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TRIBUNE PHOTO BY JO-ANNE PROCTER

On June 21 the Stonewall Mini Soccer League held their year end wind-up. These players from the three-year-old division were happy to show off their shiny new medals. Pictured left to right: Erica, Quinn, April, Colt, Hazel and Jack.

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Six bikes donated to Ecole RW Bobby Bend School

By Jo-Anne Procter

On June 20 Ecole RW Bobby Bend School students Matthieu McCall, Logan Walker, Blake Kilps, Bayley Harrisko, Julian Morden and Kelsi Murphy pedalled away from school on brand new bicycles with big smiles on their faces.

The annual Hike or Bike program kicked off on April 11 at Ecole RW Bobby Bend School for yet another year. This fun-filled and healthy initiative is aimed at encouraging students to engage in outdoor activities such as biking and hiking.

As members of the school's parent advisory council Debra Adamik and Amanda Clarke were the driving force behind the program this year and had six bikes generously donated. Bikes were donated by Eco Metallic Industries, the Stonewall Rockwood Fire Department, the Stonewall & District Lions Club, Stonewall CIBC and Debra and Russel Adamik.

Every Tuesday for over two months, from April 11 until June 20, students had a chance to fill out a ballot and hike or bike to school. And each week, winners were chosen from those who



Kindergarten student Kelsi Murphy won a bicycle donated by Debra and Russel Adamik.

participated and winners received gift cards for a scoop of ice cream at The Kiln, which were donated by TD Bank.

This annual event has been successful in promoting physical activity among students while bringing together members of the community through their support towards it.

When children participate in physical activity outdoors, they not only improve their physical health but also sharpen their cognitive skills.

By encouraging students through weekly draws with prizes donated from local community businesses, Ecole RW Bobby Bend School is striving towards creating long-term habits of going green while staying active.



TRIBUNE PHOTOS BY AMANDA CLARKE

Winners of the donated bicycles for Ecole RW Bobby Bend School's annual Hike or Bike program, left to right: Blake Kilps, Logan Walker, Bayley Harrisko, Julian Morden and Matthieu McCall.

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Grade 4 student Blake Kilps and his classmates were very excited when he was the winner of a bicycle from the Hike and Bike program. His bike was donated by Eco Metallic Industries.

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Women for Wishes fundraiser set for July 13

By Jennifer McFee

Make-A-Wish Canada asked 100 women from across the country to participate in a new fundraising initiative, including one from Woodlands.

Silver Peltier and her husband Gary have raised about \$1.6 million for the organization through their annual Ride for a Child's Wish fundraisers spanning more than three decades. Their 33rd fundraiser is coming up on Aug. 26. All funds go towards creating life-changing wishes for children with critical illnesses.

Sean Crawford, director of the Manitoba and Nunavut Make-A-Wish chapter, said Women for Wishes aims to promote women in philanthropy.

"The initial idea was to get 100 women across the country who would all pledge to either give or raise \$10,000 each. In total, it would raise \$1 million, which would grant 100 wishes because our average wish costs about \$10,000. Each of the chapters across the country had goals, and the goal here in our chapter is 10 Women for Wishes to raise \$100,000," he said.

"Silver was chosen mainly because of the commitment that she and her husband Gary have shown to the wish-granting organization in Manitoba for over 30 years. We asked if she would like to be one of our Women for Wishes, and she graciously agreed."

The local chapter is already off to a strong start and might even be on the road to exceeding its goal.

"Manitoba has just confirmed our 10th, 11th and 12th Women for Wish-



TRIBUNE PHOTOS SUBMITTED

Silver Peltier is hosting a five-course plated dinner on July 13 at their Woodlands farm for 100 guests to raise \$10,000 for Women for Wishes. Tickets are limited.

es in the past week. We've got three women who have started their campaign in earnest and they're in the Top 7 fundraisers from across the country, so Manitoba has really embraced this initiative," Crawford said.

"Because this is women reaching out to their peers and talking about this incredible cause and the impact it has on them, it's a lot different than a generic ask. This is a very specific and personal ask for a lot of these women."

For Silver, she was surprised to be chosen but she's looking forward to being involved.

In an effort to raise \$10,000, she plans to collaborate with her family to host a five-course plated dinner on July 13 at their Woodlands farm. She hopes to

find a band to provide entertainment, although she's not sure if there will be enough time to make arrangements.

Tickets cost \$100 each and only 100 will be available. A welcome cocktail is included in the price, and a full bar will feature spirits, specialty cocktails, local beers and wines for purchase.

"I thought I would give it a whirl because I believe in the charity," Silver said. "I hope everybody has a good time when they come."

Their son Dustin Peltier is a well-

known chef who has his own catering company called Loaf and Honey. He will be designing the menu and cooking an unforgettable meal for attendees.

The first course will feature mushroom risotto rolls, cheese crisps, thyme aioli and blistered tomatoes. The second course is kale and strawberry salad, cucumber ribbons, pickled scapes and whipped ricotta. The

Continued on page 5

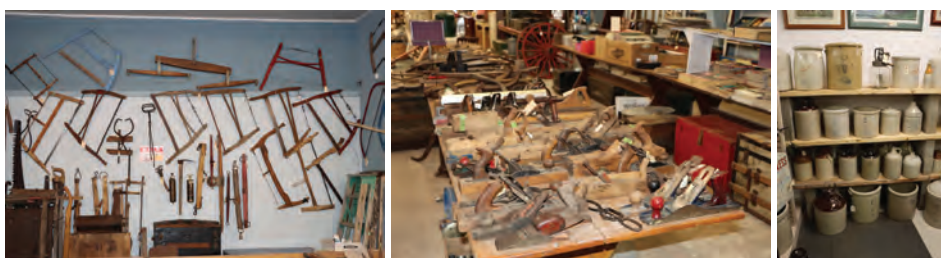


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Smaller beekeeping operations feeling the sting

Manitoba commercial beekeepers receiving \$7.5 million to rebuild their colonies

By Becca Myskiw

Manitoban commercial beekeepers will be able to start recovering from the recent years' losses thanks to the federal and provincial government.

On June 20, the Government of Canada and the Government of Manitoba announced \$7.5 million in support for commercial beekeepers. This is in response to the devastating losses beekeepers have recently faced due to drought, plant stress, wet springs and disease.

Manitoba Beekeepers' Association chairperson Ian Steppler said the last two years had been a struggle for many if not all Manitoba beekeepers. The drought of 2021 brought extreme heat and smoke, which put a lot of stress on honeybee colonies and the plants they rely on for food. That led to malnutrition for the bees, which allowed the disease to take over them



Bailey Gitzel is a small beekeeper by Homewood, not eligible for the government support.



TRIBUNE PHOTOS SUBMITTED

Ian Steppler is a commercial beekeeper by Miami, eligible for government support to rebuild his beehives. The federal and provincial governments are giving \$7.5 million in support to commercial beekeepers in the province to help them rebuild after devastating losses.

this year, he's lost 50 per cent of his colonies. Out of his 1,500-colony business by Miami, he now has 750 to work with.

There are around 250 commercial beekeepers in Manitoba. Before the

devastating losses as of late, they were producing 18 million to 20 million pounds of honey annually and contributing enormously towards

Continued on page 10

Losing teeth? Here's how to keep your smile and confidence

BY ELISHA VANDOR

I have heard that first-time denture wearers lose a significant amount of weight during the waiting period between extractions and getting dentures. If you were to ask me, the mashed potatoes and smoothie diet in conjunction with no teeth for months and months is one way to lose weight, but not ideal. The good news is that you don't have to endure the waiting period before wearing a denture because the denture(s) can be made and ready BEFORE your teeth are pulled so you never have to be a day without your smile, self-confidence and teeth to chew. These dentures have a specific name called Immediate dentures because they go in immediately after extractions.

There are a lot of benefits of an immediate denture too!

- The denture acts like a Bandaid right over the extraction site to help stop the bleeding. In addition, the denture prevents food from going into the sockets. As you eat, you're simultaneously

getting used to wearing a denture, which brings me to my next point.

- The more you wear the denture, the easier it is to get used to, so starting right away is the best way. If you were to wait months without a denture, then it can be easier to ditch the denture and make do like you've always done, which makes the transition to dentures much longer and more difficult to get used to.
- Yes, it's a big deal going from your natural teeth to a denture. There's a lot of differences to get used to; however, the look of your smile shouldn't be one of them. Your smile is unique to you, from the shape of your teeth to the size and colour, we know that looking like you is important, which is why we create the denture to your liking. Some patients even bring in pictures of their former smile so we can recreate their look.

Our profession is all about dentures, and in our denture opinion, the most successful way to transition from natural teeth to dentures

is found in the aftercare process.

You see, as your gums heal, they shrink, but the denture doesn't automatically shrink with your gums, so it starts to feel loose. A loose denture is probably the top 3 denture frustrations of all time and a big contributing factor to the weight lose situation, so before the frustration of ill-fitting dentures sets in, we will already have your next series of appointments booked to re-fit the denture(s) with a temporary lining so it's as snug as can be. Our Denturists Matthew and Brock have helped hundreds of people, like yourself, with immediate dentures. Everyday we see people for their aftercare appointments and know you will benefit from seeing us before your extractions too. All aftercare appointments are already included into the price of the denture(s) for up to 2 years. All you have to do is call and book your free consultation appointment and we will be here for you every step of the way.



- supplied photo -

Patients come in for their aftercare appointments at Vandor Denture Centre to ensure their transition from natural teeth to dentures is seamless.

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Manitoba government supports shift to electric vehicles

New EV charging station powers transition in Village of Dunnottar

Submitted by the Manitoba government

The Manitoba government is announcing its support for a new electric vehicle (EV) charging station in the Village of Dunnottar, Environment and Climate Minister Kevin Klein announced last Tuesday.

“Green transportation projects play a key role in protecting our environment and water, which is a top priority for our government,” said Klein. “Transitioning to electric vehicles will help reduce greenhouse gas emissions, support a low-carbon economy, and ensure affordability for Manitobans.”

The new Level 3 charger will be installed near one of the Village of Dunnottar public piers. A Level 2 charger currently at this location will be moved to another site within the community.

“This is a big step forward in the transition to a new clean energy future for the coming generations,” said

Mayor Richard Gamble, Village of Dunnottar.

The Manitoba government funded this project as part of a \$150,000 initiative led by Eco-West Canada, a Manitoba-based not-for-profit focusing on green infrastructure. Additional projects across Manitoba will be announced in the coming weeks, the minister said.

This project helps support the technology and infrastructure needed to expand the province’s EV charging network and support collaborative planning for regional green transportation initiatives.

“We are pleased to once again be given the opportunity to partner with the Manitoba government to help our communities adopt cleaner modes of transportation,” said Dany Robidoux, executive director, Eco-West Canada. “In the past we have been very fortunate to have worked with the Village of Dunnottar on several sustainability initiatives, and this is another example on why this municipality is seen as a leader in Manitoba when it comes to the greening of their community.”

For more information on the Made-In-Manitoba Climate and Green Plan, visit www.gov.mb.ca/climateandgreenplan/index.html.



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Natural gas efficiency programs are funded in part by the Low Carbon Economy Fund.

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> WOMEN FOR WISHES, FROM PG. 3

third course is seared pickarel, swiss chard, radishes and paddy pans. The fourth course will be smoked pork loin, Saskatoon demi, butter-nut squash, baby carrots and pickled mustard seeds. The fifth course is a dessert that will be determined by local business Lillies and Lattes.

“The menu is inspired by dishes my mom enjoys,” Dustin said.

“I will be sourcing from some of my regular local suppliers. Blue Lagoon out of St. Francois Xavier will have most of our produce. Saskatoons will come from PurpleFit Saskatoons in Warren. The pickarel is coming from a small-scale fishery in Gimli. Leane Funk from Winnipeg Supper Club

has come on board to help organize and plan the event.”

Volunteers will help in the kitchen and with serving. Anyone who would like to lend a hand can contact Dustin Peltier at loafandhoneycatering@gmail.com.

Tickets are available through Eventbrite at womenforwishes.eventbrite.ca. For more information, contact Silver Peltier at silverpeltier@gmail.com or 204-461-0640.

Donations towards the cause can also be made through Silver Peltier’s fundraising page at www.womenforwishes.ca.

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Manitobans need to drive health reform; the public should shape the future of family doctor care

By Alan Katz, Amanda Condon and Tara Kiran

Hardly a day goes by in Manitoba without health care being in the news — and much of the coverage is negative. While there are reports of good, even excellent, individual patient experiences, it is clear that urgent change is needed.

Our health-care system in this province is indisputably struggling. And there is one problem at the heart of our myriad health system challenges: too many Manitobans are struggling to access primary care.

Primary care is the front door to the health-care system. It's typically delivered by family doctors and nurse practitioners, sometimes with other health professionals.

Family doctors should be the first point of contact when you have a new health issue. Family doctors also manage chronic conditions like diabetes and high blood pressure, help keep you well with immunizations and cancer screening tests and co-ordinate care from other parts of the health system.

When people don't have access to primary care, when they don't have a family doctor and when the front door is closed, nothing works as it should. Emergency departments become crowded, unnecessary medications may be prescribed, there are more missed or delayed diagnoses, and patients suffer the consequences. We need to do better. But how?

For too long, our health-care system reforms have been mainly informed by "experts" — health professionals, people in government, researchers and administrators. We need bold reform to address the crisis at hand, and

that reform needs to be driven by the public's voice.

With this in mind, a team of researchers and clinicians launched OurCare, a national initiative to engage the public about the future of primary care.

To start, the team heard from more than 9,000 adults in Canada who responded to the OurCare national research survey about their experiences with primary care and what they want to see in a better primary care system.

The findings are alarming — and informative.

More than one in five people who responded to the OurCare survey reported not having a family doctor or nurse practitioner when they need care or advice about their health. Extrapolated to the population of Manitoba, that's almost 300,000 people who don't have access to a family doctor.

So, is the solution more family doctors?

Having more family doctors is an integral part of the solution, but we also need to rethink how family doctors work and how primary care is delivered. Primary care teams place family doctors, nurse practitioners and other health professionals together to benefit patients. Done correctly primary care teams can improve a patient's health, joy at work for health-care team members, and increase the capacity of family doctors to care for more patients.

The OurCare survey found that people in Canada were supportive of team-based primary care. Ninety per cent said they were comfortable getting support from another team

member if their family doctor recommended it. Yet few people said they had access to team-based care.

The OurCare survey also asked people what they thought was most important regarding primary care. People wanted primary care that looked after all their health needs, provided timely access and helped them navigate other parts of the health system. But the most important aspect was having a family doctor or nurse practitioner who knew them as a person and considered all the factors that affected their health.

These patient priorities fit with what we know works. Many studies have shown that people get better care when they have an ongoing relationship with one family doctor who they continuously see for care.

The OurCare survey findings are just the start. In the next phase, OurCare will have deep dialogues with 36 Manitobans — volunteers who will be randomly selected to roughly match the province's demographics.

These members of the public will meet for 30 hours to learn about primary care from experts and then deliberate to come to a consensus on the key issues to address and related recommendations. They will release a report in the fall summarizing their vision for primary care in the province.

The status quo isn't working. We need to fix our primary care system and reforms need to be grounded in the public's viewpoints.

It's time we hear directly from Manitobans and co-create a future that works for everyone. Your voice matters. Help us by joining the Manitoba OurCare Priorities Panel. Visit OurCare.ca

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TRIBUNE PHOTO BY LANA MEIER

Interlake farmers were cutting their alfalfa last week. Most livestock producers are reporting dry conditions and are in need of rain. Dairy producers have completed first cut and approximately 50 per cent of beef producers have begun haying. Hay yields are highly variable due to the patchy nature of thunderstorms and associated rainfall. Projected second cut will be minimal without significant rain. Help the Tribune record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: weather@stonewallteulontribune.ca

Manitoba government announces increased financial support for post-secondary students

Submitted by Manitoba government

The Manitoba government is increasing the maximum benefit of the Manitoba Student Loan by \$60 to \$200 from \$140 per week of study as of Aug. 1 to better support students pursuing post-secondary education, Advanced Education and Training Minister Sarah Guillemard announced last Tuesday.

“Access to higher education is critical to growing our provincial workforce and this increase will help reduce financial barriers so more students can pursue post-secondary opportunities,” said Guillemard. “As the cost of living continues to increase, our government remains committed to making life more affordable for Manitobans. This increase will provide additional funding to students who have the highest financial need, so they can remain focused on their studies and achieve their educational goals.”

The minister noted the increase aligns with a recent federal government decision to raise the Canada Student Loan maximum to \$300 per week of study for the 2023-24 program year. The Manitoba maximum weekly loan amount was last increased in the 2005-06 program year and the increase will better align Manitoba with other jurisdictions, the minister said.

The Manitoba government also announced an increase in the Manitoba Bursary Fund as part of Budget 2023

through an additional \$1.4-million investment to support eligible students. The Manitoba Bursary Fund provides non-repayable, supplemental financial assistance to help lower-income students access post-secondary educational opportunities. The upfront grant provides up to \$2,000 to eligible students who apply to Manitoba Student Aid, and up to an additional \$1,500 as a top-up for eligible lower-income Indigenous students.

The minister noted the increases align with the Manitoba government’s Skills, Talent and Knowledge Strategy, which is a shared vision among post-secondary partners, industry and government on the direction and actions needed to accelerate recovery, advance Manitoba’s economy, and promote positive outcomes for individuals and businesses.

The minister added six out of 10 new jobs created by economic growth over the next five years will require post-secondary education.

The Manitoba government supports post-secondary students by ensuring programs and financial supports are available to help students pursue educational pathways, develop the skills needed to participate fully in the community, and contribute to a growing economy. For more information, visit www.manitoba.ca/aesi/sas.html.

Concordia Hospital to provide more joint replacement capacity

Submitted by Manitoba government

The Manitoba government has officially opened the state-of-the-art operating room at Concordia Hospital in Winnipeg that will increase capacity by up to 1,000 in-patient and same-day hip and knee replacement procedures per year as part of its ongoing commitment to expand care options for Manitobans who need hip and knee surgeries, Health Minister Audrey Gordon announced Monday.

“We are healing health care and improving the quality of life for Manitobans this year and for years to come,” Gordon said. “Our government invested more than \$5.9 million to increase capacity and further reduce backlogs and waitlists by ensuring more timely access at Manitoba’s leading site for joint replacement surgery.”

The minister added that, in addition to renovating the operating room, this expansion includes an additional orthopedic surgeon, investment in anesthesia staff, four new inpatient beds and additional nursing and al-

lied health staff.

“With the opening of our new operating room at Concordia Hospital, we are taking a significant step towards addressing the growing demand for joint replacement surgeries in our community,” said Carrie Fruehm, president and COO of Concordia Hospital. “This expansion not only increases our capacity but also allows us to reduce wait times and provide our patients with timely access to the care they need. We are grateful to the Manitoba government and the Concordia Foundation for their partnership in making this expansion a reality. By working together, we can continue to deliver exceptional care, advance medical innovation, and improve the quality of life for our patients.”

The Concordia Foundation led the fundraising efforts supporting the renovation of operating room No. 5 to increase the hospital’s joint replacement surgery capacity with the help of over 200 donors who contributed

\$350,000 toward the capital costs of the project.

“By collaborating in this initiative, the Concordia Foundation demonstrated our mission and vision to further enable Concordia Hospital to be a leader in exemplary care, innovation and academic excellence,” said Roger Gripp, president and board chair of Concordia Foundation. “The foundation is pleased to have partnered with the Diagnostic and Surgical Recovery Task Force and the Manitoba government on this urgently needed increase to joint replacement surgery capacity at Concordia Hospital.”

The minister noted that the Diagnostic and Surgical Recovery Task Force continues to make ongoing short- and long-term investments in the province’s orthopedic surgery program. In 2022-23, 6,000 hip and knee procedures were completed across Manitoba, 600 of which were funded through the task force. Over the same time frame, Concordia Hospital completed 1,974 hip and knee procedures, and 78

were funded by the task force. From February to March 2023, pandemic backlogs for hip and knee procedures were reduced by 55 per cent.

“My quality of life? I couldn’t ask for anything better. No more pain,” said Roxann Goudy, a recent knee surgery patient. “I arrived at Concordia Hospital at 6 a.m. and left the next day just after lunch. It was simply amazing. I couldn’t have asked for better staff. They were super helpful, checking in on me and making sure I was comfortable. It just seemed to flow well.”

The Manitoba government established the DSRTF in late 2021 to address waitlists for diagnostic and surgical procedures and other related services affected by the COVID-19 pandemic. Supported by experts from across Canada, the team of respected local health-care professionals identify and implement short- and long-term solutions to improve surgical and diagnostic waitlists and make overall lasting improvements to Manitoba’s health-care system.

Prize-winning mealworm biodegradation research by local teen

St. Mary's student Marissa Magsino going above and beyond

By Emma McGill

Just having finished 11th grade at St. Mary's Academy, Marissa Magsino is studying and experimenting with environmental science and biodegradation through the use of mealworms.

Magsino has been involved in science fairs since the sixth grade and started her first project involving mealworms in the eighth grade. She discovered a mealworm's incredible ability to biodegrade polystyrene foam (Styrofoam) through her pets.

"I have a gecko and a turtle, and they consume mealworms as a part of their diet," she says.

Her inspiration to develop her projects stems from a research article that came out of a collaboration between Stanford University and Be Hang University in China, which Magsino ties a lot of her own research back to.

"I've never seen any other invertebrate that could do this incredible process," she shares.

Because of a mealworm's natural instincts for survival and reproduction, Magsino finds they are stimulated by their consumption of polystyrene, which is a huge producer of waste and pollution and can take up to 500 years to degrade. Initially interested in environmental sustainability, Magsino is looking to these mealworms to help find practical solutions that will help the planet.

She experiments with different dependent environmental variables, materials and prominent chemical compounds to find out the best way to positively stimulate these mealworms, also known as *Tenebrio molitor*,



Marissa Magsino with her silver medal from the National Science Fair and her Sanofi certificate.

and alter their consumption rates.

In the past, she has used natural oils and extracts that are toxic to mealworms to increase their consumption rate, and now she uses three chemical compounds of different concentrations to determine which is the most efficient without causing fatalities.

She has implemented a styrofoam recycling station at her school where students can bring their styrofoam products to give to the mealworms and is the leader of her school's green team.

Through her work, Magsino has earned recognition and has received the following special awards: Mid-Canada AOAC Award, Engineer and Geoscientists of Manitoba Award, Wise Kid-Netic Energy Award and the Sanofi Biogenius special award for an outstanding biotechnology project. She was one of six students representing Manitoba in person at the Canada-wide Science Fair in Edmonton, which is the largest science fair in Canada, and won the grand award of Best Overall Proj-



TRIBUNE PHOTOS SUBMITTED

Marissa Magsino sitting proudly with a scanning electron microscope.

ect at the senior level. She has won a silver medal and the Sanofi Biogenius Canada award, both at a senior level as well. She has also had the opportunity to represent Canada at the International Biotechnology Convention in San Diego, Calif.

Magsino has had the opportunity to work closely with Dr. David Levin, a professor in the department of biosystems engineering at the University of Manitoba over the last six months. With Levin, she had the opportunity to receive his guidance and insights on her experimental setup and use an SEM microscope.

She currently holds one of 11 seats on the Youth Advisory Climate Council for the Manitoba government and is very grateful to be able to use her voice and make an impact for environmental science by providing her own perspective.

"I realized that science fairs and research encompass most of my areas of interest that I already enjoyed, such as utilizing my public speaking skills and exploring how I can make

a positive impact on the environment. I also live in a rural town outside of Winnipeg and I see the beauty of nature from a different perspective, and I want others to be able to enjoy it in the future," shares Magsino.

Once she realized the potential of mealworms for a biological solution to waste, she knew she had to test the ways she could maximize the benefits of this process and possibly one day implement her findings into society.

Outside of scientific interests, Magsino is involved in track, debate and works two part-time jobs. Before St. Mary's Academy, she attended Christ the King School and currently resides just outside of East St. Paul in St. Clements. Her parents are Michelle and Rom, and her father is a communications manager at Bell MTS. While their backgrounds aren't science-related, they're very supportive.

Magsino hopes to pursue a biochemistry degree after high school graduation and stay focused on all the different components of what she's doing with her current research. She hopes to become a researcher or doctor and currently wishes to stay in Manitoba for university, hoping to attend medical school after her first bachelor's degree.

"I know there's a lot of different possibilities for what I could do in the future," says Magsino.

"I KNOW THERE'S A LOT OF DIFFERENT POSSIBILITIES FOR WHAT I COULD DO IN THE FUTURE."

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Manitoba Indigenous Tuberculosis History Project launches new Missing Patient Research Guide

Submitted by Manitoba government

The Manitoba Indigenous Tuberculosis History Project (MITHP) has created a Missing Patient Research Guide specific to Manitoba.

University of Winnipeg Canada Research Chair Dr. Mary Jane Logan McCallum says the guide, released June 21 in recognition of National Indigenous Peoples Day, “was developed to assist Indigenous families and communities searching for loved ones who were sent to Indian hospitals and sanatoriums in Manitoba and never returned.”

In addition to being available on the MITHP website, you can also access it on UWinnipeg’s WinnSpace and printed copies will be sent to libraries and archives around the province.

Adjunct Professor Dr. Anne Lindsay, who began working on the guide as a postdoctoral fellow with the MITHP,

explains the connections between Indian Residential Schools (IRS) and hospitals, and how this guide impacts burial research:

“Throughout the history of the IRS, at least some pupils were sent to hospitals when they were ill. Then, beginning in the 1930s, the number of students who were sent to hospitals and sanatoriums, especially Indian hospitals and sanatoriums, increased significantly,” she explained.

“Students who passed away at these segregated medical institutions were often buried at cemeteries associated with the hospital or sanatorium. Because of these connections, this guide may help those searching for loved ones who were sent away to an IRS in their research.”

Part 1 of the guide explains how to gather useful details, including names, dates and locations that will

help in the search. It also has research tips and a research case study providing a real-life example of research procedures used by a family in searching for their loved ones.

The second part of the guide is organized by health-care institutions and explains how to research the location of patient burials associated with nine different tuberculosis treatment hospitals in Manitoba: Dynevor, Clearwater Lake, Brandon, Ninette, St. Boniface, Fort Churchill Military Hospital, Norway House Indian Hospital, Fisher River Indian Hospital and Pine Falls Indian Hospital at Fort Alexander.

Krystal Payne, MITHP research project director, will be presenting a paper about the guide titled “The Missing Patients Initiative Research Guide: Restoring Belonging for Those Who Are Missed and Missing” at the

Association of Canadian Archivists Annual Conference in Charlottetown, P.E.I., on June 28.

“The goal of this presentation is to encourage archivists to create similar resources to help build archival research capacity for families and communities of Indigenous tuberculosis patients in their own regions,” said Payne.

The MITHP team hopes to get feedback on this first version before launching the full guide later in 2023, along with a set of video modules that accompany the guide and walk through the process of archival research, including visiting the archives, examining records, talking to archivists and engaging with people who have undergone similar searches of missing family and community members.

ISD administration changes for 2023-24 school year

Staff

The Interlake School Division is gearing up with some changes to their administration staff.

Brant-Argyle School, Collège Stonewall Collegiate, Warren Elementary School, Warren Collegiate and a number of colony schools will have newly assigned principals and vice-principals ready to help shape the future of education in their respective schools as we head into the 2023-24 academic year.

Marlo Jeffery will take on the role of teaching principal at Brant-Argyle School, replacing Kristin Smith, who is heading to Teulon Collegiate. Smith is replacing Myles Blahut, who has retired. Christy Steeves will serve

as teaching vice principal at Collège Stonewall Collegiate.

Alysha Guenther steps into her interim role as teaching principal at New Haven Colony School. Helen Farnworth brings her experience as a teaching principal to Prairie Blossom Colony School, while Bill Olson will officially serve as principal at Stony Mountain School. Olson has been the acting principal for several years.

At Warren Collegiate Institute, Tyler Oliver will take on the role as principal, replacing Laura Perrella who has retired. Jason Darragh left Teulon Collegiate as vice-principal and is joining Oliver as teaching vice-principal. Chelsea Meier has been appointed to the Teulon Collegiate vice-principal.

Meanwhile, Morag Ivany is leaving Rosser and will lead Warren Elementary School with expertise and passion. Ivany is replacing Chris Gamble, who has taken the role of assistant superintendent at Prairie Rose School Division. The Rosser principal position has not been filled at this time.

With such strong leadership in place across all grade levels and disciplines within each school community, parents can be rest assured that their children’s educational needs will be met by compassionate experts who are committed to student success.

Stonewall council news in brief

By Jennifer McFee

Stonewall is taking a swing at hosting the 2023 Canadian National U22 Male Baseball Championship.

The tournament runs from Aug. 3 to 6, providing opportunities to promote the community to outside visitors.

The town will purchase a \$5,000 sponsorship package, which includes \$2,500 of in-kind services.

In other council news:

- The Town of Stonewall approved the 2022 consolidated financial statements, which identified a

\$35,766 deficit. The town also had a surplus of \$1,682,443 in the general operating fund at the end of 2022. The town requested provincial approval of the operating deficit, which it plans to pay using the existing surplus.

- Stonewall facilities lowered their flags to half-mast as a gesture of respect for the lives lost in the June 15 accident on Highway 1 near Carberry.

- Mark your calendar for Canada Day celebrations at Quarry Park. An event schedule is in this week’s *Stonewall Teulon Tribune*.

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Canada

Manitoba

Charity golf tournament honours memory of much-loved woman

By Jennifer McFee

The memory of a much-loved local woman is being honoured through an upcoming charity golf tournament.

The HBH Charity Golf Tournament is slated for Friday, July 28 at Whispering Winds Golf Course in Warren. The event will raise funds for CancerCare Manitoba in memory of Hailey Belluk Hunt, who lost her battle with breast cancer in September at the age of 31.

Originally from Winnipeg, Hailey moved to Warren in 2018 to be with her husband Daniel and stepdaughter Donni. In 2020, the couple welcomed their son Harvey to their growing family.

In August 2021, Hailey was diagnosed with breast cancer. She fought hard through six months of chemotherapy, a double mastectomy, reconstructive surgery and 25 rounds of radiation.

In October 2021, Hailey and her sister Randi, who had Stage 2 breast cancer, launched a CancerCare Manitoba fundraiser for breast cancer research and raised a whopping \$83,000.

Then in May 2022, Hailey received the diagnosis that she had terminal Stage 4 metastatic breast cancer with five large inoperable brain tumours. She underwent further radiation and chemotherapy. In September 2022, she passed away while surrounded by loved ones.

In her memory, four friends are working together to organize the charity tournament — Dillon Bednarek, Kristin MacCuish, Andrew Hunt and Katie Kitching.

"She was an active volunteer for Bobby Bend School and the childcare centre in Stonewall. Many

of Hailey's friends and family live in and around Stonewall and Warren," Katie said.

"Hailey was known for her kindness and thoughtful nature. She thought of others first, always — even while she was ill and in the thick of her battle against cancer."

Twyla Hunt reflected on how Hailey organized celebrations for small things and arranged surprise drop-offs, even while she was sick.

"Hailey touched the lives of so many as an amazing friend, daughter, sister, auntie and granddaughter. The roles she was most proud of were that of a wife to the love of her life, Daniel, and mother to Donni and Harvey," said Twyla, Hailey's sister-in-law.

"She loved baking with Donni, reading with Harvey, planning elaborate birthday parties for them and making every holiday special."

Andrew, Twyla's husband, said everyone knows someone who has been impacted by cancer.

"We can all make a difference by supporting the work ongoing to improve treatments, provide excellent care and advance research to change the future of breast cancer," he said.

"Our goal is to sell out the tournament and all the sponsor spots. It will make an amazing donation to CancerCare Manitoba."

The entry fee is \$150 per golfer or \$600 for team of four, which includes 18 holes, power cart, lunch at registration and dinner.

Participants can look forward to a fun day of golf, as well as contests and prizes. The entry fee includes lunch provided by Boston Pizza and dinner by Whispering Winds Golf Course.



PHOTO SUBMITTED

Friends and family are remembering Hailey Belluk Hunt through an upcoming charity golf tournament on July 28.

"It's also a way to remember our dear friend Hailey," Katie said, "and support CancerCare Manitoba and the important work they are doing."

To enter a team in the tournament or to find out more about sponsorship opportunities, email hbh-charitygolf@gmail.com or visit the Facebook page called "HBH Charity Golf Tournament."

> BEES, FROM PG. 4

crop pollination, which comes out to a \$150-million contribution annually. This means agriculture as a whole is feeling the effects of the honeybee losses.

Because the losses were felt across Canada, getting replacement stock became harder and harder. Stepler was bringing in packages from overseas and from beekeepers in B.C., but it still wasn't anywhere close enough to replace everything he lost.

"It's just a huge spectrum of hardship," said Stepler. "It was going to take four years for producers to recover from those losses."

Luckily, that should no longer be the case.

Of the 115,000 colonies in the province, 95 per cent of them (almost 110,000) belong to commercial beekeepers. The province sees commercial beekeepers as anyone with 50 or more colonies. Those registered with the government can apply for the program to purchase replacement stock.

"Beekeepers and healthy bee populations play a vital role in the sustainable production of many high-value agricultural crops," said Marie-Claude Bibeau, Minister of Agriculture and Agri-Food. "With

support to help overcome this unique sector challenge and recover unexpected colony losses, beekeepers will be better equipped for future growing seasons."

To be eligible for the Canada-Manitoba Bee Morality Assistance Program, commercial beekeepers registered with the province must meet the following criteria and finish their applications by Aug. 31, 2023:

- Be 18 years or older when applying and not be funded by the government or an institution
- Have a valid Manitoba beekeeper registration number as of Nov. 1, 2021
- Have owned and prepared 50 or more colonies for the 2021-2022 winter
- Have owned eligible inventory and experienced extraordinary losses between Nov. 1, 2021, and May 21, 2022
- Report farm income and expenses for income tax purposes
- Be liable to pay income tax in Manitoba (or is specifically exempted but is a permanent resident in Canada)

The \$7.5 million is shared between

the two governments, with the Province of Manitoba giving \$3 million. Beekeepers can apply under the Sustainable Canadian Agricultural Partnership and AgriRecovery.

"This financial aid from the government is quite welcome to our industry," said Stepler. "It's going to allow beekeepers to reach out further to access replacement stock to fill boxes."

He said with the government's financial help, a four-year recovery might now look like a three-year recovery.

"This should help beekeepers fully recover by next year," he said.

Stepler noted the attention from the provincial and federal governments helps everyone in the agriculture industry. It will allow beekeepers to get back on their feet and let the bees get back into the fields.

Not all beekeepers in the province get the leg up, though. Bailey Gitzel has 35 honeybee colonies by HomeWood — just 15 short of being eligible for the program. By the time summer 2022 came, she was down to three.

"It was devastating," said Gitzel. "It was a long winter. The girls just didn't have enough life left in them to make it through."

She split the two strongest hives last year and got five honeybee colonies for the year. This year, she still has those five, which is reassuring, but it's still not 35.

Gitzel has tried to get replacement stock, but even with their scarcity, they've nearly tripled in price from when she started beekeeping over a decade ago. So she's buying honey by the barrel from commercial beekeepers to meet her customers' needs. Before the losses, she was also selling her honey at markets all year. This year, she's registered to do just one.

"It's great to see the government helping out Manitoba beekeepers after these devastating losses," said Gitzel. "Manitoba honey is top notch, and we need to get our overall hive numbers back up but unfortunately I don't qualify for this funding."

Her small operation is struggling the same as everyone else with the difference being she doesn't qualify for government funding. In other words, Gitzel must rebuild her honeybee operation with her out-of-pocket money.

"It almost feels like we're getting forgotten about," she said. "We're a part of the beekeeping community too."

St. Laurent company launches crowd-funding campaign

By Jennifer McFee

A St. Laurent business is opening the gates to discussion about the future of the area.

Big Interlake Mechanical is seeking input about potential future development on the company's 132-acre property.

Jessica Chartrand, who co-owns the company with her husband Wayland McKay, said ideas would likely focus on amenities to support the local community, as well as tourists and those who travel the highway. They're calling their project the Gates of Sheringham since the property is located on Sheringham Road in St. Laurent.

"It would be geared for all ages and walks of life with accessibility standards in place," Chartrand said.

"It would be for people who want to get out be active, have an experience and travel and explore St. Laurent."

To start the process, they've launched a crowd-funding campaign that involves selling sweaters for \$75 plus tax featuring the company's logo and phone number. Along with the sweater, investors will receive communication updates, and they'll also have the chance to provide input on what type of services they'd like to see in the potential future development.

"The funds used will go to create some positions to maintain the information, keep people updated, create events, monthly newsletters and surveys to get the supporters involved in the project. Once the initial part is done, funds will be needed for surveys and for a detailed project scope and plan to move what is decided forward," Chartrand said.

"Our initial goal is 5,000 sweaters. If we exceed that goal, we will be able

to move on the project at a faster rate as we will continue to reinvest funds into the project as long as the sweater campaign keeps its steam."

She said the project has the potential to create local job opportunities and grow tourism.

"We would love to see support from local and surrounding area schools to see what type of amenities would attract them here for a field trip perhaps," she added. "It will be built on the supporters' voice through the sweater campaign."

Big Interlake Mechanical is putting up the funds to bring in the sweaters until the project can build its own foundation, Chartrand said.

"It's a way of giving back and advertising Big Interlake Mechanical. Big Interlake Mechanical will give coupons to its business with the sweater purchase so people can already feel like they are getting something for their contribution," she said.

"It is currently a company project as we would love to welcome other entrepreneurs and businesses here with us, creating a group of amenities for people to access."

Although they have not yet had direct conversations with St. Laurent council, Chartrand said they've sent information to the RM's assistant CAO and economic development officer.

"We hope to further engage council and the community at large to give life to this new initiative," she said.

"We are always looking at creative ways to ignite passion in our projects."

To learn more, call 204-646-2709.



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Local business Big Interlake Mechanical have launched a crowd-funding campaign that involved selling sweatshirts in support of their future development project.



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Stonewall Art Group features local artist: Heather Gushulak

By Autumn Fehr

Heather Gushulak never considered herself an artist until she retired.

When Gushulak retired in 2015, after working for 29 years with the same company and running a wellness business on the side, she found that she had a lot of time on her hands, so she started searching for something to fill that time.

Around two years after she retired in 2017, she started her journey of creation, learning along the way through her neighbour, good friend and artist Hermina Hildebrand.

"I have never really thought of myself as an artistic person," said Gushulak.

Hildebrand introduced her to the world of art. She lent Gushulak a book on drawing and invited her to come to an art group at the Green Acres Art Centre (GAAC) in Teulon.

Gushulak started her journey exploring the world of art at the GAAC. There, she found an accepting community of artists that welcomed her with open arms.



Heather Gushulak

Graham Clarke, the group leader and a well-known and accomplished Manitoba artist, has been an inspiration, Gushulak said.

Around the same time she attended the GAAC, her neighbour encouraged her to join the Stonewall Art Group (SAG). She found this group also very



TRIBUNE PHOTOS BY HEATHER GUSHULAK

Heather Gushulak depicts a landscape in the Yukon Painted with acrylic.

Stonewall and District Health Centre Sidewalk Repair Temporary change in hospital and emergency department access



Starting Monday, June 26, we are repairing and replacing sidewalks on the south side of the health centre facing 3rd Ave. S. To access the hospital and emergency department, please proceed to the door on the north side of the building facing Keith Cosens Drive. Parking is available here. This work is planned to run to July 14. We don't anticipate this work to affect access to the clinic or clinic parking. Please look for signage to assist in finding your way on the outside and inside of the building.

Phase two of the sidewalk repair and replace project is planned to occur from July 17 to 28. More information on this phase of the project will be provided closer to that date.

Thank you for your patience and understanding as we undertake these necessary facility upgrades.



A mouth-watering chocolate cake painted with acrylic on canvas.

welcoming, with a creative group of artists at all levels of expertise. That same year, in 2017, Gushulak joined the group.

Gushulak's medium of choice is acrylic, but she has also dabbled in pastels and watercolours.

Acrylic is Gushulak's chosen medium because that's what she first started with and what she was most comfortable using when she started creating.

"It's very therapeutic. You just kind of can lose yourself in it, and it's just a beautiful way to spend some time," said Gushulak.

Gushulak doesn't stick to just one thing when she creates. She creates landscapes, street scenes and still-life portraits. For more of a challenge, she said she does portraits and animals.

"I find that I have to connect with the subject matter in some way. If I feel passionate about the subject, I can



Using acrylic, Gushulak's chosen medium, she depicts a scene showing a moment of time passing.

get lost in it. If it's something I'm not interested in, I find a hard time connecting with it to paint," said Gushulak.

At this stage in her creative passion, artwork is mostly a hobby, since she mainly uses it to fill time, and it's a newfound passion she enjoys.

Since it's mostly been a hobby thus far, Gushulak's work hasn't had much exposure. She doesn't have any of her work showing in galleries, but she has had some pieces displayed with SAG in the Heritage Art Centre.

Gushulak said she would consider showing her work elsewhere in the future and would also give commission work a try.

Even though Gushulak has only

Box lunch heroes hard at work



TRIBUNE PHOTOS BY JO-ANNE PROCTER

Last Friday it was all hands on deck at Something Beautiful Café & Gift Shop as they pre-sold 103 box lunches for their annual Box Lunch Hero fundraiser. This year they sold the lunches from the Stonewall café as well as McNaught Motors in the Waverly Auto Mall in Winnipeg. Collège Stonewall Collegiate sent over volunteers to help make sandwiches and bundle up the lunches, and Brody Jackson from QX 104 was live on air at the café. For every lunch that was purchased, a ballot went in for a draw to win two tickets to a Winnipeg Blue Bombers game.

Painting the town with pride



TRIBUNE PHOTO BY JO-ANNE PROCTER

Ecole Stonewall Centennial School students that are members of the Gender-Sexuality Alliance (GSA) club wrapped up the school year with a field trip that started with sidewalk painting in Stonewall, ice cream at The Kiln and a social justice focused walking tour of the Exchange District in Winnipeg. The school's GSA Club is a group of middle years students whose goal is to learn about and support the 2SLGBTQ+ community. The sidewalk painting event was done in collaboration with Interlake Community Health, and the materials were provided using a Healthy Together Now grant.

Town of Stonewall Tree Planting Initiative



As part of the Town of Stonewall's commitment to the maintenance of an extensive, healthy, diverse and expanding tree canopy in accordance with the Tree Planting Policy 11.3, seedlings are being provided to Town Residents at **no cost** with the signing of the Tree Care Commitment.

Visit the Town Office Monday-Friday 8:30 am-4:30 pm or on July 5th until 6:00 pm to complete the Tree Care Commitment and pick up your Claim Ticket prior to July 15th, 2023.

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- Bouncers, cotton candy, candy scramble
- BIIVER BAND – 7:00 – 10:00 PM – Bring your own lawn chairs, Donations accepted
- Beer Gardens 6 – 10 PM
- Fireworks at Sport Fields – 11:00 PM (Dusk)

Saturday, July 1st

PARADE – Line-up at the arena at 11:30 AM
– all are welcome to watch or participate
Parade Starts – 12 Noon

FREE HOTDOG LUNCH

– at the Ball Diamond Canteen Building after the parade (cupcakes courtesy of Stony Mountain Institution)

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CANADA DAY CELEBRATION

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- KINSMEN LAKE - 1:00 PM - 5:00 PM
SANDCASTLE CONTEST
- HERITAGE ARTS CENTRE LAWN - 1:00 PM – 5:00 PM
WATER GAMES FOR ALL AGES – PREPARE TO GET WET!
- HERITAGE ARTS CENTRE - 9:00 PM – 11:00 PM
CANADA DAY CUPCAKES
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Teulon Canada Day
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AT THE PARK**

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**Canada Day
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**FREE KIDS'
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Cheers to award-winning beer business



Good Neighbours Brewing won a Spirit of Winnipeg Award in the Rising Star category.

By Jennifer McFee

Good things are brewing for a craft beer company with local roots.

Good Neighbour Brewing Co. was recently named the 2023 recipient of the Winnipeg Chamber of Commerce Spirit of Winnipeg Award in the Rising Star category.

Co-owner and president Amber Sarraillon was born and raised just outside Stonewall. In 2021, she launched Good Neighbour Brewing with Morgan Wielgosz, her partner in business and in life. Together, the duo shares nearly 30 years of combined experience in the craft brewing industry.

Last month, they expanded to open a stand-alone shop at 110 Sherbrook St. in Winnipeg, featuring a full production brewery, a small tasting room, a fully stocked fridge of cold beer and a selection of merchandise.

"When we began developing the vision for our little neighbourhood brewery, we both agreed we wanted to build something bigger than just beer. Our dream was to create a brewery that was inviting, inclusive and one that fosters a sense of community — and, at the end of the day, have some fun," Sarraillon said.

"Today we are proud to say that Good Neighbour Brewing is the first all-female and 2SLGBTQ+ owned and all-female operated brewery in Manitoba and one of few in Canada."

When they look back throughout their careers in this industry, they realize it was rare to see women in leadership and ownership roles in the beer business.

"It is exciting to share that women's participation in the local beer industry has more than doubled in the past two years. This is something we are proud to have the space and confidence to recognize, celebrate and promote," Sarraillon said.

"As we look ahead, our agenda is not to discriminate by gender but to



PHOTOS SUBMITTED

Cheers to Good Neighbours Brewing Co., located at 110 Sherbrook St. in Winnipeg.

open our doors for folks to enter the industry who otherwise may face some of the same barriers we did throughout our careers."

Good Neighbours Brewing offers a robust range of beer styles that change throughout the seasons. Currently, one of their most popular products is their new House Lager, which is a refreshing American lager sold in a 12-pack of 355-millilitre cans.

"It's only available through our brewery beer shop, which allows us to price it really well," Sarraillon said.

"Our summer seasonals are doing well. Tangerine Wheat and Raspberry Kölsch are really great summer thirst quenchers."

When it comes to their own personal favourites, their Czech Premium Pale Lager tops the list.

"Morgan spent time studying this beer in the Czech Republic. It's a beer that is difficult to make well and one that we are really proud of," Sarraillon said.

"We're also enjoying our Cold Tea Rice Lager and our rotating Fruited Sour Ale

Continued on page 18



Amber Sarraillon and Morgan Wielgosz co-own Good Neighbours Brewing.



Heartworm disease is a serious disease that results in severe lung disease, heart failure, organ damage, and death in pets, mainly dogs, cats, and ferrets. It is caused by a parasitic worm called *Dirofilaria immitis*. The worms are spread through the bite of a mosquito.

Myth: Heartworm disease can spread from dog to dog.

Fact: Not directly. Heartworm is spread by the bite of an infected mosquito. When a mosquito bites an infected animal, it ingests an immature heartworm called a microfilaria. After spending 10-14 days inside a mosquito, the microfilaria becomes an infectious larva. This means that it can now infect the next dog (or other mammals) that the mosquito bites next.

Myth: Cats don't get heartworm disease.

Fact: Cats aren't the preferred host for heartworms, so they aren't infected as easily as dogs. However, when they do become infected, they can experience severe diseases including respiratory distress and sudden death.

Myth: My indoor dog does not need heartworm tests or prevention.

Fact: Most indoor dogs spend some time outdoors and mosquitoes can make their way into the house. All dogs should be tested for heartworm disease before starting heartworm prevention for the first time, as well as if any doses were missed during the previous heartworm season. Prevention should be used as recommended by your veterinarian for your area.

Myth: I don't need heartworm tests or prevention if I live in a cold or dry climate.

Fact: Cold, dry areas with low mosquito populations have a lower incidence of heartworm

disease than warm, humid climates. However, heartworm can still be introduced to an area through the movement of infected pets, wildlife, and climate change. Furthermore, pets that travel with their owners may be at increased risk for heartworm infection. Talk to your veterinarian about your pet's lifestyle and the risk of heartworm in your area.

Myth: Heartworm disease is easily treated.

Fact: There is no safe treatment for heartworm disease in cats. Heartworm treatment for dogs takes months and it includes risky medication, hospitalization, supportive care, exercise restriction, and sometimes surgery. Even after successful treatment, dogs may experience ongoing illness due to the damage the worms caused. Preventing heartworm is the safest, most economical means of protecting your pet from this parasite.

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> BEER, FROM PG. 17

series." They feel incredibly humbled to receive the Rising Star award, she added.

"To be included in a collective of finalists with Indigenous Nations Apparel and Q-Doc is an honour — and proof of the progress and dedication to inclusivity and community from businesses throughout our city," Sarraillon said.

"Our success would not have been possible without the tireless support of many who took a chance on us, who empowered us to chase our dreams, who help us keep going when things got tough. To our family, our friends, our suppliers and to our incredibly loyal customers — we are forever grateful."

She also extends gratitude to the team behind the scenes.

"Your unwavering support and your belief in the dream inspires us tremendously. Thank you to our Brewery, Bottle Shop and Tasting Room crew, and The Beer Can and Taproom family," she said.

"With this award, we are reminded of the power of community. Believe in yourself, and help others do the same."

Kayla Buehler, acting vice-president of programs and marketing for The

Winnipeg Chamber of Commerce, said the Spirit of Winnipeg Awards celebrate 25 businesses that have demonstrated exceptional commitment and dedication to their work in Winnipeg.

A panel of judges, made up of industry professionals and previous recipients, selects the finalists in nine categories.

The Rising Star category recognizes and rewards the efforts of start-up businesses or organizations in their first or second year of business that are already making Winnipeg a better place to live, work and play.

"To become a finalist, businesses must apply and answer a series of questions," Buehler said. "Based on those questions and answers, Good Neighbour proved that, as a new business, they are paving a new path of success in our city."

Looking ahead, Good Neighbour Brewing will be available in Stonewall during Quarry Days festivities.

"I am proud of my hometown and so excited to share our beer with the community," Sarraillon said.

"We're excited to announce that Good Neighbour will be setting up a tent and offering our beer in the legion beer gardens for Quarry Days."

To learn more about Good Neighbour Brewing, visit www.goodneighbourbrewing.com.

Local heroes looking for support



TRIBUNE PHOTO BY JO-ANNE PROCTER

Last Saturday Stonewall got tidied up by a group of locals representing Heroic Family Missions. Over 80 volunteer hours to date have been clocked, and on Saturday 35 bags of garbage were collected. For any donations received before July 15, two families will each match the donations up to \$30,000 for the Heroic Family Missions partnership. More information about Heroic Family Missions as well as a donation link can be found at www.heroicfamilymissions.com or cheques can be mailed to Heroic Family Missions, Box 2040, Stonewall, MB, ROC 2Z0.

> STONEWALL ART GROUP, FROM PG. 12

been creating for about five years, the hobby has quickly become a passion she looks forward to and can connect with on a deeper level.

"I'm living proof that it doesn't take talent to be able to paint. In my opinion, it's a learned skill, just like reading or writing," said Gushulak.

The Stonewall Art Group's new display is open for viewing at the Heritage Arts Centre. Animal and Something '50s were the co-themes of the group's spring semester, and 25-plus

new works are now on display on the centre's main lobby wall.

SAG will take its usual break over the summer months, recommencing in the fall when the group will continue to meet Monday afternoons at the centre until May 15. Feel free to drop by and join them. They always welcome new members of any skill level.

For further information, please get in touch with stonewallartgroup@gmail.com.



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Celebrating Spirit of Caring program graduates

Submitted by IERHA

On June 16 Interlake-Eastern Regional Health Authority's spiritual health co-ordinator Ferdinand Funk presented 10 people with their Spirit of Caring volunteer education resource certification of completion.

As graduates, the students are eligible to volunteer with the region's spiritual health program, providing spiritual health services to patients and residents of personal care homes under Funk's supervision.

At the graduation ceremony held in the Spiritual Health Centre of Selkirk Regional Health Centre, Funk said the graduates geographically represented eight communities in the region.

"Graduating here today we have people from across the region," says Funk. "These people are the lifeblood of the spiritual care program in the region."

Under the guidance of the spiritual health co-ordinator, Interlake-Eastern RHA's spiritual health-care services are provided by spiritual health volunteers who are trained to provide compassionate, non-denominational care and support upon the request of patients and their families. Spiritual health-care practitioners provide support and services that can include:

- Spiritually attentive listening with an open mind
- Paying attention and responding to experiences of suffering
- Companionship through life's changes and decisions
- Facilitating connections to clients' religious, spiritual or cultural communities
- Arranging ceremonies, sacraments, rites of people's choosing
- Increasing self-awareness and building inner strengths



TRIBUNE PHOTO SUBMITTED

Graduate volunteers of the IERHA education program Spirit of Caring course pose for a photo. Left to right: Wilbert Reimer (Arborg); Ferdinand Funk (regional spiritual health co-ordinator); Jan Pleskacz (Lac du Bonnet); Karen Wood (clinical team manager – home care and allied health); Colleen Appleyard (Lundar); Hedi Funk (Selkirk); Janice Tycholis-Lloyd (Selkirk); Donna Fallis (Lac du Bonnet); Heather Frederick (Lac du Bonnet); Darlene Omichinski (Beausejour) and Carrie Peloquin (Pine Falls).

- Kindness, compassion and respect from another human being
- Holistic care based on hope, spiritual diversity, inclusivity
- Honouring the mystery of everyday life

Graduate Wilbert Reimer from Arborg shares that he heard about the Spirit of Caring course through his local church.

"I thought I could be a listening ear for patients and applied. Throughout the course, I learned a lot about suffering and spirituality. All of the sharing was so helpful — there was a lot of wisdom too,"

says the father of five originally from Belize. "I have a deeper understanding and aim to make a difference in more lives."

Interlake-Eastern Regional Health Authority recognizes that spiritual health is an important part of holistic health care that must be considered when exploring patient illness. Taking the time to nurture relationships and recognizing the importance of spirituality in health care is an essential part of providing care to patients as a whole.

For more information on spiritual health-care services in our region, visit www.ierha.ca and click on About Us and Volunteer Opportunities.

4-H Manitoba announces recipients of Leaders of Tomorrow Scholarship

Submitted

4-H Manitoba is pleased to announce the recipients of the 2023 Leaders of Tomorrow Scholarships.

The Manitoba government established a \$1-million endowment fund with the Brandon Area Community Foundation, which provided \$42,500 for scholarships this year.

Four current and former 4-H Manitoba members were selected to receive scholarships towards their post-secondary education.

"We congratulate the 2023 scholarship recipients and wish them all the best in their education and future careers. 4-H members of today are tomorrow's future leaders," said Philip Fenez, president of 4-H Manitoba.

"The calibre of scholarship applicants was exceptional. Our program is proud to support our members, enabling them to take future leadership roles in agriculture, environmental sustainability and their community as a whole."

4-H Manitoba's goal is to build

leadership in youth and adults and enhance the development of life and leadership skills as youth "learn to do by doing."

"One hundred and 10 years ago, Canada's 4-H movement began here in Manitoba, paving the way for a long and successful history of opportunities for Manitoba's youth to develop leadership and communication skills while learning about agriculture and environmental sustainability," said Agriculture Minister Derek Johnson. "On behalf of the Manitoba government, I congratulate all of the 2023 scholarship recipients and extend my heartfelt wishes as they head toward a bright future in our province."

The Leaders of Tomorrow scholarships were awarded in honour and recognition of four long-serving leaders. The 2023 Leaders of Tomorrow Scholarship recipients are:

Cade Cruickshanks, University of Manitoba - \$12,500 in honour of Terry Woychyshyn of the Erickson 4-H Beef Club

Oksana Iwanchysko, University of Saskatchewan - \$10,000 in honour of Jeanette Richards of the Eddystone Combined 4-H Club

Halee Piasta, University of Manitoba - \$10,000 in honour of Barbara Marginet of the Holland Achievers 4-H Club

Megan Brunen, University of Winnipeg - \$10,000 in honour of Shirley McLaren of the Roland 4-H Home Ec Club

4-H is an international youth and volunteer organization that provides members with the resources and activities to build leadership and practical skills while learning about topics of their choice. Members choose a project and work with volunteer leaders to develop their skills related to their venture.

In Manitoba, there are more than 80 hands-on projects from which to select including gardening, food preservation, starting a business, sustainable living, small machines, fitness and more. Today, 1,350 4-H members



and 400 volunteers with strong partnerships with Manitoba Agriculture and Resource Development drive 4-H clubs in Manitoba.

For more information on 4-H Manitoba, visit <https://4h.mb.ca>

2023 Manitoba's Credit Unions Scholar Athlete Awards presented

Submitted by MHSAA

The Manitoba High Schools Athletic Association, with support from Manitoba's Credit Unions, is pleased to announce the winners of the 2022-23 Manitoba's Credit Unions High School Scholar Athlete Awards.

These \$1,000 scholarships are awarded to four graduating high school student athletes who maintained a minimum 85 per cent average and competed in at least two inter-scholastic sports.

Other criteria included school, community, volunteer and citizenship activities.

The presentation took place at a ceremony hosted by Lt.-Gov. Anita R. Neville at Government House. Awards were presented by the lieutenant governor, MHSAA executive director Chad Falk and Tim Klassen of Manitoba's Credit Unions.

The 43 students nominated this year included Alexandra Attazada Van Dijk – Kelvin High School, Adra Barnett – St. Mary's Academy, Kara Bar-

tel – Rosenort School, Noah Bergen – Northlands Parkway Collegiate, Euan Bohm – St. John's-Ravenscourt School, Reese Bolack – Treherne Collegiate, Fiona Brown – Oak Park High School, Kaden Buhler – Collège Béliveau, Lancedric Catipon – Daniel McIntyre Collegiate, Desiree Chartrand – Teulon Collegiate, Elijah De La Mothe – Sturgeon Heights Collegiate, Kaylee de Rocquigny – St. Claude School Complex, Ryan DeGroot – Vincent Massey High School, Kaila Dennie – Maples Collegiate, Chayse Dube – Linden Christian School, Stacey Dunning – McCreary School, Dylan Fonseca – Daniel McIntyre Collegiate, Alexandria Haip – Collège Béliveau, Kierra Hickman – Ashern Central School, Emilie Jashyn – Morris School, Cassidy Johnson – Elkhorn School, Lena Klassen – Westgate Mennonite Collegiate, Samuel Koncz – William Morton Collegiate, Brandon Lyon – Major Pratt School, Leiva Mann – Miles Macdonell Col-

legiate, Jack McFeetors – St. Paul's High School, Mathieu Methot – Oak Park High School, Joseph Michaw – Grant Park High School, Mika Morand – Collège Jeanne-Sauvé, Lexi Niemczyk – Edward Schreyer School, Rebekah Peacock – Prairie Mountain High School, Hannah Puff – University of Winnipeg Collegiate, Kieran Regehr Reddy – Kelvin High School, Kieran Reid – Nellie McClung Collegiate, Grady Ross – Treherne Collegiate, Carter Sagel – Westgate Mennonite Collegiate, Bethany Sanders – Nellie McClung Collegiate, Jerome Sanderson – Frontier Mosakahiken School, Mia Sawatsky – W.C. Miller Collegiate, Marla Teves – Shaftesbury High School, Trinity Turner – Neepawa Area Collegiate, Alex VanDeynze – Portage Collegiate, and Gianna Watt – Hapnot Collegiate.

The four student-athletes awarded \$1,000 scholarships were Fiona Brown of École Secondaire Oak Park High School, Mika Morand of Col-



TRIBUNE PHOTO SUBMITTED
Desiree Chartrand – Teulon Collegiate

lege Jeanne-Sauvé, Kieran Reid of Nellie McClung Collegiate and Mia Sawatsky of W.C. Miller Collegiate.

Manitoba government invests additional \$1.5 million to support sustainable commercial fisheries

Submitted by Manitoba government

The Manitoba government is implementing additional proactive measures to ensure Manitoba's commercial fisheries continue to be sustainably managed, including an additional investment of \$1.5 million in the Sustainable Fisheries and Certification Program, Natural Resources and Northern Development Minister Greg Nesbitt announced last week.

"Manitoba's commercial fisheries contribute over \$100 million annually to the provincial economy," said Nesbitt. "Improving the sustainability of our fisheries supports these economic benefits over the long term while also enhancing cultural, social and environmental outcomes for resource users and local communities, both now and for future generations."

The minister noted the additional investment of \$1.5 million builds on last year's investment of \$2.5 million to establish and implement programs that support the sustainability and certification of Manitoba's fisheries.

The Sustainable Fisheries and Certification Program supports commercial fisheries by:

- enhancing the collection of fisheries data utilized to inform fisheries management decisions and support certification processes;
- improving sustainability of fisheries through initiatives such as licence and quota buyback programs;
- providing financial support towards certification processes for Manitoba commercial fisheries; and
- promoting sustainable fisheries certification in Manitoba or market-certified fish from Manitoba.

Fisheries data are analyzed to inform fisheries management decisions, the minister said, adding that full stock assessments of Lake Winnipegosis and Lake Manitoba were completed in 2020. Fish stocks on Lake Winnipegosis are improving but quota levels were above the maximum sustainable yield, and Lake Manitoba is also being fished at unsustainable levels, the minister noted.

To help reduce the annual harvest pressure on walleye and sauger, the Manitoba government, in partnership with the International Institute for Sustainable Development, is offering voluntary licence and quota buyback programs on both lakes. To date, 13 licences and 13 quotas have been offered for purchase from Lake Winnipegosis fishers, while 71 licences have been offered for purchase from Lake Manitoba fishers. The program will run throughout this year, the minister added.

On Lake Winnipeg, similar fishery enhancement measures have been taken in the past few years and stock assessments are also underway. The Manitoba government, in partnership with Indigenous Services Canada through Strategic Partnerships Initiative funding provided under the Indigenous Inland Commercial Fisheries Initiative, has engaged with Indigenous communities on Lake Winnipeg to launch the Lake Winnipeg Fisher Co-op Enhancement Program

(FCEP). This program will enhance the long-term viability of the local commercial fishing industry, the minister said.

As part of the Lake Winnipeg FCEP, four fisher co-operatives in the north basin and channel area of Lake Winnipeg are participating and can now purchase individual quota entitlements from local commercial fishers within their community licensing areas with financial support, ensuring the quotas and their associated economic benefits remain within the community.

The Manitoba government has invested \$250,000 in the program, with an equal contribution from Indigenous Services Canada, which will run throughout this commercial fishing year.

"The Lake Winnipeg Co-op Enhancement Program that the Manitoba government has offered is a step towards truth and reconciliation with First Nations and Métis communities," said Sam Murdock, chair, Lake Winnipeg Indigenous Commercial Fishers Inc. and director of operations for Fisher River Cree Nation. "This program will help our co-ops and communities financially. We commend the Manitoba government in its engagement with our communities on Lake Winnipeg and we hope this positive partnership continues to grow."

For more information, visit www.manitoba.ca/nrnd/fish-wildlife/fish.

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sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gimli body builder wins provincial competition

By Becca Myskiw

Jeri Jamieson has only been part of the bodybuilding community for half a year — but she's already a pro.

What started as a personal challenge for the 28-year-old turned into a World Natural Bodybuilding Federation (WNBF) championship title and the chance to compete internationally. She started a six-week kickboxing challenge two years ago to lose six per cent of her body fat. Jamieson lost 11 per cent.

"I realized that I could apply myself to the challenge," she said. "I realized I could do it."

Soon after that challenge, though, she moved home to Gimli from Alberta, and fitness took a backseat to life.

"I kind of fell off fitness for a few months and was looking for another challenge to do," she said.

While researching her options, Jamieson came across dazzling women in sparkling bikinis and high heels on a well-lit stage. In other words, she started learning about bodybuilding.

Though she thought that type of body and the sparkly swimsuit was unattainable, Jamieson decided she would try bodybuilding — and she turned out to be a natural. She joined the WNBF Canada organization and hired a coach who could help build her from the ground up.

The WNBF is an all-natural bodybuilding organization, meaning they take extreme measures to ensure each of their athletes is drug-free and their bodies are entirely natural. That's why Jamieson chose them.

Ericka Smith started working with Jamieson just before Christmas in 2022, giving her a strict diet and workout routine to follow. The next few months of Jamieson's life played out somewhat like this: Wake up, do 30 minutes of cardio, go through the day, train. She trained five days a week every week, taking two days off to let her body rest and catch up with the changes. Each day, she'd train a different muscle group like her lower body, back and arms.

"Recovery is really important, so those rest days, I had to take those or I could stagnate my muscle growth," said Jamieson.

Her diet wasn't what you'd expect — she ate 50 per cent carbs, 30 per cent protein and 20 per cent fat each meal. It was easy enough, most of her food becoming chicken, rice, salad,



Jeri Jamieson from Gimli won her first WNBF bodybuilding competition earlier this month.

and her favourite: protein oats and fruit. She also got one free meal each week where she could have bigger portions and had "treat meals" here and there.

On Friday, June 16, Jamieson went to Glenlawn Collegiate for 10 a.m., where the Winnipeg Naturals took place. With the students still in class, she went into a room where she took a lie detector and drug tests. Those are the two main ways the WNBF monitors drug use within their athletes and it's a requirement for stepping on stage.

Jamieson said of the 47 contestants, all of them passed both tests.

After that, she returned to her hotel and did her hair and makeup for the show. She then returned to the school and got her spray tan touched up along with everyone else. Bodybuilders have to be spray-tanned for competitions for the lights to properly show their muscle definition to the judges.

On competition day, the men went first. While the women waited backstage, they worked their muscles, pumping them up for the show. Then, all the women contestants walked onto the stage in their bright bikinis and posed for the judges.

There were eight poses each contestant had to do — front double biceps, front lat spread, side chest, side triceps, rear double biceps, rear lat spread, abdominal and thighs. The judges look at each contestant's overall balance and conditioning, the size



TRIBUNE PHOTO SUBMITTED

Jamieson, middle, with other winners from the Winnipeg World Natural Bodybuilding Federation competition. Jamieson has qualified to compete at the International Championships in Calgary this October.

and definition of their muscles and whether they performed each pose in a timely manner or not.

Each contestant gets time to shine with a stage walk while their biography is read, showing off their personality to the crowd. They then line up at the back of the stage as the judges read the scores.

The top five women were brought to the front. Fifth place was called, then fourth, third and second until Jamieson was the only person left on the stage.

"I was in shock at first," she said. "I just couldn't believe it."

Jamieson is a single mom of two. Her children were at their grandma's house while she competed, and right after the show ended, she video chatted with them to show her gold medal.

"My five-year-old was like 'Is that gold, Mom? You got the gold?'" she said. "They were over the moon proud. My whole family was."

Because of her winning title, Jamieson will now compete at the WNBF Pro/Am International Championships in Calgary this October.

"Originally, I didn't know how life would look after the show," she said. "I planned on scaling back but maintaining my healthy physique."

Not everything goes to plan. The stakes are higher than ever now and

for at least the next four months, Jamieson will be living just like she has been, eating strictly and training even stricter. She's nervous about what's next because her competitors will likely be more experienced than her, but she's more than excited to go.

For anyone interested in following World Natural Bodybuilding Federation (WNBF) Canada Jamieson's journey, you can follow her on Instagram at @gymitwj.

Stonewall defeats United Weston FC

Staff

Stonewall United defeated United Weston FC 2-1 in Manitoba Major Soccer League 4th Division action on June 19.

Fred Attiglah and Omar Castillo scored for the United while Colton Lemieux replied for United Weston FC.

Stonewall has scored 10 goals and allowed 13 on the season.

The United, now 2-4, will battle the last-place Interlake Impact (1-4) this Friday at the Buhler Recreation Park.

Game time is 7 p.m.

Stonewall sweeps regional titles

By Brian Bowman

The Stonewall Blue Jays were big winners at last weekend's Mervin Farmer Memorial Tournament at Quarry Park.

Stonewall won the U11, U13 and U15 AA baseball regionals. All three teams have now advanced to provincials.

"It's pretty exciting, there's no doubt about it," said Stonewall Minor Ball president Shaun Dalgliesh. "For the most part, there was some good ball being played by all of the teams."

All three Stonewall teams expect to be competitive at provincials, with the U13 Stonewall squad predicted to be a team that could do some damage.

Stonewall is hosting a seven-team U13 AAA provincial qualifier for rural teams, in conjunction with the U13 AAA Interlake Orioles, on July 21-23.

Dalgliesh said their committee will soon be getting out into the community looking for sponsorship and donations.

"There will be different packages available," he said. "And with volunteers and that type of thing, with this type of event. ... It will require volunteers to host the two diamonds and to make sure that we're putting the events on to be as successful as possible."

Anyone interested in volunteering or providing a donation or sponsorship can email at stonewallminorball@gmail.com.

Earlier this month, Stonewall hosted 13 U9 teams and six U11 teams at

tournaments.

"We had great success at those tournaments," Dalgliesh said. "The 50/50 and the bat draw did extremely well for Stonewall Minor, which continues to fill the bank account which is fantastic. We're looking forward to next year. The plans are ultimately in progress for Stonewall Minor Ball to host an extremely large 9U tournament. We made some purchases over the last year to put us in position to host an extremely favourable event. Our goal is to host upwards to 30 or 40 teams in the 9U tournament next year."

Stonewall continues to be one of the best locations to host elite baseball and softball events in the province.

"That's kind of our board's mantra. We want to be hosting as much as we can," Dalgliesh said. "The great thing is both the junior and senior teams have continued to host a lot of events. Our Interlake Phillies' teams host a lot of events and now Stonewall Minor Ball is really putting the emphasis on getting into hosting provincials, hosting qualifiers, and we had to decline the prospects (tournament) because it was the same weekend as the Phillies' provincials. Otherwise, we could have potentially hosted the prospects as well."

"Our board is pretty eager to host as much as we can to show off the facilities that we have. The board is constantly looking to build the cash flow to put back into the program."



TRIBUNE PHOTOS BY LANA MEIER

The Blue Jays won the 13U AA Mervin Farmer Memorial Regional banner this past weekend and will represent the Interlake at the provincials in Winkler July 14-16. Pictured, left to right, back row, Gord Leduchowski (coach), Reed Moran, Jessie Highmoor, Tyler Moran (coach); middle row, Alex Walker, Carson Kirk, Ty Kopys, Duncan Schaeffer, Adam Kirk (coach); front row, Mason McCallum, Maddox Rinn, Maddyn Dalgliesh, Jake Fortin and Chase Murray.



Stonewall beat Lundar in the finals to win the 15U AA Mervin Farmer Memorial Regional Championship and will travel to La Broquerie July 14-16 for provincials. Pictured left to right, Geoff Corbett (coach), Noah Smolinski, Hunter Loewen, Rylan Nault, Ryden Dalgliesh, Matt Hawryluk, Ethan Zagrodnick, Chase Corbett, Lochlin Livingston, Liam Marmonnier, Carson Schaeffer, Paul Chartrand, Shawn Hofer and Shaun Dalgliesh (coach).



The Stonewall Blue Jays will represent the Interlake in Altona on July 14-16 at the 11U AA Manitoba Baseball provincials. Pictured back row, left to right, Stetson Chartrand, Bre-Anne Kiesman, Scott McFadyen, Randy Tesluck, Geoff Corbett; front row, Beck McFadyen, Chris Highmore, Ryder Smart, Evan Smallwood, Jagger Tesluck, Wyatt Burtnack, Zack Lamb, Crew Corbett and Jack West.



Stonewall beat Lundar in the finals to win the 15U AA Mervin Farmer Memorial Regional Championship and will travel to La Broquerie July 14-16 for provincials. Pictured left to right, Geoff Corbett (coach), Noah Smolinski, Hunter Loewen, Rylan Nault, Ryden Dalgliesh, Matt Hawryluk, Ethan Zagrodnick, Chase Corbett, Lochlin Livingston, Liam Marmonnier, Carson Schaeffer, Paul Chartrand, Shawn Hofer and Shaun Dalgliesh (coach).

U13 AAA Phillies bats on fire

Staff

The U13 AAA Interlake Phillies swept the Manitoba Angels in a doubleheader last Sunday at Quarry Park.

Interlake won by scores of 11-3 and 10-7.

With the two wins, the Phillies are now 13-7 and occupy third place in the seven-team league.

Interlake will host the Eastman Wildcats on July 8. Game times are 10 a.m. and noon.

The U15 AAA Phillies split a doubleheader with the Manitoba Angels on Sunday. Interlake won 17-5 and then lost 3-2.

Last Saturday, Interlake split a dou-

bleheader with the Westman Magic in Stony Mountain.

The Phillies lost 6-1 and then won 2-1.

Interlake (11-7) will host the Smitty's Terminators on July 8. Game times are 3 p.m. and 5 p.m.

In U17 AAA action, Interlake lost 9-1 and 9-2 to the Winnipeg Lightning on Sunday.

Last Saturday, the Phillies were defeated 11-6 and 4-1 by the Manitoba Angels.

Interlake (4-16) will play the Angels at Optimist Park on July 8 (game times are 3 p.m. and 5 p.m.).



TRIBUNE PHOTO BY LANA MEIER

The U13 AAA Interlake Phillies swept the Manitoba Angels in a doubleheader last Sunday.

Blue Jays lose doubleheader to Elmwood

Staff

The Interlake Blue Jays dropped a doubleheader to the Elmwood Giants in Manitoba Junior Baseball League action on Sunday.

Elmwood won by scores of 13-3 and 10-5.

On Friday, Interlake was blanked 5-0 by the Carillon Sultans in Steinbach.

Last Wednesday, the Blue Jays de-

feated the Altona Bisons 6-1 in Altona.

Interlake, now 9-11 and in sixth place in the eight-team league, will play the Winnipeg South Wolves on Wednesday (7 p.m.) at Charleswood Park.

The U18 AAA Interlake Orioles were scheduled to play Pembina Hills in a doubleheader on Sunday but no scores were posted on the league website at press time.

Last Thursday, Interlake had a great battle with the Elmwood Giants, losing 10-8, at Atree Field.

The Orioles will visit the St. James A's this Thursday (7 p.m.) at Optimist Park.

The Stonewall Blue Jays were slated to play the West Winnipeg A's in Winnipeg Senior Baseball League action on Saturday and the South Winnipeg

Longhorns last Thursday.

No scores were available.

On June 20, Stonewall was defeated 15-5 by the Carillon Sultans.

The Blue Jays played South Winnipeg on Tuesday and will host the North Winnipeg Pirates this Thursday (7:30 p.m.) at Fines Field.

Tournament champs



TRIBUNE PHOTO BY TARA LEE KOSS

Warren's 9U team won the trophy last weekend at the Stonewall tournament defeating the home team 16-11 in the final. The team played two round robin games defeating Gimli 15-9 and Lundar 12-0 before advancing to the semifinals where they defeated Dakota 12-10. Pictured, Travis, Aiden, Kaleb, Elliott (coach), Eli, Armani and Jace.

Phillies win first



TRIBUNE PHOTO SUBMITTED

The inaugural Interlake Phillies U11 AA team played their first games earlier this month at Softball Manitoba's Showcase Tournament. They played five games in two days to finish in first place. Interlake defeated the Manitoba Reapers (9-1), Bonivital (10-0), the Westman Heat (12-1) and Central Charge (7-1). The Phillies lost 11-9 to the Central Charge in an extra inning in their second game. Pictured back row, left to right: Devynn VanHussen, Piper Tataryn, Amelia Wirgau and Krystal Crampton; middle row: Emily Spruyt, Eden Baker, Brooklyn Chetyrbok, Hailey Powrozniak, Kahlie Minnie and Maya Pattie, and in the front Tamsen Killbery.

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

SCRAP METAL

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

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

FARM MACHINERY

Degalman 70 200 stone picker, exc. cond.; 20.8/42 John Deere duals, like new; John Deere front weight sets to fit many series. Ph 1-204-646-2560 or 1-431-292-0042.

HAY

Wanted - someone to cut & bale hay. Phone 204-278-3572.

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MOBILE HOME FOR SALE

Approx. 1996, 4 bdrm. Best Buy mobile home with addition. Comes with skirting, fridge, stove, dishwasher, electric heat, air conditioning. Located in Gimli. \$80,000. Ph 204-641-8137.

PROPERTY FOR SALE

Gunton - Residential vacant town lots, close to Teulon and all highway to Winnipeg. Town sewer and water, \$52,000-\$65,000. Open and treed lots available. Ph. 204-955-2068.

Stonewall - 5.68 acres vacant commercial property located in town limits, zoned ML, hwy 236 frontage, subdivision potential. Ph. 204-955-2068.

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TURN YOUR UNUSED ITEMS INTO CASH! One location for a community garage sale. Also looking for vendors for Farmer's Market & Flea Market. For more information call 1-204-807-0747.

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HELP WANTED

Mature reliable adult to work cashier/concession alternate weeks/evenings, minimum 15 hours per week worked. Work week is Wednesday to Monday, September to June; Tuesday to Monday, July and August. Responsible for ticket & concession sales, clean-up & to watch front during show. Apply to Flicks Cinema, evenings.

Class 1 or Class 3 driver wanted for local agriculture transport. Hauling water or fertilizer for custom application, Stonewall and Stony Mountain area. Flexible work times - day, evenings and/or weekends. Seasonal or full time work available. To apply call or text 204-461-2499 or email: agaptech@gmail.com

Farmhand required at Stonewall Elk Ranch, Balmoral area. Part-time 2-4 days per week, including weekends. Valid drivers license, will be working with livestock and farm equipment. If interested, text 204-770-3554.

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Looking within Stonewall area for consistent in-home morning patient-care to provide assistance with bathing/grooming, dressing, and some exercise. He is mobile and has a routine with very positive results/progress and we're hoping to continue with this. Morning shift of 8:30 to 11:30 if possible; can be flexible. Experience with abdominal PEG would be an asset but not necessary. Please contact 204-467-5988 to discuss/meet.

HELP WANTED

Allstar Environmental Services, Petersfield, is currently looking to hire a septic truck driver for the surrounding areas of Matlock, Petersfield, Sandy Hook and Gimli. Full time days including a Health Benefits Plan. Must have Class 3 with Air. If interested, please call: 204-738-2336 or email: allstarenviro@gmail.com

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Todd 250-864-3521

STONEWALL & AREA MOBILITY SERVICES COMMITTEE

Coordinator

The Stonewall & Area Mobility Services (SAMS) Committee is seeking applications from qualified individuals for the position of Coordinator.

Reporting to the SAMS Committee, the Coordinator will perform the duties and responsibilities necessary to supervise and organize handi-transit services for the area based on the needs of the entire region.

Applicants must have strong administrative skills, exceptional customer service skills, and the ability to positively interact with clients and the Committee. Proficiency in Microsoft Office is required. A background in logistics or dispatch would be considered an asset.

Remuneration will be commensurate with education, qualifications, and experience. The position includes an excellent employee benefits package.

A detailed Job Description is available at www.stonewall.ca

Qualified persons are invited to submit a detailed resume including three references, marked **SAMS Coordinator**, to the undersigned.

Town of Stonewall
Attention: Jennifer Smith
jennifer@stonewall.ca
293 Main Street, Box 250
Stonewall, MB R0C 2Z0

Deadline for applications: 4:00 PM on June 30, 2023

Start date: as soon as possible

We thank all applicants, however only those granted an interview will be contacted.

MANITOBA FORAGE SEED ASSOCIATION

SUMMER CROP TOUR

Plan now to attend the MB Forage Seed Association Summer Crop Tour being hosted in the Arborg area and learn about the crop production research presently being conducted in the forage seed industry. The meeting point will be PESAI site, 2 miles west of Arborg on highway 68.

Date: July 12, 2023

Time: 4:30 pm (PESAI)

Dinner: 6:00 pm (Arborg & District Heritage Village)

Highlights

- > Perennial Rye and Meadow Fescue establishment under liberty link canola
- > Pre-seed herbicides on Alfalfa, trefoil, meadow fescue and perennial rye
- > Chaperone/Classic herbicide on alfalfa

To Register please call Lisa @ 204-376-3309 or loneill@forageeed.net

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



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The contractor of the successful tender will be responsible for the removal of manure, hauling and piling or spreading of manure either at a location of our choosing approx. 2 1/2 miles from the auction mart or to an alternate location if written permission is obtained from landowner.

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Removal of manure to be done by August 10, 2023

For more info call Kirk at 204-768-0019
Interlake Cattleman's Coop Assoc Ltd.
Box 599 Ashern, MB. R0C 0E0
Fax: 204-768-3690
Email: icca@mymts.net
License # 1128



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For more info call: Kirk @ 204-768-0019 (cell) or send quote to: Interlake Cattleman's Co-op Assoc. Ltd. (Hay Tender)
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RURAL MUNICIPALITY OF WOODLANDS UNDER THE PLANNING ACT NOTICE OF PUBLIC HEARING OF ZONING BY-LAW AMENDMENT
No. 2771/23

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representation from any person(s) who wish to make them in respect to the following matter:

APPLICATION FOR AMENDMENT TO THE RURAL MUNICIPALITY OF WOODLANDS ZONING BY-LAW 2648/14 AND AMENDMENTS THERETO

LOCATION: Warren Multi-purpose building
152 MacDonald Avenue, Warren, Manitoba

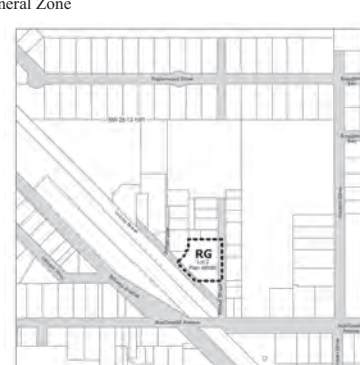
DATE & TIME: 5:00 P.M., Monday July 10, 2023

OWNER: Jefferys Environmental Services Inc.
APPLICANT: Edna Jeffery

GENERAL INTENT: Re-zoning of the area known as PT of NW 28-13-01WPM, Lot 2 Plan 66085 WLTO) and shown outlined in a heavy dashed line on the map below, from "CG" Commercial General Zone to "RG" Residential General Zone

AREA AFFECTED: PT. of NW 28-13-01 WPM
Rural Municipality of Woodlands

FOR MORE INFORMATION CONTACT:
Chad Green
Building and Development Officer
Rural Municipality of Woodlands
57 Railway Ave
Woodlands, MB R0C 3H0
204-383-5679
building@rmwoodlands.ca



A copy of the above proposal and supporting material may be inspected on the RM of Woodlands website (<https://www.rmwoodlands.ca/>), or by contacting the RM Office during regular office hours.

Note: Property owners are responsible for notifying lessees

WE RECOMMEND ANYONE ATTENDING THE PUBLIC HEARING TO PRE-REGISTER AT LEAST 2 BUSINESS DAYS PRIOR TO THE HEARING BY CALLING OR EMAILING CHAD GREEN AT THE ABOVE EMAIL AND/OR NUMBER.

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca

The Carman-Dufferin STANDARD

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EMPLOYMENT OPPORTUNITY

The Town of Teulon invites applications for the position of **Chief Administrative Officer (CAO)**

The Town of Teulon is seeking an individual that will bring strong leadership skills to this position. If you are looking to make an impact with a progressive, dynamic Municipality, we want to hear from you.

Key responsibilities of the position include:

- Direct the general administrative affairs of the Municipality and perform all duties and responsibilities in accordance with The Municipal Act
- Recommend objectives, policies and programs to Council and provide support and advice on new initiatives and fiscal matters
- Direct the implementation and monitor the progress of policies and programs approved by Council
- Recruit and develop all municipal employees, and develop a plan to attract and retain quality employees
- Provide responsible financial planning and management of a budget of \$3 million
- Facilitate economic development within the Municipality
- Develop positive relationships and maintain open communication with all stakeholders and constituencies of interest to the Municipality
- Completion of the Certificate in Manitoba Municipal Administration (CMMA) would be preferred

Ideally, you will possess technical skills and experience in municipal administration, financial management, human resource management and economic development. Strong communication, analytical and leadership skills are just some of the requirements of the position. Candidates who have post-secondary education in a relevant discipline bring an educational advantage to the position.

A complete job description is available on our website www.teulon.ca. The Town of Teulon is located in the Interlake and has a population of 1,196. The successful candidate can expect a comprehensive salary and benefits package.

Individuals interested in this position should email a resume, a cover letter including salary expectations, and three references by 3:00 p.m. on Monday, July 10, 2023, to the attention of: "CAO Search" at cao@teulon.ca. The position will remain open until a suitable candidate is found.

We thank all who apply, however only those selected for further consideration will be contacted.

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BIRTHDAY



Happy 50th Birthday on June 29, 2023 to Teena Dee Brunel

We love and appreciate you so much!

-Love you forever from Mom, Dad and family

Don't forget to send your special wishes to your friends and family.

IN MEMORIAM



In Loving Memory of Ken Stewart
Always in our thoughts,
Forever in our hearts.

-Marilyn,
Judy and family,
Kim and family

Your memory will live forever
Engraved within our hearts

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Work week is Wednesday to Monday, September to June; Tuesday to Monday, July and August.

Responsible for ticket & concession sales, clean-up & to watch front during show.

Apply to Flicks Cinema, evenings.

SALES CAREER OPPORTUNITY

Big and Colourful Printing & Publishing

is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

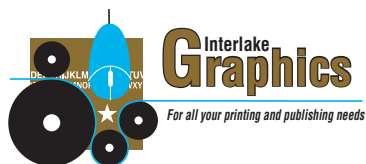
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

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CARD OF THANKS

We would like to thank our friends, neighbours and especially our families for all the good wishes, cards and flowers we received on the occasion of our 60th Wedding Anniversary. Thanks also for Heather's arrangements and Dave's entertainment. The afternoon will not be forgotten.

-Brent and Peggy Armstrong

Thank You!



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IN MEMORIAM



**In Loving Memory of
Brenda Peters
(Mom, Grandma, Auntie Brenda, B)
February 9, 1953 - June 29, 2022**

Our lives go on without you,
But nothing is the same;
We have to hide our heartache,
When someone speaks your name.
Sad are the hearts that love you,
Silent are the tears that fall;
Living here without you,
Is the hardest part of all.
You did so many things for us,
Your heart was kind and true;
And when we needed someone,
We could always count on you.
The special years will not return,
When we are all together;
But with the love in our hearts,
You walk with us forever.
Miss you so much!

-Lyle, Jo-Anne, Dylan and Gavin
Donna, Robert, Blake and Greysen
Darryl, Erin, Elliott, Addisyn and Nolan
Pam and Duane

IN MEMORIAM



**Richard Kishka
July 21, 1960 - July 4, 2022**

We thought of you with love today,
But that is nothing new;
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name;
All we have are memories,
And your picture in a frame.
Your memories are our keepsake,
With which we'll never part;
God has you in His keeping,
We have you in our hearts.
Always Cherished and Forever Loved.
-Your family

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

OBITUARY



Rene Desjarlais

With great sadness we announce the passing of our beloved husband, father, and grandfather Rene Marcel Desjarlais on June 14, 2023.

After suffering from a stroke in 2016 Rene was unable to work in a career that he loved and was passionate about as an ironworker welder. A lifetime member of the International Ironworkers Local 728 joining in July 1970 he was able to enjoy travel to many locations and forged lifelong friendships along the way. Rene's craft will be evident on many projects, such as hydro dams in Manitoba, mining sites across Ontario, Saskatchewan and BC, Alaskan Pipeline in the Beaufort Sea, Nebraska Power Plant in Lincoln, St. Louis Casino, and Miller Park Baseball Stadium in Milwaukee and too many others to mention.

Rene's talent and passion for hockey took him on many adventures around the world. Having played recreationally all his life, he enjoyed the camaraderie with the St. Laurent Voyageurs and Lundar Oldtimers. Sagkeeng Oldtimers is where he appreciated the opportunity to play with a team that toured Europe and across Canada.

Many thanks to the Interlake caregivers who were so kind in providing him with the help he needed to live at home for five years, and the staff at Foyer Valade where he had resided for two years.

Predeceased by his loving daughter Yvonne in 2011, Rene leaves behind his devoted wife Lina, son Guy and grandsons Marc, Ryan, Ian, and Vance. He will be missed by many family members and lifelong friends too numerous to mention.

A service and celebration of life for Rene will be held on Thursday, August 3, 2023 at 11:00 a.m. at the St. Laurent RC Church on Hwy 6.

Donations may be made on Rene's behalf to the Heart and Stroke Foundation of Manitoba.

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