 1000-lb bed capacity
\$24,077.00

SHACHTAY SALES & SERVICE
Arborg, MB
204-376-5233



Thunder triumph

TRIBUNE PHOTO BY LANA MEIER

Interlake Thunder captains, left to right, Jake Rogoski, Cooper Ponton, Teagan Peterson, Jamie Dandeneau, Jessie Batenchuk and Kole Beresford celebrate their 37-36 championship victory over the St. Vital Mustangs as they receive the banner and trophy following Sunday's Rural Manitoba Football League final at Stonewall Collegiate Field. The win marked the Thunder's third RMFL varsity title and capped an undefeated 9-0 season.

SERVING STONEWALL, BALMORAL, TEULON, GUNTON, NARCISSE, INWOOD, LAKE FRANCIS, WOODLANDS, MARQUETTE, WARREN, ARGYLE, GROSSE ISLE, ROSSER, STONY MOUNTAIN, ST. LAURENT & KOMARNO

ROYAL LEPAGE
JMB & Associates
Matt McSherry REALTOR®
204-886-7585 (cell)
mattmcsherry@royallepage.ca
mattmcsherry.ca
AWARD WINNING SERVICE
2024 2023 2022

BALMORAL - \$529,900
***Price Reduced!**
320 acres on 4 Titles w/1530 sqft 2+ BR 2 Bath Country Home bilt in 2005 w/bsmnt. Peace & Privacy w/ endless possibilities. Huge Primary BR w/ensuite & walk-in closet. Isl Kit w/large pantry & skylight. Blueprints Avail. Wheelchair Accessibility. Abundant parking for equip or recreation vehicles. Historic Barn ready for TLC. Rare blend of Functionality & Serenity. Hobby Farm/Investment or just enjoy the wide-ope space. MLS #202527539

RM ARMSTRONG - \$349,900
311+ Acres! Embrace Country Living! Cozy 2 BR 695 sq ft home. Acreage is mostly cleared w/ hay production potential. N1/4 fully fenced. Raise animals, grow crops or just enjoy the Rural Paradise. Workshop Wonder - 40x32' Insul Shop w/concrete flr, 12' ceiling, 11.5' rear door & 8' front door. Plus multiple older out buildings & corrals. Room to Roam! Rare opportunity to build the Lifestyle You've dreamt of! MLS #202524562

RIVERTON - \$639,900
PRIVATE RETREAT on 80 Acres. Updated 1364 sq 3 BR 3 Bath home thoughtfully designed. Lower-level hosts family space, fireplace, storage and 3 pc bath - Cozy Space! Outside truly shines. Above Ground Pool, "garage house" for hobbyists, entrepreneurs or agricultural enthusiasts. The array of Outbuildings is unmatched: 34x50' Heated & Insul Shop/ Gargage; 50x50' Quonset for versatile storage; 42x66' Machine Shed with Loft; 48x24' Machine Shed with dedicated workshop. Multi-use property with room to grow. MLS #202524941

ERIKSDALE - \$139,900
Move-in-Ready! Charming 1040 sq 2 Br Gem = smart layout & effortless living. Multiple Updates: flooring/backsplash/lights & more. Ideal for 1st time buyer or Investor. Combines Comfort & Value! MLS #202527265

ASHERN - \$109,900
Move-in Ready upgraded 2 BR 720 sq ft home on large .31 Acre lot. Modern Comfort & Country Charm. Key upgrades incl: Roof/Hwt/Insul crawlspace/ HVAC System; Pellet stove heat keeps hydro costs low! New Landscaping. MLS #202521737

From Lakefront to Countryside - Your Home is Here in the Interlake!

Commercial development underway in Stony Mountain

By Jennifer McFee

New amenities are on their way to Stony Mountain thanks to a five-business plaza that's currently under construction.

The U-Build group of companies is building an 8,000-square-foot commercial building at Quarry Road and Old Highway 7. Known as Quarry View Plaza, the building will offer five retail spaces — and three of them are still up for grabs.

Tim Hortons has leased one of the spaces, and it's expected to open in early 2026. In addition, the U-Build group of companies will be opening an Esso gas bar and convenience store in another of the spaces. In a future phase of the project, they also plan to add a car wash to the property.

"The other three properties are to be determined. They're currently listed with Re/Max's commercial division," said Brody Leathwood, who launched U-Build Construction with Richard Maxwell in 2014. "We're very excited to see who's going to partner with us."

The influx of new businesses brings opportunities for local entrepreneurs and helps to create jobs in the community. At the same time, they bring

much-needed amenities to Stony Mountain.

"This project represents a major step forward for the town," Leathwood said. "It's the first significant non-residential development in many years and signals a new wave of commercial investment. I believe it's the start of a broader growth trend for the community."

The business partners share first-hand knowledge of what the community needs since they were both born and raised in Stony Mountain.

"We're proud to be local to Stony Mountain, and we're excited to continue developing here. Between our group of companies, we employ about 40 people, and Quarry View Plaza is already off to a great start. The Esso gas station and convenience store will be a big asset for the community. We'll even have slushies, which I think will be a hit for baseball and all the summer sports," Leathwood said.

"It will be a local spot where people can fuel up, grab a snack, do their lotto or get a car wash — whatever they need. Our goal is to have a well-stocked convenience store with everything residents could want. Tim Hortons will also be a big benefit,



TRIBUNE PHOTO BY LANA MEIER

Work progresses on the 8,000-square-foot Quarry View Plaza in Stony Mountain, which will feature an Esso gas bar, convenience store and Tim Hortons, along with three more commercial units for lease.

giving people a place to grab coffee and breakfast on their way to work. Ultimately, we plan to have five operating businesses in the plaza to serve the community."

We live here. Now we work here too.

Come and Go **GRAND OPENING** • November 6th • 3:00 to 6:00 pm

We're your neighbors, and we're excited to now be your local accountants as well!

Parker Clark Chartered Professional Accountants have been operating for over 35 years on Portage Avenue in Winnipeg and now we are proud to open a second office right here in Stonewall.

Please join us during our grand opening for some appetizers and refreshments and visit with our team members from Stonewall as well as representatives from our Winnipeg office.



Stephen Clark
CPA, CA



Marc Van Hussen
CPA



Bob Ivison
CPA, CA



Sean Enns
CPA



Carena Ozirney



PARKER CLARK

Chartered Professional Accountants Inc.

Stop by and say hello at
2 – 278 Main Street, Stonewall.
Give us a call at 204-783-3118
or email us at cozirney@parkerclark.ca

- Tax Returns and Reporting
- CRA Filings
- Strategic Accounting
- Assurance Engagements
- Business Insights
- Client Portal

Interlake Foundation invites donors to double impact Nov. 10-16

By Lana Meier

Manitobans will once again have the chance to see their generosity go further during the 2025 Endow Manitoba Giving Challenge, taking place Nov. 10 to 16.

The province-wide campaign encourages donors to give to their local community foundation's unrestricted or community funds, helping grow endowments that provide annual grants to local charities, schools and service groups.

"The need for grants to local charities has grown exponentially," said Tracy Holod, executive director of the Interlake Community Foundation (ICF). "The Giving Challenge is our biggest source of new donations to support the Community Grants Pro-

gram. Unrestricted donations allow the ICF to direct the funding to where it's needed most every year.

"This year, the ICF is granting \$60,000 as part of our Community Grants Program. However, we received requests totalling over \$101,000. We would love to be able to fund every qualifying grant application."

Holod noted that past Giving Challenge donations have had a lasting impact across the region.

"Because of the Endow Manitoba Giving Challenge, the ICF created a permanent unrestricted fund called the 'All Communities Fund' in 2020," she said. "Since the first donation of

Continued on page 7



For All the Things That Move You – Even Season to Season

Every season brings a new list of things to do — clean the gutters, check the furnace, rake the yard. Somehow, it never seems to get easier.

Maybe it's a sign that it's time for a change. Do you really want to go through another winter of maintenance and rising costs? Wouldn't you rather spend that time doing what you love — or trying something new?

When the work starts feeling heavier than the joy your home once gave you, it might be time to explore what's next. Let's talk about how downsizing can bring more freedom, less stress, and a lifestyle that moves you.

"Sometimes change starts with one simple decision — to live a little lighter"

Susan & Brandt McKillop
RE/MAX Town & Country
204-467-8000 mckillop.ca
For All the Things That Move You.



"We lowered our energy bill. You can too."

— KEN & LYNN

Like Ken & Lynn, you can:

GET A FREE HOME ENERGY CHECK-UP.

With the **Energy Efficiency Assistance Program**, you can also:

- ✓ Get your home insulated for FREE (including the materials and the installation).
- ✓ Get a new natural gas furnace upgrade for \$9.50* or \$25** per month for 5 years.
- ✓ Get FREE energy efficient light bulbs, showerheads and aerators, air sealing products, and other energy saving items.

Find out if you qualify today
efficiencyMB.ca/EEAP
204-944-8181 or toll free **1-844-944-8181**



*When replacing a standard efficiency natural gas furnace.
**When replacing a mid-efficiency natural gas furnace.

Give to the Interlake Community Foundation between November 10th and 16th and your \$100 gift becomes \$140, thanks to stretch funding from The Winnipeg Foundation and the Manitoba government. That's \$4,000 in matching funds for \$10,000 in donations!

Donating to an unrestricted fund increases the local Community Grants! Ways to donate:

- Visit www.interlakefoundation.ca and click "DONATE" to donate securely with a **credit card**. Online donations will be processed and receipted by the Winnipeg Foundation.
- Drop off cheques** payable to the Interlake Community Foundation or cash before Nov. 16th at our office at 293 Main Street, top floor. We will be there Monday to Friday 9:30AM to 3:30PM all week (except November 11th).
- Come to our **open house on Wednesday, November 12th**. We will be on the main level in the Town of Stonewall Hall from 10AM to 4:00PM. We will have cookies and coffee for everyone who drops by!
- Mail a cheque** payable to the **Interlake Community Foundation** to us at Box 1575, Stonewall, MB R0C2Z0. We must receive it before November 16th to be eligible.
- eTransfer** your donation to info@interlakefoundation.ca Please follow up with an email containing your mailing address.
- Call us!** We can come and pick up your donation. We're here to help! **204-467-5634**

We are Building for Tomorrow - Today!

Co-operators Life Insurance

Your life is one of a kind, your life insurance should be, too!

Talk to us today!

Tracey Malone
Financial Advisor and Mutual Fund Investment Specialist
344 Main St, Stonewall
204-467-8927
inview_insurance@cooperators.ca

Investments. Insurance. Advice.

co-operators

Inview Insurance Services | Co-operators Financial Investment Services Inc.
Co-operators® is a registered trademark of The Co-operators Group Limited. L0048 (05/22)

Like Ken & Lynn, you can:

GET A FREE HOME ENERGY CHECK-UP.

With the **Energy Efficiency Assistance Program**, you can also:

- ✓ Get your home insulated for FREE (including the materials and the installation).
- ✓ Get a new natural gas furnace upgrade for \$9.50* or \$25** per month for 5 years.
- ✓ Get FREE energy efficient light bulbs, showerheads and aerators, air sealing products, and other energy saving items.

Find out if you qualify today
efficiencyMB.ca/EEAP
204-944-8181 or toll free **1-844-944-8181**

*When replacing a standard efficiency natural gas furnace.
**When replacing a mid-efficiency natural gas furnace.

Minion-themed riders parade through Balmoral on Halloween



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Riders from Jaime Margetts' RW Ridgeway Ranch took to the streets of Balmoral on Halloween night to trick-or-treat in style. For the past five years, the group has paraded through town, spreading cheer and handing out treats along the route. This year's theme was *Despicable Me/Minions*. Pictured clockwise from top left, left to right: RW Ridgeway Ranch's youngest rider Oaklynn and 23-year-old Shetland pony Radar dressed as evil minions; Sawyer riding three-year-old mare Astrid; the group from RW Ridgeway Ranch ready to parade around Balmoral; Kaycie and Mira with Shetland pony Jax dressed as Kyle the dog from *Despicable Me*; and Wynter and her dad Ian with Joy the banana horse.

Interlake's Automotive & Agricultural Glass Specialists
We make the claim
We replace the glass
We have courtesy cars available

 **Manitoba Public Insurance**
Autopac Accredited Glass Repair

 **Stonewall Glass** Phone 204-467-8929
to book your appointment.
2 Patterson Drive, Stonewall

You have options.

 **KEN LOEHMER**
FUNERAL SERVICES

55 Main St, Teulon Call 204-886-0404 or visit www.klfuneralservices.ca

 **The War Amps**

Protect your keys and support Manitoba's amputees with a War Amps key tag.

Cozy November Deals

Men's Sherpa Lined Jacket \$45.00
Hat \$7.50
Scarf \$12.00
Oven Mitts \$6.99
Ear Muffs \$4.99
Shower Curtain with bath mat \$17.00
Mugs \$9.75
Pot Holder Set \$4.99
Microfiber Throw with Sherpa Backing \$19.00

Big DOLLAR

439 MAIN ST., SELKIRK North of Manitoba Ave.
HOURS: MONDAY - THURSDAY 10-6, FRIDAY 10-6, SATURDAY 9-6, SUNDAY 12-5



 Order free key tags at waramps.ca

Local students build leadership skills at national conference in Ontario

By Lana Meier

Students from Collège Stonewall Collegiate, Teulon Collegiate Institute and Warren Collegiate Institute joined more than 500 student leaders from across the country at the annual Canadian Student Leadership Conference (CSLC) held in Haliburton, Ont., earlier this month.

The five-day event, hosted at Camp White Pine, brought together youth delegates for workshops, keynote speakers, team-building activities and collaborative learning designed to strengthen student leadership in Canadian schools.

Warren Collegiate teacher and advisor Fallon Campbell said the experience inspired students to take initiative and connect with others in a meaningful way.

"The energy and learning students gain from the conference creates a ripple effect when they come home," Campbell said. "The confidence shift was huge — they learned that being a leader means stepping outside your comfort zone and taking chances."

Students also learned about the Relay for Life organization during the conference and took part in a mini-relay event. The experience inspired delegates to host their own version next spring.

"They already have a tentative date set for May 8 and have met over Zoom to learn more about hosting the event," Campbell said.

She added that staff will continue supporting student initiatives by creating opportunities for collaboration between schools and encouraging students to apply their new skills.

"Student leadership is about fostering school and community spirit, creating belonging and giving back," she said.

Students from all three schools said they came



TRIBUNE PHOTO SUBMITTED

Students and staff from Collège Stonewall Collegiate, Teulon Collegiate Institute and Warren Collegiate Institute attended the 2025 Canadian Student Leadership Conference in Haliburton, Ont., earlier this month. The five-day event at Camp White Pine brought together more than 500 student leaders from across the country for workshops, keynote speakers and team-building activities focused on inclusion, confidence and school spirit.

away from the conference motivated to strengthen school spirit and inclusion.

"There were so many great keynotes. We all found bits and pieces from each that were useful," said Kiera Schutz of WCI. "I loved the takeaways from Sarah Mitich, a Canadian actress. Her message was all about showing up in a way that you are proud of and making sure you are well so that you could be well for others."

"We are excited to create more spirit and a sense of belonging throughout our school," said Maria

Riddell of WCI.

"I attended a few sessions on building inclusion and belonging in our schools and am very eager to find ways to implement some of the things I learned," added Liv Fontaine of WCI.

Teulon Collegiate students said they were drawn to attend by the stories of past delegates.

"I was inspired to attend CSLC by the previous

Continued on page 9

Super Clean Auto Detailing

NEED THE INTERIOR OF YOUR VEHICLE PROFESSIONALLY CLEANED?

SMALL CAR **\$149** | SUV (2 rows) **\$169** | SUV (3 rows) **\$199**

Call or text 204-513-5611

PICK UP AVAILABLE

STONEWALL

Saturday, November 8 Special

Prime Rib

FULL LUNCH MENU available in bar on
Mondays from 11am - 8pm, dine in or takeout

ROCKWOOD Motor Inn 390 Main St. Stonewall **467-2354**

SAVE ON YOUR PURCHASE & ON YOUR ENERGY BILLS

Until November 13, get instant rebates on select energy-efficient products at participating retailers. Product selection varies by retailer.

\$5 OFF SELECT

- Dimmers, timers, and motion sensors
- Outdoor plug-in timers
- Weatherstripping
- Window and door insulating film kits



\$10 OFF SELECT

- Energy-efficient showerheads



\$50 OFF SELECT

- ENERGY STAR® certified smart thermostats



Find a participating retailer near you by scanning the QR code or visiting efficiencyMB.ca/InstantRebates.

*Terms and conditions apply. See website for more details.

COME SAVE WITH US

efficiencyMB.ca
1-844-944-8181

EFFICIENCY MANITOBA

PUBLISHER
Lana Meier

SALES/MARKETING
Brett Mitchell

REPORTER/PHOTOGRAPHER
Jennifer McFee

REPORTER/PHOTOGRAPHER
Emily Antonio

REPORTER/PHOTOGRAPHER
Kieran Reimer

DISTRIBUTION
Christy Brown

REPORTER/PHOTOGRAPHER
Patricia Barrett

ADMINISTRATION
Allana Sawatzky

REPORTER
Annaliese Meier

ADMINISTRATION
Corrie Sargent

PRODUCTION
Nicole Kapusta

ADMINISTRATION
Jo-Anne Procter

PRODUCTION
Debbie Strauss

PRINT
Dan Anderson

OUR SISTER PUBLICATIONS



Winkler • Morden
The Voice The Voice

Selkirk Record

The Carman-Dufferin
STANDARD

getheard > Got news?

NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

Province adds 323 staffed hospital beds to boost capacity

By Haley Cvar

The Manitoba government has expanded hospital capacity with 323 fully staffed beds since October 2023 — including 10 new intensive care unit (ICU) beds this year — as part of efforts to shorten emergency wait times and prepare for seasonal demand, Premier Wab Kinew announced Monday.

“After years of cuts it was critical we staff up Manitoba’s health-care system,” Kinew said. “With 3,400 more people working in health care, we’ve been able to open beds and boost capacity across the province. More beds in wards means less access block and lower wait times in the emergency room.”

Since April 2025, the province has opened and staffed 10 new ICU beds — six at the Health Sciences Centre Children’s Hospital, two at St. Boniface Hospital and two at Grace Hospital. Additional medicine, surgical and transitional-care beds have been added in Winnipeg, Brandon, Selkirk, Dauphin and Steinbach.

Health, Seniors and Long-Term Care

Minister Uzoma Asagwara said the added capacity is helping hospitals prepare for the annual surge in respiratory illnesses.

“Every fall and winter, we see how hard respiratory virus season hits our hospitals and in turn, the patients and staff who rely on them,” Asagwara said. “When we came into office, the system was under real strain. But every year, we’re entering this season stronger — with more staffed beds, more nurses on the floor and a co-ordinated plan to keep care moving when demand peaks.”

The province has also funded and staffed 141 personal care home beds since taking office, with more under construction. Asagwara said those investments help improve patient flow by allowing individuals ready for discharge to move into appropriate care settings, freeing up hospital beds for others.

The added capacity builds on last year’s expansion of more than 100 acute-care beds ahead of the 2024 respiratory virus season.

Dr. Brent Roussin, Manitoba’s chief

provincial public health officer, said the province’s planning supports public-health measures aimed at reducing the spread and severity of respiratory viruses.

“Respiratory virus season is always a difficult time for hospitals, families and communities,” Roussin said. “The planning and investments made by the province strengthen our ability to respond. Manitobans can help reduce the spread of illness by staying home when sick, washing hands often and getting vaccinated against influenza and COVID-19.”

Flu and COVID-19 vaccines are available at medical clinics, ACCESS Centres, pharmacies, nursing stations and public-health sites across Manitoba. The province is also offering free respiratory syncytial virus (RSV) vaccines to seniors aged 60 and older living in long-term care homes and has launched a provincewide campaign encouraging all Manitobans to get vaccinated.

For a list of vaccination locations, visit manitoba.ca/respiratoryviruses/vaccinefinder.html.



Jennifer McFee
204-461-5352
jen@stonewallteulontribune.ca

Manitoba government accepts all recommendations from independent review of planning statutes

By Haley Cvar

The Manitoba government has accepted all the recommendations in the final report of the independent review of the Planning Amendment and City of Winnipeg Charter Amendment Act (Bill 37), announced Municipal and Northern Relations Minister Glen Simard.

“The previous government’s changes to the Municipal Planning Act were intended to squash local-community

voices and centralize top-down control over municipal decisions,” Simard said. “We don’t think local communities should be dictated to by the provincial government. We believe municipalities should have the freedom to choose their own plan based on what’s best for their citizens.”

Simard said the review addresses criticisms raised by municipalities, and “builds on the work we’ve already done to reverse decisions made

by the previous government. We look forward to working in partnership with municipalities to build a stronger, more responsive planning system.”

The review began in November 2023 after the province introduced an amendment to The Planning Act that granted municipalities the right to opt-out of Plan 20-50, a regional

Continued on page 7

ADVERTISING OR PRINT

CONTACT INFORMATION

ads@stonewallteulontribune.ca
Lana Meier 204-292-2128
news@stonewallteulontribune.ca
PHONE 204-467-5836
FAX 204-467-2679

OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352
jen@stonewallteulontribune.ca

Autumn Fehr 204-998-1993
Reporter/Photographer
asfatcos@academic.rrc.ca

MAILING ADDRESS

74 Patterson Drive, Stonewall Industrial Park
Box 39, Stonewall, MB R0C 2Z0

> EMAIL US

Print: igraphic@mymts.net

Classified: ads@stonewallteulontribune.ca

News: news@stonewallteulontribune.ca

PAPER DELIVERY OR FLYER CONCERNS

Christy Brown, Distribution Mgr.: 204-467-5836

The Stonewall Teulon Tribune is published Thursdays and distributed through Canada Post to 7,800 homes. Republishing in whole or in part without permission is strictly prohibited. Printed in Canada by Prolific Printing.



This newspaper is supported 100% by advertising dollars. If you enjoy the paper and would like to see the newspaper grow and prosper visit any of the advertisers and businesses in our rural communities. – Keep your dollars working at home and shop local. Our commitment to you, the reader – we connect people through stories to build stronger communities.

**Advertising Deadline: Monday 4:00 pm
prior to Thursday Publication**

View the Stonewall Teulon Tribune online at
www.stonewallteulontribune.ca



Funded by the Government of Canada



get informed

NEWS > VIEWS > STONEWALL > TEULON > WARREN > SURROUNDING AREAS

> STATUTES, FROM PG. 6

growth plan for the Winnipeg Metropolitan Region that many municipalities outside Winnipeg opposed. According to the government's notice, over 250 participants representing more than 95 municipalities, development stakeholders and the public were involved in the consultation process.

The Association of Manitoba Municipalities (AMM) welcomed the tabling of the Statutory Review Report. "We look forward to the Manitoba government's implementation plan and working together to strengthen Manitoba's planning framework. It's essential that any changes continue to

respect local autonomy, as municipal councils are best positioned to make decisions that reflect their communities' priorities," said AMM president Kathy Valentino.

The Association of Manitoba Bilingual Municipalities (AMBM) also offered support. "As trusted partners, we will continue to work closely together to plan for sustainable and inclusive growth, harnessing our province's unique bilingual advantage to strengthen our communities," said AMBM president Ivan Normandeau. "We also underscore the importance of fully supporting municipal action and equipping municipalities ... with the necessary tools to fulfil their mandates in service of residents."

Under Bill 37 (originally proclaimed

May 20, 2021), key changes to the provincial planning framework included new mandated timelines for planning decisions, expanded appeal rights to the Manitoba Municipal Board, the establishment of regional planning mechanisms (including the Capital Planning Region) and steps to streamline development approvals and reduce red tape.

A government bulletin notes the review aligns with the province's commitment to ensure local voices are respected and timelines for approvals are sped up.

The next step will be for the province to outline an implementation plan for the accepted recommendations — a process AMM said it looks forward to.

> IMPACT, FROM PG. 3

\$1,000, the fund has grown to \$166,629 and has granted out \$6,000 through our Community Grant Program since 2021. This amount will continue to grow every year."

Holod encourages everyone to take part during the Giving Challenge week.

"Any amount helps," she said. "We pool the donations and the small ones really do add up. We appreciate all gifts — and our donors — so much. By making grants to local communities, we are the local 'one-stop donation shop.'"

The ICF will host a Giving Challenge Open House on Wednesday, Nov. 12 from 10 a.m. to 4 p.m. on the main floor of the Town of Stonewall Hall.

"We ask folks to drop by for a coffee and cookie," Holod said. "We will be accepting donations that day in person by cash, e-transfer, credit card and cheque. If you're not ready to make a gift, come and chat with our board and staff — we love to talk about the ICF."

For one week only, contributions made during the Endow Manitoba Giving Challenge are matched by

both The Winnipeg Foundation and the Province of Manitoba, up to a combined maximum of \$4,000 per foundation — meaning each local donation can have double the impact.

For more information or to donate, visit interlakefoundation.ca or endowmb.org.

worship

with us > FAITH

We Will

Remember Them

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them.

(from *For the Fallen* by Laurence Binyon, 1914)

We hear these words each Remembrance Day as we listen to The Act of Remembrance. They remind us to pause each day to give thanks for the sacrifice of soldiers who died in war, so that we might live in freedom. But there is so much more in this poem if you read it in its entirety.

It goes on to speak of the more intimate losses when a soldier dies: *They mingle not with their laughing comrades again; They sit no more at familiar tables of home; They have no lot in our labour of the daytime.* As the number of our World War II veterans become fewer each year, we need to dig deeply into the stories told by family, and those who serve now, to be reminded of the personal, human losses to family, community and humanity through the sacrifices of wartime.

We need to imagine not being able to share life with a close friend; or having an empty seat or two at the family table; or having one less co-worker because of the horror of war. We must make the effort to honour what we promise when we say — We Will Remember Them.

Laurence Binyon was certain that the memory of the soldiers he wrote about would be lasting: *As the stars that shall be bright when we are dust, Moving in marches upon the heavenly plain, As the stars that are starry in the time of our darkness, To the end, to the end, they remain.*

Any time we look up at our big, prairie night sky, we ought to remember the soldiers who are as numerous as the stars, who earned our freedom.

People of faith are called to honour the sacred gift of a life. In this season of remembrance may we honour those who loved their neighbour so much that they gave their life to ensure a future of hope, safety and freedom for us all.

'You shall love your neighbor as yourself.' (Matthew 22:39)

Rev. Mona Denton
Stony Mountain & Lilyfield United Churches

stonymountainlilyfieldpc@gmail.com
204-344-5426

 at Stony Mountain-Lilyfield Pastoral Charge



Don't let flu and COVID-19 interfere with your plans.

Manitoba.ca/vaccine



What's *Your* story?

We want to hear from you.

The Stonewall Teulon Tribune connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@stonewallteulontribune.ca Phone 204-467-5836

Stonewall Teulon Tribune

Youth-led fundraising gala focuses on next generation of Manitoban leaders

By Jennifer McFee

Youth resilience is in the spotlight at an upcoming gala fundraiser that will share the stories of Manitoba's future leaders.

CanU will host its annual youth-led Imagine Stories Gala on Thursday, Nov. 13 at the Canadian Museum for Human Rights in Winnipeg. The Winnipeg-based charitable organization offers mentorship to kids in grades 5 to 12 on post-secondary campuses.

Each week, students from across the city are bused to campus to take part in fun, educational programs led by university students who volunteer as mentors through CanU's Leadership Development program.

"The experience creates a powerful two-way impact; youth gain confidence, curiosity and a sense of belonging, while the university mentors develop leadership and empathy through giving back," said Christina Wood, chair of the CanU Imagine Stories Gala. "Together, they're building a stronger, more connected Manitoba."

For Wood, the cause is close to her heart.

"This event is deeply personal for me. I grew up in poverty and moved between foster homes. At one point, even finishing high school felt out of reach. But I was lucky to have people who believed in me — teachers and mentors and my foster mom who helped me believe in myself," she said.

"CanU is about giving young people the chance to be seen, supported and inspired to believe in themselves. It's a program I wish had existed when I was growing up, and that's why I'm so passionate about helping it grow."

The Nov. 13 gala is geared for anyone who believes in the potential of Manitoba's youth — including community members, the business community, educators and supporter who want to make a difference.

"It's also for people like me, who see a bit of themselves in some of the CanU students and know what having a safe place to grow and learn can do for your confidence and your future," Wood said.

"Many of our guests come year after year because they leave inspired by the students and the stories they share."

The goal of the gala is simple: to raise awareness and funds so more kids can participate in CanU.

"We want every student who dreams of joining to have the chance, regardless of their circumstances. It's one of our main fundraisers of the year. All proceeds go directly toward CanU programming, covering transportation, meals, scholarships and the costs that make it possible for almost 700 students to attend and thrive," Wood said.

"It also supports the processes involved in selecting, training and coordinating almost 800 post-secondary volunteers who are developing their professional and leadership skills and convictions. The gala is what keeps the program accessible to families who might not otherwise be able to participate."

For Interlake residents, the program can also make an impact.

"Even though the Imagine Stories Gala takes place in Winnipeg, the message behind it resonates across the province: when we invest in our youth, our whole province grows. In fact, CanU is working with several partners to develop and provide opportunities to youth in northern and remote parts of our province," Wood said.

"Through our CanU's Leadership and Development program, post-secondary students volunteer as mentors, tutors, program designers and facilitators for grades 5 to 12 participants, and many of those mentors come from communities outside Winnipeg, including the Interlake and Pembina regions. In many ways, the



impact travels home with them — back into the communities they come from and eventually return to."

At the same time, the CanU team is also working to grow their reach and share what they've learned.

"Beyond raising funds and awareness for CanU, our story might inspire others to start their own local initiatives that connect youth, mentors and education," Wood said. "And we'd be happy to share our experience and insight with anyone who wants to make that happen in their own community or help us bring CanU into theirs."

The Imagine Stories Gala takes place on Nov. 13 at 6 p.m. at the Canadian Museum for Human Rights (85 Israel Asper Way in Winnipeg).

"The Imagine Stories Gala is our annual celebration and fundraiser. It's a powerful evening where CanU youth take the stage to share their own stories — stories of hope, confidence and growth. Alongside that, we host a gourmet cocktail-style dinner, online auction, 50/50 draw and VIP reception. It's one night that brings together community, inspiration and impact," Wood said.

"There are lots of ways to get involved; sponsoring the event, donating to the online auction, volunteering or simply helping spread the word. We're always looking for mentors, supporters and community partners who want to help create opportunities for youth."

Visit trellis.org/2025imaginestoriesgala for more info about tickets and sponsorship opportunities. The event usually sells out, so it's best to buy tickets early.

KINDERGARTEN REGISTRATION

November 17 - November 28, 2025

INTERLAKE SCHOOL DIVISION requests that all parents/guardians of children eligible to attend Kindergarten in the 2026/2027 school year register their child with their local school between November 17 – November 28, 2025.

Kindergarten enrollment information is essential for divisional planning for the upcoming school year. If you have an eligible student for the Kindergarten class of 2026/2027 it is important that you register with your local school during this registration period.

Please visit our website for school contact and registration information. www.interlakesd.ca

Kindergarten programs are offered at Teulon, Balmoral, Stony Mountain, Rosser, Argyle, Warren, Woodlands, and École R.W. Bobby Bend School in Stonewall.

Brant-Argyle School offers multi-level learning programming with all-day Kindergarten every day.

École R.W. Bobby Bend School offers French Immersion programming.

Children who will reach their fifth birthday by December 31st, 2026 are eligible to attend Kindergarten in the 2026/2027 school year. Proof of age and address are required.

Al-Anon and AA Meetings Information

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

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

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

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

ROYAL CANADIAN LEGION STONEWALL BRANCH - 467-2261

Clubroom Events for the Week of November 2

Wednesday 4-10 Chase the Queen Draw

at 8:30 Pot is \$1,864.50

Thursday 4-10 Crib 7pm sharp

Friday - 6:30 Meat Draw

Saturday 2-close Open Mike Night and Darts 7pm

All are welcome - please support your local legion!

Town of Stonewall to offer grants to revitalize commercial sector

By Jennifer McFee

The Town of Stonewall has created a new program that aims to revitalize the community's commercial sector.

The Commercial Revitalization and Incentive Support Program, known as CRISP, offers grants to encourage private investment, support local entrepreneurs and strengthen Stonewall's commercial core.

Mayor Sandra Smith announced the program at the recent Stonewall and District Chamber of Commerce inaugural Business Awards Banquet.

"CRISP is about investing in Stonewall's future," Smith said. "By helping our local businesses grow and attracting new ones to our community, we're creating a stronger, more vibrant downtown that residents can be proud of."

Smith explained that CRISP provides three targeted programs: Business Owners' Opportunity for Storefront Transformation (BOOST), Niche Enterprise Support and Transformation (NEST) and Economic Development Grant for Expansion (EDGE).

These programs are designed to assist businesses at different stages of growth, from storefront upgrades all the way to large-scale expansions.

Council has identified the need to revitalize downtown and support local businesses while also transforming vacant and underused properties. Each year, council will set a maximum amount of funds for CRISP in their budget year.

BOOST offers up to \$5,000 to businesses that are looking to complete storefront improvements that focus on signage and façade enhancements, decorative lighting, exterior accessibility improvements and security. BOOST is currently identified for the commercial general zone, but council is considering potentially expanding it to other business zones based on feedback received after the launch on Oct. 25.

NEST will provide a matching grant of up to \$25,000 to entrepreneurs who are creating brick-and-mortar niche businesses in the commercial general zone that don't currently exist or operate in town. In particular, this grant is geared for businesses that focus on tourism, innovation or unmet community needs. The business can't be a national franchise.

EDGE aims to help business owners who are undertaking a major private sector investment that will result in at

least \$2 million in increased assessment and create new employment opportunities. The proposed projects need to focus on economic development and long-term job creation, and they must result in substantial improved property value. This opportunity is available to any business within town limits.

Successful EDGE applicants will receive a grant equal to incremental municipal taxes created by the increased assessment for three years. Incremental municipal taxes are the difference between the amount of property tax revenue generated before the development occurred and the amount of property tax revenue generated after the project is complete. The applicant must own, operate and pay tax on the improved property. The business expansion must also create at least three new permanent full-time jobs or equivalent, and some conditions apply.

"This is more than a grant program; it's a partnership," Smith said. "When businesses thrive, Stonewall

thrives."

CRISP aims to benefit the community by boosting local employment, attracting visitors and enhancing quality of life.

Robert Price-Lewis, president of the Stonewall and District Chamber of Commerce, said it's great to see the town supporting investment in the business community.

"Small improvements like new lighting or signage can make a big difference," he said. "At the same time, larger projects that bring jobs and long-term investment are vital

for keeping our local economy strong and sustainable."

To learn more about CRISP or to apply, visit <https://stonewall.ca/p/crisp> or contact the town office at info@stonewall.ca or 204-467-7979. Applications will be available before the end of 2025 and they'll continue to be accepted year-round. Town staff are available to help guide applicants through the process.

"THIS IS MORE THAN A GRANT PROGRAM; IT'S A PARTNERSHIP. WHEN BUSINESSES THRIVE, STONEWALL THRIVES."

> LEADERSHIP SKILLS, FROM PG. 5

TCI students who got to attend and how great their experience was," said Alayna Toth.

"They talked about their experience being life-changing and how it opened their eyes to the influence that leadership has on students alike," added Kenadi Sherred.

Both said meeting peers from across the country was a highlight.

"Everyone was so friendly — being at CSLC felt like one big family," said Toth. "We all keep in touch through social media."

Sherred also insights on the event.

"From trading pins to talking about how different our lives are based on where we live, the community was so welcoming that it truly felt like one big celebration all day every day,"

said Sherred.

Collège Stonewall Collegiate student Lucy Hoff said the experience helped her become more open and confident.

"How to be more open and encouraging to other people and to have more school spirit," Hoff said of the skills she developed.

"There was very limited cell service so people were able to be in the moment. Also, staying in a cabin helped us get close with kids from other provinces and schools."

She added the experience changed her understanding of leadership.

"It has made me realize how many leaders there are in the world and how many different types of leaders there are."



SAVE WITH A HEAT PUMP

- ✓ New enhanced offers
- ✓ Financial support for every home
- ✓ Energy-efficient heating and cooling

Find the heat pump offer best suited for you at efficiencyMB.ca/heat-pumps.

EFFICIENCY MANITOBA

To see more photos of your favourite Interlake Athletes

GO TO Stonewall Teulon Tribune | flickr

Copyright Stonewall Teulon Tribune. To be used for personal use only.



SHOP LOCAL - SUPPORT LOCAL BUSINESS

Regional Personal Care Home

UPDATE AND INFORMATION SESSION

Thursday, November 13, 2025 at 7pm

Please join the PCH Committee for an update on the 143-bed personal care home being planned for our region and how you can help ensure our facility is next on the list to be built.

The people of the Interlake-Eastern Regional Health Authority region have long suffered from having the lowest number of PCH beds per person in Manitoba.

Over the past few years, a working group has been developing plans for a 143-bed personal care home to serve this region.

Members of the PCH Committee will share the facility's plans with you, bring you up to date on efforts to get it built, and answer your questions. A family testimonial will also be provided during this session.

Date: Thursday, November 13, 2025

Time: 7:00 PM

Location: South Interlake 55 Plus location (374- 1 street West, Stonewall)

RSVP not required

Refreshments will be available

IF YOU WOULD LIKE MORE INFORMATION, PLEASE CONTACT KATHY TURNER AT 204.467.5307



High-speed pups take over Inwood trails for annual Sidewinder mushing race

By E. Antonio

It was an exhilarating day for 40 racers and more than 100 dogs at the annual Sidewinder Dryland Urban Mushing event held in Inwood on Oct. 26.

Participants and their dogs sped through a series of trails, vying for top spots in their categories. Organizer Muriel Smith of Gimli said this is an event she and fellow organizer Steve Diamond look forward to each year — and this race happened to be their biggest yet, doubling registration numbers from previous years.

Urban mushing — a high-speed sport that shows city-dwellers can take part too — features competitors running, biking or scootering with one or two dogs.

"It's an amazing sport and we're all there to make it the best experience



Brigitte with her dog, Ozzy.

people can have," Smith said. "We want everyone to come away feeling

Continued on page 11



TRIBUNE PHOTOS BY E. ANTONIO

Gimli's Muriel Smith competes in Bikejor events with her dogs Zip (left) and Jake. Forty competitors and 100 dogs gathered at the annual Sidewinder Dryland Mushing event in Inwood on Oct. 26. Owners raced with their dogs on foot, by bike or on scooter through a series of trails.

> HIGH-SPEED PUPS, FROM PG. 10

good because it's about growing the mushing community."

Smith has been a musher for nearly 15 years after searching for a winter sport she could enjoy.

"We had dogs, so I figured what better combination than doing a pulling sport?" she said.

She took part in a Snow Motion event — Manitoba's official winter dog sports club — and fell in love with the activity. Since then, she has competed across Manitoba and beyond, most recently in Minocqua, Wis., at the International Federation of Sleddog Sports (IFSS) Dryland Mushing World Championships.

"Going to worlds was amazing," said Smith. "I ended up meeting extraordinarily amazing people who not only do the sport, but who have the same mindset and love for their dogs as I do."

She placed sixth, competing against mushers from 23 countries and nearly 400 dogs. That event — along with the 2023

Continental, where she finished third — remains a highlight of her mushing career.

Dryland mushing includes three main categories: Canicross, where racers run with their dog; Bikejor, where participants bike with one or two dogs; and Scooter, where racers use a scooter with one or two dogs.

At Sidewinder, three Canicross, four Bikejor and two Scooter races were held, all of varying lengths. Smith competed in the two-mile bike race with her two-year-old husky-cross Zip, and in the four-mile bike race with her four-year-old Eurohound-cross Jake.

Any dog larger than 30 pounds is welcome to compete, but Smith warns that it can be a dangerous sport — a single dog can reach speeds of up to 40 kilometres per hour downhill. Her dogs average about 24 kilometres per hour on flatter terrain.

"There's normally an ambulance on site, and I try to make it my goal not to end up there," she joked.

At Sidewinder, Smith placed second and fourth in her respective races. Every competitor received a participation ribbon for completing the course, while medals were awarded to the top finishers in each category.

At the end of the day, Smith said it's not about winning — it's about community.

"On a human level, it's the ca-

maraderie between people. There's a very, very big majority who are there for each other. If someone needs a hand at the start line, someone will always be there to help," she said. "It's everything to do with community, the love of the dog and the sport."

She's also driven by the joy she sees in her dogs.

"Just watching my dog run makes me so happy because that's what he loves to do," she added. "Every single musher thinks they have the best dog — and they do because their own dog is always their best dog."

Anyone interested in mushing can visit www.snow-motion.ca for details on how to get involved, including a schedule of mandatory pre-race lessons.



Getting water after the race.





**MANITOBA
LIQUOR & LOTTERIES**

#MBLLGoodTogether

We're more climate friendly thanks to Manitoba livestock farmers.



Read more by scanning
the QR code or visit
MBLL.ca/ESG



Equi-Tech Veterinary

"Celebrating 40 Years of Care"

Welcomes


Dr. Hannah Meinders

BSc. Ag, DVM

Following a major in Animal Science at U. Guelph, Dr. Meinders completed her DVM at the U. Minnesota. Dr. Meinders was thrilled to extern across Western Canada in bovine obstetrics and reproduction.


We are excited to introduce our newest veterinarian, now available for large animal clients across the Interlake

Call today to book your fall preg checking or herd health **Phone: 204-467-2083**



Equi-Tech Veterinary
Mixed Animal Hospital
8155E Road 79N (204) 467-2083
equitech8155@gmail.com
Privately owned and family operated

HOURS:
Monday-Friday,
8:30 a.m.-5:30 p.m.



THE NEW

SOUTH BEACH Concert

+ + + SERIES + + +

A PAT BENATAR TRIBUTE!

**NOV
21
FRIDAY**



**TICKETS
\$30**



Simply Irresistible!

DETAILS AT SOUTHBEACHCASINO.CA

An evening to honour the fallen and thank the living

By Jo-Anne Procter

Veterans' Week in Canada runs from Nov. 5 to 11, inviting all Canadians to pause and reflect. It's a time set aside to honour the courageous individuals who have served our nation throughout history.

In Stonewall, Royal Canadian Legion Branch 52 kicked off the week with its annual Veterans' Dinner — a cherished event that serves as both tribute and reminder that every person who has served deserves recognition and appreciation. Last Saturday, community members gathered in solidarity and respect for those who have donned the uniform.

Branch 52 president Ken Power welcomed guests and introduced the Colour Party, led by sergeant-at-arms Howard Hilstrom. Following the Last Post and a moment of silence to honour our fallen comrades from land, sea and air, guests were introduced to veterans, widows and branch executives before enjoying a roast-beef dinner served by legion volunteers.

Power acknowledged Ivannia and Paul Pelletier for maintaining the flowerbeds surrounding the legion and Emmy Byle and her crew for crafting the striking poppy nettings



Rev. Mona Denton shared words of reflection and gratitude during the dinner.

that decorate the hall.

Local representatives — Selkirk-Interlake-Eastman MP James Bezan, Lakeside MLA Trevor King, Rockwood Reeve Wes Taplin, Rosser Coun. Angela Emms and Stonewall Mayor Sandra Smith — expressed gratitude for those who have put their lives on the line.

Bezan, the Conservative shadow minister for national defence, said



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Royal Canadian Legion Branch 52 Colour Party officially opened the annual Veterans' Dinner in Stonewall on Nov. 1.

the event holds a special place in his heart.

"It is the most important time for us to pay tribute and give thanks to those who serve and who have served. There is no question that our freedom and our rights have been protected and enforced around the world," he said.

"Canada's contributions to peace-keeping and standing up against terrorists are because of those great women and men who put on a uniform to defend those who cannot defend themselves. Thank you to every one of you who puts on a uniform and serves our communities and our country."

He also thanked families of those who serve.

"Thank you for sharing your loved ones with us to make us a better nation," he said. "Every time the doors

of this legion are open, it's a chance for us to connect with those who have served."

King thanked the legion for providing a welcoming space and for helping younger generations understand the sacrifices that protect their freedoms.

Taplin noted that the annual dinner not only brings the community together but also honours those whose courage and resilience continue to inspire others.

On behalf of the RM of Rosser, Emms expressed gratitude to those who served and reminded guests that remembrance extends beyond Nov. 11, living in the peace and respect Canadians uphold daily.

Smith thanked veterans and widows for their service and sacrifice. Having

Continued on page 21

FARM -to- FORK

ELK AND WILD RICE **Salami**

Stonewood Elk Ranch is proud to introduce our ELK & WILD RICE SALAMI — a savoury new addition perfect for charcuterie boards and sandwiches.

Locally crafted with premium elk and Manitoba wild rice, it's the perfect way to share the taste of the season with family and friends.

STONEWOOD

STEAKS • ROASTS • GROUND • STEWING & STIR FRY MEAT
LIVER • SOUP BONES • GARLIC SAUSAGE

ELK RANCH LTD.

CALL OR TEXT 204-791-9856
(by appointment only)

StonewoodElkRanch.com
stonewoodelkranch@gmail.com

DIRECTIONS FROM BALMORAL: 1 MILE SOUTH ON HWY 236 & 1.75 MILES EAST ON ROAD 84N

OR 1 MILE SOUTH ON HWY 7 AND 1.25 MILES WEST ON ROAD 84N (Watch for Stonewood Elk Ranch sign)



TRIBUNE PHOTO BY JENNIFER GOODMAN

Dignitaries in attendance at the annual Veterans' Dinner. From left: RM of Rosser Coun. Angela Emms, Selkirk-Interlake-Eastman MP James Bezan, Royal Canadian Legion Branch 52 president Ken Power, Lakeside MLA Trevor King, Town of Stonewall Mayor Sandra Smith and RM of Rockwood Reeve Wes Taplin.

Honouring & Remembering CANADA'S VETERANS

To all who have served, past and present,
we salute your bravery, sacrifice and achievements.

Exhibit examines Stonewall's wartime sacrifices

By Jennifer McFee

A special exhibit is on display in Stonewall to share the stories of the town's sacrifices during the Second World War.

A Small Town's Sacrifices: Stonewall in World War II is on display in the Fullbrook Room at the Heritage Arts Centre from Nov. 1 to 10 from 11 a.m. to 5 p.m. The display will be closed on Nov. 11.

Catherine Precourt of the Stonewall Heritage Committee said the exhibit shows how the Second World War impacted everyone in the community.

"Stonewall had a population of maybe 1,000 people at the start of the Second World War and the RM had probably around 5,200 people, so there weren't a lot of people in the area. We're looking at a small rural town and its contribution during the war, how it affected the town and the people in it — not just those who served but the people who stayed here as well," she said.

"It affected absolutely every single person, including children. So part of the exhibit talks about the people at home, kids at school, what it was like to be in Stonewall with the fundraising drives and the salvage operations and the rationing. It affected every as-



John Howard Grahame

pect of life at home."

This year marks 80 years since the end of the Second World War, and Precourt said it's important to continue to tell the stories so they're not forgotten. And as the Heritage Committee researched local veterans, they found that the connections extended beyond just names on a page.

"It became personal. These are our boys. These are our people," she said. "When you read about war or see war

movies, we almost become desensitized. We might not stop to think about the personal cost and the personal stories. Those are the ones that mean the most to me."

This year's event poster features a photo of an aircrew that didn't make it home, including John Howard Grahame from Stonewall. When his niece saw the photo on the poster, she contacted the Heritage Committee and loaned them Grahame's medals and a wartime diary that he kept.

"Even though it's been 80 years, it's still close to the heart of people who lost friends and family. So when people share things like that with us, we're very grateful. We want to tell

the stories of people who didn't come home but also stories of those that did because it's all part of the bigger picture," Precourt said.

"The Heritage Committee is also grateful to the town because they allow us to have space in the building and they fund the cost of supplies for our project."

Another story in this year's exhibit focuses on a young couple that was married during the war. They had their first baby right before the husband, who was a Winnipeg Grenadier, was sent to Hong Kong. He was captured and put in prisoner-of-war

Continued on page 16

We Remember

Trevor King
MLA for Lakeside
mlaforlakeside@gmail.com
Phone 204-467-1998

Lest We Forget
REMEMBRANCE DAY

JAMES BEZAN MP
SELKIRK-INTERLAKE-EASTMAN
JAMESBEZAN.COM

Honouring & Remembering CANADA'S V

Carrying the legacy forward: Bateman prepares for Nov. 11

By E. Antonio
For Stonewall's Captain Carter Bateman, serving his country while continuing to learn, travel and grow alongside others drives his commitment to the Canadian Armed Forces. The 23-year-old joined the Royal Winnipeg Rifles as a Primary Reserve infantry officer at 19, during his first year of university. What began as a way to support his education soon became a calling. "I quickly fell in love with the work and opportunities I have been given since I started working full time with CAF," Bateman said. Since his initial training, he has continued to complete his Bachelor of Health Science (BHSc) at the University of Manitoba, with a focus in biomedicine. In 2022, he completed a 13-month CAF officer training program in New Brunswick. He went on to assume duties as a platoon commander in 2023 and 2024. Bateman has also been called to support several emergency response operations in rural Manitoba, including wildfire suppression and evacuation assistance under Operation LENTUS, CAF's response to natural disasters. Those deployments, he said, taught



Bateman assists with wildfire management and evacuations in Germansen Landing, B.C.

him how to sustain himself and others in difficult environments. He now serves as the Operations and Plans Officer for the Arctic Response Company Group (ARCG) within 38 Canadian Brigade Group, supporting unit- and brigade-level cold-weather planning for operations



PHOTOS SUBMITTED
Stonewall's Captain Carter Bateman, far right, joined the Canadian Armed Forces when he was 19. Now 23, he has travelled across Canada helping with natural disaster situations. Pictured is Bateman with members of the Royal Winnipeg Rifles Council in Brockville, Ont., from spring 2025.

and exercises in the High Arctic. Most recently, he served as Land Task Forces Commander on Operation NANOOK-NANAKPUT. "I do this for the enjoyment and satisfaction of learning, working, and growing with others," he said. "Service is duty and pride — it means showing up for a cause bigger than me, wearing a uniform that stands for

trust, and trying to meet the standard set by those who served before us." Bateman emphasized that the CAF provides significant personal, professional and practical support to those who commit. "The CAF gives me a lot — world-class leadership and technical training, access to fitness facilities, sports and competitions, travel and joint training with allied forces overseas,

ADMIRAAL
AUTO SERVICE
204-467-7512

QUARRY RIDGE
PHARMACY
(204) 467-7333

INTERLAKE
SALVAGE & RECYCLING INC.
Stonewall Industrial Park 204-467-9344

Brake Family Auto
Sales & Service Ltd.
214-2nd Ave North, Highway 67
Stonewall 204-467-9156

CARSTAR
Collision & Glass Service
3 Agassiz Ave, Stonewall, MB
Phone: (204) 467-4329 carstar.ca

Quarry View
Hwy 67, Stonewall
204-467-9454

QUARRY
PHYSIOTHERAPY
AN inMotion CLINIC
Stonewall 204-467-9101
inmotionnetwork.ca
Keeping the Interlake inMotion since 1994

GRANTHAM
LAW OFFICES
Lawyer & Notary Public
Stonewall 204-467-5527

Equi-Tech Veterinary
Mixed Animal Hospital
8155E Road 79N (204) 467-2083
equitech8155@gmail.com

Something Beautiful
Support for Life in the Community
307 Main Street,
Stonewall
204-467-9620

RM of Woodlands
Reeve and Councillors

RM OF ARMSTRONG
Reeve and Councillors

FamilyFoods
#3-330 3rd Ave South, Stonewall

RM OF ROCKWOOD
Reeve and Councillors

S VETERANS Tuesday, November 11, 2025

and a strong professional network and mentorship," he said.

He is currently on a renewable three-year full-time service contract and receives:

Comprehensive health and dental coverage

Paid leave, including parental leave

Pension contributions

Mission-specific allowances, such as field and deployment benefits and income tax exemptions on eligible overseas operations

Access to subsidized housing and family support services

"The flexibility to move between part-time and full-time periods without leaving the organization is a big plus as well," he added.

Bateman credits much of his leadership and resilience to his years playing hockey in Stonewall.

"Hockey gave me teamwork and clear communication, leadership, fast decisions under pressure, discipline, resilience, and a strong fitness base," he said. "Managing gear, travel and schedules translated directly to kit prep, inspections and timelines in the CAF."

What makes the work meaningful, Bateman says, is seeing effort translate into real-world impact.

"Purpose matters. You see your effort count on a larger scale. Helping a community on a hard day or watching a young soldier grow into a leader makes it worth it. The best moments are often what we call 'type-two fun' — tough in the moment, unforgettable afterward."

He acknowledges the challenges — time away, harsh climates, physical demands — but relies on his team, routine and sense of purpose.

He is set to graduate with his BHSc in December 2025, a program that he says pairs well with his military work.

"Understanding the human body like a machine is so interesting to me — the interdisciplinary health aspects of taking care of your body and sharing that knowledge with others," he said.

After graduation, two possible paths await:

- Begin a Master of Business Administration (MBA), which he says would strengthen his leadership roles within CAF, or

- Deploy to Germany for seven months for overseas support.

Further down the road, he may pursue a medical doctorate, but for now, he is focused on growing his experience.

"I want to be a well-rounded person, and to me that means being adaptable and learning as much as I possibly can while enjoying the things I do."

As Remembrance Day approaches, Bateman will take part in the Royal Winnipeg Rifles ceremonial parade at Vimy Ridge Park in Winnipeg on Nov. 11 at 10:30 a.m.

"For me, Remembrance Day means living up to the standards of earlier generations and knowing we stand on their shoulders," he said. "There have been a lot of sacrifices, and we must honour them and remember the members who served for our country."

Stonewall Pharmacy Ltd. 467-8385

Stonewall Home hardware 204-467-5589



Town Of Stonewall
Mayor and Councillors



Royal Canadian Legion
Stonewall

Branch #52



Town of **Teulon**

Mayor and Councillors

a great place to come home to



204-461-0815

LEO'S

SALES & SERVICE, LTD.

1-866-694-4978



PETS

Supplies & More

204-467-5924



QUARRY Stonewall
Dental Centre
204-467-2177



Royal Canadian Legion
Woodlands

Branch #248



THE RURAL MUNICIPALITY OF
ROSSER

Reeve and
Councillors

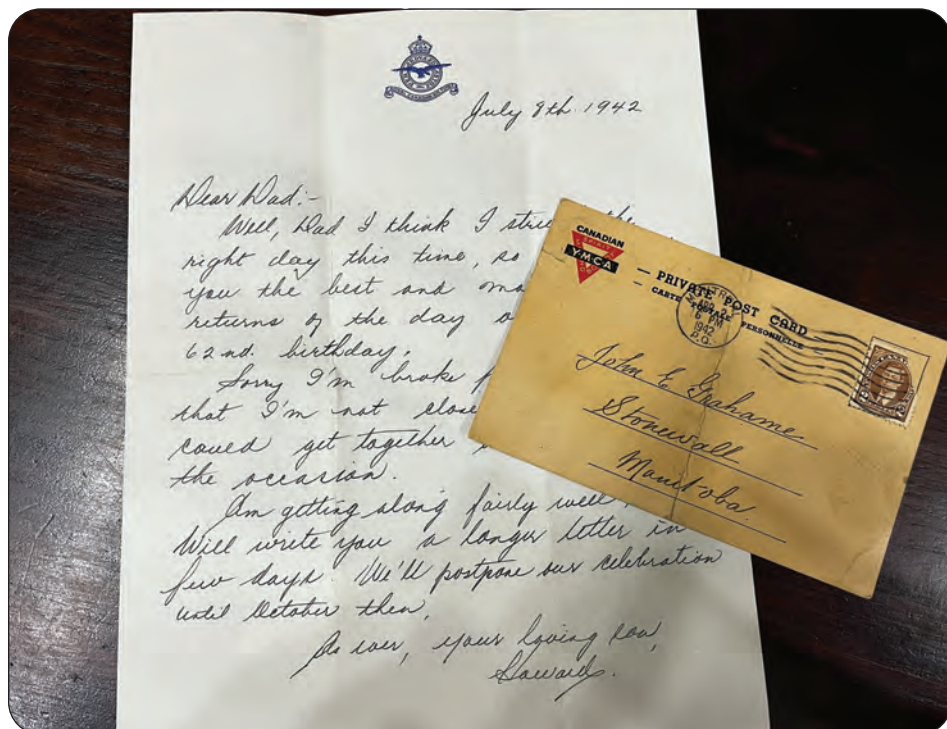
**To those who've
served,
Thank you**

Rockwood
WRECKING & RECOVERY

Servicing
Stony Mountain, Stonewall
and surrounding areas
MPI & CAA Accredited

204-392-4892

Honouring & Remembering CANADA'S VETERANS



TRIBUNE PHOTOS SUBMITTED

A handwritten letter from John Howard Grahame to his father in 1942 is among the personal artifacts featured in *A Small Town's Sacrifices: Stonewall in World War II*. Grahame, a Stonewall native who served overseas during the Second World War. His letter, along with his medals and diary loaned by family, helps bring local wartime stories to life at the Heritage Arts Centre exhibit.

> SACRIFICES, FROM PG. 13

for four years. She went to help on her family's farm in the Stonewall area until her husband eventually made it

back home. "There so many sacrifices," Precourt said. "We want to try to give people an idea of what Stonewall was like 80 years ago. This is our past, our heritage, and it's important to share."

The Heritage Committee has invited local Grade 6 students to tour the ex-

hibit, and they'll also be making votives for a service at the cemetery.

"It's important to involve young people so they have the chance to participate as well," Precourt said.

"Everything has a story — and these stories are impactful to share."

A Small Town's Sacrifices:

Stonewall in World War II

War — it had come again in less than 21 years since the end of the "war to end all wars".

The people of Stonewall, like other Canadians, had hoped and prayed a war could be avoided.

It was not.

World War II touched every man, woman, and child in our community.

This is the story of our community those six long years.

Join us:

November 1 - 10, 2025

11 am — 5 pm

Fullbrook Room, Heritage Arts Centre



INTERLAKE Community Foundation
204-467-5634

Laura Woodman, CIM®, FCSI®
Investment Advisor | IA Private Wealth
Stonewall 204-806-8388
laura.woodman@iaprivatewealth.ca
Call to book a meeting for a complimentary portfolio review.

THE 19th HOLE GOLF SIMULATORS & LOUNGE
Stonewall 204-467-7529 nineteenthhole.ca

MacKenzie FUNERAL HOME
204-467-2525

SC STONEWALL & DISTRICT CHAMBER OF COMMERCE
www.stonewallchamber.com info@stonewallchamber.com

Super 7 Service **Esso**
204-886-3777 Chester Fried Chicken

Rockwood WRECKING AND RECOVERY INC
204-392-4892

PRAIRIE ZEN
Massage • Skin Care • Wellness Clinic
336 Main Street, Stonewall
prairiezen.clinicsense.com
prairiezenstonewall@gmail.com

Inview Insurance
Co-operators, Stonewall
344 Main Street Stonewall, MB
(204) 467-8927

Remembrance DAY
HONOURING ALL WHO SERVED

Remembrance Day NOVEMBER 11
Remembering those who served

COMPLETE PHYSIOTHERAPY
Restoring you to the BEST you
375 Main St., Stonewall
204-467-8900
www.completephysiotherapy.ca

Remembrance DAY november 11th SERVICES

2025 SERVICES - TUESDAY, NOVEMBER 11

LEGIONS/HALL

Brant Argyle Legion Branch #222 — Argyle Community Hall

Doors open 10:00am Ceremony 10:45am followed by laying of wreaths at cenotaph at Brant-Argyle Cemetery 1/2 mile north on Meridian Road. Light lunch served back at the hall.

Stonewall Legion Branch #52 — Doors open 10:00am with service at 10:30am. Light lunch to follow

Stony Mountain — Stony Mountain Recreation Centre - Doors open 10:00am, service 10:30am

March to cenotaph to lay wreaths following service and back to community centre for light lunch

St. Laurent Metis Legion Branch #250 — Welcome coffee and bannock 9:30am, service at 10:50am. Light lunch to follow.

Teulon Rockwood Centennial Centre - Teulon Lions Club hosts pancake breakfast 8:30-9:30am (\$7 - no charge for serving members and Veterans) Service 10:30am followed by laying of wreaths. Coffee and dainties served following service.

Woodlands Legion Branch #248 — Service 10:30am Silver Cross Mother Mrs. Seggie will be in attendance. Light lunch to follow.

Halloween 'pub' crawl brings spooky fun to seniors



TRIBUNE PHOTOS BY EMILY ANTONIO

By E. Antonio

The music was blasting and people were dancing at Goodwin Lodge's Halloween "Pub" crawl at the Teulon Personal Care Home on Oct. 29. Staff came together to serve spooky treats and drinks for residents and their families to enjoy.

"We wanted to do something fun and our creative juices were flowing, so we figured let's do it," said Cry-

stal Bergeron, Goodwin Lodge's recreation coordinator.

It was the first event of its kind for the care home, and Valerie Coburn, Goodwin Lodge acute recreation facilitator, said it was a huge success that will likely return.

Residents had the chance to visit each of the eight Halloween-themed tables while dressed in costumes for their in-house "pub" crawl. A variety

of baked goods and beverages were served, giving participants plenty of sweet treats and lasting memories.

"We're always looking for something new to do," Coburn said.

"Words can't even explain how amazing this turned out to be. It brought together, family and friends. I couldn't have asked for a better day."



Local family cuts food waste by freeze drying produce

By E. Antonio

A mother-daughter team from Stonewall has found a unique way to reduce garden produce waste — and they have turned it into a thriving small business.

By freeze-drying fruits, vegetables and herbs, they can preserve food for years while sharing their harvest with the community at local farmers' markets.

Karen Goertzen and her daughter Stephanie own Grandma G's Garden — a hobby that grew out of Karen's determination to make the most of her backyard garden.

"I'm thrifty and I don't like throwing anything out," Goertzen said. "With the freeze drying, I can use my garden produce without having it go to waste."

She picked up the craft two years ago after expanding her backyard garden.



A bag of Grandma G's Garden freeze-dried raspberries sits ready for market.

She quickly realized traditional methods like freezing and canning could no longer keep up with the sheer volume of food she was producing. The



TRIBUNE PHOTO SUBMITTED

Stonewall's Karen Goertzen and her daughter Stephanie have built a small business around preserving home-grown produce through freeze-drying — turning their garden harvest into long-lasting, healthy snacks.

garden now supports three families, and freeze drying provides a practical way to preserve their goods and allows her to share the produce effectively with others, including with another daughter who lives in Texas.

"I just want to use up the produce I have and when you have this huge garden and not a lot of freezer space, I had to come up with another option," she explained.

Her herbs and vegetables are grown on her property and she tries to source her fruit from u-pick Canadian gardens. Grandma G's Garden has freeze-dried peas, corn, onions, potatoes, zucchini, beans, a variety of herbs, plums, apples, watermelon, apricots, ground cherries and her

bestselling strawberries and raspberries.

"I try to listen out for what people are looking for. If they are interested in a certain product, I will do my best to make it happen," Goertzen added.

Goertzen said one of the added benefits of freeze-drying is the health factor.

"There are no added ingredients like fats or sugars — it's purely the fruit or vegetable you're eating," she said. "The only exception is a couple of items like my beans and zucchini, which I season with powdered ranch."

Her products also last far longer than traditionally preserved foods. While she doesn't have an exact shelf-life figure, Goertzen said she is still enjoying freeze-dried food she made three years ago.

"It still has the same taste and texture as the day I made it," she said.

Her freeze-dried goods are versatile. Many customers enjoy them as healthy, on-the-go snacks, while she uses them in her own cooking and baking.

"The possibilities are endless with freeze drying," Goertzen said.

Each batch takes just over 24 hours to complete. She washes and slices each ingredient and lets her five-tray freeze dryer do its work.

"I have done a lot of reading and research," she noted. "But through trial and error I have slowly discovered the best techniques to freeze drying things."

Her farmers' market season has come to a close for the year, but she is already scouting out which markets she wants to attend in 2026.



Give to the Interlake Community Foundation between November 10th and 16th and your \$100 gift becomes \$140, thanks to stretch funding from The Winnipeg Foundation and the Manitoba government. That's \$4,000 in matching funds for \$10,000 in donations!

Donating to an unrestricted fund increases the local Community Grants! Ways to donate:

- Visit www.interlakefoundation.ca and click "DONATE" to donate securely with a credit card. Online donations will be processed and receipted by the Winnipeg Foundation.
- Drop off cheques payable to the Interlake Community Foundation or cash before Nov. 16th at our office at 293 Main Street, top floor. We will be there Monday to Friday 9:30AM to 3:30PM all week (except November 11th).
- Come to our open house on Wednesday, November 12th. We will be on the main level in the Town of Stonewall Hall from 10AM to 4:00PM. We will have cookies and coffee for everyone who drops by!
- Mail a cheque payable to the Interlake Community Foundation to us at Box 1575, Stonewall, MB R0C2Z0. We must receive it before November 16th to be eligible.
- eTransfer your donation to info@interlakefoundation.ca Please follow up with an email containing your mailing address.
- Call us! We can come and pick up your donation. We're here to help! 204-467-5634

We are Building for Tomorrow - Today!



JOIN US FOR THE NOVEMBER CONSIGNMENT SALES 2025

November OFFSITE Consignment Sale. Viewing: November 17th -21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM
Lots start closing on Nov 26, 2025 at 10:00AM. Pick up days: Friday November 27th & 28th from 9AM to 5PM

November ONSITE Consignment Sale. Viewing: November 17th -21st 9PM to 5PM. Bidding starts: Nov 20, 2025 at 10:00AM
Lots start closing on Nov 27, 2025 at 10:00AM. Pick up days: Friday November 28th & 29th from 9AM to 5PM

November ONSITE Week 3 Consignment Sale. Viewing: November 24th -27th 9PM to 5PM. Bidding starts: Nov 27 2025 at 10:00AM
Lots start closing on Dec 3, 2025 at 10:00AM. Pick up days: Thursday December 3rd & 4th from 9AM to 5PM

November ONSITE Week 3 Consignment Sale. Viewing: November 24th -27th 9PM to 5PM. Bidding starts: Nov 27 2025 at 10:00AM
Lots start closing on Dec 3, 2025 at 10:00AM. Pick up days: Thursday December 3rd & 4th from 9AM to 5PM



Ashern Auction Mart First Annual Online Equipment Sale. Viewing: April 20 to 24th 9PM to 5PM
Bidding starts: April 23, 2026 at 10:00AM. Lots start closing on April 29, 2026 at 10:00AM
Pick up days: Thursday, April 30th & Friday, May 1st from 9AM to 5PM.

If you require help or do not have internet access please call the office at (204) 434-6519.

Call today if you would like to consign your items! Office (204) 434-6519 • Brad Kehler (204) 346-2440 Darryl Enns (204) 216-0931 • Ed Pylypjuk (204) 392-8442
ITEMS ARE SOLD AS YOU SEE THEM. Call Now to Consign in Upcoming Auctions.

get inspired

> MEAL IDEAS



Servings: 6

Grape Gremolata:

1 cup finely chopped green Grapes from California

2 tablespoons minced Italian parsley

1 clove garlic, minced

1 large lemon, zest only

1 pinch sea salt

Roasted Cauliflower:

1 large head cauliflower

2 tablespoons olive oil

1/2 teaspoon sea salt

freshly ground pepper, to taste



Roasted Cauliflower with Grape Gremolata

To make grape gremolata: In medium mixing bowl, stir grapes, parsley, garlic, lemon zest and salt. Cover and refrigerate until ready to serve, up to 1 day ahead.

To make roasted cauliflower: Heat oven to 450 F and line baking sheet with foil. Discard leaves and stems from cauliflower and cut into 1-1 1/2-inch florets. Place in large bowl and drizzle with olive oil. Sprinkle with salt and pepper, to taste, and toss well to coat. Transfer to prepared baking sheet and spread in single layer.

Roast 15 minutes. Stir well and roast 15 minutes, or until golden brown on edges. Serve warm with grape gremolata.



Servings: 24 (1 cup each)

24 square won ton wrappers, at room temperature

olive oil cooking spray

2 tablespoons sesame oil

1 tablespoon honey

1 tablespoon soy sauce

1 tablespoon rice vinegar (unseasoned)

1/4 teaspoon ground ginger

3 cups red Grapes from California

sesame seeds

snipped fresh cilantro, for garnish

Heat oven to 350 F. Spray won ton wrappers on both sides with olive oil

Sesame-Roasted Grapes in Crispy Won Ton Cups

spray. Press into 24 mini muffin cups, gently pressing into bottom to form flat base. Bake 10-12 minutes, or until lightly browned; let cool.

Increase oven temperature to 425 F and line small baking sheet with foil. In medium bowl, stir sesame oil, honey, soy sauce, vinegar and ginger. Add grapes and toss well to coat.

Spread mixture in single layer on baking sheet and roast 30 minutes, or until grapes are cooked but still holding shape, stirring occasionally. Let cool then spoon a few grapes into each won ton cup, adding any leftover juices. Garnish with sesame seeds and cilantro.



Servings: 6

3 tablespoons extra-virgin olive oil

3 tablespoons balsamic vinegar

3/4 teaspoon sea salt

3 cups red Grapes from California

1 pound orange sweet potatoes, peeled and cut into 1/4-inch slices

Sheet Pan Roasted Grapes and Sweet Potatoes

3/4 cup thinly sliced onion
freshly ground pepper, to taste
snipped fresh basil

Heat oven to 425 F. In large bowl, combine oil, vinegar, salt, grapes, sweet potatoes and onion, tossing well to coat. Place on large baking sheet and spread in single layer.

Bake 30 minutes, or until potatoes are tender, stirring halfway through cooking. Sprinkle with freshly ground pepper, to taste, and fresh basil.

Ask the Money Lady

Dear Money Lady Readers:

I want to talk about something I hear from readers all the time. Many Canadians want to feel more “in control” as they age. Many want to be more prepared and knowledgeable when facing the financial, health, and lifestyle changes that come with getting older. I don’t think we talk enough about how empowering knowledge can be in later life. When we’re equipped with the right information, we not only protect ourselves, but we also thrive as we age. We stop being afraid of change and start meeting it head-on, because now we have the tools to do so. Ultimately, there’s no rulebook for getting older. Some people ease into retirement. Others are pushed into it before they’re ready. While many others spend decades dreaming about it, only to arrive and think — now what? That’s where continuing to stay active and broadening our minds becomes so important.

That belief is the foundation of the Vibrant Living Speaker Series, a brand new initiative I’m proud to officially launch across the country. Over the last few months, we’ve been working on the pilot program with a number of wonderful organizations and community centres across Ontario to build an event series that’s designed specifically for older adults, bringing together expert advice, practical knowledge, and a good dose of inspiration. The series focuses on three key areas: financial literacy, health and wellness, and social wellbeing. Why these three? Because they’re the pillars of a strong and vibrant life. We need to feel financially secure. We need to take care of our bodies and minds. And we need connection, joy, and purpose. These aren’t just “nice to haves” — they’re essentials. They’re what allow us to age with confidence, security and dignity.

Through the Vibrant Living Series, we bring in professionals and specialists to speak on topics that



matter. You’ll hear about how to avoid financial scams, how to manage chronic health conditions, how to stay socially active in your community, and even how to plan for long-term care in retirement. Of course, I’ll be there too, offering guidance and sharing what I’ve learned from helping Canadians navigate their finances for over 35 years. This is more than just a presentation series, this is a chance to gather; which is also an essential component of social wellbeing, and it will allow you to find ways to make your life the best it can be.

If you’ve been reading my column for a while, you know I’ve always been a big believer in practical advice. No fluff, no nonsense, just real information that makes a difference and that’s exactly what vibrant living is all about. I hope to see you at one of our upcoming events. If you can’t attend in person, don’t worry, I’ll be bringing you the highlights and lessons from the series right here to the pages of your newspaper, because everyone deserves the tools to live well—at every age.

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 !!

Zucchini Spice Bundt Cake

Recipe courtesy of “Cookin’ Savvy”

1 box spice cake mix

2 cups grated zucchini

1/3 cup melted butter

3 eggs

1 cup chopped walnuts, divided

1 cup chopped white chocolate chips, divided

1 cup powdered sugar
milk

Heat oven to 350 F.

In bowl, mix cake mix, zucchini, butter, eggs, 3/4 cup walnuts and 3/4 cup white chocolate chips. Pour into greased bundt pan and bake 40 minutes, or until toothpick inserted in center comes out clean.

Let cool about 10 minutes then remove from pan to finish cooling.

Mix powdered sugar and milk, about 1/4 cup, to reach desired consistency of frosting. Pour over cooled cake then sprinkle with remaining walnuts and remaining white chocolate chips. Cut and serve.

Activities for Seniors in Your Area



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

2026 MEMBERSHIPS AVAILABLE NOW! \$25.00 FOR A CALENDAR YEAR

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



Painting Day Drop In Dates:

Friday, November 14 and November 28 and Friday, December 12
 Drop in from 10:00 am-1:00pm. Bring a bagged lunch and all your supplies needed to work on your current painting project.
 Drop-in fee: Members \$3, Non-members \$5

Royal Aviation Museum

Tuesday, November 18
 Leave Lions Manor, Entrance #1 at 9:10 am and South Interlake 55 Plus Centre at 9:15 am
 Members: \$40 / Non-Members \$45
 Lunch at Chicago Joe's (at your own expense)
 Deadline to register and pay is November 7

November Luncheon

Wednesday, November 19, 2025, 12:00 pm
 Serving Chinese Food, Dessert, Tea/Coffee
 Tickets: \$18.00. Advance tickets only available at South Interlake 55 Plus Office, 374 1st Street West, Stonewall
 Deadline to purchase tickets: Friday, November 14
 Ask about the Subsidized Transportation for this event, sponsored by Age Friendly Manitoba

Presentation: Our Amazing Universe A Trip Through the Night Sky

Tuesday, November 25, 1:00pm - 374 1st Street West, Stonewall
 Ted Bronson will bring a power point presentation including amazing pictures of the Aurora Borealis, eclipses seen from around the world and the Deep Sky
 Please register for this complimentary presentation by Wednesday, November 19
 Ask about the Subsidized Transportation for this event, sponsored by Age Friendly Manitoba

St. Vital Shopping Centre Trip

Thursday, November 20
 Depart 9:15 am from Lions Manor, Entrance 1 and 9:30 am from South Interlake 55 Plus
 Registration Deadline:
 Tuesday, November 18
 Members \$20 / Non-members \$25

Winter Wonderland Christmas Light Display

Tuesday, December 11
 Cost: \$25.00 per person
 (Dinner at Denny's at your own expense)
 Registration deadline:
 Thursday, December 4

The Tenors Joy to the World Tour

Sunday, December 14
 Leave Lions Manor, Entrance #1 and South Interlake 55 Plus Centre at 12:30 pm
 Members: \$115 / Non-Members \$120
 Call for Availability

Let's Craft Christmas Centerpiece

Friday, December 19, 10:00am
 Space is Limited. Call to register for this complimentary workshop by December 10.
 This event is complimentary, as well as transportation due to sponsorship of New Horizons Grant

WEEKLY ACTIVITIES

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

VOLUNTEER OPPORTUNITIES

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

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

SOUTH INTERLAKE SENIORS RESOURCE

Support Services for Seniors • Driver/Escort Program
 • Equipment Lending Service • Meals on Wheels • Lifeline
 • ERIK and ICE Programs • Handy Helper/Housekeeping Program
 • Friendly Visiting and Telecheck (phone buddy)
 • Home Hair Care Service • Resource information/Form Assistance
 Our office is located in the Stonewall Lions Manor at 622 Centre Avenue, Entrance 4.
204-467-2719 www.sisrc.ca

Coming Soon!

November 6th/2025 - Memory & Aging (5 sessions)
 Cancelled - November 25th/2025 CNIB - Canadian National Institute for Blind
 Rescheduled- December 11th/2025 CNIB - Canadian National Institute for Blind
 January 8th/2026 - Brain Health (4 sessions)
 February 12th/2026 - Healthy Eating & Cooking for 2 & Actively Aging
 February 26th/2025 - Osteoporosis
 For more information call Seniors Resource @ 204 467 2719



MEMORY & AGING PROGRAM
 LET US HELP YOU PROTECT WHAT MATTERS

thewellness
Institute

This program was developed for older adults but adults of all ages are welcome to attend. If you are experiencing normal age-related memory changes, or want to learn to protect and improve your brain, join us!

Developed by Dr. Angela Troyer in collaboration with a team of psychologists and scientists at Baycrest Centre for Geriatric Care

Where: Lion's Manor, Multi-purpose Room, Entrance 4, 622 Centre Ave, Stonewall

When: November 6, 13, 20, & 27 and December 4, 2025

Time: 2:00pm-3:00pm

RSVP to Senior's Resource 204-467-2719 by October 23, 2025

Christmas Parade & Light Tour Friday, December 5th, 2025

Christmas Parade @ 7:00pm & Tour of the Town Lights to follow.
 Handivan pick up will be at

Stonewall - Lions Manor (door #1), Stonewood & Crocus Manor
 Woodlands - Oakpark Lodge & Oakpark Estates

Balmoral - Sprucewood Place & Stony Mountain - Hilltop Manor

Reservations Required Limited seats available!

Call Seniors Resource at 204-467-2719 to reserve your seat!

Please RSVP by December 3rd/25



Teulon & District Seniors Resource Council Inc.

Providing a Helping Hand

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

PROVIDING FREE SERVICES TO SENIORS:

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

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

55+ and people living with disabilities

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

Office: St. Laurent Community Health Centre

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

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

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

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

Foot Care Clinic, Victoria Lifeline, housecleaning and more.

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

Free Community Volunteer Income Tax Program

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

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

> HONOUR THE FALLEN, FROM PG. 12

had family members serve in both world wars, she said she understands the effects first-hand.

"An uncle who was deeply affected by his experience had PTSD, and it wasn't something that was talked about," she said. "It is so important that when family members come back from service, we are there to support them. We need to do what we can to support them when they return because they have sacrificed so much."

Newly appointed Manitoba District 5 Commander Janet Raymond

said she was honoured to attend the dinner.

"This dinner is more than a meal. It's a moment to pause, reflect and thank the veterans who have given so much in service to our country," she said. "Your courage, your sacrifice and your continued presence in our communities are deeply valued. We see you; we honour you."

Spiritual leader Rev. Mona Denton read two scriptures and extended her appreciation to veterans and their families. She reflected on how war

touches all aspects of life, noting that more than 500 major-league and 4,000 minor-league baseball players served during the Second World War.

"It reminds us how much of day-to-day life was affected by the war effort," she said. "As wars rage around the world still, remember not only the loss of life but the loss of human potential, too."

Denton added that as Second World War veterans become fewer, their stories must continue to be shared.

"In our video-driven and digital world, it's too easy not to experience

the human tragedy of war. May it never seem distant to us as we share the stories of sacrifice we know."

Following the formalities, guests moved into the clubroom where a band provided entertainment for the remainder of the evening.

A Remembrance Day service will take place at the Stonewall Legion on Tuesday, Nov. 11. Doors open at 10 a.m., with the service beginning at 10:45 a.m., followed by a light lunch. All are welcome to attend and honour Canada's heroes.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Teulon Saints junior varsity girls win Zone V banner

By Jo-Anne Procter

The Manitoba High Schools Athletic Association Zone V junior girls volleyball championship was held Oct. 28 at Warren Collegiate and Oct. 29 at Teulon Collegiate.

The Teulon Saints earned their spot in the playoffs with a strong round-robin performance. They defeated the Fisher Branch Cougars 25-4 and 25-13, the Fisher River Hawks 25-9 and 25-15, and the Lundar Kodiaks 25-9 and 25-17. Their only loss came against the Arborg Athletics, falling 25-12, 20-25, 15-4.

In the semifinal, the Saints topped

the Gimli Lakers 26-24 and 25-14 to advance to the gold-medal match against the Warren Wildcats.

The championship final was a hard-fought battle. Teulon dropped the opening set 22-25 but rallied to win the next two 25-23 and 15-5 to capture the Zone V title.

The Saints will now turn their focus to the upcoming junior varsity A/AA provincial round 1 playoff in Grandview on Nov. 8, where they'll face the host Spartans, the Baldur/Cartwright Cougars and the West St. Paul King's Knights.



TRIBUNE PHOTO BY JUDI CARROLL

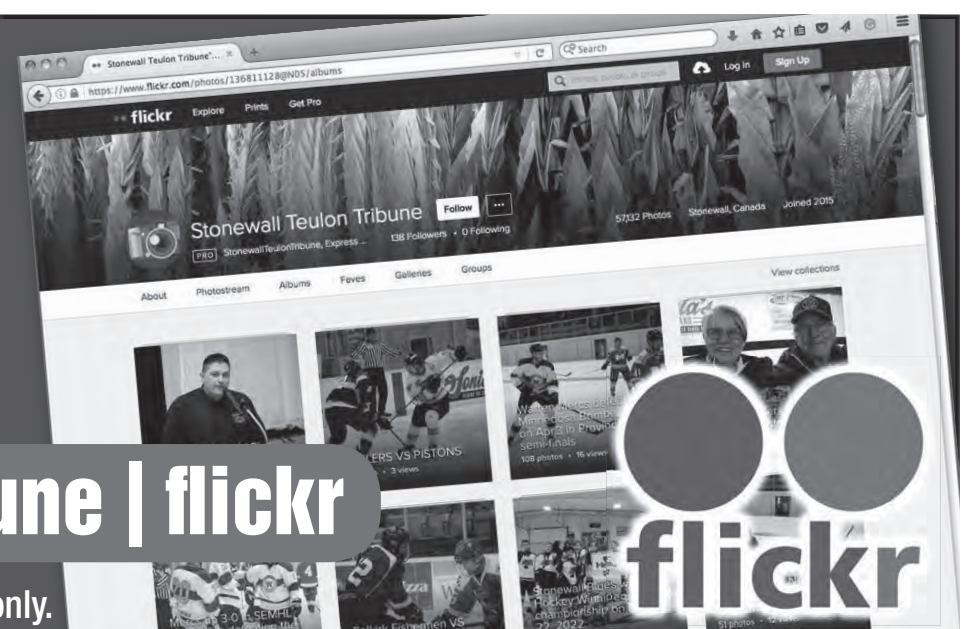
The Teulon Saints captured the Manitoba High Schools Athletic Association Zone V junior girls volleyball championship banner on Oct. 29 in Gimli. The Saints defeated Gimli Lakers in the semifinal and went on to beat Warren Wildcats in the final to claim the title. Pictured left to right, back row: Lori Wutke (supervisor), Derek Cook (coach), Lily Skinner, Mya Marmonier, Lily Melek, Avery Monsterski, Anna Carroll, Scarlett Wasserman and Mike Rawlings (coach); front row: Jailyn Thorkelson, Kate Rawlings, Lynaya Toth, Olivia Price, Ainsleigh Hutchinson, Zuri Cook and Derek Cook (coach).

To see more photos of your favourite Interlake Athletes

GO TO

Stonewall Teulon Tribune | flickr

Copyright Stonewall Teulon Tribune. To be used for personal use only.



Jets top Raiders in shootout after third-period comeback

By Kieran Reimer

The Stonewall Jets took two of a possible four points from a pair of games in last week's Manitoba Major Junior Hockey League action.

On Thursday, they dropped a 5-1 home decision to the River East Royal Knights, who now sit two points ahead of the Jets in the standings.

In the loss, Wylie Garchinski netted Stonewall's lone goal, which came in the third period with River East already in control. The Royal Knights added two more to seal the win and handed the Jets their fourth defeat of the season.

Then on Sunday, the Jets mounted a third-period comeback after trailing by two and went on to edge the Raiders Jr. Hockey Club 4-3 in a shootout at Seven Oaks Sportsplex.

Stonewall's Talon Hogg, Gavin Holod and Karson King scored in reg-

ulation to tie the game at three and force overtime. After a scoreless extra frame, Cohen Cheung and King both found the back of the net in the shootout, while goaltender Ron Cailo stopped all three Raiders shooters to secure the win.

Cailo earned his second victory of the season, finishing with 19 saves.

With the result, Stonewall improved to 6-4 and held onto fifth place in the MMJHL — two points back of River East and two points ahead of the Raiders.

The Jets will now prepare for another Thursday-Sunday set against two of the league's top teams. On Thursday, they'll welcome the second-place Transcona Railer Express to VMSC for an 8 p.m. puck drop.

On Sunday, Stonewall travels to Winnipeg to face the undefeated St. Boniface Riels in an afternoon match-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Jets' Wylie Garchinski (right) scored the lone goal for the Jets in their 5-1 loss to the River East Royal Knights in Stonewall on Oct. 30.

up at Southdale Community Centre. Puck drop is scheduled for 3 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren Wildcats left side hitter Torie Galbraith was recognized as a Dairy Farmers of Manitoba Athlete of the Week on Oct. 29 for her outstanding performance at the varsity girls' level.

Warren's Galbraith named MHSAA Athlete of the Week

By Kieran Reimer

The Manitoba High Schools Athletic Association tipped its cap to a Warren Wildcats volleyball star last week.

Left side hitter Torie Galbraith was named a Dairy Farmers of Manitoba Athlete of the Week on Oct. 29 for her standout play at the varsity girls' level.

"Just being a leader on the court, she kind of quarterbacks a lot of the things we do offensively and defensively," said Wildcats coach Tyler Oliver on Thursday. "She's always talking to her teammates during timeouts and between games about what she sees. She reads the game exceptionally well, so she knows where to be defensively, she knows where to put the ball offensively, and she competes like not many, that's for sure."

A Grade 11 student, Galbraith has already emerged as a leader on and

off the court. She's also excelled in the classroom, maintaining a 92 per cent average while balancing a busy school and sports schedule.

Her performance at the Golden Bears Winter Blast Tournament in mid-October showcased her abilities, as she helped the Wildcats capture first place in the 10-team event.

She credits her success to the extra effort she put in over the summer in the gym and working with coaches to grow her skills.

"It just keeps making my job easier and easier when you have these types of athletes who work hard — and not just on the court during our two-hour practices, but over and above that," said Oliver. "Torie does that. There are a few others on our team who do that as well, but Torie leads in that world of putting in all the extra time, and she's seeing the benefits of it, for

sure."

Galbraith hopes to pursue volleyball beyond high school if the opportunity presents itself.

For now, she's focused on helping her team achieve playoff success in November.

"The biggest goal would be to win provincials as a team," said Galbraith. "Overall, I just want us to stay really close as a group. Right now we get along really well, and I hope that keeps going."

The Wildcats will head into the Zone 5 Girls Playdown from Nov. 4-5 as one of the favourites, boasting home-court advantage and wins this season against Quad-A opponents.

The eight-team tournament at Warren Collegiate Institute will include the Wildcats alongside Lundar, Peguis, Lake St. Martin, Teulon, Fisher River, Ashern and Gimli.

67's battle hard in high-scoring matchup

By Haley Cvar

The Warren 67's battled hard but dropped a pair of high-scoring contests this past week in Hanover Tache Junior Hockey League play, falling 9-5 to the visiting Red River Mudbugs on Wednesday before being blanked 8-0 in Springfield on Saturday.

Warren opened strong against Red River on Oct. 29, trading early goals before the Mudbugs' power play took over. Red River went a perfect three-for-three with the man advantage, while the 67's were held scoreless on

two opportunities.

Justin Braid led the Warren offence with two goals and an assist, while Keith Baldwin, Gavin St. Onge and Brennon Chartrand added singles. Evan Roy and Gavin Winram each collected two helpers.

Red River's Braison Penner recorded three points, including the game's opening goal, while Ziko Pankratz, Caleb Boulanger, Tyson Froese and Hayden Tschetter also found the back of the net.

The 67's trailed just 5-4 entering the

third period but couldn't recover after surrendering four unanswered goals down the stretch. Preston Laschyn made 33 saves through 40 minutes before being relieved by Josh Tristram, who stopped seven of 10 shots in the loss.

Three nights later, the Springfield Xtreme controlled play from the opening faceoff, firing 57 shots on Warren goaltender Dallas Shaver en route to an 8-0 win. Michael Jette paced Springfield with a pair of goals, while Ethan Da Silva and Cameron Osborne

each had two-point outings.

Warren went 0-for-4 on the power play while the Xtreme struck three times with the man advantage.

UPCOMING GAMES:

The 67's (0-3-0) will look to regroup at home when they host the Grunthal Red Wings on Friday, Nov. 7 at 8 p.m. at the Access Credit Union Arena in Warren, before visiting the Niverville Clippers on Saturday, Nov. 8 at 8 p.m. at the CRRC.

Baty's 57-saves lead Mercs past Northstars in home opener

By Kieran Reimer

The Warren Mercs picked up their first win of the South Eastern Manitoba Hockey League season, edging the Île des Chênes Northstars 5-4 in a shootout during their home opener Sunday at Access Credit Union Arena.

Goaltender Evan Baty was outstanding between the pipes, turning aside 57 of 61 shots to backstop the Mercs to victory.

Warren got regulation goals from Drake Lindsay, Mason Waite, Patrick D'Amico and Dasek Sobkow, which

kept the game tight through three periods. After a scoreless overtime, Matt Cameron buried the shootout winner while Baty shut the door to secure the win.

The result improves Warren's record to 1-1 after dropping their season opener 7-2 to the Notre Dame Hawks earlier in the week.

The Mercs will look to build on the momentum when they visit the Springfield Winterhawks on Saturday. Puck drop is set for 8 p.m. at One Insurance Arena in Oakbank.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Warren Mercs goaltender Evan Baty makes a save during his standout 57-save performance in the team's 5-4 shootout win over the Île des Chênes Northstars in their South Eastern Manitoba Hockey League home opener Sunday at Access Credit Union Arena.

Jets top Raiders in shootout after third-period comeback

By Kieran Reimer

The Stonewall Jets took two of a possible four points from a pair of games in last week's Manitoba Major Junior Hockey League action.

On Thursday, they dropped a 5-1 home decision to the River East Royal Knights, who now sit two points ahead of the Jets in the standings.

In the loss, Wylie Garchinski netted Stonewall's lone goal, which came in the third period with River East already in control. The Royal Knights

added two more to seal the win and hand the Jets their fourth defeat of the season.

Then on Sunday, the Jets mounted a third-period comeback after trailing by two and went on to edge the Raiders Jr. Hockey Club 4-3 in a shootout at Seven Oaks Sportsplex.

Stonewall's Talon Hogg, Gavin Holod and Karson King scored in regulation to tie the game at three and force overtime. After a scoreless ex-

tra frame, Cohen Cheung and King both found the back of the net in the shootout, while goaltender Ron Cailo stopped all three Raiders shooters to secure the win.

Cailo earned his second victory of the season, finishing with 19 saves.

With the result, Stonewall improved to 6-4 and held onto fifth place in the MMJHL — two points back of River East and two points ahead of the Raiders.

The Jets will now prepare for another Thursday-Sunday set against two of the league's top teams. On Thursday, they'll welcome the second-place Transcona Railer Express to VMSC for an 8 p.m. puck drop.

On Sunday, Stonewall travels to Winnipeg to face the undefeated St. Boniface Riels in an afternoon matchup at Southdale Community Centre. Puck drop is scheduled for 3 p.m.

Lightning collect single point after challenging week

By Annaliese Meier

The Interlake Lightning wrapped up a tough stretch of Manitoba U18 AAA Hockey League action last week, collecting one point from three road and home games that saw them face some of the league's top offences.

The Lightning opened the week Oct. 29 with a 4-1 road loss to the Winnipeg Thrashers at Seven Oaks Community Centre. Winnipeg struck for three first-period goals, including a power-play marker from Julian Fedora, to take early control. Jace Guevarra added another on the man advantage in the second to make it 4-0 before Interlake's Damon Marquart broke the shutout in the third with his third goal of the season, assisted by Reid

Toporoski.

Goaltender Grayson McDonald made 34 saves on 38 shots, while the Lightning were held to 20 shots and went 0-for-2 on the power play.

Two nights later in Brandon, the Lightning ran into a red-hot Wheat Kings squad that rolled to a 9-2 win. Brandon exploded for four goals in the first period and added two more in the second, including a power-play goal from Jaxson Brick, to build a commanding 6-0 lead through 40 minutes.

Interlake found the scoresheet late, with Madden van Kemenade netting his seventh of the season at 12:45 of the third, assisted by Elijah Rempel and Brody Huver. Marquart added

a late tally from Hudson Sigurdson and Mathias Sibilleau. The Lightning were outshot 45-26, with Seth Schaeffer and McDonald sharing time between the pipes.

Returning home to Teulon on Nov. 2, the Lightning earned their best result of the week, pushing the Yellowhead Chiefs to overtime before falling 3-2. Sam Corbett tied the game late in the second period with a power-play marker, and Marquart briefly gave Interlake a 2-1 lead early in the third. Yellowhead responded with goals from Keegan McNish and Beau Lepp, the latter scoring the overtime winner just 91 seconds into the extra frame.

McDonald stopped 24 of 27 shots in the OT loss, while Interlake finished

1-for-1 on the power play.

With the 0-2-1 record over the three-game stretch, the Lightning continue to battle in the middle of the league standings as they look to regain form heading into November.

UPCOMING GAMES:

The Lightning hit the road this weekend for a pair of games, beginning Friday, Nov. 7 against the Kenora Thistles at the Moncrief Construction Sports Centre, with puck drop set for 7:30 p.m. They'll continue their travels Saturday, Nov. 8 when they take on the Winnipeg Bruins at Southdale Community Centre in Winnipeg starting at 5:30 p.m.

WARREN MERCS HOCKEY — SEMHL ACTION



Sat, Nov. 8 • 8:00 p.m.

Mercs vs Springfield

(Away game)

Come cheer on your hometown Mercs!



STONEWALL JETS HOCKEY — MMJHL ACTION



Come cheer on your hometown Jets!

THURSDAY, NOV. 6 • 8:00 PM

vs Transcona Railer Express
VMSC, Stonewall

SUNDAY, NOV. 9 • 3:00 PM

vs St. Boniface Riels
St. Boniface Rink, Winnipeg

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder capture RMFL title in thrilling finish

By Kieran Reimer with files from Lana Meier

It was a championship game for the ages.

The Interlake Thunder varsity team claimed its third-ever Rural Manitoba Football League title Sunday in dramatic fashion, edging the St. Vital Mustangs 37–36 in a contest that went right down to the final seconds at Stonewall Collegiate Field.

“It’s awesome to win a championship, but I couldn’t think of a better group of guys to do it with, and so it just made it extra special,” said third-year head coach Christof Hasselfield.

It marked the third consecutive year the two teams have met for the RMFL championship, with the Mustangs taking both of the previous meetings.

The Thunder came out strong Sunday, building an early lead on first-half touchdowns from AJ Nadon and Jamie Dandeneau, helping them hold a 22–6 advantage midway through the third quarter.

But the Mustangs refused to back down, narrowing the gap to 29–22 with five minutes left in the third, and then to 29–28 three minutes later.

St. Vital carried that momentum into the fourth, taking its first lead of the game at 36–29 late in the quarter. With just four minutes to play, Interlake regained possession — but disaster struck when starting quarterback Jessie Batenchuk went down with an injury.

Grade 10 backup Colten Leger stepped in under pressure and led a drive for the ages. He got the ball into the hands of Nadon, Dylan Maclean and Dandeneau to keep the chains



TRIBUNE PHOTOS BY LANA MEIER

The Interlake Thunder varsity football team celebrates its dramatic 37–36 win over the St. Vital Mustangs to capture the 2025 Rural Manitoba Football League championship Sunday at Stonewall Collegiate Field. The victory secured the Thunder’s third RMFL title and completed a perfect 9–0 season.

moving.

On third and long in the final minute, the Thunder ran a screen pass in which Leger found Maclean for a first down — and then more — as he made it all the way to the end zone, shocking the Mustangs’ defence.

“I knew if I could get the ball in my hands, I could at least get us the first down,” said Maclean. “We ran the play beautifully, the linemen blocked beautifully, our sophomore quarterback waited perfectly, dropped a dime piece to me, and from there we just ran it in. The boys were hyped and I was excited as ever. I was thankful Christof put his trust in me to make a play and it all worked out.”

The Maclean touchdown put the Thunder within a point, needing the

convert to tie the game.

Hasselfield and company, however, had other plans.

They again surprised the Mustangs with an even gutsier play call, going for two points and the win instead of the extra point to tie it.

The Thunder executed perfectly, getting the ball to Trevin Smith, who powered across the goal line to give Interlake a 37–36 lead with under a minute to play.

Thunder kicker Marlo LaPierre then booted the ball deep on the ensuing kickoff, and Dandeneau made a key tackle to pin the Mustangs deep in their own zone.

St. Vital managed to drive into Thunder territory, aided by an interception that was called back due to a flag earlier in the play.

Against a 59-km/h crosswind, the Mustangs attempted a punt on the game’s final play in hopes of pinning the Thunder in the end zone for a single point.

The kick, however, veered out of bounds, sealing the third RMFL title in Thunder varsity history.

“Christof said that if we didn’t have the Mustangs in the end, it would have felt kind of like we were missing something in the championship — and I agree with him fully,” said Nadon. “For us to win it in our final year after losing when I started in Grade 10 — and we lost every year to the Mustangs — it was easily the most stressful but exciting situation in my life, to be honest.”

Nadon’s Thunder career now comes to an end, but he’ll go out on top as a

champion, remembered for his many touchdowns — including two in Sunday’s final.

What will also be remembered is the game-winning drive led by the Grade 10 Leger, who despite being the backup, stayed ready if called upon — something he did a couple of times this season.

“Shades of Week 1 when he came in relief in the second quarter,” said Hasselfield. “Even before that final touchdown to Dylan (Maclean), I asked him, ‘Hey, do you know the play?’ And he goes, ‘Yeah, I know it.’ He was confident. That’s one thing about Colten — he’s just sort of unflappable. He’s laser-focused in, and whatever he’s been asked to do, he’s going to do it, so he was rock steady.”

With the win, the Thunder now have championships in 2008, 2018 and 2025 at the varsity level.

It’s the first RMFL title of Hasselfield’s career, who has now reached the finals in each of his three years as head coach.

He made sure to credit his staff, including team manager Jennifer Samborski and Thunder vice-president of football operations Kris Johnston.

“It’s a team win — through the players, the coaches, the parents, everything — and it’s great,” said Hasselfield. “I can’t think of a better team that deserves it more or worked harder for it, so just elated overall.”

The Thunder closed out the season undefeated at 9–0. Next up for the club are the team awards, scheduled for the end of November.



Graduating Grade 12 players, left to right, Teagan Peterson, Jake Rogoski, Jessie Batenchuk, Dylan Maclean, Jamie Dandeneau, Jakob Samborski, AJ Nadon, Tyler Yourchenko and Cooper Ponton.

METAL RECYCLING

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

SCRAP METAL

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

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

HOUSE FOR RENT

2 bdrm. house, recently renovated, close to downtown Stonewall. Available Dec. 1st. \$1600/mo. plus utilities. Call 204-485-2612.

PROPERTY FOR SALE

Have 20 acres & 1,500 sq. ft. house for sale, 3 miles West of Brandon. Immediate possession. Should be worth \$650,000. Will take cows on trade. 204-723-0083 anytime.

www.meyersauctions.com
ONLINE AUCTION CLOSURES

NOVEMBER 14, 2025
40' CONTAINER *
SHURLIFT TOWABLE EXCAVATOR *
TROY-BUILT CHIPPER/ LAWN VAC *
3) SNOW BLOWERS *
2) GENERATORS *
MECHANIC'S TOOLS *
ELECTRICAL * STORAGE CABINETS * FULL LISTING @

www.meyersauctions.com
Bradley Meyers
Auctioneer
204 476 6262

BATTERIES FOR EVERYTHING! 50,000 BATTERIES IN STOCK

*Auto *Farm *Truck
*Construction *ATV
*Motorcycle *Golf Carts
*Rechargeables *Tools
*Computers *Medical
*All phones *Chargers
*Marine *RV & more
Shipping/Delivery avail.

THE BATTERY MAN
1390 St. James St.
Winnipeg
TF 1-877-775-8271
www.batteryman.ca

ANTIQUES

Antique 48-49 Field Marshall tractor. As is, but restorable. Good rubber. Previous modifications removable. Asking \$2000.00. Bob 204-642-2787.

MACHINERY

Degelman Bale King shredder 3110 TR right hand discharge, 40 bushel grain tank, auger discharge, top of the line shredder. Lightly used. Teulon, 204-918-0765.

HAY & STRAW FOR SALE

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

Round hardcore bales of alfalfa & brome grass. Ph 204-461-0722.

WANTED

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

WANTED: Looking for 1970-1971 Barracudas and 1969-1970 Charger's in any condition. Running or not. TOP PRICE PAID for 6 pack or Hemi car. Call 306-221-5908.

NOTICES

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

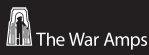
HAVE AN ONLINE STORE AND WANT TO PROMOTE IT? NEED CLASS 1 DRIVERS OR SEASONAL STAFF? SELLING SEEDS OR LAND? HAVING AN EVENT? Let us help you book a blanket classified ad! Advertise! You will be seen in the MCNA Member Newspapers, in over 368,000+ homes in Manitoba. Please call 204-947-1691 for more details or to book ads. Take advantage of our great pricing! MCNA - Manitoba Community Newspapers Association. www.mcna.com

HONOUR YOUR LOVED ONES
WITH AN ANNOUNCEMENT
IN THE TRIBUNE

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. (403) 543-0927 www.firstandsecondmortgages.ca

SHOP LOCAL



Protect your keys and support Manitoba's amputees with a War Amps key tag.



Order free key tags at waramps.ca

Online McSherry Auctions

Estate & Moving
Nov 12th @ 7 PM

Estate & Moving
Nov 19th @ 7 PM

Firearms, Ammo & Accessories
Nov 25th @ 7pm

McSherryAuction.com
204-467-1858
or 204-886-7027
mcsherrytld@gmail.com

Stonewall Teulon
Tribune

Classifieds

HEALTH

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



Power Builder Advertising WORKS!

- GET SEEN by over 360,000 Manitoba Homes!
- Use your LOGO!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$339.00 (includes 45 lines of space)
- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com



TOWN OF STONEWALL

NOTICE OF PUBLIC HEARING

REGARDING SPECIAL SERVICE PROPOSAL- BY-LAW NO. 01-26

FOR THE RESIDENTIAL WASTE AND RECYCLABLE CURBSIDE COLLECTION, REMOVAL AND DISPOSAL SERVICE WITHIN THE TOWN OF STONEWALL

The council of the Town of Stonewall has scheduled a public hearing at Town Hall, 293 Main Street, Stonewall on the **19th day of November, 2025 at 6:30 PM** to present **special service proposal 1-2026**.

A written objection may be filed with the Chief Administrative Officer, at the Town Office via email to info@stonewall.ca prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the special service proposal are available on the Town municipal website at: www.stonewall.ca.

Dated at the Town of Stonewall this 17th day of October A.D. 2025 and issued pursuant to Section 318 of The Municipal Act.

Wally R. Melnyk
Chief Administrative Officer
Town of Stonewall
204-467-7979 | wmelnyk@stonewall.ca



TOWN OF STONEWALL

NOTICE OF PUBLIC HEARING

REGARDING SPECIAL SERVICE PROPOSAL- BY-LAW NO. 02-26 TO IDENTIFY URBAN SERVICES OUTSIDE OF THE GENERAL MILL RATE TO BE LEVIED AGAINST A SET OF SPECIFIC ROLL NUMBERS WITHIN THE NINE ORIGINAL QUARTER SECTIONS OF THE TOWN OF STONEWALL

The council of the Town of Stonewall has scheduled a public hearing at Town Hall, 293 Main Street, Stonewall on the **19th day of November, 2025 at 6:40 PM** to present **special service proposal 2-2026**.

A written objection may be filed with the Chief Administrative Officer, at the Town Office via email to info@stonewall.ca prior to the commencement of the hearing. At the hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions or register an objection to the special service proposal.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name, address and property description of the person filing the objection and the grounds of their objection.

Copies of the special service proposal are available on the Town municipal website at: www.stonewall.ca.

Dated at the Town of Stonewall this 20th day of October A.D. 2025 and issued pursuant to Section 318 of The Municipal Act.

Wally R. Melnyk
Chief Administrative Officer
Town of Stonewall
204-467-7979 | wmelnyk@stonewall.ca

PRAIRIE ROSE SCHOOL DIVISION Operational 2026-2027 Budget Community Consultation

Each year, Prairie Rose School Division's (PRSD) Board of Trustees consults with parents/guardians and community stakeholders of PRSD as they develop the annual Operational Budget for the following school year. This year, PRSD is hosting an in-person/virtual General Community 2026-2027 Operational Budget Consultation at **St. Laurent School on November 19, 2025, at 7:00 p.m.**

If you are interested in joining the conversation on what should be the Board's focus in the 2026-2027 Operational Budget, please register online by visiting our website at www.prstdmb.ca or contact us by email at prsd@g.prstdmb.ca. A virtual meeting link will be sent via email to those who pre-register. The questions will be posted online prior to the consultation date.

The suggestions and recommendations shared with the Board each year by our parents/guardians and community stakeholders are greatly appreciated. We look forward to hearing your voices on November 19th.



Box 1510, 45 Main St. S. Carman, MB, R0G 0J0
www.prstdmb.ca prsd@g.prstdmb.ca
Ph: 204-745-2003 Fx: 204-745-3699

IN MEMORIAM



In Loving Memory of
Dimitar (Dimitri) Rachev
April 18, 1949 – November 11, 2024
Meditations

Why hast those forsaken me,
In despair I plead on bended knee,
I have sinned a lot and this is true,
But what was I supposed to do?
I'd heard about this thing romance
And I really didn't stand a chance
Sweet young things with long blond hair,
Tempting? Really, that's not fair!
Yes I'm guilty I admit
Oh my knees, may I please sit?
A short pause as I help myself
To a Black Label I take from the shelf
As I was saying before I sat
I'm truly sorry but more than that...
But what's the use of talk; pray tell,
Half my friends are already in hell
Fry you bastards Fry
I don't know what it is to die.
My time will come, but I'm aware
That I'll always be in God's good care,
If I obey the rules and behave.
-Written by Dimitar Rachev
December 27th, 1968

-He will remain in our hearts,
Julie, Kristina and Kristian
family and friends

Announcements

Stonewall Teulon
Tribune

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

IN MEMORIAM



In Loving Memory of
Taylor Jennifer Dibley (Zahayko)
March 13, 1991 - November 7, 2020
Darling Taylor,
It's been five years and we miss you every day.
Your beautiful smile and our love for you will
never be forgotten.
As Jack ages, we can see many of your
attributes you passed on to him.
In difficult times, his spirit is unbreakable,
he lives with purpose, passion, and heart.
We all miss you so much,
-Mom, Dad,
Scott, Jack, Samantha, Declan and Willow

CARD OF THANKS

Shymko - Thank you to all who helped with
and attended my birthday celebration. You are
all special people.
-Dianna

OBITUARY



Johnny (John) Dmetro Yuzwa
July 13, 1963 – October 24, 2025
After a 4-and-a-half year battle with multiple myeloma, on
October 24th, 2025, Johnny (John) Dmetro Yuzwa passed away
at the age of 62.
John is survived by his wife Dawn Yuzwa; his daughters Alexandra
(Matt) and Leanne; brothers Peter (Tannis), Nick (Wendy), and
nephews Pierson and Patrick.
Thank you to the staff, nurses, and doctors at CancerCare
Manitoba in Winnipeg and Selkirk for their compassion and care
for dad.
Celebration of life arrangements in care of MacKenzie Funeral
Home.
In lieu of flowers, donations can be made to CancerCare
Manitoba.
Tributes: mackenziefh.com

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

OBITUARY

Marion Alice Woloshyn
April 27, 1946 – November 2, 2025
It is with a heavy heart that I announce the peaceful passing of my sister and best friend, Marion
Alice Woloshyn, of Teulon, on Sunday, November 2, 2025 at the age of 79.
Marion is survived by her sister Joan.
She was predeceased by her parents, Bill and Betty Woloshyn and just recently by her brother
Michael.
In lieu of flowers, donations may be made to the Teulon and District Museum, Box 44, Teulon,
Manitoba, R0C 3B0.
In keeping with Marion's wishes, cremation has taken place and
there will be no funeral service.
Rest in Peace Marion

KEN LOEHMER
FUNERAL SERVICES
204-886-0404

OBITUARY

Marlene Cheryl Friesen (nee McLeod)
We are saddened to announce the passing of Marlene Cheryl Friesen of Stony Mountain,
Manitoba.
Marlene passed away peacefully at Stonewall Hospital on October 28, 2025 at the age of 76.
Marlene was born on May 8, 1949 in Fort William, Ontario. Marlene grew up in Port Arthur,
Ontario, where she attended school and church.
Marlene was predeceased by her husband James Friesen.
She is lovingly remembered by her sister Regina Roberts and will be deeply missed by all who
knew her.
A private interment will be held at Sunset Memorial Gardens in Thunder Bay, Ontario.
MacKenzie Funeral Home

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

EMPLOYMENT OPPORTUNITY

FULL-TIME MANAGER

Narrows Sunset Lodge is seeking a hands-on leader to
oversee daily operations, staff, and guest experience.
What we offer: above-average wage and living quarters if required.



If you're organized, people-focused, and
love lake life, I want to hear from you.

Contact Irv: 204-981-2831
Send résumé: office@narrowssunsetlodge.com



EMPLOYMENT OPPORTUNITY GENERAL LABOURER

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

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

Please submit resume to shaunne@charisons.ca or
call 204-886-2922 for further information.



SEALED BIDS

The Town of Teulon is accepting sealed bids for the following item:
One used 1981 International Tanker with a 7.6 L V8 diesel
engine, 5 speed split shift manual transmission, 1800 gallon
water tank with 10" dump gate valve and also plumbed with 4"
plumbing for gas powered pump (pump not included).
The above will be sold as is, where is.
Highest or any bid not necessarily accepted.
The truck can be viewed by arrangement with the Fire Chief by
contacting the municipal office at 204-886-2314.
Submit offers by 12 Noon on November 21, 2025 to
Town of Teulon
Box 69, Teulon MB R0C 3B0
Or email info@teulon.ca

CancerCare Manitoba
ActionCancerManitoba
On-line Patient
and
Family Conference
November 21 - 22, 2025

Topics include:
disease monitoring,
pain management,
self-compassion,
life after treatment,
advanced cancer,
patient panel, and more.

Learn - Connect - Share

Register Now!

[www.cancercare.mb.ca/
patient-family/
patient-family-conference](http://www.cancercare.mb.ca/patient-family-patient-family-conference)

CASH FOR COINS,
JEWELRY, GOLD,
SILVER &
PLATINUM!



BUYING ALL
COIN COLLECTIONS
Big & Small.

Also Numismatics,
Rare Coins, Sets,
Gold & Silver coins,
Nuggets, Sterling sets,
Old money, ROYAL
CANADIAN MINT,
FRANKLIN MINT, US
MINT, Silver Dollars,
World sets etc.

CALL TODD NOW!
Ph: 204 - 904 - 9705
I COME TO YOU!

OBITUARY



Jason Richard Conway

Jason Richard Conway, aged 39, of Gunton, Manitoba, passed away on Friday, October 24, 2025.

Jason began his life on July 16, 1986 in Brandon, Manitoba, where his parents, Rick and Cindy, were stationed with the Royal Canadian Mounted Police, along with his sister Kim. In 1992, Rick and Jason moved to Winnipeg, while Cindy and Kim were posted to Teulon to continue their policing careers.

It was in Winnipeg that Jason's many passions began to take shape - starting at age five with all things Ghostbusters and growing into a deep love of NBA basketball by age 10. He spent countless summer evenings shooting hoops on the driveway until dark, dreaming of becoming the next Michael Jordan. His trademark Air Jordans, basketball shorts, and Chicago Bulls tank top were his uniform of choice, and his Space Jam DVD was

played until it nearly wore out.

Fate stepped in when Jason moved to his moms to attend middle school. There, he met Carli - the girl with the infectious smile and laugh - who quickly fell for the new guy with the gift of gab. Jason fit right in with Carli's family, who welcomed him with open arms. That was the beginning of their 22-year love story, and this summer they celebrated their 15th wedding anniversary.

Jason began university but soon changed direction when he received the call to attend Depot in Regina at just 19 years old. Graduating as a Constable in 2006, he proudly followed in the footsteps of his father Rick, mother Cindy, and Uncle Ed by serving in the RCMP. He spent four years posted in McCreary, Ste. Rose du Lac and Oakbank/Beausejour detachments before moving to the Major Crime Division, where he served for 15 years and earned the rank of Corporal. Jason's tireless dedication to justice led to numerous convictions and earned him the respect and admiration of his peers and Crown Attorneys alike.

Of all his achievements, none meant more to Jason than being a father to his son, Carson. The two shared an unbreakable bond, spending their time together playing sports, listening to music, and exploring the outdoors camping and fishing. Making memories with Carson and Carli was Jason's greatest joy.

Jason is survived by the loves of his life - his wife Carli and son Carson; his mother Cindy Morris; his father Rick Conway (Norma); his sister Kim Skinner (Rod) and his nephew Lachlan and niece Lilly; Carli's parents Randy and Sherry Osbak; brother-in-law Randal Osbak; sister-in-law Meghan Osbak and his nephew Bennett; sister-in-law Mallory Osbak, as well as numerous aunts, uncles, cousins, coworkers, and countless friends.

He was predeceased by his grandparents Reg and Vivian Morris, and Margaret (Mag) Conway.

A memorial service was held at the Teulon Rockwood Centennial Centre, Teulon, Manitoba on Tuesday, November 4th, 2025.

Jason was a big man with an even bigger heart. He laughed loud and often, loved deeply, danced hard, sang with passion, and always saw the good in others. He made every room brighter, every joke funnier, and every moment more memorable. Our lives were richer for having known and loved him.

*Though his voice has fallen silent,
His laughter still echoes in our hearts.
Love does not end;
it only changes form.*

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

Announcements

OBITUARY

Russell Thomas Crockatt

It is with great sadness that we announce the passing of our beloved husband, father, grandfather, uncle and friend Russell Crockatt at the age of 78, on October 29, 2025 at Selkirk Hospital.

He was predeceased by his son Colin in 2021, his parents Sadie and William, sister Anne and brother-in-law Cliff.

Left to cherish his memory is his wife of 54 years Barbara Crockatt; siblings Ken (Virginia), Barb (Verne), Donna (Peter), Wendy (Dave); daughter-in-law Pam (Robert); and grandchildren, Paige, Max, and Lucy along with many family members and friends.

Russell was born on March 13, 1947 in Winnipeg, one of six children. He married Barbara on December 19, 1970, they farmed and built a life in Argyle where they raised their son Colin. Russell worked very hard to build his farm and legacy, trucking for Leo's to be able to upgrade from a mobile to the custom home he and his friend Cyril built in 1973. Barbara or Barbie as he called her, truly was the love of his life, although not overtly romantic anyone who knew them could attest to their partnership and his love for her.

Russell greatly cared for his animals, working cattle by horse and always a softie to sneak food scraps to the family dog. He was happy to invest in the welfare of his animals, with the calving barn, and CCTV for calving set up both in the kitchen and bedroom to what family members referred to as "cow-vision". Russell was an active member in the farming community, showing cattle at fairs, and enjoying trips to Agribition, Ag Days and Brandon Fair. He enjoyed socializing with his friends and peers at the coffee shop and curling rink over the years. When he was younger, he enjoyed playing sports and watching the Jets and Bombers along with attending their games with Colin. Additionally, winter holidays and camping in the summer with friends were always looked forward to.

He was very proud when Colin went to university to get his Agriculture Degree with his intention to return to the family farm. They farmed alongside each other from 2004 until Colin's passing in 2021 and continued to help and support Pam with the farm afterwards. Russell found great joy having the next generation take over the farm and have his grandchildren run around the farm. As he slowed down, he found time to spend with the grandchildren and enjoy their smiles, laughter and energy. His eyes would light up when he saw them! He will be truly missed by all who knew and loved him.

Barb and family would like to extend their thanks to the coffee shop crew for always being there for Russell over the years and to the staff at Selkirk Hospital during this past week for their great care.

The graveside service will be held at the Argyle Community Cemetery on Friday, November 7th at 1:30 p.m. with a luncheon at the Argyle Community Hall to follow. Everyone is welcome.

In lieu of flowers, donations can be made to the Argyle Curling Club (Box 31 Argyle) or to a charity of your choice.

kl
KEN LOEHMER
FUNERAL SERVICES
204-886-0404

Get The Job Done!

Biz Cards

To place your BIZ CARD call 467-5836

Advertising that Works!
To place your BIZ CARD
Call 204-467-5836

MOBILE FOOT CARE NURSE
providing services to St Laurent and surrounding communities.
Manitoba Blue Cross Provider.
Allyson Van Dinter RN BN FCN
(431) 277-5734
solefulfootcarebyallyson@gmail.com

Heating & Cooling • Refrigeration

REFRIGERATION • HEATING & COOLING

COMMERCIAL COMFORT INC.

Residential & Commercial

Owner: Scott Miskiewicz

461-HEAT (4328)
commercialcomfort16@gmail.com

ALICE ROOFING LTD.

Complete Roofing Service

- Residential
- Agricultural

Licensed & Insured

www.aliceroofing.ca 204-757-9092

Bison Piling & Excavation

- Helical Piles
- Excavation
- Skid Steer Services

Call 204-461-4443

Residential & Commercial PVC & Aluminum Windows & Doors

Stonewall Glass

Phone 204-467-8929 to book your appointment.
2 Patterson Drive, Stonewall

COUNTRY TOWING

YOUR LOCAL HEAVY DUTY - LIGHT TOWING PROVIDER

204-990-4718

- HEAVY DUTY TOWING
- FLAT DECK SERVICE
- MPI TOWING
- ESTABLISHED 2011

Everything you need to promote your business

Interlake Graphics

For all your printing and publishing needs

Call 204-467-5836



Biz Cards
Call
467-5836

MacMillan Plumbing
204-461-0485
Serving the Interlake area.

Stonewall Parochial Hall
435 - 1st Street N.
For information & hall rentals
Call 204-467-8466
Email cotasecretary@gmail.com
*Table sitting 100 people; Theatre Style 150 people
*Kitchen available * Meetings, showers, family gatherings
ALL YOUR HALL RENTAL NEEDS!

Quarry PETS
Supplies & More
Supplying All Your Pet's Needs
317 Main St., Stonewall (204) 467-5924

QUARRY RIDGE PHARMACY
469 1st Street West, Stonewall
(204) 467-7333

Andrew Hnatuk Lawyer
Farms • Real Estate • Wills, Estates & Probate
204 - 482 - 5111
in association with **PKF LAWYERS**
www.pkf lawyers.com

EAVESTROUGH and everything else
mwgventures@gmail.com
204-461-0737

stonewall chiropractic centre
Also
• Acupuncture • Custom Orthotics
• Massage Therapy • Athletic Therapy
Billing to Autopac, Blue Cross, WCB
204-467-5523

ski-doo **SALES • SERVICE • PARTS**
#109097 Hwy 9, Gimli
GIMLI 204-642-7017
e: skidoo@mymts.net

FULLHOUSE MOVERS
ALEX FOTTY
HOME: 204-467-2419
CELL: 204-461-2352
NOTHING BEATS A FULLHOUSE MOVE

GRASS-FINISHED BEEF
Scott and Jenny Beaton
JACKFISH CREEK FARM
Balmoral, MB
Jackfishcreekfarm.com
jackfishcreekfarm@gmail.com

Electro Wright
Derek Fotty
Ph. (204) 467-RITE(7483)
Fax. (204) 467-2000
Email. electrowright@mts.net
Electrical Contractors

MAXWELL'S PROFESSIONAL PAINTING
COMMERCIAL/RESIDENTIAL
Cell: (204) 792-0675
Email: maxpro@mts.net
Box 275, Stonewall, MB R0C 2Z0

Odd Fellows Hall
• Weddings • Socials • Showers • Meetings
• Capacity 220 persons • Kitchen available
374 1st St. West, Stonewall
Hall 204-467-5556
stonewalldoddfellows@gmail.com

SHERLOCK TREE REMOVAL
Pruning • Stump Grinding • Chipper
Licensed Arborists
Fully Insured - Claim Free
30 years Experience
Vince 861-0487
Darren 861-0028

NAPA AUTOPRO
Brake Family Auto Sales & Service Ltd.
Auto Service • Maintenance & Repair
napaautopro.com
214-2nd Ave North, Highway 67
Stonewall 204-467-9156

COUNTRY COLOURS PAINTING
countrycolorspainting@gmail.com
Serving The Interlake and Winnipeg Area
204-901-2067
Interior • Exterior • Residential • Commercial

G&A Rentals
• Parts
• Sales
• Service
Lawn • Garden • Construction
Small engine repairs & general equipment service
7 Patterson Dr., Stonewall, Industrial Park
garentals.ca 204-467-7368

Rockwood WRECKING & RECOVERY
204-392-4892
MPI ACCREDITED TOWING AND STORAGE

Ritchie PLUMBING HEATING LTD.
ritchie_plumbing@outlook.com Red Seal Certified
Stonewall, MB Certified gas fitter
Residential/Commercial
Call or Text 204-467-5287

HOMESTEAD MECHANICAL
Residential Commercial Agricultural
• Heating • Ventilation
• Air Conditioning • Gas Fitting
• Refrigeration
homesteadmech@gmail.com

Rockwood Landscaping & Tree Service
• Complete Landscaping
• Barkman Concrete Products
• Concrete Breaking
• Aerial Tree Pruning & Removal
• Chipping
• Stump Grinding
• Tree Planting
• 24HR Storm Service
• Snow Removal
• Skid-Steer
• Compact Track Loader
• Excavator
• Bucket Truck
Manitoba Certified Arborist
VISA 467-7646
Free Estimates

"From rust to riches, your scrap could be treasure with our unbeatable prices!"
Purchasers of ferrous/non-ferrous materials
Call Today
Unit 5, 325 Parkdale Rd.
St. Andrews MB
info@eco-metallics.ca
Office: (204) 404-4747
ECO-METALLIC INDUSTRIES

LICENSED ELECTRICIAN
PLATINUM POWER SOLUTIONS
RESIDENTIAL COMMERCIAL
24 HR SERVICE
FREE QUOTES
platinumpowersolutions.ca
office@platinumpowersolutions.ca
1-204-899-1833

AirWise Home
Your Heating, Cooling and Geothermal Specialists
204-467-9578
info@airwiseinc.ca www.airwiseinc.ca

HOME SOLUTION EXTERIORS
Your ROOFING Professionals
204-952-5587
HSExteriors@gmail.com
FREE ESTIMATES
Warren, MB

GRANTHAM LAW OFFICES
Lawyers & Notaries Public
STONEWALL OFFICE:
#1-278 Main St., Stonewall **467-5527**

Excavator & Dozer Services
Grosse Isle, MB
PRAIRIE EARTHWORKS .com
• Excavation & Demolition
• Roads, Driveways
• Clay/Gravel Pads
• Lowbedding & End Dumps
• Topsoil Screening
204 461-0815

Paws & Boots PET CARE
Dog Walking & Pet Sitting Services
STONEWALL & SURROUNDING AREA
Candace MacMillan
Candace.Mac14@gmail.com | 204-461-1135

Super Clean Auto Detailing
Need the interior of your vehicle professionally cleaned?
Small car \$139 SUV (2 rows) \$169 SUV (3 rows) \$199
Call or text 204-513-5611
PICK UP AVAILABLE

WIRELESS INTERNET
Quick STREAM
Hi-Speed Internet
Broadband Residential
and Commercial Connections
www.quickstream.ca
1-866-981-9769

VIC'S AUTO TIRE & TOWING
RED SEAL AUTO TECHNICIAN CURTIS CHARTRAND
• Glass Replacement
• Full Mechanical Repairs
• Tire Sales & Installation
• Used Auto Sales
• Wheel Alignments
• Flat Deck Tow Truck
24 HOUR TOWING
Manitoba Public Insurance
VIC CHARTRAND - Teulon, MB 204.886.2972

PLUMBING
Commercial & Residential
New Installation & Service
Plumbing & In-Floor Heating
Water Softener Installations
Water Filtration/
Reverse Osmosis
Well Pumps, Septic Pumps
PATTERSON MECHANICAL
RILEY PATTERSON
Journeyman Plumber
Cell 204-461-0035