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Rock and Roll All Nite

TRIBUNE PHOTO BY LANA MEIER

Snake Oil nearly blew the roof off the Balmoral Rec Centre with its classic Ikons of Rock concert last Saturday. The beer was flowing and the tunes were non-stop. Snake Oil's lead singer Darren Moore and his band played a three-hour show with multiple sets and changes of outfits for the likes of Kiss, Van Halen, Heart, Joan Jett and Ozzy.

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TRIBUNE PHOTOS BY LANA MEIER

Left to right: Rui, Ryan and Zoe were just a few of the children enjoying the summer-like temperatures while playing at Archie Gray Park in Stonewall last week. Mother Nature had a large range of temperatures last week, dipping to -1 on Wednesday morning and climbing to a high of 23 degrees on Thursday. However, on Thursday the extremely strong, windy conditions made it feel like 19 degrees.

Rosser council news in brief

By Jennifer McFee

The RM of Rosser has set its dust control rates for 2024.

This year, it will cost \$335 for dust control for a 16-foot by 300-foot application.

Fort Distributors will supply the

dust control. The deadline to apply is Friday, May 24.

More information, including the application form, is available on the RM of Rosser website at www.rmofrosser.com.

In other Rosser news:

- The RM approved a quote from L. Chabot Enterprises Ltd. for aggregate hauling. The cost is \$5.67 per tonne plus tax for 2024.

- At the March 26 meeting, council gave first reading to bylaws to set rates for both the Grosse Isle utility and the CentrePort utility.

- Council approved an extension to remove a secondary dwelling.

- Council conditionally ap-

proved a request from Devon Formaniuk to build a 1,240-square-foot single-unit dwelling in the agricultural general zone.

- Council conditionally approved a request from Mulligan Farms to build a new 2,000-square-foot single-unit dwelling on property on Road 70N, which is in the agricultural general zone.

- Council approved a \$75,000 commitment to CentrePort Canada Inc. for 2024. The municipality has been a contributor to the CentrePort Canada Partnership Program, and its commitment is set to expire.

- Grosse Isle Heritage Site is seeking volunteers. More information is available on the RM of Rosser website at www.rmofrosser.com.

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Unique baby sensory program set for national expansion

By Raegan Hedley

Without planning it, Fran Hiebert and Denise Turanli got pregnant at the exactly same time. They'd met working at Coca-Cola, had their baby boys one day apart and got to share the fascination of watching them develop and grow together.

"I was living in the U.K. at the time, and Denise came over to visit and I took her to every baby class you can imagine," said Hiebert. "Although there were lots of aspects of programs over there that we liked, we felt that there were lots missing as well. ... There was a clear gap in the Canadian market to be serving new parents better."

Hiebert explained that one of the things she and Turanli noticed was that the experience for parents needed to be improved.

"It's such a huge transition being a new parent, especially when you're doing it for the first time, that we really wanted to create a space where we could bring people together and have the grown-ups have just as much fun as the babies."

Both from business backgrounds, the two Winnipeg moms launched Lullaland in 2019, a baby sensory class designed to encourage cognitive development using light, colours, sounds, songs and textures. Hiebert said she was more behind-the-scenes and at first Turanli ran the programs. They wrote original music and created 45 themes with different props, costumes, puppets and experiences. Nothing grates on an exhausted parent's ears quite like bad singing, so they decided to only hire qualified leaders with performing arts backgrounds.

"What we say is you can do your whole mat leave with us, and you will never experience the same class twice," said Hiebert. "We mix it up. We make it interesting and engaging for the parents. But we also do have a consistent beginning and ending



Take your tot through the rainforest! Lullaland has 45 themes with a predictable class structure to keep things consistent for babies and interesting for caregivers.

because it is important for babies to have some sort of repetition too."

Lullaland is not a baby playgroup where you sing the same old nursery rhymes repeatedly.

Turanli added, "Our sensory classes are backed by research, designed with creativity and crafted to encourage the rapid development of your little one in their formative years. From promoting eye tracking to nailing their pincer grip, and much more, our classes encourage these essential skills through wonder and play."

There are three different programs: Lullanewborns (from six weeks to sitting unsupported), Lullababies (sitting and taking first steps) and Lullatots (up to 3.5 years old). The timing is of sensory classes is critical.

You may think that allowing babies to experience a collage of colours, sounds and textures simply keeps them entertained. In fact, it is far more beneficial for their growing minds. According to the Center on the Devel-

Continued on page 11



TRIBUNE PHOTOS SUBMITTED

In the first three years, one million neural connections are created in babies' brains every second. Sensory engagement and play programs, like Lullaland, are backed by plenty of research and meant to help with eye tracking and strengthening the pincer grip.

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Lullaland has three programs: Lullanewborns, Lullababies and Lullatots.

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Stonewall couple celebrates 70th anniversary

By Jennifer McFee

The love that bloomed for a Stonewall couple seven decades ago continues to thrive today as they celebrate their platinum anniversary.

Al and Helen Hickey marked their milestone 70th wedding anniversary on April 3 surrounded by friends and family at a celebration held at Pizza Den.

Now age 94 and nearly 90, the long-time sweethearts remember their early days of fluttering hearts like it was yesterday.

The year was 1944 and Al had heard the buzz that there was a new girl in town, an orphan taken in by his neighbours. He stood at the church gate to watch them pull up in their Model A. The 14-year-old boy was disappointed to see that the girl who got out of the vehicle was much too young for him — four years younger, to be exact.

“That was my introduction to Helen, now my wife who I have been married to for 70 years,” Al said.

His mother learned that Helen could



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall residents Al and Helen Hickey recently celebrated their 70th wedding anniversary.

play the piano but only when guests were visiting the neighbours' home. His mom made it a habit to visit often so Helen would have a chance to play, and she'd bring Al along.

“I liked to sing, so I began to forget about her age,” Al said. “It was about another eight years before we ever really dated.”

After a while, Al left to study in the United States for two years. When he returned, he was cast in a three-act comedy called *Good Gracious Grandma*, a love story with four leads.

In the final scene, Al's character was scripted to kiss a woman behind a newspaper — but when the actress's husband found out, he forced her out of the play. Someone suggested Helen as a replacement, and Al was tasked with finding her. He started his search by visiting the neighbours she used to live with. They invited him in and he couldn't believe his eyes when he saw a photo of the beautiful teenage girl.

“My heart stopped and I knew I would find her one way or another,” he said.

He found out she now lived in the city and she agreed to take the bus to Stonewall for rehearsals if Al would drive her home.

“It was six months of very hard work, and just before we put on the play for the second time in the Parochial Hall in Stonewall, Helen and I were engaged to be married. No one knew at that time and we decided to have some fun,” Al recalled.

“I had a talk with the stage hands,



and when we got to the end of the last scene, we were behind the newspaper as we were supposed to be. The curtain came down with a round of applause. Then, slowly, the curtain began to go up. Helen and I were kissing passionately, without the newspaper. The crowd went wild! We had had our fun — in more than one way.”

The couple had also been attending a youth group together, and they announced their plans to marry the following spring. The group presented the sweethearts with a plaque displaying the message of Proverbs 3: 5-7: “Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He shall direct your paths.”

Estate planning - Protecting your financial plan

Deprez and Associates Private Wealth Management is a second generation financial planning practice, based out of Winnipeg, and residing in the Interlake. We serve clients across the prairies, with a focus on Winnipeg and the Interlake. With a team-based approach that instills our family values of honesty, integrity and an unwavering commitment to multi-generational comprehensive financial planning when helping affluent families, professionals, and business owners in the area of holistic financial planning.

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The plan outlines specific strategies to achieve these goals, taking into consideration factors like risk tolerance, investment preferences, and tax implications. It may include recommendations for asset allocation, investment selection, insurance coverage, estate planning, and more.

Estate planning is a crucial component of a comprehensive financial plan, ensuring that your assets are distributed according to your wishes upon your death. It involves creating legal documents such as wills, trusts, and powers of attorney to designate beneficiaries. Beyond merely drafting estate documents, establishing an estate plan involves meticulous planning. Integrating estate planning into your financial plan ensures that your legacy is preserved, your loved ones are provided for, and your assets are transferred smoothly. By addressing these important considerations, estate planning adds an essential layer of protection and organization to your overall financial strategy.

Deprez and Associates Private Wealth Management is hosting a Tax and Estate planning Seminar on May 9th, 2024 from 2pm – 3pm, tailored specifically for individuals aged 50 and above. It is located at the Stonewall Curling Club with doors opening at 1:30pm. A light lunch and refreshments will be provided.

RSVP at event.deprezandassociates.com or via email to jaymie.deprez@igpwm.ca. Register early as space is limited and we're currently at 60% capacity.

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Registration open for 19th Annual Ralph Eichler Charity golf tourney

By Jennifer McFee

Why not take a swing at raising funds for two great causes through a popular charity golf tourney?

Registration is now open for the 19th Annual Ralph Eichler Charity Golf Tournament, which will benefit the Interlake Community Foundation and South West District Palliative Care.

The event will take place on Friday, June 14 at Teulon Golf and Country Club. Registration opens at 10 a.m., followed by a shotgun start at 11 a.m.

The entry fee is \$140 per golfer, which includes green fees, a boxed lunch, a shared cart and a post-golf

reception. If you have dietary restrictions, email Tracy Holod, executive director of Interlake Community Foundation, at tracy@interlakefoundation.ca before June 4.

"The Interlake Community Foundation and South West District Palliative Care are grateful that Ralph is continuing with this fun and important event," Holod said.

Multiple sponsorship opportunities are also available. The minimum cost to sponsor a hole is \$125. A corporate package of four golfers and hole sponsorship is \$650.

Another opportunity to show support is through a gold level sponsor-

ship. For \$300, your company can sponsor one of the holes and set up your volunteers with a contest or giveaway for two prizes worth \$100 each.

Donations of items to include in 144 golfers' grab bags would also be gratefully accepted.

Register for golf or pay for sponsorship online by credit card at <https://interlakefoundation.ca/cause/golf-tournament-2/>. E-transfers can be sent to info@interlakefoundation.ca, and you're asked to follow up with an email.

Alternatively, you can mail a cheque payable to Interlake Community

Foundation at PO Box 1575, Stonewall MB, R0C 2Z0 or call one of the contacts to pick it up.

Another option is to drop by the ICF's office, located in the Something Beautiful building at 307 Main St. Stonewall, on Tuesdays and Thursdays between 10 a.m. and 4 p.m.

The registration deadline is June 6.

Anyone interested in one of the sponsorship packages for this fun charity event can contact golf co-chairs Sandra Smith (204-229-4000 or tns@mymts.net) or Bob Beck (204-792-3613 or bob.beck@accesscu.ca) by June 1 for more information.

> 70TH, FROM PG. 4

"These verses have meant a great deal to us over the years," Helen said. "The plaque still hangs in our home and we have attempted to make these verses the guide for our lives."

Al and Helen were married on April 3, 1954. They enjoyed a month-long honeymoon with visits to Al's aunt in Iowa and sister in Illinois.

"We will never forget driving along Lake Shore Drive in Chicago in our little Ford Prefect that would not keep up with the rest of the traffic," Helen recalled.

At the time, Al worked as a crane operator for Manitoba Hydro. The night they were returning home to Winnipeg from their honeymoon, they got caught in a spring snowstorm in Fargo. They arrived safely home at 10 p.m., but at 3 a.m., the alarm went off.

"Hydro lines were coming down and I was to be at work immediately," Al said. "I never got home for three weeks — not a good way to begin a marriage."

Although Al didn't initially want Helen to work outside the home, she had a different plan. She got a piece-work job at a clothing factory and earned nearly as much as Al, so the newlyweds began to save for a home.

The following year, Al decided to stop working for Hydro, even though he enjoyed the work, so he could

spend more time with Helen. When the streetcars were taken off the road in Winnipeg, he became a city bus driver for a short time. After that, friends convinced him to apply for a job at the penitentiary in Stony Mountain. He got the job and began to take every course possible to further his career. He soon received the first of many promotions.

In 1958, their baby girl Linda was born. Al described Helen as an attentive mother who loved their daughter with a passion.

Two years later, the young family had saved enough money to buy three acres of land near Stonewall, which they cleared themselves with the help of family and friends. They began to build the only home they ever owned.

"It took a long time to finish our home, but when it was done, it was 72 feet in length, two baths, a double garage, a beautifully finished basement and a gorgeous landscaped lawn," Al said. "The lawn was Helen's pride and joy. I cut the lawn and she looked after the flowers."

All the while, Al's mother took care of wee Linda so Helen could continue to work. They were able to pay off their home in 10 years, thanks to their dual income.

"With our work, my studies and the building of our house, we had a lot of work ahead of us — and some stress," Al said.

Throughout her life, Helen contin-

ued to wonder about her birth parents, and around 1963, she learned that she had a sister. Al somehow got the idea that Helen might also have family around Riverton, so they took a Sunday drive to the community. At a gas station, they asked an attendant who they should talk to for information about someone who used to live in the area. They were told to ask a person who was picking rocks in a field straight ahead of them.

"That person turned out to be someone who had babysat Helen when she was a baby. This, in turn, led to finding the Holyk and Petrachek families — Helen's uncles and aunts and their families on both sides," Al said.

"Helen and I have always believed in prayer. Was it possible that God

was answering our prayers?"

Over the next few years, Helen, Al and Linda travelled to parts of the United States and Canada to meet more family members. They organized a weeklong family reunion and discovered that some relatives had been out of touch for 40 years.

They also learned that Helen had another sister who had been adopted, but they had no information about where she might be.

"We never gave up, and again after much prayer for the next 38 years, we found Helen's sister," Al said. "Unlike many such reunions, they have been close ever since. Helen will be 90 in October of this year and her sis-

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Carbon tax squeezing Canadians, CAF sleeping on streets

Bezan on federal budget

By Patricia Barrett

Although the federal budget focuses on a number of measures to improve the lives of Canadians, from building more affordable homes to reducing the cost of living and growing the economy, the federal Conservatives said they won't support it.

The Liberals' budget was released on April 16, and Parliament is expected to vote on proposed amendments through budget implementation bills next week and in the weeks following.

Selkirk-Interlake-Eastman MP James Bezan (Conservative) said Budget 2024 will make life more expensive for Canadians and that his party will not support it unless Prime Minister Justin Trudeau axes the tax on farmers and food, cuts interest rates and holds off on federal infrastructure money for cities unless they increase housing by 15 per cent.

Bezan weighed in on housing, health, agriculture, the carbon tax and defence, saying the budget will fail to make headway on improving Canadians' lives.

"This budget represents another \$50-plus billion of new spending. Justin Trudeau hasn't balanced the budget in nine years and he's not going to balance it going forward," said Bezan. "And Canadians just can't afford that. The budget will add more taxes that will hurt farmers and rural Canadians and will require him to use more of the carbon tax to pay for all his extra spending."

With an expectation by Canadians to see various levels of government tackle the housing crisis — which has

in the last few years seen extortionate monthly rents, housing prices beyond the budget of millions of Canadians and a shortage of available housing — the federal government promises to make housing more affordable.

"First, we're building more affordable homes. Because the best way to make home prices more affordable is to increase supply — and quickly. That's why we're cutting red tape and reforming zoning. We're building more apartments and affordable housing across the country and unlocking public lands and vacant government offices to build homes for Canadians," states Deputy Prime Minister and Finance Minister Chrystia Freeland in the budget. "For Millennial and Gen Z renters, we're restoring the chance to make progress towards homeownership. We're creating more tax-free ways to save for your first down payment. We're giving renters credit for rental payments, so when it comes time to apply for that first mortgage, you'll have a better chance of qualifying."

The budget notes a number of strategies to build new housing. Those include building homes on public lands (federal), "unlocking" Canada Post properties across the country (one in Beausejour could be a candidate), using national defence lands and converting federal office buildings into housing.

Bezan said the strategy — which was first proposed by the Conservatives — will not be of great assistance to Interlakers in need of housing.

"It won't help the Interlake much because we've got very limited federal buildings and properties in the Interlake, but it could definitely help Winnipeg. This is something Pierre Poilievre has been talking about since he ran for leader. We have to make



TRIBUNE FILE PHOTO
BY PATRICIA BARRETT

Selkirk-Interlake-Eastman MP James Bezan said the Liberal's 2024 budget will make life more expensive for Canadians and the Conservatives won't support it.

more of our federal buildings and land available for housing. The Liberals are trying to steal that [idea] from the Conservative platform, but their track record and this budget shows it's all backloaded with no real money up front," he said. "And there's not anything in here that will certainly help first-time homebuyers. Interest rates have gone up sky-high, rent has doubled, mortgage payments have doubled and that's making it almost impossible for young Canadians to get into the housing market. We have to increase supply. Trudeau is doing nothing to provide the incentives to municipalities to [remove] the red tape and improve housing development projects in their areas."

On the health-care front, the federal budget pledges \$1.5 billion over five years (starting in 2024-25) to Health Canada in order to launch the Nation-

Continued on page 8

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Jesus, the Good Shepherd

During the Easter season we celebrate the feast of "Good Shepherd." In the gospel of John, Jesus boldly proclaims, "I am the good shepherd. A good shepherd lays down his life for the sheep. A hired man, who is not a shepherd and whose sheep are not his own, sees a wolf coming and leaves the sheep and runs away, and the wolf catches and scatters them. This is because he works for pay and has no concern for the sheep. I am the good shepherd, and I know mine and mine know me, just as the Father knows me and I know the Father; and I will lay down my life for the sheep" (Jn 10:11-15). These words reveal first, His divine identity as the Son of God and second, His mission as a true shepherd - a fulfilment of the prophecy: "I will raise up one shepherd over them, like my servant David, and put him in charge of my flock to feed them. He will care for them and be their shepherd" (Ezekiel 34:23-26)

Jesus, the Good Shepherd knows each of us intimately. He says, "I am the good shepherd, and I know mine." He calls us by name, knows our story, and understands our struggles, gifts, and aspirations. Pope Francis says, "How beautiful and comforting it is to know that Jesus knows us one by one that we are not unknown to him. That our name is known to him. We are not a "mass" a "multitude" for him, no he knows each of us with our story.... Each of us can say Jesus knows me!"

The Good Shepherd teaches about love and cares. In our lives, we are often like sheep, wandering and sometimes straying into perilous paths. Yet, the Good Shepherd is always there guarding and protecting, calling us back with a voice that echoes with love and compassion. We must learn to listen and follow. Jesus continues to lead us to green pastures and still waters. He provides nourishment for our souls, guiding us toward spiritual fulfillment and peace.

The Good Shepherd also teaches us about sacrifice. He does not hesitate to lay down His life for His sheep. This ultimate sacrifice is a testament to the boundless love that the Shepherd has for His flock. It is a love that is willing to endure pain, suffering, and even death (even death on the cross), so that the sheep may live.

As members of Christ's flock, we are called to imitate the Good Shepherd. We too, must care for one another, seek out the lost, and lay down our lives in service. Let us be shepherds to those around us—offering compassion, forgiveness, and hope. May our actions reflect the love of Christ. Let us draw near to the Good Shepherd. May His love transform us, heal our wounds, and lead us to eternal life. As we journey together, may His voice guide us, and His presence comfort us. May the Good Shepherd watch over us and guide us always. Blessings!

Fr. Vijay Deivanayagam
Pastor of Christ the King Catholic Church, Stonewall



TRIBUNE PHOTO BY DARCI LOEHMER

With the sun shining and the temperature hovering around 12 degrees C last Sunday, a group of young Balmoral residents spent part of the afternoon cleaning up their community. In a short time, they had collected eight bags of litter. Pictured left to right: Mateo Nizzola, Clark Hayduk, Porter Hayduk, Alexa Loehmer and Dom Nizzola. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: news@stonewallteulontribune.ca

Public hearing set for proposed shooting range near Oak Hammock Marsh

By Jennifer McFee

Rockwood council will be considering a conditional use request to develop land on Highway 67 near Oak Hammock Marsh to create a shooting range business.

The property is located in an agricultural general zone, and the applicant is seeking a conditional use application to allow an outdoor participant recreation service to operate on the subject property.

A public hearing will take place on Wednesday, May 8 at 11 a.m. at the RM of Rockwood council chambers.

A group of nearby property owners plans to voice opposition to the proposal. Their concerns include noise, safety and diminished property values.

Another concern is the proximity to Oak Hammock Marsh, which is a recognized Wildlife Management Area and international wetland that hosts about 100,000 visitors each year and is



TRIBUNE PHOTO BY JO-ANNE PROCTER

The RM of Rockwood will host a public hearing on May 8 at 11 a.m. regarding a conditional use request to develop land near Oak Hammock Marsh to create a shooting range business.

a key staging site for migratory birds. The proposed range is about 800 metres from the south dyke trail.

More information will be posted on the RM of Rockwood website when it's available.

> BEZAN, FROM PG. 6

al Pharmacare Plan. The first phase of the plan will see the government work with provinces and territories to provide coverage in two health areas: contraception and diabetes medications.

The government launched a dental care plan for Canadians (18 and older) who don't have dental coverage and who have a family income of up to \$90,000 a year. That will be implemented in stages, starting with seniors.

The government also has a forthcoming initiative to introduce the Safe Long Term Care Act to implement new national long-term care standards and a plan to hire more rural health and social service workers.

"Many rural and remote communities are struggling to find workers in the health and social services sector. Addressing these workforce challenges in rural and remote communities is critical so that all Canadians can benefit from greater access to the full suite of health and social services they need," states the budget.

The government hopes to achieve that by expanding the reach of a student loan forgiveness program.

Bezan said the student loan forgiveness program is an "extension" of a program the Conservatives started under former prime minister Stephen Harper. Health-care workers who work for five years in a rural setting can get their student loans forgiven.

The national dental care program, on the other hand, is turning into a "fiasco," he said.

"Dentists en masse are rejecting it. They're saying the package being offered is limited as to who gets to use it and is worse than what most peo-

ple already have in their own private dental plans. Only 10 per cent of dentists in Manitoba have signed up for it and it's worse in other provinces. We're going to undermine a system that's been working quite well. Over 90 per cent of Canadians have coverage available to them to pay for dental care," said Bezan. "We are very skeptical on the dental program and how much uptake there will actually be. [Conservatives] are not going to participate because it's not good for the oral health of Canadians."

With regard to the national pharmacare plan, Bezan said it touches on only two areas of health care.

"We should be putting more money into provincial health care to make sure we have enough beds and personal care homes and that we're limiting wait times and hiring doctors and nurses," said Bezan. "We're not getting that from Trudeau. He's doing piecemeal programs here and there and has out-of-control spending, which is undermining the social safety net that we all expect here in Canada."

There's very little ink in the budget devoted to agriculture, said Bezan. An interest-free cash advance for farmers does represent "a slight increase" from what was there in the past, but the Liberals have cut important programs.

"There was a cut to the national 4-H program in which they reduced the funding by over 50 per cent. The national program has laid off some staff and can't provide training for young Canadians in our 4-H program. It's very popular in the Interlake," he said. "That's an indictment against the Liberals; they just don't care about rural Canada, don't really care about farmers and the rural way of life."

The increase in the carbon tax on April 1 has farmers "upset" because it will drive up their cost of production.

The carbon tax is one measure to help reduce CO2 emissions that are contributing to the climate crisis. Alternatives to taxing populations to incentivize them to reduce their fuel consumption have not been put forward.

The federal Conservatives promise to "axe the carbon tax" but haven't announced what they'll put in its

place.

"We will be rolling out our platform and there will be an environmental piece in there and how we can go about reducing emissions. We believe we can help reduce global emissions. The NDP-Liberal coalition has not hit a [CO2 reduction] target yet except during COVID when everything was shut down," said Bezan. "The problem is you have countries like India and China that are building coal-fired energy plants at a rate of one per week. People don't realize this, but Canada's number 1 export to China is not grain or pork: it's coal."

On the defence front, the budget states that there will be "steady and responsible investments" in defence to ensure the Canadian Armed Forces (CAF) is ready for conflict and that Canada's territorial integrity is maintained, especially from threats to the Arctic.

"Alongside our NATO allies, we have reinforced our defence and deterrence capabilities and readiness, including by committing to expand Canada's troop deployment in Latvia, where the Canadian Armed Forces already lead a NATO battle-group," states the budget. "We have welcomed Finland and Sweden into the alliance, bolstered our support for members in Eastern Europe, and made the investments necessary to uphold our unique role in protecting NATO's Northern and Western Flank — our Arctic."

In February it was reported that Canada has 16,000 CAF positions unfilled. Bezan said CAF is standing at only 58 per cent readiness when it should be at 85 per cent and that the Liberals are "actually cutting defence spending by almost \$3 billion" in this budget.

"The Liberals are making a bunch of promises for investments in defence and security, but it's all backloaded. It's a 25-year program with almost no money in the next two years. And what happens in two years is we're going to have a federal election and the Liberals are going to push off all the problems that we have in the Canadian Armed Forces on to the next government. It's typical Liberal dithering and delay and a kicking-the-can-down-the-road strategy," said

Bezan. "That's a failure for the great Canadians who serve in uniform. We have women and men who are wanting to serve this country but are not seeing a commitment from the current government and we are

experiencing a recruitment and retention crisis. We are understaffed by 16,000 troops and a further 10,000 troops are undertrained and undeployable."

He added that ships are in a state of disrepair and land vehicles and aircraft lack personnel to operate them. And the government is failing CAF personnel in areas of housing on bases, which have thousands of homes that are dilapidated and in need of repair or replacement. The budget has "zero dollars to build new homes next year," he said.

In the past few months, it's come to light that CAF personnel have been living on the street or in their vehicles because of either a lack of affordably priced homes or exorbitantly priced rental housing.

"CAF personnel who are trying to buy or rent off base are seeing, like all Canadians, that mortgage rates have doubled, rent has doubled and their ability to save up for a down payment to buy a house is almost impossible. We know there's at least 6,700 homes required for CAF personnel on base. In the last few years, the Liberals have built only 38 new homes for CAF in all of Canada," said Bezan. "So we've got a crisis and we're seeing people leaving because they can't find adequate housing. We are getting stories of troops living rough, either couch-surfing, living out of their car or camper or in tent cities that have sprung up in places like Halifax and Victoria. It's unbelievable that people who are prepared to make the ultimate sacrifice in defence of our country are being asked to live on the street."

The federal budget pledges over \$14 billion for Ukraine, plus another \$910 million to "support military operations in Ukraine, the Middle East and the Indo-Pacific region." But Bezan said "only half those promises" with regard to Ukraine have been fulfilled.

Promises to forward surface-to-air defence systems to Ukraine have yet to be acted on and a promise last September to buy 50 light-armoured vehicles has only been acted on in the last few weeks — and it will take a year to build them, he said.

"It's our position as Conservatives to support Ukraine. We have all sorts of surplus equipment such as 83,000 CRV7 rockets, which have hazardous materials in them but are sitting in storage and waiting for demolition on a Saskatchewan military base," said Bezan. "Pierre Poilievre said that instead of wasting taxpayers' money to dispose of these rockets, it would be better to give them to Ukraine so that they can defend themselves."

The federal budget is available on the Government of Canada's website.

Al-Anon and AA Meetings Information

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

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

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

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



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Warren Communities in Bloom teams up with local students

By Jo-Anne Procter

April 22 marked the beginning of a blooming transformation in Warren as the Communities in Bloom (CIB) initiative took root.

The CIB committee, made up of dedicated community members, aims to revive community pride by beautifying Warren's Local Urban District.

On Earth Day, April 22, Warren Collegiate and Elementary school students joined forces to clean up their town — filling a truck with collected garbage in just one hour. Their work was rewarded with a barbecue sponsored by local business Warren Fuels and the Warren & District Lions Club.

This event kick-started the CIB initiative and set a positive tone for future community-led efforts.

Warren's CIB initiative is not just about planting flowers and trees; it's about fostering community pride and environmental stewardship.

Chairperson Murray Scott told the *Tribune* that the main goal is to inspire citizens to take ownership of their town's appearance.

"Our goal is to create civic pride and to keep in mind the environmental impact they (citizens) make in the town as well as improve beautification in the town."

Warren CIB aims to beautify the town through various projects and initiatives and create a more inviting atmosphere for all residents.

By partnering with local schools, the committee plans to involve students



WCI principal Tyler Oliver, left, and Daniel Koss helped with a barbecue for students and community members who helped with the town-wide cleanup on April 22.

in activities like town cleanups and maintaining garden boxes during the summer months.

Residents are encouraged to enhance their landscapes, which can significantly impact Warren's overall aesthetic appeal.

Additionally, initiatives like Yard of the Week and Business of the Month aim to recognize and celebrate attractive properties within the community.

In July, a team of CIB judges will visit Warren to evaluate the town's beautification, environmental conservation and heritage preservation efforts. This evaluation covers community appearance, tree management and plant displays. Based on its performance, the town will receive a rating



TRIBUNE PHOTOS BY JUDY OLSON

A group of Warren Collegiate and Warren Elementary School students, the Warren Communities in Bloom Committee and sponsors Warren Fuels and Warren & District Lions joined forces on Earth Day for a community cleanup.

ranging from one to five blooms, and judges will provide detailed feedback on where the community has succeeded and offer suggestions for improvement.

CIB is an opportunity for Warren to showcase its commitment to creating a more beautiful and sustainable environment. The involvement of the entire community is essential in achieving this goal, and by participating, residents can actively contribute to making Warren a vibrant and welcoming place for all.

For 2024, the Canadian CIB has cho-

sen orange plants as a symbolic gesture honouring Indigenous communities.

Since 1995, more than 900 municipalities have participated in CIB annually at provincial, national and international levels. Thousands of municipal staff and volunteers of all ages help to foster, develop and maintain activities and programs that benefit the entire community.

For more information on the Warren CIB initiative, contact Murray Scott at murraydscott3@gmail.com or 204-797-8624.

Fisher Branch Women's Institute holding drug awareness open house

By Patricia Barrett

The Fisher Branch Women's Institute is spearheading an initiative to raise awareness of increased drug use in the Interlake and is inviting surrounding communities to collaborate on strategies to tackle the issue.

Debra Barrett, president of the Manitoba Women's Institute, said the Fisher Branch Women's Institute formed a committee that's organizing an open house to bring together people from the region to discuss drug use and addictions. The open house will also be live streamed for people to attend virtually.

"We're finding that all the Interlake communities are struggling with drug addictions and the associated costs to the community. There are not just financial costs but costs to society and the family," she said. "We thought we'd gather some experienced and knowledgeable speakers and invite communities within the Interlake to take part in our open house where they can gather some information."

Barrett said the focus will be on the use of on street drugs such as weed, cocaine and crack but also opioids and to a lesser extent alcohol, all of which can lead to breakdowns in families.

"We're finding that a lot of families are experiencing a breakdown. It not necessarily just young people using drugs; there are adults consumed by it," said Barrett. "Children are winding up in care, marriages are failing or the cost of drugs means families don't have the financial means to provide what's necessary for the family unit. Addictions are expensive and they have to be funded. So there's a lot of theft taking place."

The WI has a number of speakers lined up, said Barrett. Representatives from the Addictions Foundation of Manitoba, St. Boniface Street Links, Harm Reduction from Eriksdale and the Youth Treatment Program (Teen Challenge) will be part of the evening. There will also be individuals such as Chris (from Alcoholics Anonymous),

who sits on community committees and boards and will speak on addiction impacts

Continued on page 10

Manitoba Day Heritage Walking Tour
Sunday May 12, 2024
2:00 pm

Join members of the Stonewall Heritage Committee for a **FREE** walking tour of Stonewall.

Tour leaves from Memorial Park and takes about 1 1/2 hours.

Hear of the exploits of Alan Mcleod, VC, listen to stories about the curfew bell, and many more tales of Stonewall's past.

Tour concludes with refreshments.

The War Amps

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



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Kinettes' health centre donation 'embodies spirit of compassion'

By Lana Meier

During their meeting last week, the Stonewall Kinette Club presented a cheque for \$1,596 to the Interlake Eastern Health Foundation.

The funds will directly impact staff and patients at the Stonewall and District Health Centre, where it will be used to purchase two wheelchair cushions, a pair of Spanco bed cushions and a tub sling.

While there are always more needs than funding, contributions like this significantly enhance the hospital experience for patients, said Kim Minnis, manager of health services at Stonewall Health Centre.

"Their generosity embodies the spir-

it of compassion and community that strengthens our community's health-care system," Minnis said.

The health centre acknowledged the contribution in a statement on its website, noting the Kinettes carefully reviewed a list of high-priority needs for the hospital and drew upon the expertise of a retired nurse to help understand how best to help patients.

"These items are not just supplied; they represent comfort, dignity and improved quality of care for patients," the statement said. "It is through the generosity and dedication of community that we continue to improve health and health care."



TRIBUNE PHOTO SUBMITTED

The Stonewall Kinette Club presented a cheque valued at \$1,596 to the Interlake Eastern Health Foundation. Pictured left to right: Pat Moldowan (president), Kim Minnis (manager of health services), Joanne Hubbard (Kinette), Averill Stephenson (IEHF executive director).



Your key tag is in the mail

TRIBUNE PHOTO SUBMITTED

Stonewall and surrounding area residents can expect to receive their 2024 War Amps key tags in the mail starting this week. Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox, and The War Amps will return them to you by courier, free of charge. The War Amps receives no government grants. With the public's support of the Key Tag Service, the association is making a difference in the lives of amputees, including children, by providing financial assistance for the cost of artificial limbs, peer support and information on all aspects of living with amputation. Those who do not receive their key tags in the mail can order them at waramps.ca or call toll-free 1-800-250-3030.

> OPEN HOUSE, FROM PG. 9

on the person, family and community; Ron (from Fisher Branch), who has been a speaker on addictions at the Manitoba Youth Centre; and Kevin, who will speak on the signs and behaviours of cocaine-addicted persons.

"We are also discussing speaker availability with Ian Rabb of Two Ten Recovery and Destiny House. He was formerly with Aurora Addictions Centre. And we've reached out to the RCMP regarding the process for enforcing an involuntary psychiatric assessment order from the Court of King's Bench," said Barrett.

The topics will include how to tell

whether a person has an addiction, how addictions impact families and communities, resources available for individuals with an addiction and their families/loved ones, where treatment programs are located for persons living in the Interlake, and the development of a comprehensive multi-community approach to addictions, associated mental health issues and the impacts on Interlake communities.

The WI will be also providing attendees with educational materials on services available to individuals and families, treatment programs and facilities, and legal issues surrounding addictions.

What the WI is hoping to accomplish from the evening is to raise greater awareness of drug use and encourage collaboration on a strategic plan.

"Our hope is for the Interlake communities to work together in developing a strategic plan, which would result in a cohesive approach focused on reducing addiction dependency and the related effects on families and communities," said Barrett.

She added that programs to treat addictions either have a waiting list, are beyond the financial means of people or are tailored to specific groups such as Indigenous programs at the Aurora Recovery Centre.

"At Percy Moore Hospital we've got an addictions centre and the program is excellent, but it's maxed out. The availability is just not there," she said.

The women's institute has invited a number of communities to attend the meeting either in person or by Zoom. Those include Teulon, Arborg, Riverton, Gimli, Peguis, Fisher River, Jackhead, Moosehorn, Ashern, Eriksdale and Lundar. And all reeves and councillors from the Interlake municipalities have been invited to attend.

"There seems to be interest in this. Unfortunately, some communities are still ignoring the issue although this is knocking on everybody's door and nobody should be ignoring it," said Barrett. "We've had people as far as Sundance ask to be involved and they'll be joining us on Zoom."

The meeting will be held on Wednesday, May 8 at 6:30 in the Ukrainian National Home (hall) at 33 Provencher St. in Fisher Branch. There will be room for 100 people at the hall. Email Debra at wicomunityprograms@gmail.com to register for a Zoom link.

ROYAL CANADIAN LEGION
STONEWALL BRANCH - 467-2261 Lic #418

Clubroom Events for the Week of April 29
Wednesday 4-10 Chase the Queen Draw at 8:30
Pot is over \$800
Thursday 4-10 Crib at 7pm start
Friday 4-close Meat Draw at 6:30 - BBQ starts at 5:30
- first one of the year!
Saturday 2-close Darts at 7:00
All are welcome - Support your local legion!

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Rockwood home recently destroyed in blaze

By Jennifer McFee

A fire destroyed a home just outside of Stonewall two weeks ago despite the efforts of two fire departments.

On Saturday, April 20 at about 11 a.m., Stonewall-Rockwood Fire Department received the call about a house fire on Dan Griffith Drive.

Fire Chief Darrell Humeniuk said the house was fully involved by the time they arrived on scene.

“With the winds that were blowing, it was up and into the attic and roof before we even got on scene,” he said. “Unfortunately, there wasn’t too much chance of stopping that one.”

Stony Mountain Fire Department provided mutual aid for water tenders and extra help from fire firefighters.

“There was only one person home at the time and they got out,” Humeniuk said.

“Unfortunately, it was such a big burn that it’s hard to determine exactly what the cause was, but they’re still working on that. As far as I understand, the homeowners have insurance.”

A GoFundMe page called “Help the ones we love the most” has been set up to help support the family. Learn more at <https://www.gofundme.com/f/>



TRIBUNE PHOTO SUBMITTED

An April 20 fire destroyed a house just outside of Stonewall on Dan Griffith Drive.

help-the-ones-we-love-the-most.

IN OTHER FIRE DEPARTMENT NEWS:

Stonewall Rockwood Fire Chief Darrell Humeniuk reminds everyone to be extra careful with fires and burning this spring.

“I’d like to remind people that it’s a lot drier out

there than they think. Things will burn even though they don’t think it will,” he said.

“It is extremely dry right now still, especially in the rural areas. Be extra careful with anything you’re burning.”

New legislation introduced to repeal homegrown cannabis ban

By Lana Meier

The Manitoba government has introduced amendments to the Liquor, Gaming and Cannabis Control Act that would allow Manitobans aged 19 and over to grow up to four cannabis plants per residence, Justice Minister Matt Wiebe announced last week.

According to Wiebe, Manitoba is adapting to federal laws regarding cannabis and will permit individuals to cultivate up to four plants per

household. This alteration fulfills a campaign pledge. The legislation allows for personal cannabis growth, as long as proper measures are taken to ensure safety and security. The regulatory structure prioritizes public safety, with a particular emphasis on safeguarding youth and preventing access to cannabis by minors.

The suggested changes would eliminate the ban on growing cannabis for personal use in residential areas, as

outlined in the Liquor, Gaming and Cannabis Control Act. This would grant individuals aged 19 and above the freedom to cultivate up to four cannabis plants per household, which aligns with the maximum allowed by the federal Cannabis Act. To ensure responsibility and protection, guidelines for homegrown cannabis will be implemented through regulation, according to the minister’s statement.

Jesse Lavoie, founder of TobaGrown,

expressed great satisfaction with the Manitoba government’s decision to align our laws with the federal Cannabis Act and the rest of the country.

“This has been a lengthy process for us at TobaGrown and we are grateful for the support of the Manitoba cannabis community,” Lavoie said. “We extend our thanks to Premier Kinew and the Manitoba government.”

> UNIQUE BABY, FROM PG. 3

oping Child with Harvard University, the early years are the most active period in the brain for establishing neural connections, in fact, in the first few years of life, more than one million new neural connections form every second. This is why sensory stimulation from birth is vital.

That’s one of the reasons why Anitra Longley and her 15-month-old son Jason are attending Lullaland classes at Seven Oaks.

“I’ve done church programs, drop-in programs and quite a few mommy-and-me classes. It’s fun, but it’s usually just free play, which is kind of cool, but it’s not what we’re look-

ing for when we’re going out at this age,” said Longley. “I want Jason to be engaged, and that’s what they do at Lullaland.”

Longley explains she doesn’t mind driving from Selkirk because “there are no other programs that offer games and themes the way they do.”

“The thing that’s different with Lullaland is it’s such a positive atmosphere. It just feels like everyone wants to be there and everyone communicates. It just fills our cup up when we go. It’s not draining like the other ones can be,” said Longley. “It really helped with my mental health because parents also interact with each other, right? I’ve actually made some friends.”

Hiebert and Turanli’s idea was a runaway success, and they steadily kept expanding. Now, they deliver

43 classes a week to over 600 families across nine locations — eight in Winnipeg, one in East St. Paul — and they’re planning to franchise Lullaland across Canada.

“There’s a Google review that says something like, ‘It’s harder to get into Lullaland than it is to get Taylor Swift tickets!’ Because we did get there at one point. We want to be able to grow in a way that doesn’t compromise the quality of the program,” said Hiebert. “I think right from the beginning, although it started as a passion project, we very much knew that franchising was the route that we wanted to go with it.”

Currently the classes cater to 1,000 participants each week with babies as young as three weeks and grandparents as old as 92. Everyone, regardless of their age, loves the class

because there is so much variation. Their themes take babies into space, through the rainforest and even under the sea.

Longley joked that she has two dogs and she thought Jason was starting to act like them at one point. After she started taking Jason to Lullaland, she noticed that interacting with other kids consistently helped his personality come through more.

“Before I started taking him he was very reserved. And now he’s so much more outgoing. He’ll go sit in the middle of the room and dance. ... It’s so funny,” said Longley. “I’ll definitely be going until he reaches the age cap.”

For more information about Lullaland, visit Lullalandsensory.ca.

Run/walk in Lockport raising money for Huntington's disease

By Kaitlin Vitt

The Lockport River's Edge Run is back for another year, with this year's event raising money for Huntington's disease initiatives. The event takes place on May 11 — during Huntington's Disease Awareness Month — and organizers are calling on the community to support the cause.

"We need you, and we need your assistance. We want to make this a good event for everybody," said Vern Barrett, race director and president of the Manitoba chapter of the Huntington Society of Canada.

"Huntington's is like having ALS, Alzheimer's and Parkinson's all at once, so people have cognitive and neurological loss, it affects muscles, it affects memory, and there's no treatment or cure. But what we can do is we can provide the absolute best care for people with Huntington's that we can possibly manage."

Huntington's disease is a hereditary, neurodegenerative illness with physical, cognitive and emotional symptoms, as described on the Huntington Society of Canada's website. It's a rare disease — about one in 7,000 people in Canada have Huntington's.

About 50 years ago, Barrett and his wife found out his wife's aunt had Huntington's disease.

"We had no idea it was in the family, and after that, we became involved and started to fundraise for the re-

source centre [at Deer Lodge Centre in Winnipeg] for people with Huntington's disease to go to get support and care from a neurologist, speech therapist and so on. We've been involved for well over 50 years because of this connection," Barrett said.

"One phone call [to the resource centre], and they get connected with everybody they need to talk to. It's a wonderful site, an amazing thing in Canada."

Barrett has a fundraising goal of \$20,000. As of April 15, more than \$3,700 had been raised through the event's webpage (<https://raceroster.com/events/2024/86109/lockport-rivers-edge-run-walk-for-hd-2024>).

Participants can register to complete the 30-kilometre run, half-marathon run (21 kilometres), 10-kilometre run/walk or five-kilometre run/walk.

The event takes participants down River Road between Lily Drive, just north of Skinner's, and Larter's at St. Andrews Golf and Country Club. Depending on the distance the participant registers for, they will see a portion or all of this route.

"We're hoping runners and walkers from various parts of the province will come and enjoy this wonderful space," Vern said.

Full event information and registration forms are available on the Race Roster website (<https://raceroster.com/events/2024/86109/lockport-rivers-edge-run-walk-for-hd-2024>).



TRIBUNE PHOTO SUBMITTED

A photo from a previous year's River's Edge Run.

Registration fees increased in price on April 20.

"The Manitoba community has always been there for us, and we would sure appreciate their support with this event. It's really easy to participate," Barrett said. "It would be great to see them out and help us and help the community."

4L Communications in Selkirk is the title sponsor of the event. The company has sponsored the event in past years when the run/walk raised money for neurofibromatosis initiatives.

"It's such a great event. The location is incredible," said Lars Koop of 4L, who has participated in the event with his family.

"Even if it's your very first run, and you're going to sign up for the 5K, there's such little pressure because the track, the scenery and the route are so beautiful that you forget that you're competing or you're trying to beat your pace or something like that because it's just enjoyable. And there's probably no better run for someone who's going to do it for their first time."

Renewed focus for ISD's continuous improvement plan

By Jennifer McFee

Interlake School Division is launching its new continuous improvement plan, which offers a fresh look and renewed focus.

The plan draws on provincial government direction from Manitoba Education and Early Childhood Learning's Framework for Learning and the Indigenous Education policy framework called "Mamāhtawisiwin: The Wonder We Are Born With."

"These documents, coupled with the voice of ISD stakeholders, help to identify a clear path forward while building upon the strength of the foundation established during our last continuous improvement plan," said Margaret Ward, superintendent and CEO.

The end of the school year brings the excitement and celebration of successes over the year, while also bringing the anticipation and opportunity of the new school year, she added.

"In the coming months, we will celebrate the graduating class of 2024, students will prepare to transition

from one grade to another, and our newest learners will look forward to their very first day of kindergarten in September," Ward said.

"Over the next few months, schools will be involved in school planning efforts for the 2024-25 school year, school and divisional leaders will be actively engaged in staffing, and schools will prepare to report to their communities at the end of June regarding their goals and their continued pursuit of improvement."

Ward explained that the Interlake School Division's continuous improvement plan is a commitment to ensuring every student participates in high-quality learning opportunities that are accessible, equitable and responsive.

"As always, all ISD staff are dedicated to continually monitoring the needs of our students, staff, parents and communities as we grow, learn and improve together. With the continued commitment to reviewing our data and reporting to our stakeholders each and every year, we will sure-

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ly see our continuous improvement plan transform over time, as was the case with our previous plan," she said.

"We welcome and certainly look

forward to all input along the way as every voice is vital to our collective improvement."

There's a 'grate' new pizza place in Teulon

By Jo-Anne Procter

Mike's Pizza Plus in Teulon is not just your average pizza joint — it's a place where everyone feels welcome. Owner, Mike Enns goes above and beyond to create an inviting and safe atmosphere for his customers as well as cooking and serving specialty pizzas and burgers.

For Enns, it's all about family. Not only is he a pizza connoisseur, he's also a devoted father who has brought his children into the business. They are fully immersed in every aspect of the restaurant, which includes coming up with new and delicious pizza and burger creations. Each one bears the names of their loved ones — like Andrew's Heavenly Pizza, a tribute to Mike's late husband.

Mike's passion for pizza-making runs deep in his bloodline, from that first pizza pie baked at 14 in Morris to the bustling kitchen of Mike's Pizza Plus in Teulon. Every slice is a testament to years of tradition and

expertise. His family has been in the restaurant business for many years, including three pizzerias that Enns and his late husband Andrew owned and operated together before his passing.

Mike's Pizza Plus has arcade games, a big screen TV and a pool table for patrons to enjoy. There is free pool for students during lunch hour and daily specials including the student special of two slices of pizza and a drink for \$6.

Looking ahead, Mike has exciting plans in the works, including applying for a liquor licence and constructing an outdoor patio. Additionally, he has various special events to make dining at Mike's Pizza Plus even more memorable.

The restaurant is located at 20-3rd Ave. S.E. in Teulon. Business hours are Tuesday to Thursday from 11 a.m. to 8 p.m. and Friday and Saturday from 11 a.m. to 10 p.m.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Mike's Pizza Plus staff with a freshly made to order 17-inch Ashley's Greek Paradise pizza. Pictured left to right: Rohan Purba, Michael Enns, Ashleigh Chartrand and Hunter Fontaine, Katie Enns and Matthew Fontaine.

Dancers kick it up a notch



TRIBUNE PHOTO SUBMITTED

Jansen School of Dance is a family-owned and operated company that has offered dance classes in Stonewall since 1992. This past weekend, they participated in Kick It Up in Winnipeg. Their contemporary piece, Twisted, earned them first place overall for a large group. The dance studio also won third highest total studio score. Pictured left to right, back row: Ella Douglas, Ashley Searcy, Madison Spence (instructor), Cheyenne Chubaty, Addison Sangster, Kaitlyn Braid, Justine Farkas, Mikala Fingas; front row: Gabby Couture, Ava Birtwhistle, Hailey Searcy, Kenna Grantham. Missing from the photo is Elle Dodd.

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Wounded Warriors Canada receives \$2-million business donation



TRIBUNE PHOTOS BY CATHY COSS

Wounded Warriors Canada received a donation of \$2 million from MediaScene at the Winnipeg Police Service PTSD support group fundraiser in Winnipeg this past Friday at the Canad Inns Destination Centre. The proceeds raised will benefit countless Canadian police officers as well as military veterans, paramedics, firefighters, corrections officers, call centre dispatchers and other service personnel and their families who reach out to the charity for help. Bottom left photo: The founders of the Winnipeg Police retired members of the PTSD Peer Support Group, Denis Fontaine, Jerry Maryniuk and Russ Lelliott. Bottom right, The Pugs band from Teulon provided the entertainment.

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Proposed Teulon pathway draws mixed opinions

By Jennifer McFee

A Teulon councillor's proposal for a walking path is being met with mixed reactions.

Coun. Kirt Ansell recently expressed the need for a walking path that could be used by school-age students attending Playstreet Childcare Centre, which he was involved in launching. He suggested that the town-owned back lane could potentially serve as a four-season active transportation trail for the community.

He further suggested that the town could consider installing crosswalks near both local schools and replacing a hedge near the elemen-

tary school with a gravel path.

"A few solutions are required ultimately for the children in the Teulon community to be able to safely cross streets and highways to get to school here," Ansell said.

At his own expense, Ansell recently hired a professional survey company to determine property boundaries.

Teulon Mayor Todd Campbell shared his thoughts on the topic.

"As the mayor of Teulon, the council of the Town of Teulon has not authorized Coun. An-

sell to conduct or do anything with this property. Coun. Ansell reached out and hired a surveyor to survey the highway property — again, not authorized by the Town of Teulon," Campbell said.

"Further to that, the Town of Teulon does not have a budget for this project in our 2024 fiscal year."

School board chair Alan Campbell also shared a response to the subject.

"The proposal from Coun. Ansell has come to the attention of the board of trustees. After speaking with Mayor Campbell and CAO Yuen, it is our understanding that this proposal has not been approved by Teulon council," Campbell said.

"All work on school division property is ultimately the decision of the superintendent's department in consult with school administration and the division's maintenance department. At this time, there are no plans for work connected to walking paths on the Teulon Elementary School grounds."



TRIBUNE PHOTO BY LANA MEIER

The town-owned back lane could potentially serve as a four-season active transportation trail for the community, according to Kirt Ansell.

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Spring Home & Garden Guide



The importance of inspecting your roof: how to avoid unpleasant surprises

Every spring, it's a good idea to inspect your roof to see if it withstood the winter months. This will help you identify any problems and take necessary action. Here's what you need to know when doing a thorough visual inspection of your roof.

SAFETY FIRST

Climbing onto your roof can be risky, so use appropriate safety equipment, including closed-toe, non-slip shoes, a sturdy ladder and a safety harness. Having someone help you stabilize the ladder and be available in an emergency is also a good idea.

Additionally, ensure the roof is dry before inspecting it. Choose a day with minimal wind and cool temperatures to avoid working on a screaming hot surface.

THINGS TO CHECK

First, remove any debris, such as leaves. Then, inspect all accessible parts of the roof to identify problems such

as:

- Standing water
- A damaged or deformed membrane
- An uneven gravel layer
- Cracked sealing joints
- Rusted or flimsy flashing
- Protruding nails
- Missing, broken or lifted shingles
- Mould

It's also a good idea to examine your attic, walls and ceilings while you're at it. Check for signs of water infiltration or poor ventilation. Unpleasant odours, mould, excessive moisture and peeling paint are telltale signs that something's amiss.

If you notice an issue, don't wait for it to worsen. Seek professional help. If you're uncomfortable inspecting your roof, call a local roofing professional to get the most accurate assessment of your roof's condition.



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Spring Home & Garden Guide



Shut the door on pests this spring!

As the weather warms up, many insects and animals come out of hiding, looking for a place to live or raise their young.

SPECIES

Pests to look out for in spring include small mammals like skunks, groundhogs, raccoons, squirrels and mice. These small but mighty critters can cause damage to your home and yard.

Birds, such as swallows and sparrows, can also build nests in inconvenient places, such as your eavestroughs or attic. During the spring thaw, ants, wasps and other insects can also become an issue.

RISKS

Depending on the species involved, pest infestations can lead to various consequences. Some risks include:

- Structural damage
- Fires
- Contaminated food
- Allergic reactions to insect bites
- Animal-related diseases

SOLUTIONS

You can do several things to prevent a pest infestation, including keeping the inside of your home clean, regularly emptying the trash, storing food in airtight containers, repairing cracks, replacing damaged weatherstrip, placing screens over vents and trimming overhanging tree branches. Additionally, it's a good idea to trim overgrown bushes or hedges to eliminate nesting places for rodents.

pests are still getting into your home despite your best efforts, call a local pest control expert to address the issue. Professionals can quickly and effectively relocate troublesome animals and exterminate unwanted insects.



Is it time to replace your toilet?

Is your toilet showing its age? Are you thinking about investing in a new one? Are you renovating your bathroom and want to update this essential fixture? Beyond aesthetic considerations, here are some telltale signs it might be time for a new commode:

- The toilet leaks or is frequently clogged.
- The flush mechanism works erratically despite attempts at repairing it.
- There are cracks in the porcelain bowl or tank.
- The water tank runs continuously.

• The toilet is unstable and moves when you sit on it.

• The seat is uncomfortable. Modern models feature elongated bowls, which provide more support and comfort than round seats.

• The plumber visits so often that you've become friends.

If your toilet is past its prime, you may want to consider swapping it for a low-flow model to reduce your water consumption. Has your water bill recently increased? A faulty toilet could be to blame. It may be wise and cost-effective to replace it.

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Construction underway



TRIBUNE PHOTO BY LANA MEIER

Work is underway for a nine-unit multi-family townhouse by Buildguru Homes on 4th Street East in Stonewall.

Community support



TRIBUNE PHOTO SUBMITTED

Balmoral Recreational Ent. committee members Wendy and Kim Lillies and Dave and Emmy Byle accept a \$30,000 donation from Debbie McCrea. The funds were used to purchase a 2024 Polaris Ranger 570 Northstar and a Pit Boss Smoker/BBQ Pro Series II 1100 that will be raffled off for the Capital Maintenance Fund. Tickets are \$100 each and the draw will be made Sept. 14. Debbie lived in Balmoral from 1976 to 1994 where she raised her two children. They spent many hours at the Balmoral Rec Centre over the years. Debbie moved away to Benito where she met and married Tom McCrea, owner of Ag Shield Mfg. Although Tom was busy, he dedicated 30 years to the local rec centre. It was his belief that the rec centre was the backbone of the community and it was a necessity to maintain the growth of the area. After Tom passed away, Debbie made the decision to donate to the Balmoral Rec Centre to help with the replacement of the compressor. The total cost of the repair will be approximately \$200,000. If anyone is interested in purchasing or selling tickets, contact Emmy Byle at 204-467-1206 or Wendy Lillies at 204-799-4515.

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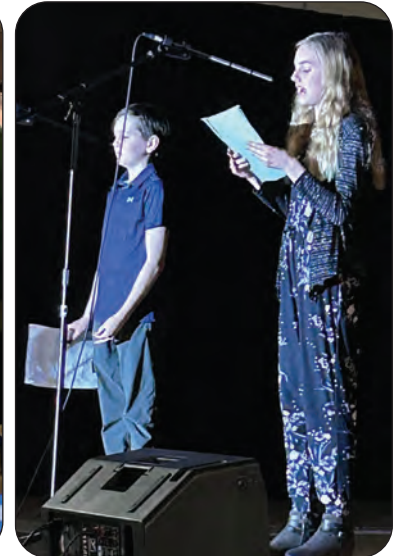
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TRIBUNE PHOTO BY GRACE BERNARD

Access Credit Union managing partner Leonard McKnight presented the fundraising committee of Balmoral Recreational Enterprises with a cheque for \$5,000 at the Stonewall branch on April 25. The funds will be used in the restoration of the ice plant in the Balmoral skating and curling rinks. Pictured left to right: Kim Lillies, Wendy Lillies, Emmy Byle, Leonard McKnight and Dave Byle.

Spring has sprung



TRIBUNE PHOTOS SUBMITTED

Woodlands Elementary students celebrated the change of seasons with a Spring Showcase concert last Thursday. Guests were welcomed by students Ivy Sund and Blake Park, who introduced each grade for their group performance as well as some solo performers. The kindergarten class opened the evening with "Yellow Submarine" by The Beatles and the grades 1/2 class were the last performance singing "We Will Rock You" by Queen. Music teacher Ms. Hallow and students worked hard practising for the show and were supported by many students and staff who helped out with costumes and behind the scenes. A Year in Review slide show titled "Our School" was displayed as principal Tim Lee provided closing remarks.

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For all of the information visit the website below or go www.stonewall.ca and find it there.

<https://www.getprepared.gc.ca/cnt/hzd/index-en.aspx>

Annual Hiking for Hospice happening May 4 and 5

By Becca Myskiw

Hiking for Hospice is coming up, and Teulon walkers are fighting to keep it in the town. South West District Palliative Care (SWD-PC) holds the Hiking for Hospice yearly, a hike, bike, walk, roll, run and scooter fundraiser that generates funds through pledges.

This year's walk is being held in Teulon on May 4 from 11 a.m. to 1 p.m., ending with refreshments and snacks. The walk in Stonewall will be on May 5. Registration is from 9 to 11 a.m. A pancake breakfast will be hosted by the Stonewall & District Lions at Lions Manor from 9 a.m. to noon. Participants are to enter from Entrance 1, 622 Centre Ave., with parking on Centre Avenue.

Hiking for Hospice takes place in both Stonewall and Teulon annually, but with lower participation in Teulon, the event is at risk of only being held in Stonewall. SWD-PC board member Sherry Wood Weaver has walked in Teulon for several years now, and this year, she is walking to generate awareness for Nav-CARE. Nav-CARE is a volunteer program that supports people with declining health and social isolation.

SWDPC was the first organization in Manitoba to bring Nav-CARE to the province. The free program offers companionship to those needing it — volunteers help locate local services and resources to help those manage their declining health, help get the person where they need to go, assist them in re-engaging hobbies and interests, talk with them through important decisions and future plans, help relieve their feelings of loneliness, isolation and anxiety, offer one-on-one relationships tailored to the person's needs and book appointments for them. Essentially, volunteers help people in Nav-CARE with whatever they may need.

One woman using Nav-CARE, Monica, has advanced cancer. Though she could manage day-to-day with regular health-care services, her medications made it difficult for her to think straight, so a Nav-CARE volunteer was there to help her.

Another Nav-CARE user, Clara, lives with chronic debilitating pain, and because she didn't qualify for regular health-care services in her rural community, she joined the Nav-CARE program. Her navigator helped her through problems when she "ran out of steam," handled the phone for her and took over things she wasn't capable of doing anymore.

SWDPC started Nav-CARE in the area with grants, but they need funds now to keep it going. Those funds will pay the part-time Nav-CARE co-ordinator SWDPC has hired, allowing the program to continue. SWDPC needed someone to dedicate their time to Nav-CARE, so they

Hiking for Hospice

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hired the co-ordinator.

"We're all living with declining health," said Wood Weaver. "Nav-CARE is basically about companionship and support."

Nav-CARE is still new to the area, starting entirely in the fall of 2023, and Wood Weaver said they're looking for more volunteers to get involved with it. SWDPC is currently reaching out to local assisted living facilities, seniors' groups and other organizations that may have people needing Nav-CARE, but they're going to need more volunteers as they get more clients. To volunteer with SWDPC Nav-CARE, contact the organization at s.w.d.p.c@hotmail.com.

"Nav-CARE offers the types of things regular health care doesn't," said Wood Weaver. "It's a sort of buddy system — whether it's having a cup of tea or going for a walk, doing their hobbies with them or finding them resources."

For those unable to participate in Hiking for Hospice on May 4 or 5, interested participants can register online from May 1 to May 11 and complete the walk on their own time. Funds raised at the event will also go towards SWD-PC's other initiatives, like Camp Stepping Stones and purchasing hospital equipment for the palliative care ward. SWDPC has three other main fundraisers throughout the year:

- the charity golf tournament in June
 - the gala in November
 - the memory trees at Christmas in the libraries
- To register, contact s.w.d.p.c@hotmail.com.

"WE'RE ALL LIVING WITH DECLINING HEALTH."

Cancer survivors and thrivers welcome for wellness retreat

Registration open for Wellness retreat

By Becca Myskiw

Central Plains Cancer Services (CPCS) is offering local cancer survivors the chance to embark on a wellness retreat this year.

Registration is open for the organization's inaugural wellness retreat, happening Friday, May 31 to Saturday, June 1 in Southport. The two-day retreat is for cancer survivors and thrivers of all kinds and will have attendees recharge, reconnect and rediscover themselves.

The retreat will kick off with a rejuvenating yoga session, followed by a welcome dinner featuring Catherine Wreford, who was diagnosed with an incurable malignant brain tumour after giving birth to her second child. Wreford was given two to six years to live, and 10 years later, she's still thriving. Wreford is a former nurse and Broadway performer. She won *The Amazing Race Canada* Season 8 (with teammate Craig Ramsay) and is on a mission to raise awareness and funds for brain cancer.

For the retreat fee of \$250, participants get accommodations at Baker

Hotel & Suites for the night, all meals, snacks, beverages and all activities. Those activities include two yoga sessions, one meditation workshop and an art therapy workshop.

The retreat's art therapy leader is Connie Haw, a registered Canadian art therapist who owns Flow Art and Expressive Arts Therapy in Winnipeg. Haw specializes in blending psychotherapy and the creative process.

The retreat's yoga instructor is Lynne Bereza, who has training in body-positive, yin and chair yoga. Bereza's mission is to guide her students' yoga practice in a way that works for them in a safe, supportive and inclusive environment.

Melissa Meilleur, who began her path to mindfulness more than 20 years ago, will teach meditation at the retreat. Meilleur has learned a variety of tools to stay grounded and centred in all that life throws her way and has shared her knowledge with adults, teens and children since 2013.

Sara Giffin will teach Dance for Joy at the retreat. Giffin has been dancing since she was six, starting at the Portage Arts Centre. She's danced in tap, ballet, jazz, lyrical and musical theatre and is a current tap and ballet instructor at Prairie Fusion.

Sharilyn Knox, executive director of Central Plains Cancer Services, said they wanted to offer something where survivors and thrivers could move forward in their wellness journey. So they decided to plan a retreat for all who have survived cancer and are living with it.

"We've been offering services to people going through cancer for 25 years, and we have just found that sometimes once people are done the journey, they want to get back to a place of wellness," she said. "When people go through a cancer diagnosis, their life changes. Often people want to regain their wellness or find ways to do things differently, and sometimes it's spending time with other people who've been through it, to be able to talk about resilience and finding peace and moving on. So we just wanted to create that opportunity where people could do that with each other."

It doesn't matter when you received your cancer diagnosis — any and all survivors and thrivers are welcome at the retreat. Central Plains Cancer Services is keeping the inaugural retreat small, so the maximum capacity is 40 people. As of last week, the retreat was half full. Knox said registration

will remain open until the event is full.

For more information on the Central Plains Cancer Services Wellness Retreat for Cancer Survivors & Thrivers, visit www.centralplainscancerservices.com. To register for the wellness retreat, go to www.cpcswellnessretreat.eventbrite.ca.

Anyone in these communities are welcome to attend: Alonsa, Altamont, Amaranth, Arden, Arizona, Austin, Bagot, Bethany, Birnie, Bruxelles, Clanwilliam, Culross, Cypress River, Delta Beach, Eden, Edrans, Edwin, Elie, Elm Creek, Erickson, Fannystelle, Firdale, Fortier, Franklin, Gladstone, Glenella, Glenora, Haywood, High Bluff, Holland, Katrime, Kelwood, Kinosota, Lakeland, Langruth, Lavenham, Macdonald, MacGregor, Mariapolis, Marius, McCreary, Minnedosa, Mountain Road, Neepawa, Newton, Norgate, Notre Dame de Lourdes, Oakland, Oakville, Ogilvie, Plumas, Polonia, Poplar Point, Portage la Prairie, Pratt, Rathwell, Riding Mountain, Rossendale, Sidney, Silver Ridge, Somerset, Southport, Springstein, St. Alphonse, St. Ambroise, St. Claude, St. Eustache, St. Leon, Starbuck, Swan Lake, Tenby, Treherne, Waldersee and Westbourne.

Cookies worth smiling for



TRIBUNE PHOTO BY JO-ANNE PROCTER

It was all hands on deck last Monday afternoon as students from Ecole Stonewall Centennial School were busy decorating 1,000 Smile Cookies at Tim Hortons. As part of Tim Hortons Smile Cookie Campaign, 100 per cent of cookie sales from April 29 to May 5 at the Stonewall location will be donated to the school for their Green Space Renovation fundraiser. A dozen cookies can be purchased for \$18 while six cookies is \$9. Pictured left to right: Grade 7 students Kyaira Zagrodnik, Lacey Learning and Hailey Searcy with principal Ed Harvie and Tim Hortons' Reuben Arellano.

Quiz night champions



TRIBUNE PHOTO SUBMITTED

Team Pura Vida — left to right, back row: Angela Emms, Craig Riddell, Mike Emms, Tony Holtmann, Kim Holtmann; front row, Colleen Riddell, Kyla Corbett, Scott Beaton and Jenny Beaton — were the winners of the 2024 Bird Cup at the annual Rosser Community Club Quiz Night fundraiser on April 26. The club raised \$3,800 for operations and maintenance of the facility.

ter is now 93.”

For many years, Helen continued working at the clothing factory and later worked at a jewelry store until she was 80.

Meanwhile, Al continued with his studies and eventually received a certificate from McMaster University. He served as a department supervisor and co-ordinator of more than 200 volunteers. He later became acting head of social development at the penitentiary and conducted seminars across Canada.

“I loved my work. Looking back, I now realize, however, I could have spent more time with my wife. I was always too busy,” he said.

“Helen did travel with me at times and actually took some of the training that I took to be able to hold down the job I now held. In many ways we were much alike — go, go, go.”

In 1991, Al retired from Correctional Service Canada with 40 years of service. After that, he did some contract work in parole service for the next four years.

“Helen then sang me the song ‘Enjoy Yourself, It’s Later Than You Think,’” Al recalled. “I agreed, even though Helen still continued to work part-time till years later.”

After Al officially retired, the couple travelled with their motorhome for most of the next four years. They enjoyed their adventures but eventually

started to feel that they wanted to do something of value.

They visited a Spanish-speaking college called Rio Grande Bible Ministries in Texas and ended up working as volunteers during the winter months. For the next 18 years, Al worked at Rio Grande in construction while Helen worked in the daycare, quilting department and looked after the food pantry.

Linda grew up and became a commercial and landscape artist. She married and had a daughter named Andrea. She also spent several years with a mission in Ireland.

Unfortunately, Linda passed away in 2010 at the age of 52.

“This was the low spot in our 70 years of marriage — a very difficult time for Helen,” Al said. “As Bible-believing Christians, faith is what sees you through these valleys in life.”

Now their granddaughter Andrea is married with two daughters, Georgina and Harriet. She lives in London, England, and works in financial law while her husband Ross undertakes research at a university.

“They are our pride and joy,” Helen said. “We are also pleased to see them involved in a church and setting a good example for their children by the way they live their lives.”

Al continued to serve as a member of the Canadian board of Rio Grande Bible Ministries Canada for 22 years in all.

“I resigned that at the request of our granddaughter Andrea and her hus-

band Ross less than two years ago,” he said. “They suggested that Grandma Helen wanted more of my time. I took their advice.”

When they look back at their 70 years together, they recall several decisions they made while they were engaged after receiving the plaque with Proverbs verses. They decided to attend church on Sundays whenever possible, to give at least a tenth of their income for a tithe, to study the Bible throughout their lives and to make their marriage a lifetime commitment.

“Have we succeeded? We would be dishonest if we simply told you we had. The Bible tells us in Ephesians 2:8-9 that it is by grace you have been saved — are able to look forward to eternity through faith and this is not from yourselves. It is the gift of God, not of works, so that no one can boast. The key, as Helen and I see it, is the word ‘faith,’” Al said.

“The works we do, like helping others in various ways, should follow if we are sincere. No one in this life is perfect. The Christian life is a process, and all we can say is that we have tried. We have had our valleys and, looking back, there are regrets and things that we have learned that hopefully we have passed on to others.”

About 10 years ago, the couple made the difficult choice to sell their home and move to the Lions Manor, where they remain today.

When they think about what’s kept

them together all these years, a few things come to mind.

“Helen and I were fortunate to enjoy many of the same things — gardening, fishing, downhill skiing, traveling throughout the U. S. and Canada, Mexico where we helped build a church, Hawaii, the Holy Land, Egypt, climbing the Great Pyramid, England, Ireland and Wales — even playing dominoes and Skip-Bo in the evenings,” Al said.

“Helen taught Sunday School for 20 years in one of the churches we attended, I assisted her in that at times. I was a Cub Scout leader for something like 14 or 15 years. Helen assisted me with that.”

In addition, Helen still enjoys playing the piano while Al sings along.

“We still enjoy playing and singing together,” Al said. “At our anniversary dinner on April 3, I sang her the song ‘I Love You Because.’”

Of course, they’ve had their disagreements, like most couples do, but they were always quick to forgive and forget.

“Helen and I have our differences; however, much of the way we think and most of the things we enjoy bring us together and make us a team. When the chips are down, we always support one another,” Al said.

“We truly care for each other. And our faith and commitment that our marriage was for a lifetime has made our 70 years possible.”

get inspired

> MEAL IDEAS



Cheese Tortellini and Cauliflower with Creamy Spinach Marinara

sionally, until just tender, about 5 minutes, or cook according to package instructions.

In separate large pot over medium heat, stir marinara sauce, cream, basil and black pepper to combine and bring sauce to simmer. Once simmering, reduce heat to medium-low and cook until slightly thickened, 3-4 minutes.

Wash and dry spinach.

When sauce has thickened, add spinach to pot in handfuls, waiting for spinach to wilt slightly before adding next handful. Remove from heat and cover to keep warm.

When cauliflower and tortellini are done, drain and add to pot with creamy marinara sauce; stir to combine.

To serve, divide pasta between plates or bowls.

Recipe courtesy of Albertsons

Total time: 20 minutes

Servings: 4

2 bags (10 ounces each) cauliflower florets

18 ounces cheese tortellini, fresh or frozen

1/2 tablespoon salt

1 jar (24 ounces) marinara sauce

8 fluid ounces heavy whipping cream

1/2 teaspoon basil, dried

1/4 teaspoon black pepper

2 packages (5 ounces each) baby spinach

Fill large pot halfway with hot water, cover and bring to boil. Uncover then add cauliflower, tortellini and salt; stir for a few seconds. Cook, stirring occa-



Sheet Pan Cajun Shrimp Fajitas with Bell Pepper, Onion and Spicy Ranch

Drizzle veggies with oil, toss to combine and spread in even layer. Bake until veggies have softened slightly, about 5 minutes.

If using frozen shrimp, place them in colander and run under cold water to thaw slightly. Place shrimp on clean towel or paper towels and pat dry.

Remove baking sheet from oven. Arrange shrimp over veggies then sprinkle with 4 teaspoons Cajun seasoning and salt; toss to combine and spread in even layer.

Bake until veggies are tender and shrimp are cooked through, 5-7 minutes. Remove from oven.

Cut lime into wedges.

In small bowl, stir ranch dressing and remaining Cajun seasoning.

Warm tortillas in skillet, oven or microwave, if desired.

Divide tortillas between plates and fill with shrimp and veggies; drizzle with spicy ranch and serve with squeeze of lime.

Recipe courtesy of Albertsons

Total time: 30 minutes

Servings: 4

2 green bell peppers

2 yellow bell peppers

1 lime

1 medium red onion

2 tablespoons extra-virgin olive oil

1 1/2 pounds raw, peeled shrimp, fresh or frozen

5 teaspoons Cajun seasoning, divided

1 teaspoon salt

1/2 cup ranch dressing

12 small flour tortillas

Preheat oven to 450 F.

Wash and dry green bell peppers, yellow bell peppers and lime.

Trim, seed and slice bell peppers lengthwise into thin strips; transfer to large baking sheet.

Peel, halve and slice onion lengthwise into thin pieces; add to baking sheet with bell peppers.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Laxdal named Ontario Hockey League Coach of the Year

By Ty Dilello

Stonewall's Derek Laxdal was recently named the Ontario Hockey League's Coach of the Year for his outstanding season with the Oshawa Generals.

In his second season guiding the Generals, the team went 25-6-4-1 after Jan. 1 and posted a 40-19-7-2 record to top the Eastern Conference. The Generals have won their first two rounds in the playoffs and are now entering the Eastern Conference best-of-seven final against the North Bay Battalion.

"To be recognized by your peers is a huge accolade as there's a lot of great coaches in the OHL," said Laxdal. "This is an award that everyone in our organization plays a part in, and we've grown so much as a team this year and where we came from last year."

It's been a fantastic season for Laxdal and his group, who were the top team in the OHL from Dec. 1 and on.

"We were ninth place earlier in the season, and we came back to win our conference in the regular season. We are now in the league semifinals, so it says a lot about our team."

Before becoming a coach, Laxdal played 67 games in the NHL, split between the Toronto Maple Leafs and New York Islanders. He also played pro hockey for over 15 seasons in several leagues throughout North America and Europe.

Throughout his playing career, Laxdal was often a captain or assistant captain, so coaching was something that he was always interested in getting into when he retired.

After serving as an assistant coach with the NHL's Dallas Stars for the past three seasons, Laxdal became the head coach of the OHL's Oshawa



TRIBUNE PHOTO SUBMITTED

Stonewall's Derek Laxdal recently earned OHL Coach of the Year honours as his Oshawa General squad is in the midst of a deep run in the OHL playoffs.

Generals for the 2022-23 season.

Before joining the Dallas Stars, Laxdal spent six seasons with the AHL affiliate Texas Stars as the head coach from 2014 to 2020, which included a run to the Calder Cup final in 2018, losing in seven games to the Toronto Marlies.

"MY GOAL IS TO TRY AND GET BACK TO THE NATIONAL HOCKEY LEAGUE, OF COURSE, BUT JUNIOR HOCKEY HERE IS THE NEXT BEST THING TO THE NHL."

His other professional coaching experiences include a five-year tenure in the ECHL with the Idaho Steelheads, during which he won a championship in 2007. He also coached the WHL's Edmonton Oil Kings for five

seasons, winning league championships in 2012 and 2014 and the Memorial Cup in 2014.

As successful as he's been now with the Oshawa Generals, Laxdal's ultimate goal would be to get back to coaching at the NHL level.

"My goal is to try and get back to the National Hockey League, of course, but junior hockey here is the next best thing to the NHL," said Laxdal. "And I'm really enjoying my time here."

Laxdal will also be the OHL's nominee for the Canadian Hockey League's Brian Kilrea Coach of the Year award that will be presented during the 2024 Memorial Cup in Saginaw, Mich. He will be formally presented with the Matt Leyden Trophy (OHL Coach of the Year) during the league's June 12 awards ceremony at the Hockey Hall of Fame in Toronto.

Boughton named Provincial MVP



TRIBUNE PHOTO SUBMITTED

Sydney Boughton, along with her team WinMan Fire, defeated the #1 ranked Junior Bisons Gold to win the U15 Provincial Club Volleyball Championship at Sport Manitoba Sunday. Boughton was honoured to be named the tournament MVP.

The three-day tournament hosted 38 teams from across the province at four venues in Winnipeg: U of W, RRC Polytech, Dakota Field House and Sport Manitoba.

WinMan Fire was ranked third entering the tournament. In the semi-finals, they defeated the #2 ranked Dynamo in three sets.

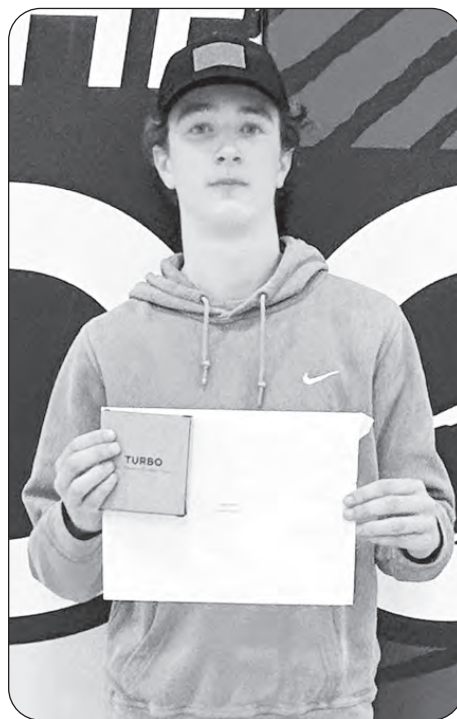
In the final, WinMan Fire faced a formidable Bison team. After a tough start, they rallied back from a six-point deficit in the second set, winning it 25-23. They carried this momentum into the third set, clinching the championship with a 15-10 victory. Boughton and her teammates are now gearing up for the national tournament in Edmonton on May 16-18.

Boughton is the daughter of Kevin and Tammy Boughton and lives in Stonewall while attending Collège Sturgeon Heights Collegiate.

sports & recreation

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Rams' Holod receives Scoring Champion and MVP award



TRIBUNE PHOTOS BY SUBMITTED

Photos, left to right: Three Collège Stonewall Collegiate Rams hockey players brought home a combined six awards from the Winnipeg High School Hockey League's annual awards banquet held in Winnipeg last Thursday. Forward Gavin Holod won the Platinum Promotions (A Division) Scoring Champion Award, Most Valuable Player Award and was named a First Team All-Star. Forward Adam Newcombe won the Most Improved Player Award, and defenceman Evan Reimer won the Travis Price Hockey Spirit \$500 Scholarship Award. The Travis Price Award is presented to a player who displays good character and leadership. Warren Collegiate Wildcats' forward Carter Olson also received the Travis Price Award for the Price (C Division), and forward Owen Shymko was named a First Team All-Star.

Zone V high school badminton champions



TRIBUNE PHOTO SUBMITTED

The Collège Stonewall Collegiate Rams captured the Manitoba High Schools Athletic Association Zone V Junior Boys & Girls Badminton Champions 2023-2024 banner in Gimli on April 24. The Rams' Josh Learmond won first place in boys' singles, Reese Fidler won girls' singles, and Sierra Slatcher came in second. The Rams' Lucy Hoff and Carson Schaeffer won mixed doubles, while Alec Harrisko and Landyn Rempel won boys' doubles. The Teulon Saints captured the MHSAA Zone V Senior Boys & Girls Badminton Champions 2024-2024 banner, collecting 47 points, with Stonewall coming in second with 31 points. The Saints' Logan Morin and Avery Reed won mixed doubles, Ali Charison and Shiloh Nault won girl's doubles, and Ethan Inglis and Sam Lowe won boys' doubles. Jaxson Grose and Tate Lussier placed second in boys' doubles. The Warren Wildcats' Bryn-Lee Procter and Rianna Cassils placed second in girls' doubles, earning them a berth in the provincials. Provincials were held May 2 to 4 in Winnipeg. Results were not available at press time. Photos from left to right: The Stonewall Rams junior boys and girls champions; Teulon Saints senior boys and girls champions; and the Wildcats' Bryn-Lee Procter and Rianna Cassils.

Fierce Female Hockey takes Stonewall by storm

By Kieran Reimer with files from Lana Meier

This past weekend, Stonewall hosted Fierce Female Hockey's one-of-a-kind hockey program.

More than 120 girls aged four to 11 years old from all over Manitoba filled Veterans Memorial Sports Complex for two days of on-ice and off-ice instruction focused on fostering the grassroots game in enjoyable and innovative ways.

Under the guidance of Fierce Female Hockey owner-operator Amy Doerksen, the program was able to kick off its 2024 series of camps with a bang.

"Members of the community have been attending our camp in Brandon for the last two years and convinced us it was time to bring the program to them to help numbers grow throughout the region," said Doerksen.

"Fierce Female Hockey provides safe and engaging experiences for females to learn and grow in the sport of hockey both on and off the ice, as players and leaders, while leveraging the power of role modeling and mentorship to build confidence and show the benefits of physical activity."

Stonewall's edition of the camp featured local leaders and volunteers such as Megan Humeniuk, who aimed to provide a safe and engaging space for girls to learn and thrive in hockey.

Humeniuk, who grew up playing for the Stonewall Blues, said her favourite part of the camp was arriving the morning of the first day to an arena full of young hockey players excited to hit the ice.

"Seeing so many girls already at the rink, busting with excitement, just waiting to get on the ice," said Humeniuk. "Even though some of them had to wait a couple of hours before their

ice time. Many parents were telling us how impatient the girls were to get on the ice, that they had to be at the rink as soon as they could. I was overjoyed to see how much passion these young ladies have for the game."

The girls, who were broken up into four groups, each had an hour on the ice and off the ice both days.

For girls just skating for the first time, they got to learn the fundamentals of skating including stopping, starting and even a few games of tag, whereas the more experienced girls had the chance to build on their current skillsets with some agility training with some fun and games mixed in.

Kelly Maxwell, who had two of her daughters participating in camp, said she was impressed by their involvement.

"It was such an awesome, fun and empowering event put on for these little hockey players," said Maxwell. "It was so well done, and the girls were so inspired. They loved every minute of it."

Stonewall Blues U-11 Female coach Lance Marohn had the idea of bringing Fierce Female Hockey to Stonewall. After both his daughters participated in their Brandon camp, he contacted Doerksen to bring the camp out east to Stonewall.

"When she mentioned that she'd be travelling, I really pushed hard for her to consider Stonewall," said Marohn. "I helped co-ordinate with her to get things booked, volunteers and making it happen. She did all the work this weekend; I did all the work prepping for the weekend."

Marohn hopes to organize something more local with a group of volunteers he's assembling.



TRIBUNE PHOTOS BY LANA MEIER

Fierce Female Hockey owner-operator Amy Doerksen explains a puck control two-on-two battle drill to one of the groups of girls Saturday afternoon.



Jaida and Amy battle for puck control in a two-on-two drill Saturday at the Fierce Female Hockey Camp.



Brooke Maxwell, Allison Taylor, Payton Taylor and Quinn Cameron all took part in the female hockey program.



Stonewall's Megan Humeniuk was one of several on-ice facilitators for the hockey camp.

sports & recreation

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From players to coaches: Interlake Thunder alumnae adapting to new role

By Kieran Reimer

The Interlake Thunder Varsity Girls football team will feature some familiar faces on the sidelines with several former players stepping into coaching positions this season.

Last year's graduating players Maddie Delaurier, Gillian Gesell and Emily L'heureux have joined Madison Siwicki and Isabelle McDonald, also former players, to give back to the team.

Delaurier enjoyed her football experience and is looking forward to the opportunity to mentor the younger players.

"Last year it was such a great team," said Delaurier. "I was really upset that it was my last year after meeting these girls and the great coaches for the first time. When I was asked to come back, without hesitation, it was a yes."

Delaurier and Gesell are joining as defensive assistants, while L'heureux is filling the role of team trainer.

The alumnae also join their former head coach, Joel McDonald, who originally reached out to them in the off-season about coming back as coaches after seeing the progress they made with the team last season.

"They enjoyed their time with our program and bought in to how we want to do our business," said McDonald. "We designed our coaching staff with the intent of not having a bunch of parents. We understand that parent-coaches are necessary, but our overall plan is to have a sustainable program that can last year in and year

out. When coaches are independent of our players, the likelihood of them sticking around is much higher."

And so far, McDonald likes what he sees from his new colleagues, who have already been helping with the team's training camp and indoor sessions throughout the winter.

Whether they're actively participating in pre-practice planning or having lengthy discussions with other coaches, he says their transition from player to coach is going well.

"They're evolving into their positions," said McDonald. "We don't expect them to be focusing a lot on technique, just getting their feet wet and progressing at their own pace. We're not going to throw them in the deep end here. We want them to crawl, walk and do their own thing. They're fortunate to be mentored by a couple veteran coaches."

McDonald said that mentorship has come specifically at the hands of fellow defensive coaches Colton Meisner and Isabelle McDonald, who also coached them last year.

Isabelle McDonald, in particular, has worked closely with Delaurier to teach her the ins and outs of facilitating a defensive line.

"She basically taught me everything I know about defensive line," said Delaurier. "She taught me how to be a player; now she's teaching me how to be a coach. The adjustment was a lot, but I'm definitely getting used to it and enjoying it."

Delaurier says this year's Varsity Girls' team will feature a physically strong and talented group that is building on last season's experience, as many of its players are



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Interlake Thunder Varsity Girls football team were practising Monday night in preparation for their season opener at Stonewall Collegiate Field on Thursday, May 9 at 7 p.m. The Alumnae coaching staff left to right, Gillian Gesell, Madison Siwicki, Maddie Delaurier, Isabel McDonald and Emily L'Heureux.

also returnees.

Siwicki, the Thunder's offensive coordinator and current quarterback of the Manitoba Fearless football club, is mentoring the team closely, mainly the players she's helped stay conditioned in the off-season.

With less than two weeks to kickoff, she is happy with where the team currently stands.

"We've been working hard and for a while now," said Siwicki. "Even the new girls are fitting in good, and everyone fits in as a team. We're starting to amp up our physicality and everything as we get closer to game day. Things are progressing really well and I'm excited."

There are four teams in the league and the Thunder will play six regular season games. Currently, the Varsity roster has 19 girls aged 15 through 18

years registered.

"Unfortunately, there were not enough girls league-wide to establish a junior division this year, so the club has created essentially a 'red shirt' program that will allow the junior age players to practise and participate fully with the varsity team, with the exception of games," said McDonald.

McDonald hopes to set up at least one exhibition/scrimmage for the six junior girls, possibly with some of the girls from Westman that were at the RMFL girls camp.

The Thunder Varsity Girls team will open their season with a home game against the St. Vital Mustangs. Kick-off is at 7 p.m. on Thursday, May 9 at Collège Stonewall Collegiate.

Head coach McDonald anticipates an exciting contest between the two rivals.

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Back Pew Boys Male Voice Choir concert. Thursday, May 16 at 7 p.m. \$10. Selkirk United Church. For tickets 482-8271 or bpbchoir@gmail.com

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	5		6		4			7
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Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

E	L	S	I	S	S	S	D	D	E
E	R	I	G	V	V	A	S	T	E
D	R	V	O	L	D	E	E	H	R
H	K	A	U	G	V	T	S	I	V
A	L	E	A	I	S	U	B	V	A
S	O	B	B	N	I	N	V	T	
D	G	V	N	M	I	R	R		
I	A	V	N	I	C	O	N	P	V
D	V	D	R	I	F	I	N	I	T
S	N	V	C	I	C	M	V		
D	E	I	D	R	I	F	E	S	E
O	R	B	E	V	L	E	S	T	B
L	V	V	B	C	R	E	S	O	M
P	H	R	O	O	O	R	V	A	O

Crossword Answer

CROSSWORD

CLUES ACROSS

- Lions do it
- In favor of
- Rest here please (abbr.)
- Pulpits
- Leisure activity
- Fertility god
- Financial obligations
- When you anticipate getting somewhere
- Spanish river
- Sporting events
- Type of tree
- Ceased to be
- Persons
- Synthetic resin
- Relates to photochemical reactions
- Father
- Former Cowboys coach
- City in Finland
- Run batted in
- Got through
- They darken skin
- In a harmful way
- Form of weaving
- City of Angels hoopster
- Caucasian language
- Syngman __, Korean president
- Sun up in New York
- Paddled
- Fishes
- Affirmative
- Nimble
- Doctor of Education
- Soviet Socialist Republic
- A small island

CLUES DOWN

- Cool!
- Hebrew unit of measure
- Swedish rock group
- College army

1	2	3	4		5	6	7		8	9	10
11				12		13				14	
15						16				17	
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30										31	
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45	46	47									
48									49		
										50	51
										52	53
55										56	
											57
59											58
										60	
											61
											62
											63
											64

- Favor over another
- Called it a career
- Egg-shaped wind instrument
- Israeli statesman
- Hurries
- Slog
- Midway between south and southeast
- Benedictine monk
- Self-immolation by fire ritual
- Family of regulator genes
- Surrendering
- Political action committee
- American plant
- Long-term memory
- Bark
- Breathes in
- Take hold of
- Everyone has one
- Valentine's Day color
- Drivers' licenses and passports
- Outer walls of castles
- Enters with force
- One thousandth of an inch
- Deceased Chinese politician
- Sugary secretion of plants
- Expressed pleasure
- Shelter
- Utilizes
- Forest resident
- Fashion accessory
- A sharply directional antenna
- __ Kristofferson, actor
- A bad place to end up
- MLBer Gordon

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PUBLIC NOTICE

2024 Dust Control Program

The Rural Municipality of Woodlands will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS**, on municipal roads in front of residences within the Municipality. The Municipality cannot guarantee the effectiveness of the dust control suppressant. Once a dust control suppressant has been applied no refunds will be made. The use of a dust control suppressant is meant to control dust on the roadway, not to eliminate it completely.

Application forms are available at the Municipal Office or our website www.rmwoodlands.ca. The application will consist of a 16' x 300' strip at a cost of \$330.00 plus GST (\$346.50).

It is the homeowners' responsibility to flag the site for application using marking stakes provided by the Municipality.

Deadline to submit application forms is **Friday, May 17, 2024**.

In the event of insufficient requests, payments will be refunded.

NOTE: Any property owners undertaking Dust Control privately must provide Public Works with 5 days notice prior to commencement of any works and road prepping will only be undertaken during the same time frame when the Municipality is undertaking its dust control.

COUNCIL
Rural Municipality of Woodlands

PUBLIC NOTICE

Pesticide Application Program

Bel Acres Golf and Country Club intends to conduct the following pesticide control programs from April to November, 2024. All applications are part of a comprehensive IPM strategy and depending on pest threshold levels, may or may not include:

1. Weed control in turf areas within the property. Projected dates of application are from May 15 to October 15, 2024. Herbicides used may include: acetic acid, citric acid, copper sulphate, glyphosphate, dicamba, 2,4-D, mecoprop.
2. Fungus control in turf and treed areas within the property. Projected dates of application are from April 1 to November 15, 2024. Fungicides used may include: chlorothalonil, propiconazole, iprodione, azoxystrobin, trifloxystrobin, thiophanate methyl, foseyl Al, metalazyl-M, triticonazole, metconazole, pyraclostrobin, penthiopyrad, fludioxonil, polyoxin D zinc salt, boscalid, mineral oil, fluoxastrobin, fluopyram, tebuconazole, fluzinam, thiophanate-methyl.
3. Insect control in turf and treed areas within the property. Target pests include mosquitoes, elm bark beetles, tent caterpillars, cankerworms and white grubs. Projected dates of application are from May 15 to October 15, 2024. Insecticides used may include Bacillus thuringiensis, chloranthraniliprole, chlothianidin, deltamethrin, lamba-cyhalothrin, permethrin, imidacloprid, chlorpyrifos.
4. Growth regulators may include trinexapac-ethyl.

Any public concerns with the above may be addressed by sending a written submission within fifteen days of this publication to:

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Manitoba Environment and Climate Change
Box 35, 14 Fultz Blvd., Winnipeg, MB. R3Y 0L6

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THE RURAL MUNICIPALITY OF ST. LAURENT PUBLIC NOTICE

2024 FINANCIAL PLAN

Public Notice is hereby given pursuant to Section 162(2) of The Municipal Act that the council of the Rural Municipality of St. Laurent shall hold a PUBLIC HEARING to present its 2024 Financial Plan on:

Thursday, May 16, 2024
7:00 p.m.

RM Council Chambers (inside the St. Laurent Recreation Centre)
At this time Council will present the proposed 2024 Financial Plan for the municipality. The presentation will provide an overview of the proposed financial plan followed by a forum for questions and comments from the public. The purpose of the hearing is to allow any interested person to make a presentation, ask questions or register an objection.

A draft copy of the 2024 Financial Plan is now available.

Dated this 29th day of April, 2024

BILLIE JEAN OLIVER
Chief Administrative Officer
Rural Municipality of St. Laurent
16 St. Laurent Veterans' Memorial Road
St. Laurent, Manitoba R0C 2S0
Email: rmstlaur@mymts.net
Phone: 204-646-2259
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The applying cook will be hired on a seasonal basis (May to October); must be able to plan, prepare and cook food items to ensure the highest quality service and experience for customers; must possess the MB Food handlers certificate; have the ability to be organized, clean and assist other cooks and staff in this fast pace kitchen environment.

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General Manager
GM.Teulongc@gmail.com
We thank all that apply, however only those candidates selected for an interview will be contacted.

ANNIVERSARY



Happy 60th Anniversary on May 2nd
Barry and Linda Proctor
 -Love, your children, grandchildren and great-grandchildren



Announcements

OBITUARY



Eleanor Rose Ecker (nee Gartner)
 Eleanor Rose Ecker (nee Gartner) passed away on April 24th, 2024 at the age of 86 years.

Eleanor was predeceased and joined in heaven by her husband Mike (d. 1987) and her daughter Brenda (d. 1960).

Her loss is mourned by her three daughters Laurie, Lyn (Adam), and Lee (John); her seven grandchildren: Brenda (JP), Andrew, Nic (Candace), Chelsea (Jon), Denise (Jesse), Evan (Lauren) and Braeden (Jasmine); and 12 great-grandchildren: Heidi, Kaison, Julia, Oliver, Zephir, Amelie, Grace, Lincoln, Michael, Felix, Malcolm and Emily as well as numerous nieces and nephews.

Her Catholic faith was always important to her and when she was unable to attend mass in person, she attended virtually each week. Eleanor had a wandering spirit after Mike's passing and travelled to both Europe and the East coast. She moved her home around between Stonewall, Woodlands, Warren and Selkirk where she made many lasting friendships. She enjoyed time with these friends and the visits from her family. She was fortunate to have attended school graduations, sporting events, dance recitals and the weddings of her grandchildren, the last being in October 2022 before she became unwell. Those dearest to her were the "little people", her great-grandchildren. She loved hearing stories of the young ones growing up and seeing photos of their accomplishments and seasonal adventures. Eleanor spent just over her last year at Red River Place in Selkirk. Her speech became incoherent but she continued to wander about with her walker and to tell stories to the staff who found her humor intoxicating. We are all forever grateful that Lyn lived in Selkirk and her and Adam were able to provide her with the extra assistance and frequent visits as her health declined over the past several years. Although she rarely expressed it in deeds, visits always ending with the words "I love you".

A special thank you to Red River Place staff for the care she was provided for the last months of her life.

A private service and interment will be held for immediate family members.

MACKENZIE FUNERAL HOME STONEWALL
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BIRTHDAY



Happy Birthday to
Mary Kowalchuk
 who will celebrate her 102nd birthday on May 7th
 To our wonderful mother, grandmother, great-grandmother, sister, aunt and friend, Mnohaya Lita!
 We are so thankful to have you in our lives and celebrate with you another year.
 God bless you!
 -With love from your whole family

IN MEMORIAM



In Memory of
Jan Jongstra
 December 2, 1930 – May 4, 2014
 Jan believed that Jesus Christ was the Son of God; Saviour of our world. He lived out his Faith in God through his actions in Love. He was real, not phony. He followed God's instructions from the bible to the best of his ability. He raised his family to love, honor and respect God.

He strongly believed in the gospel message and prayed that all his family would be saved. John 3:16 For God so loved the world that He gave His only begotten Son. That whoever believes in Him should not perish, but have everlasting life.

17 For God did not send his Son into the world to condemn the world, but that the world through his Son Jesus Christ might be saved.

18 He who believes in Jesus Christ is not condemned, but he who does not believe is condemned already, because he has not believed in the name of the only begotten Son of God Jesus Christ.

The Jongstra family have been blessed to be raised by a father who loved God; believed Jesus Christ is our Saviour, read the bible and lived it.

My Blessing is witnessing the sons as adults living out their faith.

We love you and miss you, we believe we will see you again.

-Love Audrey

IN MEMORIAM



Dean Woods
 This is the time of year
 The Harleys wake and start to roar
 With every one we see and hear
 Our thoughts turn to you.
 Ride on dear son and brother
 Ride on!!
 -Mom, Dad and Deanna

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

OBITUARY



Donald James Young
 Born May 29, 1945 at Morden, MB
 Died April 20, 2024 at Gimli, MB

It is with deep sadness that we announce the passing of Donald James Young.

Don is survived by his best friend, loving wife Roberta (Bert), his daughters Lisa Pawluk, Shelley (Raymond) Stewart; grandchildren Justin, Cody, Jessie Rae, Carson (Sarah), Erin (Jordan), Cassidy (Brad), Bailey (Nathan) and five great-grandchildren. He will also be dearly missed by sisters Joan (Ron) Johnson and Barb (Ken) Zacharias, brother Gerry (Dawn) and their families; sisters-in-law Elaine, Debbie, Cheryl (Doug) and Diana (Patrick) as well as many nieces and nephews.

Don was predeceased by his parents, Lorne and Gladys Young.

Don loved spending time with family, taking the grandkids for a ride in the golf cart, fishing trips with Barb and Ken and Joan and Ron and golfing with his wife. The bond he had with his daughters was so special. They knew they could count on him to be there for them with sound fatherly advice, a shoulder to lean on or just a hand to hold.

Don had a successful career in the auto industry, beginning and ending with the Birchwood Automotive Group where he made many lasting friendships. In 2010, Don chose to retire from Birchwood and in the years since, he and Bert spent the winters in Queen Valley, Arizona. They made so many friends there and the days were spent golfing, playing cards and socializing.

Don loved hosting friends and family with Bert, be it in Arizona or at their home in Sandy Hook. He often told anyone and everyone... "I have a wonderful life!"

A loving husband, a wonderful father, a super special Grandpa and a great friend. Don was all of these. He loved and was well-loved and will be forever missed by all.

Flowers gratefully declined. Donations can be made to the United Way of Winnipeg or Juvenile Diabetes Foundation, if so desired.

Celebration of Life will be held Friday, May 3 at 2:00 p.m. Stonewall Legion, Stonewall, MB



204-886-0404

IN MEMORIAM

Lin Harris
 In Loving Memory of
 our Dad and Grandpa
 who passed away
 35 years ago May 2, 1989
 Deep in our hearts,
 A memory is kept.
 Each in our own special way,
 We remember you with love today.
 -Sadly missed by
 daughter Linda, son-in-law Edwin
 and grandchildren

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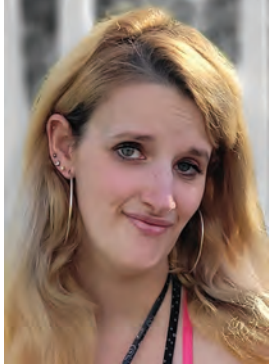
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Announcements

OBITUARY



Rikki Jean Proctor

Unexpectedly on April 21, 2024 Rikki Jean Proctor passed away at the age of 33 years.

She is survived by her daughter Hailey; parents Russell and Cathy; brother Dusty, grandma Eleanor; and numerous aunts, uncles, cousins and friends.

Cremation has taken place and a private family service will take place at a later date.

In lieu of flowers, donations may be made to the Meadow Lea United Church.

Tribute Link at: www.alternacremation.ca.

AlternaCremation

OBITUARY



William Thomas Riggall

Bill Riggall, 95 years of age, passed away in his sleep from natural causes on Sunday morning, April 21, 2024 at the Seven Oaks Hospital.

Bill was born on October 3, 1928 at the family farm in Stony Mountain, Manitoba. He was the second generation farmer and was the perfect example of a Canadian settler. Bill lived on the family farm with his parents all his life and enjoyed the family farm lifestyle.

Bill was predeceased by his parents Thomas and Dorothy Riggall. Bill was a generous Christian person and he was very well loved in his local community. He acquired great enjoyment from helping others and his family in Winnipeg and Stonewall.

In 2016, Bill sold the family farm and moved to River Ridge II in Winnipeg. During this time, Bill connected with his cousin, Geoff

Erickson and his wife Audrey and they developed a loving relationship, spending many special times together. Bill always appreciated the excellent staff and doctors at the Seven Oaks Hospital for their kindness and well-being.

A Celebration of Life will be held at the MacKenzie Funeral Chapel on Monday, May 6, 2024 at 1:00 p.m., 433 Main Street, Stonewall, Manitoba with reception to follow at the Stonewall Royal Canadian Legion.

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OBITUARY



Lance Edward Barham

Peacefully after a brief illness on April 25th, 2024 at 9:25 p.m., Lance passed away in the arms of his wife and daughter at the Selkirk Regional Health Centre.

He will be forever missed by the love of his life Grace Barham; daughter Jessica Barham; son-in-law Jeff Grondin; granddaughter Aubrey; siblings Scott (Celia) Barham, Mary-Lou (Dan) McKinnon, Fred (Katrin) Barham, Sandy Barham, Barbara (Lyle) Boachers; sisters-in-law Bernice (Richard) Middlestead, Val Oster, and numerous nieces and nephews.

Predeceased by daughter Whitney Barham; parents Edward and Sheila Barham; father and mother-in-law Albert and Ombra Reece; brothers-in-law Buddy Reece and Jerry Oster; and sister-in-law Jo-anne Reece.

Dad was born June 2nd, 1953 and resided in the backwoods of Monominto. Dad excelled in topics of interest in school, he was a gifted writer yet not a gifted speller. Dad had a love for all sports but his favorite was baseball of which he both played and coached. His rural team even won the provincials!

In 1974 Dad took a chance on a blind date and met the love of his life, Grace Reece. They bonded quickly over a love of dancing and a similar upbringing and way of life. For Dad it was as close to love at first sight as it gets. Mom, a little more cautious would joke that she liked Dad but his Buick Wildcat was the keeper.

Two years later in 1976 Dad and Mom were married. More in line with how things are done now a days they chose to enjoy their 20's, they spent time camping, fishing and curling with friends. Dad would also begin his career in the Agriculture Industry.

Through his career, in 1986 Dad and Mom were given the opportunity to travel to Venezuela. A life changing trip in more ways than one, only nine months later they would give birth to their first baby girl Whitney, followed by Jessica in 1989.

Dad's career in the Ag industry would span from 1982-2024. He had a true passion for helping farmers and his quick wit and strong work ethic made him well known and successful. He even worked with a couple of farms for over 40 years.

Through the years Dad would dabble in different hobbies and enjoyments. For a little over a year, he wrote an article for the Scratching River Post under the pen name Pete Moss. Dad also was an auctioneer and would host auctions together with my Mom as a side gig. He loved practical jokes, going for drives and finding local rodeos to attend. He was a gifted planner, often making plans for his whole family whether we asked him to or not. Dad also built and owned a beautiful cabin in Lac du Bonnet with his sister Mary-Lou and husband Dan. Of all hobbies his favorite would be running his team of percherons with his daughter Whitney.

In later years Dad and Mom would retire to Teulon, Manitoba where they would build their dream retirement home just down the street from their daughter and son-in-law. They would spend summer days traveling through town on their ATV and evenings sitting on their deck reminiscing. In winters they would enjoy the heat of their wood stove, listening to old time music in the "Shack" they built in their backyard.

In 2018 Dad became a grandpa (Pa). He shared an amazingly close bond with Aubrey, they were quite the duo.

Dad was a true family man and was beloved by many.

A celebration of life will be held on Tuesday, May 7th at 11:00 a.m. at the Teulon Rockwood Centennial Centre.

In lieu of flowers, donations can be made to the Teulon Food Bank.

Special thank you to Dad's family doctor and friend, Mike Loudon, and the staff at the Teulon Medical Clinic for their constant care. Also, the remarkable efforts of everyone involved at the Selkirk Hospital.



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