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TRIBUNE PHOTO BY MATTHIEU MEIER

Whiteout frenzy erupts as Winnipeg Jets fans celebrate a dramatic comeback victory over the St. Louis Blues in Game 7. Adam Lowry scored the game-winner in double overtime after the Jets forced the extra frame with a late third-period rally.

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## Warren Collegiate brings democracy to life with student vote

By Jo-Anne Procter

Student Vote Canada polls officially opened at Warren Collegiate last Monday.

WCI joined close to one million students across Canada in a national parallel election program that brings democracy to life in classrooms.

Designed to introduce students to politics and foster a habit of democratic participation, the program gives students the opportunity to explore parties and platforms, debate issues and cast ballots for the actual candidates running in their local electoral districts.

Since 2003, CIVIX has worked with educators to provide experiential learning opportunities to help millions of school-aged youth develop the habits of active and informed citizenship. Civic education is about providing opportunities for students to experience democracy firsthand rather than simply reading about it in a textbook.

In collaboration with Elections Canada, Student Vote Canada provides students with a meaningful way to engage with the democratic process. Participating schools receive extensive learning materials and authentic voting supplies, including ballots, boxes and voting screens to replicate the full experience of an election.

ISD schools that participated were Stonewall, Rosser, Stony Mountain and Teulon.

School submissions received by the deadline were included in the preliminary results shared on election night. Results will be updated daily to reflect submissions received after the deadline.

The Student Vote Canada results will include seat counts and the popular vote by party, as well as results by electoral district and individual school tallies.

Student Vote is a program of CIVIX, a non-partisan registered Canadian charity dedicated to strengthening democracy through civic education. CIVIX programming focuses on elections, government budgets, elected representatives and digital media literacy.

At Warren Collegiate, students took part in the experience through their history class, where Mr. Maclean introduced Vote Compass, an online tool that asks users questions to help align them with

political parties based on values and beliefs.

Grade 11 student Sara Knutson said participating in the Student Vote made her feel like her opinion mattered.

"During my participation in this Student Vote, I felt like my opinion was valued and appreciated," she said.

It was her first time learning about Canadian elections — and one discovery surprised her.

"What surprised me the most is the fact that there are so many parties wanting to run Canada in different ways," she said. "Since mainly Liberals and Conservatives are talked about, I didn't realize how many other parties there actually are."

To prepare, her class used Vote Compass and watched clips of party debates to learn how politicians communicate and react to different proposals.

"My classmates and I prepared for the vote by doing a test online called the Vote Compass," she explained. "This test was introduced to me and my classmates from Mr. Maclean during my history class."

Knutson said the tool gave her all the information she needed.

"I did not need to do any research for my decision since the Vote Compass told me everything I needed to know about each candidate and what my values are that line up with which party the best," she said.

She said her decision was shaped by issues like recent conflicts with the U.S., immigration control and taxes.

Even so, she found the choice challenging.

"You never know which candidate is actually willing to follow up on his or her promises and who has the better strategies for certain situations — this includes America trying to take over Canada," she said. "In the end, I found myself torn between two parties and chose the one I agreed with slightly more."

The experience led her to reflect more critically on democracy and political participation.

"Participating in the Student Vote changed the way I look at democracy since it really doesn't matter which party gets elected in — all the promises each party makes rarely happen and they make de-



TRIBUNE PHOTO SUBMITTED

WCI Grade 11 student Sara Knutson casts her ballot during Student Vote Canada at Warren Collegiate on Monday. Students across the country participated in the national parallel election program to experience the democratic process firsthand.

cisions that are based on their benefit rather than the public's benefit."

Still, she said the experience taught her how important it is to speak up.

"If we all didn't vote or get involved in situations like this, the government wouldn't have a clue how to make people happy, and a lot bigger disagreements would be happening that could be resolved by simply giving an opinion," she said.

Knutson's favourite part of the process was the vote itself.

"Putting my vote into the bin and feeling a sense of accomplishment that I got to be a part of a big decision that could drastically change the way we live."

Looking ahead, Knutson said she plans to vote more often — but she wishes more students had access to what she learned.

"The only thing I would change about the Student Vote is giving other students the chance to learn a little more about each candidate," she said. "I was lucky since I had history this semester and wouldn't have known anything about voting or who the candidates were if I didn't have that class."

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# Local couple honoured for making wishes come true

By Jo-Anne Procter

Silver and Gary Peltier, the heart and soul behind Woodlands' beloved Ride for a Child's Wish, have received a remarkable honour as this year's Make-A-Wish Manitoba Provincial Volunteers of the Year.

The Peltiers have made a profound impact through their dedication to the Make-A-Wish Foundation. Their journey began in 1988 with just 11 horseback riders and \$750 raised. Today, their annual Ride for a Child's Wish has raised nearly \$1.8 million to help grant wishes for children facing critical illnesses.

What started as a modest fundraiser has grown into a vibrant annual event and a symbol of hope for many families. For more than three decades, the Peltiers' tireless commitment has helped make dreams come true.

Despite the success, the couple remains humble.

"We share the credit with our Wish

Ride committee and volunteers," said Silver. "There is no way we could do this without all of them. The long-time volunteers as well as the folks that can give us a few hours here and there have made all the difference in us being able to put on this fantastic fundraiser for Make-A-Wish."

In 2017, the Peltiers received Canada 150 medallions for their outstanding community service. On June 4, they will be honoured once again at a special Make-A-Wish banquet in Winnipeg.

The 35th annual Ride for a Child's Wish is set for Aug. 23. The family-friendly event features a 10-mile trail ride, a 250-kilometre motorcycle ride, children's activities, wagon rides, a barbecue supper, a wish auction and live music.

For more information or to volunteer, contact Silver Peltier at 204-461-0640 or silverpeltier@gmail.com.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Silver and Gary Peltier have been named the Make-A-Wish Provincial Volunteers of the Year.

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## SOUTH INTERLAKE PLANNING

### Planning a Project this Construction Season?

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

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

Permits help ensure that buildings and structures meet zoning requirements and the *Manitoba Building Code*, which makes things safer for everyone!

If you are unsure whether your project requires a permit, or if you have any questions, please contact the SIPD office at 204-467-5587 and we'd be happy to assist you! More information is also available on our website: [www.sipd.ca](http://www.sipd.ca)

## To see more photos of your favourite Interlake Athletes

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# Local residents, municipality win Manitoba Good Roads awards

By Jennifer McFee

Congratulations are in order for local recipients of Manitoba Good Roads awards.

Formed in 1909, the Manitoba Good Roads Association aims to promote road development in Manitoba. The organization presents awards each year to recognize achievements in road construction and maintenance, as well as for the beautification of communities and individual home grounds. Of the 32 awards, three are provincial.

In addition, the Manitoba Good Roads Association provides educational programming for public works employees, supervisors, councillors and reeves.

This year, Mike and Julie Clarke were chosen as the winners in the Best Urban Home Grounds in the population 2,001 to 7,500 category. The Town of Stonewall nominated the Clarkes, whose home also earned Yard of the Week last summer.

The Urban Home Grounds category is based on several criteria, including general layout, ornamentals, decorative plantings, living-out areas, special features and creativity. Only member municipalities are allowed to submit nominations.

"We were quite surprised. It's great to be recognized for your hard work. It's not an easy task sometimes, but it's come together quite nicely. It's beautiful here," Mike Clarke said.

"You don't get many lots like this in town. It's like a park in the backyard,

and I've got a lovely workshop in the back. We sourced all the garden stuff from Waring, which is a local place."

They like to change the attractions in their yard, which even included Thomas the Tank over Christmas and a tractor with a trailer in the fall. Looking ahead, they've got some fence work to tackle, as well as some other plans in the works.

"It is hard work but it is something that I enjoy doing," he said. "I've always loved a good yard."

In addition, the RM of Rockwood received several awards, including for the best continuous half-mile of new or rebuilt road. This category is judged on the general conditions of the road surface, as well as road slopes, back slopes, approaches, bridges, culverts, road signage, ditches and removal of drift soil, scrub and rock at the fence line.

The RM also earned the Class 1 award for the best-maintained system of municipal roads in rural municipalities, as well as the provincial cup award for being a district winner.

"On behalf of council and the entire municipality, I extend our sincere congratulations to the public works department on receiving the provincial cup for excellence in road maintenance," said Rockwood Reeve Wes Taplin.

"This prestigious award reflects the department's unwavering commitment to public service, operational excellence and the safety and



Minister of Municipal & Northern Relations Glen Simard presents RM of Rockwood Reeve Wes Taplin with the Provincial Cup. Representatives from the RM of Rockwood proudly accept the Manitoba Good Roads Association Provincial Cup after receiving multiple awards for excellence in road construction and maintenance at the April 14 banquet in Winnipeg.

well-being of our residents. We commend their professionalism and take great pride in this outstanding achievement."

An awards banquet took place on April 14 at the Delta in Winnipeg.



TRIBUNE PHOTOS BY SOPHIE MOQUIN  
Mike and Julie Clarke received their award from Laurie Hunt, MGRA vice-president and judge.

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## Notice of dust control program

Homeowners along gravel provincial roads and main market roads in unorganized territories may apply to have dust control applied in front of their homesites at a cost of \$200 for a single application.

The formal application is available from your local Manitoba Transportation and Infrastructure office. The deadline for these applications will be **no later than May 23, 2025.**

For more information, please contact one of the following Transportation and Infrastructure offices:

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Swan River	204-677-6540	Dauphin	204-622-2061

Manitoba



# Conservative Bezan elected for eighth term

By Jennifer McFee

The voters in the Selkirk-Interlake-Eastman riding have once again elected incumbent James Bezan as their member of Parliament, making him Manitoba's longest-serving MP.

First elected in 2004 on behalf of the Conservative Party, Bezan has won eight consecutive elections. Next month, he will have served as MP for 21 years — and counting.

In the 45th general election, Bezan received 32,788 votes (60.2 per cent) in the riding, followed by Rhonda Nichol of the Liberal Party, who earned 16,570 votes (30.4%).

Josef Estabrooks of the NDP ranked third with 3,535 votes (6.5%). Wayne James of the Green Party received 709 (1.3%), Byron Gryba of the People's Party of Canada received 473 (0.9%) and Chris Riddell of the United Party received 404 (0.7%).

After the election wrapped up, Bezan shared a few thoughts during a weekend in the community before heading back to Ottawa.

"I'm just incredibly humbled to be elected again by the people of this great riding of Selkirk-Interlake-Eastman. It is an honour and a privilege to be the representative in the House of Commons," Bezan said.

"I'll continue to strongly advocate for our riding, for all the different industries we have — especially with our farmers, manufacturers, commercial fishery and fighting for our steel industry that we have over in Selkirk. I'll always be fighting for them and advocating for our communities, making sure that as they apply for infrastructure dollars that we're not getting left behind by other interests that government might have."

During the lead-up to the election on April 28, Bezan's campaign team knocked on more than 6,000 doors — with Bezan and his wife Kelly knocking on nearly 5,000 doors themselves.

"Every election we try to get to different parts of communities that we don't get to knock in every time, but we can't get to every door. It's just too big a riding with over 70 communities," he said.

"We drove over 8,500 kilometres getting into all the communities, and our team made over 10,000 phone calls. So we got to have a lot of conversations with our constituents and really gauge what people were thinking when they were about to cast their ballot — and it was very different for different people."

With plenty of experience in campaigning, Bezan found this election was like none other.

"It was a roller coaster. This was a very unique election with the Trump factor, the change of Trudeau quitting all of a sudden and the collapse of the NDP," he said.

"And the narrative on the doorsteps changed three times during the entire election. It was interesting how things were so fluid on the

doorsteps."

At the beginning of the election period, Bezan observed that conversations focused mainly on Trump. At the halfway mark, more people were talking about affordability, cost of living and government spending. Then during the last week, the focus shifted to change.

At the same time, Bezan noticed a demographic differential in constituents' concerns.

"Seniors were more concerned about the Trump factor and making sure that we would never be the 51st state — which I think all of us agree should never happen," he said.

"For the younger generation, it was about affordability, cost of housing and the state of the economy. There was really a divide between generations."

Similarly, the conversations also var-

ied among communities.

"There was no doubt in the more rural communities it was more about change and making sure that the rural interests were being represented — everything from agriculture issues to commercial fisheries to environmental issues," he said.

"As you go into the larger centres that we have, it was different conversations all together. It was more on the Trump factor. It was an interesting election that was quite a bit different than any of the other ones that I've run."

Looking ahead to the summer months, Bezan will be a familiar face at events and celebrations throughout the riding.

"I try to get to as many events as possible knowing that the weekends in the summertime are not mine. They belong to the people of the riding. That's why I try to get out to their events. It's a great time to engage with people one on one and talk about the issues," he said.

"It's also a way to celebrate each and every community in their own special way whether it's Quarry Days in Stonewall or the tractor pull in Teulon or the many rodeos that we have in the riding. The fairs and the festivals are part of our culture that we have in Selkirk-Interlake-Eastman."



**TRIBUNE PHOTO SUBMITTED**  
Selkirk-Interlake-Eastman MP James Bezan secured his eighth consecutive election win, making him Manitoba's longest-serving member of Parliament.

In total, Selkirk-Interlake-Eastman constituents cast 54,810 votes, which includes 331 rejected ballots. With 76,591 electors on the list, voter turnout was 71.6 per cent. The average voter turnout in Manitoba was 67.3 per cent, while the Canada-wide average was 68.7 per cent.

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Jennifer McFee  
204-461-5352  
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## Health Canada issues recalls for kids' natural health products, jewelry, cosmetic cream and meat

By Patricia Barrett

Health Canada issued recalls of natural health products for children last week citing issues with bacterial counts.

Adorable Wampole's product ProbiMax Antibiotic Protection Kids was recalled on April 1 because the total bacterial count may be out of specification in the affected batch.

The affected product is a chewable tablet with a lot number of 800178 and strength showing Lactaseibacillus Rhamnosus GG 5.0 billion cfu and Lactiplantibacillus Plantarum 5.0 billion cfu.

Health Canada also recalled Laboratoire Suisse's product Probiotic Antibiotic Support Kids because the total bacterial count is also out of specification in the affected batch.

The chewable tablet has a lot number of 800177 and a strength showing Lactaseibacillus Rhamnosus GG 5.0 billion cfu and Lactiplantibacillus Plantarum 5.0 billion cfu.

Other Health Canada recalls:

- On April 30, Health Canada recalled WATIER Age Control Supreme Sublime Advanced Rich day cream because of microbial contamination.

The cream is sold in a cylindrical printed glass jar containing 50 ml of cream. The UPC associated with the product and the batch affected by the recall is found on the bottom of the secondary packaging: 058655630646 and (L)23L1757.

Health Canada advises the public to immediately stop using the cream and contact Groupe Marcelle Inc. to obtain a refund.

- The agency issued a recall on April 28 for Lil' Juan's brand and Lucia's brand Mexican Style Pork Carnitas due to pieces of wood.

The products were distributed in B.C. Alberta and Ontario.

Under the Lil' Juan brand, the product's size is 400 g with a UPC of 7 73220 10406 2 and codes of BB 250624 and BB 250625.

Under the Lucia's brand, the prod-

uct size is 1 kg with a UPC of 7 73220 10408 6 and codes of BB 250424, BB 250425, BB 250702, and BB 250706.

- Health Canada issued a warning on April 28 that certain children's jewelry available on Amazon.ca contains lead in excess of allowable limits.

The product SUZUTOY Charm Bracelet Making Kit for Girls poses a "chemical hazard," said the agency. The arts and craft kit contains various beads and pendants, adjustable bracelets, hair clips, keychain and rope necklaces. "Hello Princess" and "You Are My Little Princess Beautiful" are written on the pink gift box.

"Immediately take the affected jewelry away from children and dispose of them according to municipal hazardous waste guidelines," states Health Canada.

For more details about the above affected products and additional product recalls, visit Health Canada's Recalls and Safety Alerts webpage.

## WCB to return \$122M in surplus funds to Manitoba employers

By Annaliese Meier

The Workers Compensation Board of Manitoba (WCB) will return \$122 million in surplus funds to eligible employers this May.

The rebate, equivalent to 50 per cent of a business's 2024 premium, is possible due to strong investment returns, prudent financial management, and a stable reserve fund, the board announced Tuesday.

"This distribution will support the Manitoba economy and offer employ-

ers the opportunity to reinvest in safer workplaces," said WCB chair Colin S. Robinson. "Strong investment returns, prudent financial management, and a stable reserve fund have allowed us to return \$122 million to employers."

To qualify for the surplus credit, employers must have reported their 2024 payroll and owed a WCB premium. Businesses that haven't yet submitted their payroll information can still do so to receive the distribution.

The WCB operates Manitoba's no-fault insurance system for workplace injuries and illnesses, funded by employer premiums. The board promotes workplace safety, supports injured workers in their recovery and return to work and maintains financial sustainability of the compensation system.

More information is available at [wcb.mb.ca](http://wcb.mb.ca).

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#### CONTACT INFORMATION

[ads@stonewallteulontribune.ca](mailto:ads@stonewallteulontribune.ca)  
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[news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)  
**PHONE 204-467-5836**  
**FAX 204-467-2679**

### OUR EDITORIAL STAFF

Jennifer McFee 204-461-5352  
[jen@stonewallteulontribune.ca](mailto:jen@stonewallteulontribune.ca)

Autumn Fehr 204-998-1993  
Reporter/Photographer  
[asfatcos@academic.rrc.ca](mailto:asfatcos@academic.rrc.ca)

### MAILING ADDRESS

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

### PAPER DELIVERY OR FLYER CONCERNS

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

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



TRIBUNE PHOTO BY JO-ANNE PROCTER

Paul and Yvonnia Pelletier were out early last Sunday morning weeding and uncovering perennials at the Stonewall legion to beat the heat. According to AccuWeather, the temperature reached 30 C on May 4. Help the *Tribune* record the weather of the week by sending in your photos of friends or family enjoying the outdoors. Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca).

## Winnipeg West elects Liberal Doug Eyolfson



Doug Eyolfson

By Jennifer McFee

The majority of voters in the Winnipeg West riding cast a ballot for Doug Eyolfson of the Liberal Party.

Eyolfson was elected in the 45th general election as the member of Parliament for the riding, which now includes the RM of Rosser, with 30,276 votes (54.5%).

He takes the seat from former MP Marty Morantz of the Conservative Party, who received 22,659 votes (40.8%).

Avery Selby-Lyons of the NDP received 2,218 votes (4%), while Dennis Bayomi of the Green Party earned 438 votes (0.8%).

In total, 55,916 Winnipeg West constituents cast votes, which includes 325 rejected ballots. With 73,515 electors on the list, voter turnout was 76.1 per cent — the highest in the province.

The average voter turnout in Manitoba was 67.3 per cent, while the Canada-wide average was 68.7 per cent.

## Dogs at large prompt safety concerns in St. Laurent

By E Antonio

Roaming dogs are creating noise, safety and animal welfare concerns for residents in the RM of St. Laurent.

Chief administrative officer Billie Jean Oliver said the municipality receives multiple calls each week from across the region, with complaints increasing during the warmer months.

“Some residents are concerned for the dog’s safety when it’s wandering off-leash, while others report aggression and worry about the safety of people and pets,” Oliver said.

While a number of animals have been reported, Oliver said one particular dog has drawn more attention than others and the RM is discussing

how best to manage the situation.

“We want to ensure the safety of the community,” she said.

The municipality contacted Rural Animal Management Services (RAMS) for assistance but was told the organization is currently short-staffed and unable to help.

Residents with concerns about animals at large are asked to contact the RM office at 204-646-2259.

### IN OTHER ST. LAURENT COUNCIL NEWS FROM APRIL 17

- Manitoba Transportation and Infrastructure confirmed there are no

plans to repair Highway 6 this year.

- Council approved a \$176,000 quote from Lakeside Aggregates to gravel roads in the RM.

- A \$7,075 quote from Matthew Morden was approved for cleaning and maintaining porta-potties at Laurentia, Meindl and Sandpiper Beach between May 18 and Sept. 13.

- The RM will take part in the Canada-wide 2 Billion Trees program, with participation confirmed by the Laurentia Beach Association, Oak Point Community Club, St. Laurent Public Works and the Waste Transfer Site.



# Survey results now in for proposed pavilion in Green Acres Park

By Jennifer McFee

The results are in for a public survey focused on a proposed three-season pavilion in Green Acres Park.

A volunteer community-driven committee called the Teulon Community Development Initiative (TCDI) is looking at a project to create a pavilion with a fully equipped commercial kitchen, which would allow for food and liquor preparation and service in the park since the current facilities no longer meet Manitoba Health standards. The proposed facility would also include modern washrooms.

The estimated cost ranges from \$500,000 to \$750,000, depending on the options included in the plan. The final building location is to be determined.

Community members had the chance to share their input and opinions through a public survey, and 74.2 per cent of combined respondents indicated that a facility like this is "important" or "very important."

According to the survey, the most popular activity in the park would be "attending events" at 64.89 per cent of responses.

"Based on this, the Teulon Community Development Initiative feels that this facility idea is worth pursuing," said Jan Lambourne, a TCDI member.

"The Teulon town council intends to hold a town hall meeting in the future for public opinion on various park ideas that were presented. The wider public will have another chance to vote on different ideas at this town hall meeting."

Many structural ideas and rough plans for this project are in place, and the group needs to work with Inter-



TRIBUNE PHOTO SUBMITTED

The Teulon Community Development Initiative is exploring the creation of a three-season pavilion with a commercial kitchen and modern washrooms in Green Acres Park, following a public survey in which 74 per cent of respondents said the facility was important or very important. Pictured next to the defunct building, from left, Rene Bouvier (Teulon and Area Lions Club member), Jan Lambourne and Dave Ledochowski (both of the Teulon Community Development Initiative).

lake Community Futures on a longer term three- to five-year strategic plan.

"We need to formalize a committee to sign a fundraising agreement with the town," Lambourne said. "We need to finalize a building plan and a building location and co-ordinate this plan with the forthcoming Green Acres Park walking trails, possible museum washrooms and other ideas."

TCDI is seeking more input from community members and user groups, such as sports clubs, farmers market groups, wedding planners, charitable user groups, event organizers, museum committee members and any other group interested in the design and placement of this building in Green Acres Park.

"The largest percentage of respondents in the survey are in the age group 35-44. This group, their children and their grandchildren will be current and future users of this building," Lambourne said.

"You can share your input and ideas to build a multi-functional, maintenance-friendly and attractive social

space geared to attract summer park events like weddings, family reunions, sports events, outdoor markets and more. We want to hear from you."

In addition, TCDI would like to hear from builders, tradespeople and contractors.

"We want a building attractive enough to be used as a wedding venue yet versatile enough to be used for any large park event. We want a maintenance-friendly building," she said.

"Your knowledge of construction methods and materials, electrical and lighting, HVAC systems, plumbing and concrete will be invaluable to our committee. We can offer in-kind donation receipts for consulting or construction if your company has an interest in donating."

Personal and corporate donations would also be gratefully accepted. Lambourne noted that potential donors should discuss their situation with a tax professional.

"A century ago, community volun-

teers would build this with volunteer labour. Modern building regulations make this impossible, but community members can still co-operate in a different way — donations. A personal donation to a charity in Manitoba offers a combined income tax credit of about 43 per cent but might be higher depending on your income," she said.

"For example, your actual cost on a \$1,000 personal donation will actually be \$577.20. Corporate donations reduce your corporation's taxable income by the amount of the donation. Better yet, your pooled donations will allow access to federal, provincial and corporate grants and bring some of your tax and consumer dollars home to be spent in your own community. Together, we can do this."

To learn more, email [tcdirockwood@gmail.com](mailto:tcdirockwood@gmail.com) or call 204-886-3910. A detailed breakdown of the survey is available on the Town of Teulon website at [www.teulon.ca](http://www.teulon.ca).

## Al-Anon and AA Meetings Information

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

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

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

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

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**Friday - 6:30 Meat Draw**  
**Saturday 2-close**  
**All are welcome - please support your local legion!**



# Grant to boost wildfire prevention with local education campaign

By Jennifer McFee

The RM of Rockwood is ramping up proactive measures to help prevent wildfires, thanks to a \$9,500 grant provided to the municipality.

The rural municipality is receiving a wildfire prevention grant through the Wawanesa Climate Champions program. These grants support critical prevention and mitigation efforts.

"We're absolutely thrilled and grateful to receive this grant. It's a great opportunity for us to enhance public safety and awareness in a creative and engaging way," said Rockwood Reeve Wes Taplin.

"This support reflects the importance of proactive emergency preparedness in our region. We were one of 12 grants across Canada and one of two in Manitoba, to my knowledge."

The funding will go towards creating a series of educational films designed to raise public awareness about fire safety and emergency preparedness.

"These films will feature our own local fire departments and emergency measures departments, highlighting the essential work they do and the ways our residents can stay safe," Taplin said.

"Filming will begin shortly, with the goal of having the project completed and ready to share with the public by the fall. The project will involve our fire departments, emergency management teams and other local community representatives."

This initiative is about more than just information — it's about connection and preparedness.

"By using real people from our communities and focusing on local context, we hope to deliver mes-

sages that really resonate. The series will empower residents with the knowledge they need to respond safely and confidently in emergency situations, which is critical in minimizing risks and saving lives," he said.

"Some key tips include creating a defensible space around your home by clearing brush and debris, ensuring address signs are clearly visible for first responders, having an evacuation plan in place and never leaving open flames unattended. We'll be covering many more of these tips in the videos."

Taplin added that there's been a noticeable increase in wildfire activity over the past few seasons due to drier conditions and climate factors.

"This has underscored the urgent need for widespread public education and preparedness," he said.

"We're excited to bring this project to life and want to thank everyone involved — from our emergency personnel to the community members supporting us. Public safety is a shared responsibility, and this project is a step forward in strengthening that collective effort."

This marks the third straight year Wawanesa has provided Community Wildfire Prevention Grants, which were developed in collaboration with FireSmart Canada and the Institute for Catastrophic Loss Reduction.

"Community involvement is the cornerstone of implementing FireSmart principles," said Lisa Walker, director of resiliency and partnerships at the Canadian Interagency Forest Fire Centre, which

operates FireSmart Canada.

"Actions taken at both the individual and community level will help reduce wildland fire risk for yourself, your family and your neighbours. No task is too large when communities work together to reduce their shared wildland fire risk."

Paul Kovacs, executive director of the Institute for Catastrophic Loss Reduction, noted that last year saw the loss of about one-third of the town of Jasper in an aggressive, fast-moving wildfire.

"Many Canadian communities that are at risk of a similar fate are small and have few resources to be able to address the risk effectively," he said.

"Wawanesa's Community Wildfire Prevention Grants have helped many of these communities over the last three years deal with this risk by helping to fund key fire mitigation projects."

Jackie De Pape Hornick, director of communications and community impact at Wawanesa, said resilience is key to safeguarding homes, farms and businesses since wildfires are becoming an ever-growing threat across the country.

"We're proud to partner with these local organizations, helping them to take proactive steps to make the places they live and work safer," she said.

"After all, as a Canadian owned and operated mutual insurer, we don't just serve these communities — we're part of them."

A Level 2 burn ban is currently in effect in the RM of Rockwood. Fires are only allowed in approved receptacles. No open-air fires are allowed.

# Manitoba unveils first surgical robot at Health Sciences Centre

By Annaliese Meier

Manitoba's first surgical robot was officially unveiled Monday at Health Sciences Centre (HSC) Winnipeg, marking a major advancement for patient care in the province.

The Intuitive Surgical da Vinci Xi system, funded through the HSC Foundation's Operation Excellence campaign in partnership with the provincial government, will support minimally invasive surgeries and improved patient outcomes.

"Innovative technology like this helps us stay on the cutting edge of excellent patient care and allows us to focus our precious front-line staff resources where we need them most," said Uzoma Asagwara, minister of Health, Seniors and Long-Term Care. "This robot will help keep surgeons and nurses in our province and attract new ones, with a promise that in Manitoba you can expect best-in-class health care resources."

Jonathon Lyon, president and CEO of the HSC Foundation, called the new technology a "major

milestone for patient care."

"With the robot, patients will experience less pain, less blood loss and lower risks of complications," Lyon said. "Patients are typically discharged in a day or two, which improves patient flow, eases pressure on the emergency department, and frees up in-patient beds."

For 33-year-old thoracic patient An Ji Li, the robot helped turn a frightening diagnosis into a hopeful recovery. Li was diagnosed with lung cancer after coughing up blood in December and underwent robotic surgery at HSC in February.

"When you hear the word 'cancer,' everything stops," Li said. "But knowing I had access to this technology gave me real hope. Because of the robotic surgery, I was able to recover faster and focus on getting better and moving forward."

The da Vinci Xi is currently being used across multiple specialties at HSC, including thoracic surgery, gynecologic cancer surgery and urology.

The system features four robotic arms operated by surgeons using highly sensitive controls and offers high-definition, three-dimensional visualization. It allows for greater precision and access to areas that are difficult to reach with traditional instruments.

"The da Vinci Xi extends the capabilities of a surgeon's hands and eyes," said Dr. Edward Buchel, surgery site director at HSC and provincial specialty lead for surgery with Shared Health. "The robot's arms move more steadily than human hands, and the enhanced visualization technology helps us see even the smallest parts of the anatomy with extreme clarity."

The addition of the surgical robot is also aiding HSC's physician recruitment efforts.

Continued on page 10

**Annual General Meeting**

for the Woodlands Community Hall

on Wednesday, May 14, 2025

at 7:00 p.m.

at the hall.

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ATV'S and Side by Sides can ride from Stonewall to Fisher Branch through the R.M.'s of Rockwood, Woodlands, Armstrong and Fisher. Through farmland to the Boreal Forest, past the Narcisse Snake Dens, Inwood, Chatfield, Broad Valley and Fisher Branch.

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**For More Information Contact:**

Cam @ (204) 651-1464

Facebook: South Interlake ATV Club (Group)

Email: [southinterlakeatvclub@gmail.com](mailto:southinterlakeatvclub@gmail.com)



# Stony Mountain skips ahead for heart health



TRIBUNE PHOTOS BY JO-ANNE PROCTER

With skipping ropes in hand and smiles on their faces, students at Stony Mountain Elementary School raised \$1,710 for Jump Rope for Heart — surpassing last year's total by \$483. The fundraising effort reflects their dedication to promoting healthier lifestyles. As they jumped, students also learned how staying active can support long-term health and contribute to vital research on heart disease and stroke. The Jump Rope for Heart program has been promoting heart and brain health among children across Canada for more than 40 years. Left to right: Grade 3/4 students Scarlett Lathlin, Liam Lothian and Anna Kleven take part in Jump Rope for Heart at Stony Mountain Elementary School. Right: Students signed a jumping club poster after skipping for three minutes straight.

## New support group offers community for people living with dementia

By Katelyn Boulanger

The Alzheimer Society of Manitoba is launching a new support group in Selkirk for people living with dementia.

The group aims to provide a sense of community for participants, while acknowledging that each person's journey with dementia is unique.

"A support group for those living

with dementia is a first for Selkirk, but largely, all of our groups of this kind create just that safe space for those experiencing brain changes to talk about what it's like, gather resources and coping strategies and just come together with those who understand what it's like," said Samantha Holland, First Link regional team lead for the Alzheimer Society.

The group will offer more than conversation. Participants will also explore guided discussions on a variety of topics.

"This new offering will begin on May 8 at 10 a.m. and will run twice a month on the second and fourth Thursdays at the Gordon Howard Centre," said Holland. "Alzheimer Society staff will lead participants through some of those thoughtful conversations, bits and pieces of education and then some mindful activities."

The program is open to anyone experiencing symptoms of dementia, regardless of age or stage of diagnosis.

"They could experience memory loss, difficulty with language and communication, maybe changes in mood and behaviour, among other changes, but no formal diagnosis is required, and there's no age limit," said Holland. "The program is specifically for those experiencing signs of dementia and who are open to talking about their experiences. That's really the only criteria."

She said connecting with others who understand what it's like to live with dementia can be a powerful experi-

ence.

"We know that living with dementia can be scary. It can feel very isolating, and there's a lot of unknowns when it comes to how fast things will progress, what to plan for, and what to make sure your family is aware of," she said. "So, while everyone's experience is different, there's often a lot of similarities when it comes to the emotions. Support groups give that space to talk openly. It can be a new network of friends and help overall feelings of acceptance, really, and belonging."

Holland encourages anyone who is interested to consider giving the group a try.

"Joining a support group might not feel like a typical everyday thing to do for people, but I think until you try it, you don't really know what it's going to be like," she said. "Oftentimes, people walk away with a sense that there's a lot of life left, a lot of positives. Even though we do talk about the hard times, there's still those silver linings and those connections that can be formed. I would just encourage people to give it a try."

Residents can contact Holland at 204-268-4752. She said even those unsure whether the group is right for them are welcome to reach out for a conversation.

### > ROBOT, FROM PG. 9

"Improving patient care through a dedicated thoracic endoscopy unit and acquiring new technology like the da Vinci robot is what drew me to Manitoba," said Dr. Gilly Akhtar-Danesh, a thoracic surgeon at HSC. "Physicians want to work at centres with leading-edge equipment that foster excellence in patient care."

Buchel added that the technology is a "game changer" for both patient outcomes and recruitment.

"We're grateful for the investments made by the HSC Foundation, the donors to the Operation Excellence campaign, and the Province of Manitoba," he said.

The HSC Foundation's Operation Excellence campaign is a multi-year initiative aimed at elevating health care in Manitoba. More information is available at [OperationExcellence.ca](http://OperationExcellence.ca).

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**South Interlake 55 Plus**  
**Annual General Meeting**  
**Date: May 22, 2025**  
**Time: 7:00 pm**

**Location: Odd Fellows Hall,**  
**374 1st St. West,**  
**Stonewall, Manitoba**

**55 Plus**



# Stonewall steps up Spring seeding underway



TRIBUNE PHOTO BY JO-ANNE PROCTER

The annual South West District Palliative Care (SWDPC) Hike for Hospice took place in Stonewall last Sunday, drawing strong community support both in person and virtually. Participants walked five kilometres and helped raise approximately \$7,000 through pledges. All funds go directly toward enhancing local palliative care services. With continued support, SWDPC is able to provide essential resources to families facing end-of-life challenges in the region. Pledges will be accepted until May 11 at [www.canadahelps.org/en/charities/south-west-district-palliative-care-inc/p2p/2025-Hike\\_for\\_SWDPC](http://www.canadahelps.org/en/charities/south-west-district-palliative-care-inc/p2p/2025-Hike_for_SWDPC). The Stonewall & District Lions hosted a pancake breakfast in conjunction with the event and will present a cheque to SWDPC during its annual general meeting on May 20. Next year's Hike for Hospice is scheduled for the first Sunday in May. Pictured left to right: Teri Stevens, Sandra Smith, James Bezan, Kelly Bezan, Chuck McLure and Alice Smith took part in the South West District Palliative Care Hike for Hospice held in Stonewall on Sunday.



TRIBUNE PHOTO BY JO-ANNE PROCTER

Storylea Hay and Grain Farm was out seeding spring wheat over the weekend near Stonewall. With fuel and equipment prices continuing to rise, the Elliots are using a "one-pass seeding" method, which incorporates fertilizer directly into the soil at the same time as planting. According to the Government of Manitoba's April 29 farm report for the Interlake, seeding was about three per cent complete — two points ahead of the five-year average. Peas, spring wheat and oats have gone into the ground in the Interlake, as well as in the central and eastern regions of the province. Statistics Canada's spring seeding report for Manitoba projects 3.22 million acres of spring wheat to be seeded in 2025, up from 3.18 million acres in 2024. Canola is projected at 3.12 million acres (down from 3.34 million in 2024) and soybeans at 1.63 million acres (up from 1.43 million in 2024).



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# Concours d'art oratoire highlights local talent



TRIBUNE PHOTOS BY CELINE DOLL

Interlake School Division students earned top honours at the 40th annual Concours d'art oratoire, a French-speaking competition hosted by Canadian Parents for French at the Université de Saint-Boniface on May 2–3. In the Grade 3/4 Français category, École R.W. Bobby Bend School student Sebastian Noel won a bronze medal for his speech on La pollution. In the Grade 9/10 Early Immersion category, Collège Stonewall Collegiate students Eli Uhres-Todd and Isla Gemmill won gold medals in the duo speech competition. CSC's Shannon Bodnarus earned a silver medal in the Grade 11/12 Late Immersion category for her speech on L'énergie géothermique. Pictured, left photo: École R.W. Bobby Bend School student Sebastian Noel won bronze in the Grade 3/4 Français category. Right photo, from left: Mme Kaur (French Immersion teacher at Collège Stonewall Collegiate), with medalists Shannon Bodnarus, Eli Uhres-Todd and Isla Gemmill.

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The Stonewall Teulon Tribune connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at  
[news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)  
Phone 204-467-5836

## We want to hear from you.

Stonewall Teulon  
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# Stonewall property tax to rise by 3.6 per cent

By Jennifer McFee

Stonewall residents will be paying a bit more in property tax this year. The net change in municipal property tax this year results in a 3.6 per cent increase, which takes into account that 2025 is a reassessment year.

In addition, the solid waste special services levy is increasing by \$2.95 per household annually, which equates to 1.8 per cent. The total property tax change will depend on the increase in property tax assessment.

Water rates will also increase by three per cent on an average consumption bill.

This year, plans are in the works for several projects, including paving Limestone Bay and adding a new sidewalk on 3rd Avenue North. Street lighting upgrades will also take place along 3rd Avenue South, and additional funds will go towards asphalt patching and 12th Street West maintenance.

This year's initiatives also include completing a zoning bylaw review and creating a secondary plan for the community.

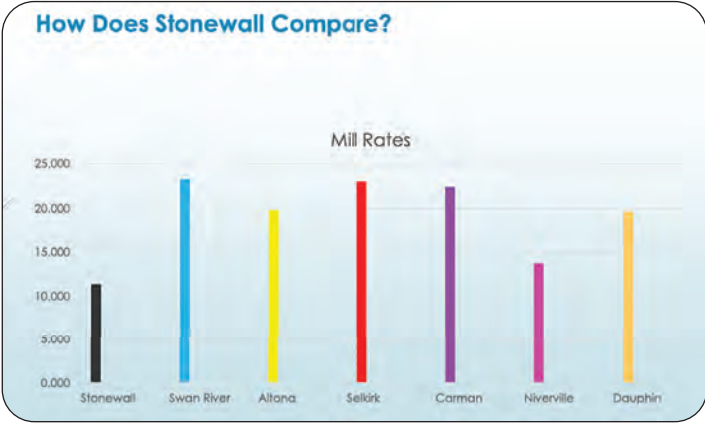
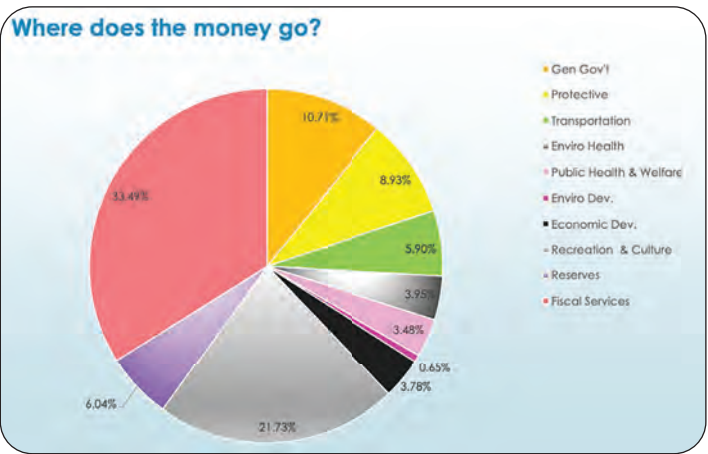
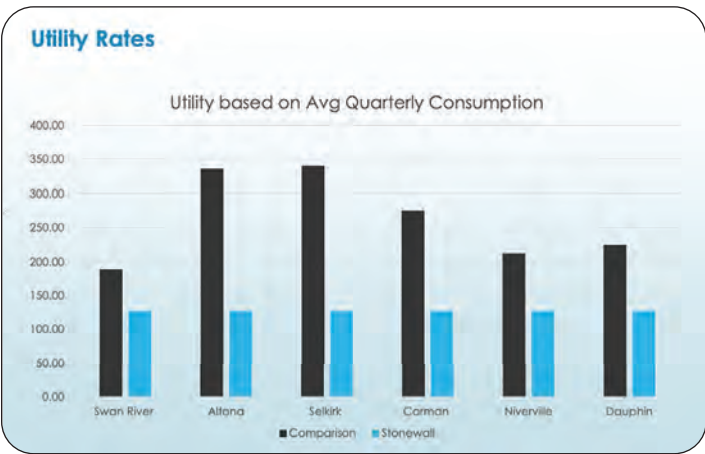
The Heritage Arts Centre will get lighting, mechanical and security updates. In addition, upgrades at Quarry Park will focus on the facilities at Kinsmen Lake, as well as surfacing of walking paths. The RV campground will get a power upgrade, with costs to be recovered from increased camping fees.

The town will also purchase new hangers to displace remembrance banners. In addition, the town is creating a new economic and tourism development officer position.

All capital expenses will be covered through reserves and borrowing. At the same time, the town will continue to support local agencies and committees.

For operating expenses, the majority will go towards fiscal services (33.49%), recreation and culture (21.73%), general government services (10.71%) and protective services (8.93%). Other funds will go towards reserves (6.04%), transportation (5.9%), environmental health (3.95%), economic development (3.78%), public health and wellness (3.48%) and environmental development (0.65%).

For transportation, operational costs will go towards enhanced dust control and grading on 12th Street West, as well as enhanced pothole and asphalt patching. Traffic and parking signage will roll out in conjunction with the new bylaw, and work will continue with the sidewalk grinding program that started last year.



Comparative graphs show Stonewall's municipal tax and utility rates remain lower than several Manitoba communities, even with a 3.6 per cent property tax increase and other service cost adjustments in the 2025 financial plan.

Recreation and culture projects focus on flooring for the upper and lower levels of Veterans Memorial Sports Complex, as well as flooring for the curling club. Phase 1 of the VMSC redevelopment plan will move forward. In the town's parks and playgrounds, management of Dutch elm disease and emerald ash borers will continue. Cemetery upgrades and beautification will take place, and additional funds are allotted for tree trimming.

More than \$4 million will be invested in capital upgrades for 2025, including development work for the personal care home and age-in-place campus site. Other projects include town office upgrades and design, accessibility upgrades at the lake and parks, kiln restoration and the SAMS e-project.

Expenditures include \$250,000 to complete the lift station project, \$10 million for the proposed regional water project, \$380,000 contribution to reserves and \$5 million for the age-in-place site servicing.

Grants will offset costs for several projects, including a grant from the Manitoba Water Services Board for the south lift station upgrade completion, a grant from Infrastructure Canada Improvement Program for

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# Ready, Set, Grow




**TRIBUNE PHOTOS BY JO-ANNE PROCTER**

Families preparing for kindergarten gathered at École R.W. Bobby Bend School last Thursday for the Ready Set Grow Wellness Expo, held alongside the school's kindergarten orientation. The event is a partnership between the Interlake School Division, South Interlake Regional Library and Interlake-Eastern Regional Health Authority. It was designed to support families and connect them with school staff and local health professionals ahead of the 2025-26 school year. Children entering kindergarten next year had the chance to visit their future school, meet some of their teachers and explore classroom spaces in a relaxed setting. In the gymnasium, families visited display booths focused on early development topics such as nutrition, speech and language, dental care, fine and gross motor skills, and sensory self-regulation. Health-care professionals — including occupational therapists, physiotherapists, speech-language pathologists, nurses and dietitians — were available to answer questions and provide resources. The drop-in format allowed families to participate at their own pace while getting a preview of the kindergarten experience. Pictured, clockwise from top left: Niko Genyk practises tying shoelaces; Lena Minsky tries on firefighter gear; Claire MacMillan navigates the obstacle course; Faith and Willow Harris visit their future kindergarten classroom; and Averie and Erin DeGagne learn about dental care.

## > PROPERTY TAX RISING, FROM PG. 13

the regional water project, as well as Manitoba Water Services Board funds for a portion of the sewer and water servicing for the age-in-place campus project. A potential debenture might also cover costs for the personal care home and age-in-place site.

By comparison, Stonewall has a lower mill rate and lower municipal taxes on a \$300,000 home compared to other Manitoba communities, including Selkirk, Swan River, Carman, Altona, Niverville and Dauphin. Based on average consumption, Stonewall also has lower average quarterly utility rates than those communities as well.

Council adopted the 2025 financial plan and passed first reading of the 2025 tax levy bylaw at a special meeting on April 30.

The 2025 financial plan is available to view on the Town of Stonewall's website at [www.stonewall.ca](http://www.stonewall.ca).



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# Spring Home & Garden Guide



## The benefits of installing a stone garden wall

A low stone wall can be a practical and attractive addition to your garden. Here's why you should consider including one in your landscaping.

### To prevent erosion

If your property slopes or has different levels, a stone garden wall can act as a retaining wall and ensure soil retention. Keep in mind that the structure needs to provide adequate drainage.

### To create zones

A stone wall is a classic way to delineate areas of your yard such as the garden, patio or pool. It also helps create a designated space for a flowerbed or stairs.

A stone garden wall can be either dry or mortared. A dry stone wall is built by stacking flat



stones in an overlapping pattern to create friction and provide stability. The mortared variety, on the other hand, uses mortar to hold the pieces together.

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## Four backyard shade solutions

If your property doesn't provide you with enough shade, here are four stylish structures that can give you a break from the sun.

### 1. An awning

This type of device can be rolled out over a patio or deck when you need shade and is easily retracted when not in use. However, it needs to be secured to an exterior wall first. Although typically controlled by a hand crank, some newer models open and close with the press of a button.

### 2. A freestanding gazebo

This sturdy structure consists of a metal frame with four pillars and a canvas roof. Some models include curtains that can be closed for privacy or to block the sun.

### 3. An arbour

This classic garden feature is often used to create an entryway. However, since its arches are typically lined with vines and other climbing plants, it can also offer respite from the sun.

### 4. A folding canopy

This temporary structure can be unfolded and set up within minutes. It's a practical solution for backyard parties and picnics when you need to accommodate a number of guests.

All of these structures can provide you with ample shade and a comfortable place to lounge in your backyard. This summer, minimize the risk of getting sunburned by installing one or more of these devices.

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# Green Acres recital marks end of an era

By E Antonio

All good things must come to an end — including for Alycia Campbell and Elena Modrzejewski, who spent the past eight years instructing dance classes at Green Acres Art Centre (GAAC).

The sister duo gave their final farewells at GAAC's dance recital on April 26 as they shift their focus to personal and family life.

"We have been so lucky to have had the time we've had with Green Acres," said Campbell. "When we started, we never would have ever guessed this would have turned into an eight-year journey."

Campbell first brought the dance program to GAAC in 2016, instructing ballet, jazz, hip hop, lyrical and Little Stars. Her sister joined as an instructor one year later.

The program has since expanded to include musical theatre and tap classes, and has touched the lives of many dancers — including Grade 9 student Zuri Cook, who was their student for eight years.

"[Miss Alycia] gave me my foundation and helped me find my love for dance when I barely knew how to point my toes. She believed in me when I was first learning and told me to never give up. She taught me in a way that made dance feel like magic," said Cook.

"And then there's Miss Elena. For so many years, she's been the one to push me, to guide me, to challenge me. ... She's the kind of teacher who sees your potential before you see it in yourself, and she never lets you give up."

She added she's grateful to have discovered her passion for dance with their guidance and said their impact will remain with her, even as they move on.

Campbell and Modrzejewski said they were touched by Cook's speech.

"We were left speechless," Campbell said. "It was just this beautiful gift to Elena and me, and it means so much to us knowing that we have made as big of an impact on our students as they did on us."

Campbell shared some of her fondest memories of teaching at GAAC, especially getting to know her dancers and watching them grow — "bloom and blossom," as she put it.

A particularly special moment, she said, was being her daughter's first ballet and lyrical teacher. Celebrating her daughter's progress in the program — along with that of her other students — reminded her of her own early days exploring dance.

Both sisters worked to create a flourishing and inclusive environment. Even during the COVID-19 pandemic, they stayed connected to students by sharing "How To..." videos on social media, offering virtual classes and organizing an outdoor recital to ensure dancers could still be celebrated.

"We always wanted to provide a safe and com-



Miss Elena Modrzejewski and Miss Alycia Campbell



TRIBUNE PHOTOS BY LANA MEIER

Green Acres Art Centre held its annual dance recital on April 26 at the Teulon Collegiate.

fortable space to share who they are creatively," Campbell said. "We wanted them to comfortably make a mistake and grow from it — as practice does make perfect when it comes to dance."

They thanked the GAAC board and volunteers for supporting the program, and said they're grateful for every opportunity the community had to experience dance, believing "there is space for dance in everyone's life."

GAAC has welcomed back Jill Demianiw as its new dance instructor. Registration is open for her spring classes, which run Tuesdays in May and June. The schedule includes Creative Movement (ages 4–6), Exploring Dance (ages 7–10) and Exploring Dance (ages 11+). To register, email [info@greenacresartcentre.ca](mailto:info@greenacresartcentre.ca).

GAAC president David Trach said everyone at the centre is grateful for the sisters' years of dedication and wished them the best in the next chapter.

"They have touched the lives of many aspiring



young artists in our community and will be very much missed," he said.





# CMHA encourages Manitobans to unmask mental health during awareness week

CMHA Mental Health Week May 5-11

By E Antonio

Campaign aims to support those struggling in silence by breaking stigma and promoting connection

For anyone silently struggling with their mental health, the Canadian Mental Health Association wants you to know you're not alone.

As part of Mental Health Week from May 5 to 11, CMHA Manitoba and Winnipeg is urging Manitobans to take part in this year's campaign theme: Unmasking Mental Health. The message aims to reach people who may be hiding how they truly feel — often without realizing it — and offer them permission to be honest, seek help and find support without fear of judgment.

"People often mask symptoms of mental illness, sometimes without even realizing it, as a way to cope," said Marion Cooper, CEO of CMHA Manitoba and Winnipeg.

"The leading reason people hide their symptoms is stigma, which continues to prevent many from seeking the support they need."

Masking — the act of concealing

emotions, behaviours or symptoms — can deeply impact relationships and self-worth. According to a 2022 survey by the Mental Health Commission of Canada, 72 per cent of respondents living with a mental health or substance use disorder said they experienced serious self-stigma. Many said it negatively affected their self-esteem and how they viewed themselves.

"Unmasking can help us form deeper connections and boost self-esteem, which supports good mental health," said Cooper. "Our vulnerability can

inspire others to be open and honest about their mental health, creating a ripple effect that fosters greater understanding and empathy in communities."

This year marks CMHA's 74th Mental Health Week, and organizers are encouraging people across

Manitoba to start conversations, share their experiences and connect with resources — particularly those who feel isolated or overwhelmed.

**"PEOPLE OFTEN MASK SYMPTOMS OF MENTAL ILLNESS, SOMETIMES WITHOUT EVEN REALIZING IT, AS A WAY TO COPE," SAID MARION COOPER, CEO OF CMHA MANITOBA AND WINNIPEG.**



PHOTO SUBMITTED

Support Women's Mental Health Services and take part in the Shoppers Drug Mart run for women on June 8.

"If you or someone you love is struggling, please reach out," CMHA said in a release. "If you're in crisis, you can call or text 9-8-8 any time — help is available 24/7."

May 5-11 marks CMHA's 74th Mental Health Week. This year's theme "Unmasking Mental Health" encourages people to unmask the truth about mental health, while breaking down barriers, challenging stigma and supporting open conversations. To get involved, you can:

- Attend a CMHA Across Manitoba Mental Health Week event including courses and activities in Winnipeg, Selkirk, Portage la Prairie, Dauphin, Swan River, The Pas and Thompson. On May 8, join the launch of Love Notes, a mental health campaign, and in the evening attend a gala fundraiser Red Threads - Honouring Voices, Inspiring Change.

Download the toolkit: Visit [mental-healthweek.ca](http://mental-healthweek.ca) for social media graphics and resources.

- Share the content and your support on social media using the hashtags #UnmaskingMentalHealth and #MentalHealthWeek.

- Start a conversation: By #UnmaskingMentalHealth through open and honest conversations we break down barriers so people can get the help they need when they need it.

- Donate to support CMHA mental health programs and services at [www.cmhaacrossmb.ca/donate](http://www.cmhaacrossmb.ca/donate)

- Connect. If you or someone you love is struggling, please contact CMHA. If you are in crisis and need immediate support, call or text 9-8-8 for free, 24/7 crisis support.

The Canadian Mental Health Association is a national charity supporting mental wellness through advocacy, education and services. In Manitoba, CMHA has more than 13 offices across the province and works to ensure no one faces mental health challenges alone.

## Fired up for cleanup



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Rockwood firefighters marked International Firefighters' Day on May 4 by cleaning parking lots in town and responding to grass and bale fires in the surrounding area. Each year, the department helps clear away winter debris by sweeping local parking lots. Pictured, left to right: Stonewall Rockwood firefighters Danny Day, Chris Godin, Brett Harvie and Brent Anderson take part in annual spring clean-up efforts on May 4, International Firefighters' Day.

## Thank You!

**Thank you to the people of Selkirk-Interlake-Eastman for allowing me to be your voice in Ottawa!**

**I also want to thank all the amazing volunteers and campaign staff for your hard work. I couldn't have done this without you.**



**JAMES BEZAN** | MEMBER OF PARLIAMENT

AUTHORIZED BY OFFICIAL AGENT FOR JAMES BEZAN



[siecpceda@gmail.com](mailto:siecpceda@gmail.com)





# Five good reasons to visit your mechanic this spring

Between salt, potholes, snowstorms and ice, winter isn't the best for our poor cars. If you haven't already made an appointment for an inspection this spring, here are a few reasons why it might be a good idea to do so:

## 1. To enhance comfort

Difficult road conditions in winter can affect your car in different ways. For example, your alignment might be off, causing your drive to be less than pleasant.

## 2. To improve safety

Winder driving conditions are conducive to rust formation, especially on and around your brakes. Take advantage of your tire change

and have a detailed inspection done to ensure your vehicle is safe to drive.

## 3. To make your vehicle last

In addition to skewing your wheel alignment — something that can prematurely ruin your tires — driving on winter roads can damage parts of your engine and reduce the effectiveness of the additives in your motor oil. It's no secret that regularly scheduled maintenance is the best way to maximize your vehicle's lifespan.

## 4. To save money

A springtime inspection will help prevent your car from breaking down and can correct minor problems before they become serious. This will help you save money in the long run!

## 5. To protect the environment

Low tire pressure, low oil levels, broken filters, defective climate control — a poorly maintained car burns more fuel, which isn't good for the en-



vironment or your wallet!

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## Car maintenance: what to inspect before the beginning of summer

Excited for optimal comfort — in a safe and secure vehicle — on the road this summer? Well,

you'll have to get certain things inspected first.

### Tire pressure

Extreme weather, hot or cold, is sure to put your tires to the test. In order to reduce the risk of punctures and bursting, make sure they're always properly inflated. Pay close attention to the number written on your tires. This number represents the maximum pressure it can withstand, not the recommended pressure. Always check your owner's manual or your tires' information sheet located on the driver-side doorframe. Check your tire pressure — don't forget the spare! — at least once a month and always before a long trip.

### Wheel alignment

Your suspension takes a lot of abuse throughout the winter. Always have your parallel alignment checked by a professional each spring. Your car will keep a straight course far better once your wheels have been properly

aligned. And your tires will wear out much slower.

### Climate control

If you want fresh air, even during a heat wave, make sure that your climate control system is in good condition and your coolant is full. In addition to doing a poor job keeping you cool, a malfunctioning air conditioner would increase your fuel consumption.

### The cabin filter

A clean filter will improve air circulation and optimize cooling in your vehicle. Is it time to change yours? If you don't know, ask your mechanic!

### The engine

Your engine is at a higher risk for overheating during the summertime. Replace your coolant and avoid any unpleasant surprises on the road.

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## Spring car maintenance checklist

# READY FOR SUMMER?



## Why is it important to check your fluids come spring?

Lubricant, coolant, cleaner — there are various fluids in your car that play several important roles when it comes to your engine's health. And since the mechanical components of your car are under heavy strain throughout the winter months, it's important to check your oil and other fluid levels when the weather lightens up in order to maintain their effectiveness.

### Motor oil

Motor oil is subject to significant temperature variations during the cold season. These changes are responsible for the formation of moisture, which reduces the effectiveness of the oil's lubricating properties.



During the winter, motor oil undergoes temperature variations that foster moisture formation and reduce its effectiveness. Change it in the spring!

That's why it's important to drain your fluids every spring, even if you don't drive much during the winter. Alternatively, if you use motor oil designed to withstand extreme cold, come spring, it will need to be replaced with one that's more suitable for summer weather.

### Other fluids

During the summer, coolant prevents your engine from overheating. So it's important to check on it before the summer heat wave finally hits. To preserve the mechanical parts of your car for as long as possible, your brake and power steering fluids have to be carefully maintained — your mechanic will make sure they stay at the appropriate levels so that your car continues to work at peak performance.

Last but not least, take a second to check your windshield wiper fluid: have you filled it since the last snowstorm? Don't wait until you need it to find out!

## Four auto maintenance mistakes to avoid this spring

There's no getting around it: if you want your car to run smoothly for years to come, you need to perform some basic upkeep. Start this spring off on the right foot by avoiding these maintenance *faux pas*.

**1. Changing your tires at the wrong time.** Changing your tires as soon as the snow starts to melt is a risky bet. Play it safe and wait until snowstorm warnings wind down and the temperature outside climbs above 7 C. Anything lower, and the rubber on your summer tires will stiffen and lose traction. It's an equally bad idea to keep your winter tires on year-round. Not only are snow tires less efficient than summer models, but you'll also wear them out twice as fast if you don't make the switch.

**2. Neglecting spring tune-ups.** Over the winter, the fluids that keep your car running smoothly are put to the test. It's important to check their levels come spring and to refill as needed. Don't forget to take a peek beneath your car as well; rough winter roads often

take a toll on your vehicle's underbelly.

**3. Putting off spring cleaning.** There's more to a good spring cleaning than a shiny, sleek car. Dirt and salt accumulated over the winter can damage the paint and cause rust to form, so get scrubbing without delay.

**4. Lugging around winter gear.** Bags of sand or salt, shovels, traction aids and ski racks all increase the weight and wind resistance of your car, which drives up fuel consumption.

Still not eager to wash your car this spring? Get ready for rust. You've been warned!

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Stonewall represented on both sides of court in 17U Girls Provincial final

By Kieran Reimer

The Volleyball Manitoba 17U Girls Provincial Championships featured a strong local presence, with Stonewall athletes competing on both sides of the net during the final on April 27 at Sport Manitoba.

The Junior Bisons Gold, featuring Stonewall's Ava Favreau, faced off against Stonewall's Jordan Hudon and Dynamo Fusion in a nail-biting match that came down to the wire in the third and final set between the two Winnipeg-based clubs.

With a 14-13 lead in the third set, the Bisons held serve and looked to close out the match. After Dynamo returned the ball, the Bisons defence regained control and set up their left side for Favreau, who smashed the ball over the net and in bounds — sealing the Bisons' provincial title.

"We had the serve, so all the adrenaline was just going — all the excitement. It was very loud, and I just thought, 'If I'm going to hit this, let's make it a big moment,'" said Favreau.

"I just really wanted to win this game, and my coach always says to me, 'If you're going to swing, just swing as hard as you can. If it's out, at least you tried, as opposed to letting them get an easy point.'

"I thought, might as well just swing — and I did. Everyone was cheering. Yeah, it was a really special moment, and my parents especially were very proud. Sometimes I don't have that much confidence, especially in a really close game like that, so I felt really good about my playing and that I chose to make that decision. We ended up winning."

Favreau's high level of play is part of why she's on the team as an under-

age player. At just 15, she has made a smooth transition to the faster pace of the 17U level with the Bisons.

She is once again a provincial champion, having previously won multiple titles in earlier years while playing for Dynamo.

"Playing up the level is different. The game is a little bit faster, people are more developed, and playing up helps me by competing with stronger girls," she said. "It's made my defence better. Seeing stronger girls hit harder makes me want to do that too, and playing on this team, I feel like I fit in. Everyone's so equal on my team."

The final score of the championship was 2-1 (23-25, 25-15, 15-13) in favour of the Bisons, who, like all provincial participants, competed over two full days at Sport Manitoba and the nearby Duckworth Centre in downtown Winnipeg.

The Bisons secured their victory despite missing one of their starting middles, Gimli's Jencie Henry, who was sidelined by injury for the final.

While the Bisons were crowned champions, Dynamo Fusion made one of the tournament's most impressive runs, often placing sixth or seventh during the regular season. At provincials, Dynamo broke through during Sunday's playoffs, eliminating multiple teams en route to the final.

"We just showed up to provincials, and our goal all year was just trying to place top three," said Hudon, 16. "We played some of the top teams in quarters and semis, and then we were in the finals. It was a great experience — it was really fun."

Despite falling just short in the final, Hudon said her team was thrilled with the result.



TRIBUNE PHOTOS SUBMITTED

Ava Favreau of Stonewall delivered the championship-winning point for the Junior Bisons Gold with a decisive spike in the final set of the 17U Girls Provincial Championships.



Dynamo Fusion libero Jordan Hudon of Stonewall helped lead her team to a silver-medal finish at the 17U Girls Provincial Championships, capping off a strong playoff run in Winnipeg.

The season isn't over yet for either squad, as both the Bisons and Dynamo are set to compete in the Volleyball Canada 2025 Youth Nationals

from May 19 to 21 at the Edmonton EXPO Centre in Edmonton, Alta.

Both teams will continue to train ahead of the national tournament.

## Thunder hosting free development camp at Stonewall Collegiate

By Kieran Reimer

The Interlake Thunder Football Club is offering youth a free opportunity to learn the game of football this month.

On Saturday, May 17, the Thunder will host a free football development camp at Stonewall Collegiate, led by Thunder varsity head coach Christof Hasselfield and Thunder vice-president of football operations Kris Johnston.

The non-contact skills camp is open to youth aged eight to 13, regardless of prior experience with the sport.

The camp includes a free hotdog lunch and prize giveaways. Cleats are

optional.

"We just want to allow kids the opportunity to come out and test the waters, so to speak — see what football might be all about for them," said Johnston. "We also want to give returning players an opportunity to run around, have fun with their teammates, meet new potential teammates, make new friends — just have fun."

"We want it to be a pretty laid-back environment, knowing that new kids are going to be joining, and we don't want to make it anything but fun and relaxed."

The camp begins with a 90-minute group session introducing basic football skills, including stations for blocking, tackling, throwing, catching, running with the ball and defending a pass.

After the first session, players aged eight and nine will receive their free hot lunch. Players aged 10 to 13 will take a 30-minute break and a snack before heading back out for a second 90-minute session.

The second session will focus on positional skills, with players encouraged to try positions on both offence and defence.

Older players will receive their hotdog lunch after the second session.

The Thunder are working with Football Manitoba to ensure all participants are covered by insurance.

Johnston said a registration poster and sign-up link will be shared soon.

### CAMP SCHEDULE:

10-11:30 a.m. — First session (ages 8-13)

11:30 a.m.—Noon — Break and lunch  
Noon-1:30 p.m. — Second session (ages 10-13)



# Balmoral Judo Club caps off season with strong results in Winnipeg

By Annaliese Meier

Balmoral Judo Club athletes wrapped up their competitive season with a strong showing at the May 3 tournament in Winnipeg, bringing home multiple medals across a range of age and weight divisions.

In the U10 division — where all participants receive awards — Phoenix Wakeham, Leo Paton, Ryker Rutledge, Austin MacDonald and Blake Lecocq-Gareau all represented the club.

Several young competitors earned spots on the podium in the U12 and U14 categories. Maverick Paton took silver in U12 boys group 3, while Momchil Jongstra claimed bronze in group 2. Raeghan Wakeham brought home silver in U12 girls group 5.

Avery Wakeham had a standout day, earning gold in the U14 male -50 kg division and bronze in the U16 male -50 kg category.

Other medalists in the U16 category included Allison Mushaluk (bronze, +70 kg) and Greg Panchuk

(gold, +73 kg).

In U18 action, Nate Panchuk earned silver in the -73 kg division and Cai James won gold in the +90 kg category.

James also competed in multiple senior events, capturing bronze in the senior male advanced +100 kg class and again in the Newaza male +90 kg category. In senior male novice divisions, Chase Wakeham earned silver (-90 kg) and Marc James secured gold (+100 kg).

The veteran category saw more hardware for the club, with Wakeham taking gold in -90 kg and Marc James adding a silver in +100 kg.

"The coaches from the Balmoral Club were very pleased with the results the students put forward," organizers said Milton Good. "Overall, it has been a very successful season for our club."

The May 3 tournament marked the final event of the season for the Balmoral Judo Club. Their year-end windup is set for Thursday, May 8.



TRIBUNE PHOTO BY MILTON GOOD

Members of the Balmoral Judo Club pose with their medals following a successful tournament in Winnipeg on May 3, the final competition of their season.

## Aces feeling on the outs after alleged removal from SEMHL

By Kieran Reimer

The Ste. Anne Aces captured their third consecutive South Eastern Manitoba Hockey League (SEMHL) title just a couple of months ago.

The Aces have lost only 11 regulation games over the past three regular seasons, making them one of the top teams in the SEMHL.

But now, as they enter another off-season as league champions, their future in the SEMHL is in question.

On May 4 at the Carman Golf Course, the SEMHL held a league meeting attended by Aces head coach and president Kevin Lansard, representing Ste. Anne.

According to the special meeting agenda, one of the items discussed was a set of proposed changes submitted by the Warren Mercs — another team in the SEMHL — on April 22 at the league's annual meeting.

The proposed changes included:

- The five newest teams (Île-des-Chênes, Red River, Ste. Anne, Springfield and potentially Steinbach, which is currently non-operational) leave the SEMHL and revive the dormant Carillon Senior Hockey League.
- Replace the Ste. Anne Aces with the Steinbach Huskies.
- Reduce the player eligibility radius for designating a player as "local."

Aces forward Brett Meilleur, who did not attend the meeting, spoke with Lansard afterward.

Based on their conversation, Meilleur said that at one point during the meeting, Lansard was asked to leave the room. When he returned, he was informed that a vote had taken place and that Ste. Anne had been removed from the league.

Despite the circumstances surrounding the meeting, the Aces released a statement Sunday stating that the league's six original member teams voted to remove them.

"It was a surprise to all of the guys," said Meilleur. "We have a group chat, so he (Lansard) messaged us, and there was a flood of questions: What is the reasoning? What does this mean? Are we indefinitely out of the league? Is there a way we can fight back? It was out of left field for all of us."

Meilleur added the team had no indication it had broken any rules — and if they had, he believes they would have been informed.

Meilleur, 31, said the team is not giving up yet.

"We're reaching out to the public to get some backing because we feel this is very unfair and uncalled for," he said. "We're going to speak with Hockey Manitoba, and if we have to get lawyers involved to see if this was

done legally — followed to a tee lawfully — then that's what we'll do."

A former Balmoral resident and ex-captain of the Manitoba Major Junior Hockey League's Stonewall Jets, Meilleur has been part of all three of Ste. Anne's recent championship teams.

"If we don't make it back into the league, I'm going to step away for a bit," he said. "I have a son on the way, so things are busy for me. I'd have to take a step back, unfortunately."

"I would like to continue playing hockey at the senior level because I love the league and the competitiveness. I just hope we can get back in, that this can be resolved fairly, and we can move forward."

"I think it's pretty well known that Ste. Anne has brought a very competitive nature to the league. It's not like we walked through everyone this year — we went to Game 7 overtime with Springfield, which was an electric experience. Now you're taking that away. If that ceases to exist, it doesn't just affect the community of Ste. Anne, it affects the league as well."

Meilleur said the potential removal of the team impacts more than just the players.

"I lived through it with my teammates," he said. "A lot of them have

become close friends. They're fathers of two or three kids, and their kids are at the games. Their wives and families come too. We've got kids lining up to fist bump us before every game — it's what they live for on the weekends."

"They don't know anything that comes close to that feeling. Senior A hockey with the Aces has been such a special experience. You don't always get on a team that can win like we have, so that's been very exciting — and obviously beneficial for the families and kids involved."

"That's the biggest gut punch. Taking that away affects a whole community. It's not just 24 grown men — it's their families. It trickles down. We all got to be part of the experience of winning together, and it just feels like something got stolen from us — not in the past, but maybe moving forward."

The SEMHL operated with 10 teams during the 2024-25 season, the Carman Beavers, Île-des-Chênes North Stars, Morden Bombers, Notre Dame Hawks, Portage Islanders, Red River Wild, Springfield Winterhawks, Ste. Anne Aces, Warren Mercs and Winkler Royals. The Hanover Tache Junior Hockey League — which overlaps geographically with the SEMHL — included teams from both Ste. Anne and Steinbach last season.



# Cowan anchors Chiefs' run to Ed Chynoweth Cup final

By Keiran Reimer

The Spokane Chiefs and Medicine Hat Tigers will face off for the Ed Chynoweth Cup in the Western Hockey League championship series next week.

For Warren's Dawson Cowan, it marks his first appearance in the WHL final as the Chiefs' starting goaltender.

Spokane swept the Western Conference championship with a 6-4 win over the Portland Winterhawks in Game 4 on Thursday night. The victory sends the Chiefs to the league final for the fifth time in franchise history. Spokane last captured the Ed Chynoweth Cup in 2008, later going on to win the Memorial Cup that same year in Kitchener, Ont.

Cowan and the Chiefs have had a dominant playoff run so far, with series wins over the Victoria Royals and Vancouver Giants en route to the final.

Awaiting them is a top-seeded Medicine Hat Tigers team that has cruised

through the Eastern Conference. Led by 17-year-old phenom Gavin McKenna, the Tigers dropped just one game while eliminating the Swift Current Broncos, Prince Albert Raiders and Lethbridge Hurricanes.

The Chiefs boast firepower of their own, with Cowan backstopping one of the WHL's most productive playoff squads. The 18-year-old leads all WHL goaltenders with 12 wins in 14 postseason appearances — he also topped the league in regular season victories.

In front of him is an explosive forward group that leads the WHL with 85 playoff goals. NHL draft picks Andrew Cristall and Berkly Catton have combined for 72 points through the first three rounds.

Game 1 is set for Friday in Medicine Hat. Both teams will get a few days to rest and reset before the battle begins.

The series winner will advance to the 2025 Memorial Cup, scheduled for May 22 to June 1 in Rimouski, Que.



TRIBUNE PHOTO SUBMITTED

Spokane Chiefs goaltender Dawson Cowan tracks the puck during WHL playoff action. The Warren native has backstopped his team to the league final with a WHL-best 12 postseason wins.

## Tough weekend for U13 Central Energy against Eastman, Interlake

By Annaliese Meier

It was a challenging weekend for U13 Central Energy as the squad dropped four games in U13 AAA softball action against the Eastman Wildcats and Interlake Phillies.

Central Energy opened the weekend with a 13-5 loss to Eastman on Saturday. After taking a 2-0 lead in the first inning, Energy surrendered five runs in the third and six in the fifth as the Wildcats' bats came alive. Kaitlyn B, Collins V and Lindsay F each drove in a run, while Beaudry E recorded the team's lone hit. Central drew 10 walks but couldn't keep pace with Eastman's 10-hit, seven-stolen-base effort.

In the second half of Saturday's doubleheader, pitching dominated early in a 2-1 loss to Eastman. Kaitlyn B struck out four over two innings for Central, and Collins V led the offence with a 2-for-3 performance. Eastman scored once in each of the first two innings and played error-free defence to hang on for the win.

On Sunday, Central Energy faced the Interlake Phillies, who handed them a pair of losses.

In the first game, Central was shut out 7-0. Emma S allowed just three hits but gave up six runs — only two of them earned — over two innings. The Phillies' Kardyn R was dominant



Pitcher Emma Shantz started on the mound against the Phillies.

in the circle, striking out 10 over four innings and throwing an immaculate inning in the first. Beaudry E, Madison K and Kaitlyn B each had a hit for Central in the loss.

Game 2 saw Central fall 12-5 despite a pair of hits from Lindsay F and two RBI from Kaitlyn B. Beaudry E got the start but was tagged for four runs in



TRIBUNE PHOTOS BY LANA MEIER

Central Energy's catcher gets the out at home plate in Game 1 against the Interlake Phillies on Sunday. Interlake won both games.

the first inning. Interlake's Kardyn R again led the charge, driving in four runs on a 2-for-2 performance and striking out six over two innings. The Phillies racked up nine hits and eight

walks, and were flawless defensively for the second game in a row.

Central Energy will look to regroup before visiting Eastman again this coming Saturday.



# get inspired

> MEAL IDEAS



## FamilyFoods Phone 467-5553 Wee Chicken & Waffles with Jezebel-Maple Syrup

tional)

Hot sauce for serving

To make the syrup: In a large microwave-safe glass measuring cup with pour spout (one holding at least 3 cups) or a bowl, add the maple syrup, pineapple preserves, apple jelly, horseradish, pepper, and salt; whisk to combine.

Microwave the mixture on high for 35 seconds. (You also can heat it in a small saucepan on low until the mixture is warm.) Stir and taste, adjusting the flavor if desired. Set the syrup aside.

Place the toasted waffles on a large serving platter. Top each waffle with a piece of chicken. Drizzle the chicken-waffle bites with about 1 teaspoon of the syrup. Garnish with the parsley, if desired, and serve with the remaining syrup and hot sauce.

Serves 10 to 12, Three or Four Waffles Each

- Jezebel-Maple Syrup
- 2 cups maple syrup
- 1/4 cup pineapple preserves
- 1/4 cup apple jelly
- 1 1/2 tablespoons prepared horseradish
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 40 mini waffles from a 10.9-ounce package, lightly toasted
- 40 pieces cooked fried popcorn chicken
- Finely chopped fresh Italian flat-leaf parsley or green onion for garnish (optional)



## Mint Chocolate Mousse

Melt the chocolate with the dinner mints over a double boiler or in the microwave. Let cool slightly. Using an electric mixer, beat together the egg yolks and sugar in a large bowl until thick and mousselike, then beat in the melted chocolate-mint mixture.

Sprinkle the gelatin over 4 tablespoons water in a small, heatproof bowl and let soak and swell for 2 to 3 minutes. Put the bowl in a pan of simmering water and stir until the gelatin has dissolved. Beat into the chocolate-mint mixture.

Working quickly, beat the egg whites in a clean, dry bowl until stiff but not dry, then fold into the chocolate mixture with a metal spoon.

Divide the mousse between the pots. Scatter with the chopped mint sticks, then refrigerate until set. Alternatively, whip the 1 cup cream and use to decorate the mousses, along with the frosted mint leaves. Leave at cool room temperature for about 20 minutes before serving.

Serves 4

- 5 ounces dark chocolate (60 to 70 percent cocoa solids), chopped or broken up into smaller pieces
- 4 to 6 chocolate covered dinner mints, chopped
- 4 eggs, separated
- 2 tablespoons sugar
- 4 tablespoons heavy cream
- 1 teaspoon powdered gelatin
- 2 tablespoons chopped chocolate mint sticks, or frosted mint leaves and 1 cup heavy cream, to decorate
- 4 pots or dessert cups, for serving

# Ask the money lady



Dear Money Lady Readers:

I want to ask – for those of you in your 50's or 60's.....what's your plan for retirement?

I hope you have thought about it. Today let's talk about how to not outlive your money.

We all know planning is important. They say: "the person who doesn't plan for the future, can't expect to have a future." And we all know this to be true. So why is it that today we have over 40% of retirees falling into the "retirement gap." The new term, retirement gap, means that retirees are finding that the money they planned to live on, in reality, now falls short every month. Being in the retirement gap is not a good thing and if you know your in it than you also know you will need to either get a part-time job, adjust your spending, or downsize your home and your lifestyle.

First up, you want to make a list of all your monthly expenses, including mortgages (or rent), utilities, heat, hydro, condo fees, estimate for groceries, car payments and gas for your vehicle, memberships, subscriptions, and basically everything that you spend money on each month. Are these expenses going to continue in retirement, and if so, for how long?

Of course, if you plan to travel in retirement, then I will want you to decide how much you plan to spend every year and have this divided by 12 months and added in to your monthly expense list. Now that you know how much you will need each month when you retire – do you have a plan to create a revenue stream to cover these expenses. This revenue will need to be funded by investment portfolios, RRSPs, TFSAs, pension income, rental income, CPP and OAS.

While you may think you have enough funds to retire, please remember that timing your withdrawal from any investment is truly the key to ensuring your money lasts. If we take a typical retirement time horizon of let's say, 25 years and you are withdrawing a monthly retirement

income from an equity portfolio, you will need to account for 3 to 5 downward swings in the market. Because you are essentially creating a revenue stream from your portfolio it is important to remember that the cyclical trends that help build your savings, now works in reverse. Over a 25 year time period, due to bear markets, a retiree will need to consider that they will lose anywhere from 20% to 46% from their overall capital savings if held in an equity portfolio. Remember this is like dollar cost averaging but in reverse – because you are now withdrawing funds on a monthly basis, not saving them.

Another thing to consider is the state of the economy at the time you wish to retire. If you retire during a bull market, you will be much better off than someone that retires in a bear market. You see, positive returns early in retirement outlast an identical portfolio that has to endure negative returns early in retirement. This is called the "sequence of returns risk" and please believe me, this is a true event. Economists have shown that when you compare portfolios with the same securities and values, and with the same average long-term rate of return, the timing of the withdrawals does make a difference.

The fact is, bear markets will happen throughout your retirement, and they will affect your savings plan. Since 1940, we have had 15 bear markets with the average length being 11.2 months in duration and an average loss of 31.8%. The best way to combat this phenomenon is to have your fixed monthly expenses covered by your guaranteed income (OAS, CPP, Pensions, LIRAs). If you can do that, then you could potentially withdraw less during bear markets and more when we have a bull market. Bull markets typically last for about 3-4 years and have an average return of 148.7% over their past bear market. Don't be put in a situation where you are forced to sell securities in a down trending market. Selling in a bear market creates capital loss because once the securities are cashed out, they can no longer participate in the eventual recovery.

Good Luck and Best Wishes,  
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, Syndicated National Radio Host, and now on BNN Bloomberg News and CTV News every day in every province. Send your money questions, (answered free) to [info@askthemoneylady.ca](mailto:info@askthemoneylady.ca)



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Don't miss the big annual Spring Junk Wagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, May 10, 2025. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

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

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1. The product to be used for dust control purposes is Magnesium Chloride. The Municipality does not guarantee any dust control product.
2. For safety purposes, the maintenance of roads by the Municipality takes priority over anyone's application of dust control.
3. The Municipality shall not be responsible to replace anyone's application of dust control.

The Rural Municipality of Rockwood will accept requests for the application of dust control, on a **PRE-PAYMENT BASIS ONLY**, on municipal roads in front of residences in the Rural Municipality of Rockwood. This includes residences in the Rural Residential Zones.

**If receiving Private Dust Control, please notify the office prior to Dust Control being applied.**

Ratepayers may obtain dust control on the basis of **\$545.00** per application. Orders and pre-payments for same to be made to the Rural Municipality of Rockwood Administration Office by **Friday, May 23, 2025**. The application will consist of actual width of road x 100 metre strip. The area to be serviced must be staked out prior to application. Dust Control will be applied during the early part of June, weather permitting.

In the event of there not being sufficient requests for a truckload, payments will be refunded.

Application forms are available on our website at: [www.rockwood.ca](http://www.rockwood.ca)

The Rural Municipality of Rockwood

## PUBLIC NOTICE

is hereby given that the **Prairie Dog Central Railway** intends to conduct the following

**Herbicide Control Programs during 2025.**

To control noxious weeds along the Prairie Dog Central Railway right-of-way on the Oak Point Subdivision between milepost 7.8 to milepost 28.3. The projected date of application will be from June 1, 2025, to October 15, 2025. The herbicides to be used include:



- 24D600
- Roundup WeatherMax

The public may send written submissions within 15 days of the publication of this notice to the department listed below regarding the control program next to their property.

**Manitoba Environment and Climate Change Environmental Approvals Branch**  
**Box 35, 14 Fultz Boulevard**  
**Winnipeg MB R3Y 0L6**



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## ONLINE FARM & CONSIGNMENT SALES

Farm Auction Sale for Dennis Geisler, Ashern, MB

Sale Starts online: Monday June 2, 2025 at 9:00 a.m.

Closes: soft close starting at 10:00 a.m., Wednesday, June 18th, 2025

Included in the sale: M.F. Super 90 Tractor, power steering, 540 pto, 8745 hrs showing;  
Hutchmaster 8ft offset breaking disc; Cockshutt 12 tandem disc; Vicon 9 wheel rake; N.H.  
1475 Haybine, 16ft hydro swing, 1000 pto; N.H. 660 Baler w/auto wrap, 540 pto; #37 J.D. 9ft  
Mower, field ready; Antiques, cattle equipment, tools, misc.

Viewing: by appointment only Wednesday & Thursday, May 28 & 29th. 10:00 a.m. - 6:00 p.m.

Contact Dennis for viewing arrangements at (204) 302-0474.

From Ashern - 1.6 km South on Hwy #6 to PR #325. Follow #325 West for 7.7 km, turn  
left on Geisler Road for 1.3 km South. Farm is on West side of road - #144032.

## Consignment Auction

In the Lake Francis & surrounding area

Sale Starts online: Monday May 12, 2025 at 9:00 a.m.

Closes: soft close starting at 10:00 a.m., Wednesday, May 28th, 2025

Included in the sale: Int. 1256 Turbo Tractor; Ford 7600 Tractor & loader; Boat, motor  
& trailer; Front end loaders; Manure & grapple forks; Kubota snowblower; Tires;  
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Fertilizer spreaders; Mowers; Square bale picker;

Viewing by appointment only Monday, May 12 & Tuesday, May 13th, 2025 - 10:00 a.m. to 6:00 p.m.

Contact John Lampert for viewing arrangements at (204) 841-4136 (cell) or house (204) 383-5711.

Site location (1): 86155 Road 16W - (Corner of Roads 16W and 87N)

Site location (2): 79090 Road 4W - (2 1/2 miles north of Warren on Road 4W)

Lorne (Buddy) Bergner, Auctioneer John Lampert, Auctioneer  
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Email: [bergaut@mymts.net](mailto:bergaut@mymts.net) [www.apro.bid](http://www.apro.bid)

[www.globalauctionguide.com](http://www.globalauctionguide.com) (for sale viewing only)

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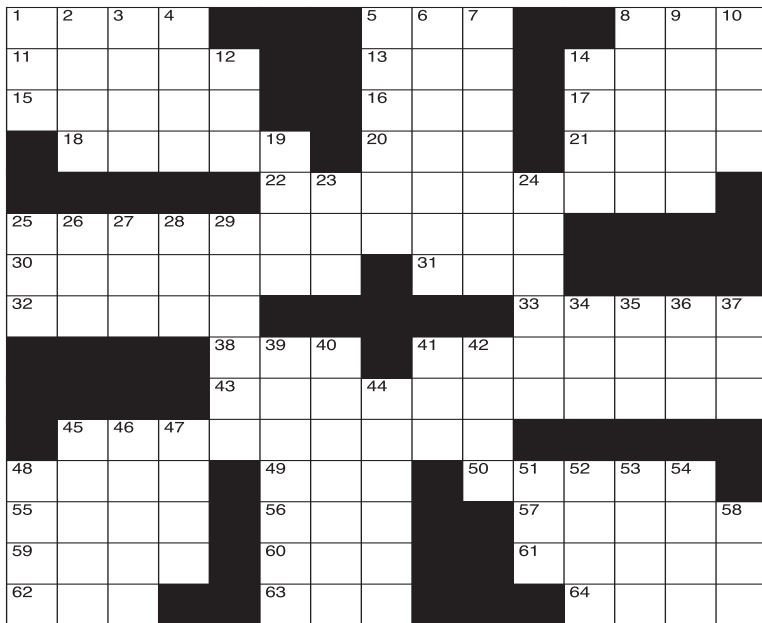
## CROSSWORD

### CLUES ACROSS

1. Herring-like fish
5. Perform on stage
8. Soda
11. Small growth
13. In support of
14. Step taken when walking
15. Hollyhocks
16. Returned material  
authorization (abbr.)
17. Feel pain
18. San Diego ballplayer
20. Inches per minute (abbr.)
21. Fat from a pig's abdomen
22. Create again
25. Honors once more
30. Thin coating of gold
31. Welsh river
32. Japanese novelist Mizumura
33. Husks of corn
38. Green vegetable
41. Showing guilt
43. Soldier
45. Photographers
48. Language spoken in Nigeria
49. Mimic
50. Expressed pleasure
55. Ancient Greek sophist
56. Beverage container
57. Night monkey genus
59. Lace bugs
60. Hogshead (abbr.)
61. Frameworks
62. Keyboard key
63. Greek goddess of the dawn
64. Influential Korean  
independence figure

### CLUES DOWN

1. A place to unwind
2. Helped (archaic)
3. Razorbill genus
4. Bleached



5. Continent
6. Fruit preserved in syrup
7. Impediment to one's  
freedom
8. Nocturnal rodents
9. Earthy pigment
10. Relieved oneself
12. Golf score
14. Tech hub \_\_\_ Alto
19. Sportscaster Andrews
23. Records electric currents
24. Popular Hitchcock film
25. Revolutions per minute
26. NY Giants legend
27. Sports radio host Patrick
28. When you hope to get  
somewhere
29. French seaport
34. Thai river
35. Rocker's accessory

36. Extra charge
37. Influential American  
president
39. Pain in the head
40. Great Plains people
41. Consumed
42. Soluble ribonucleic acid
44. Improves
45. Secret clique
46. Behind the stern of a ship
47. Dough made from corn  
flour
48. Fallow deer
51. Swiss river
52. Grayish white
53. Engrave
54. College's Blue Devils
58. Midway between south and  
southeast



## RURAL MUNICIPALITY OF WOODLANDS PUBLIC NOTICE

### 2025 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](http://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 16, 2025.**

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

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

Sudoku Answer

E	B	H	U	S	O	E	A	L	L	Y
S	K	O	V	U	Q	H	H	Y	J	W
S	N	O	V	N	V	O	S	V	V	O
O	S	H	Y	U	Y	S	V	V	O	O
M	E	N	O	O	U	L	L	Y	W	Y
G	E	N	V	H	S	Y	E	R	N	I
A	L	E	S	E	L	I	O	I	L	V
S	E	L	I	V	O	I	O	I	O	R
O	R	V	I	W	I	E	R	O	V	R
E	R	O	V	Y	W	H	Y	S	O	V
E	R	O	V	Y	S	O	E	F	A	T
A	O	V	O	O	O	O	O	O	O	O

Crossword Answer

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Ethan Shymko

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We are so proud of the hardworking man  
you have become.  
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and keep enjoying all your hobbies.  
Wishing you an awesome 18th birthday.

-Love,  
your family and friends

BIRTHDAY



Happy 18th Birthday  
Owen Shymko

18 years old, where has the time gone!  
We are so proud of the hardworking man  
you have become.  
Keep being you,  
and keep enjoying all your hobbies.  
Wishing you an awesome 18th birthday.

-Love,  
your family and friends

take a break

> GAMES

SUDOKU

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

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ANNIVERSARY




Henry and Alice Meier

This special 60th anniversary wish,  
That comes with love to you,  
Brings warm and heartfelt thanks  
For all the thoughtful things you do.  
It also comes to let you know  
You mean more with every day,  
To everyone whose lives you've touched  
In such a loving way.  
On your diamond anniversary on May 8,  
We send you all our love on this very special day.  
Sixty years of sharing happiness, love and  
loyalty  
Deserves to be honoured in every way.  
Happy 60th Wedding Anniversary,  
Mom and Dad

-With love from  
Jeff and Lana, Judy and Kim, Joy and Tom  
and all our families

BIRTHDAY



Happy 12th Birthday  
Jase!

-Love,  
Mom, Dad and Aubrey

CARD OF THANKS

Thank you to my family and friends who came out to celebrate my 90th birthday. Birthday gifts and wishes are greatly appreciated. A big thank you to my daughter bonnie for organizing this special day.

-Jim Riddell

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