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Heartfelt plea

TRIBUNE PHOTO BY MASON KURZ

Six-year-old Lindley Kurz Spain-Little is asking for the community's financial support to help her mama Lauren fight Lyme disease.

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Lyme disease sufferer heading to U.S. for treatment



TRIBUNE PHOTO COURTESY OF MASON KURZ

Lauren Spain-Little with her daughter Lindley.

By Patricia Barrett

A Stonewall man says his wife is suffering from Lyme disease and will have to seek treatment in the U.S. after the Manitoba health-care system let them down.

Mason Kurz's 30-year-old wife, Lauren Little, started having symptoms late in the summer of 2018 and now requires around-the-clock care at home.

Doctors in Manitoba were unable to diagnose Little with Lyme disease because lab tests showed she was negative for the bacteria that causes it, said Kurz. They turned to a Winnipeg-based naturopath, who sent a blood sample to a German laboratory, which showed Little has the disease.

"In September 2019, we got the confirmation," said Kurz. "Any Manitoba testing showed it was negative. From what we've been told, that's very common unless you catch it within the first three weeks."

In 2018 Little began to experience brain fog, heart palpitations and seizure-like episodes, and Kurz said it's progressed from there.

"For the first six months, she was constantly bed-ridden. Now she can't be by herself," said Kurz.

"Somebody is with her constantly because she's had it non-stop, with constant dizziness that hasn't gone away. Some days she can go out and do errands, but other days it's too much for her."

Lyme disease is caused by bacteria called *Borrelia burgdorferi* that can be transmitted by ticks infected with it. People will commonly develop a rash

at the bite site that resembles a bulls-eye and experience other symptoms within three to 30 days.

Early symptoms include headaches, swollen lymph nodes and flu-like illnesses followed by continuing headaches, dizziness, difficulty concentrating, irregular heartbeat and joint pain for months or years. Lyme can be treated successfully with antibiotics in the early stages of the infection.

There were 28 confirmed cases of Lyme in 2019 (as of Dec. 31) and 34 probable cases, while 2018 saw 30 confirmed cases and 26 probable ones, according to data Shared Health provided to the *Tribune*.

Little wasn't bitten by a tick but by a mosquito or a horsefly, said Kurz. And had she received antibiotics right away, she may have recovered.

"Manitoba only tests for one strain of Lyme disease, and that strain is no longer there because it changes into something else, from what we've been told," said Kurz.

People with Lyme disease, which was discovered in 1982, can suffer from different strains of the bacteria and frequently suffer co-infections as ticks can carry more than one pathogen, including parasites. That generally results in "more severe illness," according to the Canadian Lyme Disease Foundation. Common co-infections include babesiosis, ehrlichiosis and bartonella.

Kurz said they think Little is now suffering from co-infections.

"We found out there's going to be no help here [Manitoba] regardless of where she goes," he said. "The

Fundraising social to be held this weekend at Assiniboine Downs on Jan. 18

way the system works with Manitoba Health is a specialist has to refer you out of province, and then from out of province they have to refer you out of country. But that process can take years. And the longer it takes, the worse she's getting."

Kurz said his wife will be going to the Sponaugle Wellness Centre in Florida, a private clinic where the minimum treatment period for Lyme disease is 12 weeks.

"In Canada, they tell you have to live with it. In the States, there are cures for it. There are people who have completely gotten it out of their system," said Kurz. "And that's why we're doing fundraisers because it's not cheap and Manitoba Health is not going to cover this. This has all got to come out of our pocket."

He and his family have had to shoulder the cost of all the tests they had done outside Canada, a trip to B.C. to see a naturopath and a trip to the Mayo Clinic in Minnesota, where doctors were unable to diagnose Little with the disease, said Kurz. They've also spent thousands on supplements that have helped Little "survive to this point."

Manitoba Health won't cover those costs and the cost of treatment in Florida because doctors didn't diagnose her with Lyme disease, said Kurz. And that's going to come at a great detriment to his family.

"We're going to have to sell our house, more than likely in the springtime, to cover the rest of the costs because it's about US\$10,000 a week for the clinic in Florida," said Kurz. "They give you a lot of different IV medication and antibiotics, and they do lots of blood tests and testing for different strains of Lyme."

Shared Health spokesperson Sara Locke said laboratory tests in Manitoba that detect antibodies developed in response to the infection are used to support a diagnosis of Lyme disease. But early tests — within the first four to six weeks — may be "negative or equivocal" as it takes time for antibodies to develop.

"As a result, Manitoba's Lyme disease communicable disease protocol, and messaging to health-care providers, recommends the initiation of treatment where possible based on the patient's clinical symptoms rather than waiting for laboratory results," said Locke.

Because of the growing number of

people contracting Lyme, the provincial government announced in 2019 the creation of dedicated health service that will "improve access and care" for those suffering with tick-borne illnesses, including Lyme.

"This new service will connect primary care providers to appropriate health professionals, including specialists in the fields of internal medicine, infectious disease, microbiology and pharmacy and naturopathy," said Locke. "It's expected that the service will begin seeing patients in spring 2020."

If patients decide to seek treatment for Lyme disease outside Manitoba or Canada, they must get prior approval from Manitoba Health in order to obtain coverage, she said.

"Out-of-country referrals must be done by an appropriate Manitoba specialist to an out-of-country physician for care and treatment that cannot be adequately provided in Manitoba or elsewhere in Canada," said Locke. "The specialist must also demonstrate what services or investigations are medically required and why they are not adequately available in Manitoba or elsewhere in Canada."

As to whether bites from horseflies and mosquitoes can transmit Lyme, Locke said these insects cannot transmit the "causative agent" of Lyme disease; blacklegged or deer ticks are the vectors of the disease in humans.

Before Little goes to Florida, Kurz said she'll be travelling to Atlanta to be treated at a clinic that specializes in mould and micro-toxins as this will better prepare her for the Lyme treatment program.

"That will be our first step and it will cost about US\$15,000," said Kurz. "From the [upcoming] social, and what we've raised until now on GoFundMe, we're hoping it will cover that. Then we'll be able to get her into Florida right away and work on selling our house to cover the cost of that."

The fundraising social is set for Saturday, Jan. 18 at Assiniboine Downs, 3975 Portage Ave., from 8 p.m. to 1 a.m. The venue can hold 1,000 people. Tickets are available at the door for \$10 or message Mason Kurz on Facebook to reserve tickets.

The couple also has a GoFundMe page where people can make pledges to help the family pay for treatment.

Balmoral woman named top WFPS half-marathon fundraiser

By Jennifer McFee

For one local woman, 2019 brought some health concerns that prompted her to become a top fundraiser for a good cause.

Emmy Byle of Balmoral had her first heart attack in February 2004 at the age of 47.

"I had made some changes before I had the first one. I had lost a bunch of weight and was exercising properly. My husband and I were walking up to four miles a day and then I had a heart attack," she said.

"I kept going for 15 years. Of course, I kept wondering when is the big one coming."

In June 2019, history repeated itself when she found herself having another heart attack.

"I knew for close to a year that something just wasn't right. But being a woman, you ignore everything because you're busy with family and farm. So I just made my husband rub my back between my shoulder blades every night because there was lots of pain," she said.

"So finally on June 1, we were over in Warren watching one of our grandsons play ball. I just didn't feel like hanging around for the second game so I came home and weeded in the lily bed. Then I said I think we've got to go to St. B because the pain was a little much.

"Instead of calling an ambulance, we drove to St. B because we didn't want to waste the paramedics time to drive all the way there. By the time I got there, it was hurting quite a bit so we got a bed. The next day, I had four more stents put in."

For Byle, she's aware that heart problems run in the family.

"I lost my father at 57 to a heart attack and then my mother ultimately too. She was 76 when she died, but she had heart disease and bypass surgery and a pacemaker, and then diabetes and kidney dialysis at the end," she said.

"So we're trying to watch what we're doing. Some of us watch more than others in the family."

One of her daughters is a paramedic, along with her husband, and they planned to run in the Winnipeg Fire Paramedic Service Half Marathon. Byle decided that she wanted to participate and walk the course.

She was named as the top fund-

raiser, bringing in \$2,540 in support of the Heart & Stroke Foundation. She received a \$1,000 gift card from West Jet for her efforts. However, she notes that she didn't do it to win anything but simply because she saw the need for more funding for women's heart research.

"It's time to give back. After I had my heart attack, there were so many heart attacks our local region. Women often ignore the symptoms, and our symptoms are totally different from men," she said.

"It's important for everybody to start taking care of yourself — well care before you need the health care."

According to the Heart & Stroke Foundation, the most common heart attack sign for both men and women is chest pain or discomfort. However, women can also experience a heart attack without chest pressure. They might experience shortness of breath,

pressure or pain in the lower chest or upper abdomen, dizziness, light-headedness or fainting, upper back pressure or extreme fatigue.

According to the Heart & Stroke Foundation, heart disease and stroke are the No. 1 cause of premature death in women.

- Women are 10 times more likely

to die from heart disease, stroke and related vascular conditions than from breast cancer.

- Heart attacks are more deadly for women, and women are more likely to suffer a second heart attack than men.

- 45 per cent more women die of stroke than men in Canada, and because they live longer, more women are living with the effects of stroke.

- Two-thirds of heart disease and stroke clinical research is based on men. Women continue to be under-researched, under-diagnosed, under-treated, under-supported and under-aware of their risks.

- Heart & Stroke launched a women's campaign to close the research gap nearly two years ago.

This year, Heart & Stroke is asking the public to join the #RedList, to pledge support for their women's campaign, donate or just learn more about heart disease and stroke, as well as advocate for yourself.

For more information, visit www.heartandstroke.ca.

"IT'S IMPORTANT FOR EVERYBODY TO START TAKING CARE OF YOURSELF."



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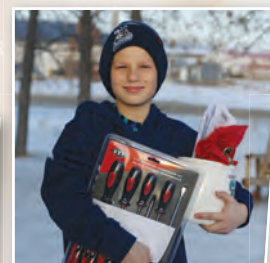
Jonathan Torchia, founder/race director of WFPS half marathon/10K/5K, presented a \$1,000 gift card from West Jet to Emmy Byle of Balmoral.

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Week 4 Winner
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Elf found at
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Stonewall Teulon
Tribune

REACT encourages a shift to sustainability

By Jennifer McFee

Now that the new year is well underway, maybe it's worth taking a few extra measures to ensure that the environment remains top of mind.

Looking back at 2019, Karl Daher of Rockwood Environmental Action Community Taskforce (REACT) reflects on several successes.

For last year's Team Up to Clean Up event, more than 70 volunteers turned up to pick up litter around Stonewall, setting a new record for the town. Together, they collected about 70 bags of litter.

As well, a twine and bale/silage wrap drop-off site is an environmentally friendly initiative at the Balmoral Waste Transfer station.

"The work to establish this site was a number of years in the making for REACT, RM of Rockwood and Clean-farms," Daher said.

In addition, the conversation about plastic waste, particularly one-time use plastic bags, gained momentum.

"From Stonewall Youth Going Green asking Stonewall town council to ban them to local stores such as Red River Co-op and Family Foods making choices to assist consumers in the transition away from them, community knowledge on how to eliminate them has grown greatly," Daher said.

Looking ahead, the main challenge will be for people shift their habits from current practices to ones that are sustainable, he added.

"We are past the point of awareness — it would be hard to find someone who isn't aware of climate change or of the issue of plastics in our oceans, lakes and rivers. The challenge is to instil the desire in people to change," Daher said.

"Governments at all levels are grappling with this issue. We see this at a national level in the debate on the carbon tax. We see this locally, in the resistance in adopting a one-time use plastic bag ban."

For those who are ready to make a change, Daher provides a few ideas that are easy to do and that are low to no cost.

"Stop using one-time use plastic bags. REACT has handed out over 2,000 reusable shopping bags alone. I know I have over 50 of them at home that have been given to me over the past few years. Let's keep them with us when we go shopping," he said.

"Recycle the plastic bags that you must buy. We've partnered with Family Foods in Stonewall to collect clean plastic bags of all types. As long as they never contained something edible and are not foil lined, they can be recycled — however, no plastic wrap, please."

Another simple step would be to compost your kitchen scraps.

"It is very easy to do," Daher said, "and gives you free fertilizer for your flower beds or veggie patches."

The three Rs — reduce, reuse, recy-



TRIBUNE PHOTO SUBMITTED

Volunteers picked up approximately 70 bags of litter around Stonewall during last year's Team Up to Clean Up event.

cle — are in order of importance, he added. A good tool to find out what can be recycled is Winnipeg's Ask Milo at https://app.my-waste.mobi/CA/MB/Winnipeg_WGW.

"Buy only what you need. Reuse what you can. Make sure whatever waste generated from what you've bought can be recycled afterwards," Daher said.

REACT members will be meeting on Jan. 28 at Quarry Park Heritage Arts Centre to discuss and plan for envi-

ronmental activities for the upcoming year.

"I'd invite anyone interested in local environmental issues to join us," Daher said.

"We're looking for individuals to join us in making Rockwood, Stonewall and Teulon more environmentally friendly places to live."

For more information, visit reactinc.org, or follow REACT on Twitter (@REACTInfo) or Facebook (@REACTInc.org).

Stonewall applies for grant for heritage building

By Jennifer McFee

At the first council meeting of the new year, held on Jan. 8, Stonewall council discussed the provincial snow removal agreement, which the town signs each year with the province.

Similar to other towns in Manitoba,

snow removal on Main Street is a provincial responsibility. The agreement allows the town to do the snow removal on Main Street in exchange for financial compensation.

In other council news:

- The town owns the old post office building, which needs some repairs. Since it's provincially designated heritage building, the owner is eligible to apply for a grant to help cover the cost of repair work. The town has applied for a \$25,000 grant towards the

replacement and repair of the building's windows.

- The public has the chance to weigh in on whether they're interested in creating a facility for dirt bike enthusiasts. On Thursday, Jan. 16, all are welcome to attend a conversation about the possibility of an off-road recreational vehicle track. The discussion will take place at the Heritage Arts Centre starting at 6 p.m. Anyone with questions can email recreation facilitator Laine Wilson at laine.wilson@rockwood.ca.

- On Dec. 31, Stonewall officially launched its Neighbourhood Block Party Program. As part of Manitoba 150 celebrations, council encourages the community to join together in a spirit of pride and camaraderie. The program provides neighbourhoods with up to \$150 to host a block party. More information, as well as application forms, are on the Town of Stonewall website under "Applications and Forms" at <http://www.stonewall.ca/p/documents>.

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Town of Teulon hires temporary staff

By Evan Matthews

The Town of Teulon's newly elected mayor said town business is already getting back on track, and the council is making progress.

Mayor Anna Pazdzierski said the town hired two interim staffers to help get the new council organized, as they look for more permanent solutions.

"We have hired Mr. Jim Fenske and Ms. Pat Cordner," said Pazdzierski, adding both are Selkirk residents. Fenske is a retired chief administrative officer, while Cordner has 20 years of municipal finance experience in both Selkirk and West St. Paul.

"We have asked both (staffers) to assist with getting our municipal system running effectively and efficiently," she said.

The town made its hires back on Dec. 19, with both interims officially starting on Jan. 6.

Though a retired CAO as of 2003, Fenske said he was compelled to help the town of personal ties to both the town and its new mayor.

"My mother- and father-in-law lived in Teulon for a number of years. I used to come to town every weekend.

"I've also known the mayor, both as a neighbour and through Nova House, for a number of years, and she asked me for help," said Fenske, adding he's looking forward to helping a new, more permanent, CAO get up to speed.

"This is a really good job for someone who wants to earn their stripes as a CAO. I want to help that person get started. This is an exciting council, one very different from the norm," he said, referring to the fact that the council is comprised of four women and one man — including a female mayor.

"There is also a lot of diversity on this council," he said.

Council's first priority, according to Pazdzierski, is to bring council members up to date — relating to their obligations and roles within council — under the Manitoba Municipal Act.

Council is hosting an orientation, which is open to the public, on Sunday, Jan. 26 at the town office from 10 a.m. to 4 p.m.

Those interested in attending the orientation are being asked to call the town office and register.

"We want to have the appropriate personnel necessary, in order to meet the needs of the community and the needs of our council, so we can move forward in the delivery of services to the citizens of Teulon and our regional partners," said Pazdzierski.

"As a council we believe we have made the first step in getting Jim and Pat to assist us. Our job now is to focus on moving ahead."

The newly elected Teulon council will host its first meeting on Tuesday, Jan. 14 at 7 p.m.

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Beware of bombing narrative

By Evan Matthews

By now, most Canadians should be aware of the U.S. airstrike that killed one of Iran's most powerful military leaders.

The airstrike happened in the early morning of Jan. 3, 2020.

The U.S. airstrike killed Iran General Qassem Soleimani just outside of Baghdad's international airport, which, of course, is in Iraq, not Iran.

The killing's narrative is one North American's are familiar with: In a heroic effort, the U.S. has killed one of its most notorious enemies; thus, we now live in a much safer world.

The U.S. narrative has been framed in a very similar light to the 2011 killing of Osama bin Laden, and the 2019 killing of Abu Bakr al-Baghdadi.

All to say, this narrative has become the norm and is widely accepted among North Americans.

But the Iranian general's death is more complicated; a nuanced situation.

Despite being framed as an evil villain, Soleimani was well known throughout the Middle East and many military communities as an opportunist; an expert of "clandestine warfare," according to many media reports and

university professors.

Meaning, depending on a situation and its timing, Soleimani was second to none at picking his spots and his side.

There are multiple documented examples of the man acting as both a friend and foe to American military forces.

One of the better known and more documented examples of this was Soleimani's efforts to quash the Taliban and ISIS. The U.S. has acknowledged his role in that fight as an important one. It's no secret.

A professor at the School of Oriental and African Studies (SOAS) University of London provided another such example: Soleimani was fighting Israeli forces in Lebanon (anti-U.S.) while executing operations in Afghanistan against the Taliban (pro-U.S.), both at the same time.

Is he a friend, or is he a foe?

There are a variety of other examples — including the Syrian Civil War — but all to say, his role in Middle Eastern politics and military is, at the very least, confusing and unclear.

Yet, Soleimani was worth assassinating, according to the U.S.

Which leads to the question: Dat-

ing back to Sept. 11, 2001, what has changed?

Which of these assassinations, so often celebrated in North American media, has changed anything related to the War on Terror? Or even on North American military occupation in the Middle East?

The answer: nothing has changed.

Political pundits, however, have predicted a more volatile oil and gas market as a result of Soleimani's death, no different than many of the assassinations before him.

What we know for sure is the current U.S. government has been reckless with its operations.

The bottom line as Canadians should be this: This is not our fight, and our country should want no part in these escalating international tensions.

Whether you agree or disagree is up to you, obviously, no different than where you obtain information is up to you.

May you find the information most relevant to developing a robust and informed opinion, as you will be hard-pressed to do so reading only mainstream media sources.

STARS, Snoman and Lifesaving Society Manitoba encourage safe snowmobile operation

Submitted

With a number of snowmobile trails in the province expected to open this month, STARS, Snowmobilers of Manitoba Inc. (Snoman) and Lifesaving Society Manitoba have come together to encourage the safe operation of snowmobiles this winter.

Snoman president Alan Butler says an area of emphasis for the organization is reminding snowmobilers in the province to be mindful of their speed.

"Last season we introduced a post-

er in shelters dealing with excessive speed," Butler said. "We want riders to have fun but ensure that they arrive home to their families."

Butler added that Manitoba has the third most extensive snowmobile trail system in Canada, and it is essential that all riders practise safety at all times. He encouraged riders to keep these additional points in mind when operating their snowmobiles.

- Do not operate a snowmobile while under the influence of alcohol

or drugs

- Do not trespass on private property or ride on land without the owner's permission

- Wear a helmet
- Ride according to the terrain and your ability

- Bring a tool kit and first aid kit
- Stay on designated trails

Grant Therrien, STARS provincial

Continued on page 7

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TRIBUNE PHOTO BY JO-ANNE PROCTER

Bohemian Waxwing's nomadic nature makes it difficult to predict if and when they might show up in your yard. These Waxwings were spotted in an ornamental cherry tree just outside of Stonewall over the weekend. They are fruit connoisseurs, so native trees or shrubs that hold their fruit late into the fall and winter may bring in any that pass through. Bohemian Waxwings communicate with high-pitched calls as they roam around in large groups looking for fruit. They have red, waxy tips on some of their wing feathers and yellow tips on the tail which comes from carotenoid pigments found in the fruit waxwings eat. As the birds get older, the waxy tips get bigger.

Province launches new social impact bond to help Manitobans quit smoking

Submitted by Manitoba government

The Manitoba government is launching what is believed to be the world's first social impact bond dedicated to helping people quit smoking announced by Health, Seniors and Active Living Minister Cameron Friesen on Jan. 8.

"We know that approximately 160,000 Manitobans currently smoke, causing adverse health effects for themselves and those around them," said Friesen. "This new social impact bond will help more Manitobans quit smoking and live healthier lives, creating savings for the health system that can be re-invested towards further improvements to care."

A social impact bond is an innovative social policy tool that brings together government, the private sector, not-for-profits and other stakeholders to deliver effective and prevention-focused solutions. Private investment is used to fund the programs initially, and then is repaid if social outcomes and cost savings are realized. These types of programs allow the government to explore more innovative solutions without financial risk, with the ultimate goal of delivering better outcomes for Manitobans.

In this case, the Manitoba government will partner with Shoppers Drug Mart and Pharmacists Manitoba on a smoking cessation social impact bond, beginning in April. Under this model, Shoppers Drug Mart will in-

vest \$2 million over the next five years to fund activities around smoking cessation including counselling and nicotine replacement therapies. Research shows these forms of treatment can increase the chances of long-term smoking cessation by up to 40 per cent, which in turn reduces hospital, medication and physician costs.

The goal of the bond is to enrol up to 4,500 smokers over a three-year period based on their readiness to quit and to ensure a minimum of 12 per cent quit smoking with the support of one of more than 500 Manitoba pharmacists trained in smoking cessation. Increasing the number of Manitobans who successfully quit smoking could save the province more than \$1 million annually in lower health-care costs, Friesen said.

Success metrics will focus on the number of people who participate in an initial assessment with a trained pharmacist, the number of people who have quit smoking for at least 12 months and the number of people who continue to abstain from nicotine after 24 months. If outcomes are met or exceeded, the company will receive up to \$2.12 million.

"The health risks associated with smoking are among the costliest and the most preventable. Shoppers Drug Mart pharmacists are trained to support patients through their journey, providing counsel and different approaches based on individual needs,"

said Jeff Leger, president, Shoppers Drug Mart. "We are confident in this new collaborative program and our ability to work with patients, the Manitoba government and Pharmacists Manitoba to help make our province healthier."

Anyone over the age of 18 is eligible for assistance and can approach participating pharmacies for an initial assessment. The program will initially focus on health regions where smoking rates are highest — Northern (33 per cent), Interlake-Eastern (23 per cent) and Prairie Mountain (22 per cent).

The provincewide smoking rate is 14.5 per cent, slightly below the Canadian average of 15.1 per cent.

"Pharmacists work tirelessly every single day to make a difference in patients' lives and this is another opportunity to demonstrate the positive contribution our members make to improved health care for Manitoba families," said Pawandeep Sidhu, board president, Pharmacists Manitoba. "A social impact bond dedicated to helping people quit smoking will positively impact countless Manitobans and we look forward to partnering with the government to implement the new program."

A 2015 report commissioned by Manitoba Health determined direct smoking-related illnesses cost the province's health-care system approximately \$244 million per year.

> SAFE, FROM PG. 6

director of operations for Manitoba, noted that STARS responded to 12 calls related to snowmobiles from 2017 to 2019. He added that in many of those cases, excessive speed was a common theme.

"We have seen incidents where a snowmobiler was going too fast for either the conditions or the trail and lost control," Therrien said. "Many of them also occurred in remote locations making it very difficult, or impossible, for the injured riders to be reached by ground EMS."

Therrien added the most concerning element to STARS is the serious nature of the injuries resulting from these incidents.

"The snowmobile calls we respond to often have devastating results, ranging from fatalities to life-altering injuries. For those who are fortunate to survive, they often have to endure gruelling rehabilitation that can take months and even years. So if you are heading out on your snowmobile this winter, please do so safely."

An additional safety concern for snowmobilers this winter is unpredictable ice conditions throughout the province. Recently two snowmobilers fell through the ice in the Victoria Beach area, prompting Lifesaving Society Manitoba to issue a public warning to snowmobilers.

"Due to the unprecedented conditions that have occurred this year for ice formation, we advise everyone that if you are planning to go out on the ice, you need to be prepared to go through it and into cold water," said Dr. Christopher Love, Water Smart co-ordinator for the Lifesaving Society Manitoba.

"Wearing a floatation snowmobile suit (floater coat) or a lifejacket when out on the ice is the minimum preparation every person should take."

T Is the story Timely?



Check the date the story was published.

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RED RIVER > CHALET BEACH > LAKE WINNIPEG

> Fish tales?

Call Arnie Weidl at 204-641-2210
sanarn@mymts.net



The once-in-a-lifetime catch

Hi friends.

Our ever-enlarging fishing derby season in Manitoba is a visible example of the explosion of winter sport fishing on our gigantic lakes and rivers. There are dangers, of course, on the ice and on our summer waters, but each story of hazards overcome adds to our unique mid-Canadian fishing culture, like these following adventures.

If you've driven onto the Red River ice opposite the #204/509 turnoff lately, you'll agree the river bank road is long and steep. Last week I met three young guys there who told me of how they almost lost their brand new shack trying to get it on the ice. One of them had backed their truck-flatbed trailer rig with the shack on it down the road. The straps holding the shack slipped and its front slowly began to rise off the flatbed floor. Two of the men outside guiding the driver began screaming for the driver to do something. Looking back in his mirrors he shouted, "Cut the straps!"

Fortunately they had pocket knives and leapt forward, sawing into them. The second the driver felt them pop loose, he gunned the truck and flatbed forward. Looking backward, he saw the shack slide from the flatbed, toppling onto the road safely! Now sitting with the guys in their shack, the stove crackling with a warm fire, we all joked about how the handling of shacks and other shelters on the ice is part of Manitoba fishing.

How about a break from winter fishing stories and an unusual summer one from Shane Mann of Selkirk? I met Shane a while back and was so impressed by his gentle, insightful nature. He was a big man with a pleasant face framed in a short, light brown beard. He remembered a time when summer fishing up at Paint Lake with his cousin. They were trolling in his cousin's boat on a cloudy, warm day using lures with hooks fore and aft when he



TRIBUNE PHOTO BY ARNIE WEIDL

Left to right: here is a pic of Simon Kosman, Ryan Jannsen and Cameron Chalowpka, who almost lost their new ice shack unloading it for spotting on the Red by Selkirk.

got a very forceful strike. Shane instinctively hauled up to set the hook as his fish burst from the chalky colored water.

The good-sized walleye began tearing left to right between the shallows of cresting waves. Shane quickly sat down on the boat bench seat for stability and began hauling up, then reeling in as he lowered his rod. The smell of musty marsh weeds filled his nostrils as the fish tugged his line just under the surface. Suddenly the fish stopped. The line trembled. Shane, perplexed, sat motionless.

Suddenly the water erupted, splashing violently from the tails of two fish, their heads close together. Shane froze dumbfounded for a moment as he watched the two fish rolling over each other on the water. It took a short time but soon he could see a second walleye had taken the hook on the tail of his lure. Shane felt that the hooks were well set so he took his time slowly bringing the fish to the boat. He let them struggle on the lure to play themselves out. When he saw them lay in the water on their sides, he landed them. It was a once-in-a-lifetime catch!

Now, to another winter meeting on the ice with a summer story! Last weekend I found myself very far out on the south basin of Lake Winnipeg. Idling along in Old Red, I passed many shacks. In time, I happened upon a large, dark-coloured portable. I pulled up to it and, lowering my window, called out "Is anybody home?"

"Yeah come on in," was the response.

I left the truck, unzipped the door and went inside. I presented my card to a grey-haired, energetic chap lounging in a chair, his rod line in an ice hole.

"I'm Arnie Weidl," I said.

"I'm Gabe Poczik and the lady in the corner is my friend, Jennifer Berezuk, he said.

"Well, Gabe, have you got a story for your fellow anglers?" I asked.

"I've got a summer story," he said.

"That's OK," I returned.

"I went out to Nopiming on Shoe Lake with my buddy Jim," he began, "and, man, anything that could go wrong went wrong. We got out there and launched his boat but the motor had been sitting for a while and we wound up fighting with that thing for over an hour before we finally got it going. By then Jim was anxious to get fishing so he gunned the motor, but the bass seat I was sitting on wasn't secured and it popped out of its base sending the left side of my body for a bath overboard.

"After I got back in the boat, we started fishing but didn't catch a thing all day. When evening came, we pulled up to the dock and while I manned the boat, Jim went to get his truck and trailer. He soon came back, head down and embarrassed. He had left the truck lights on and the battery was dead! Using the boat battery, we got back to my place and as I left his truck, I told him the next time we would use my rig and boat!"

So long for now my fishing friends.

Teulon Rockwood Recreation Commission has partnered with CFRY 920 AM to host a Radio Amateur Talent Night on February 29, 2020

If you have or know anyone who has great talent and would like to share it with family, friends and community, perform live on the radio, have fun, collect pledges and win prizes give Yvonne a call at 204-886-0505 or email her at teulonrockwoodrec@gmail.com to sign up.

The Amateur Talent night is being held on February 29, 2020 at 8:00 p.m. in the Teulon-Rockwood Centennial Centre in Teulon.



Funds from this evening are going towards the purchase of a Mobile Skate Park for our Community.

We specialize in celebrating life

MacKenzie
FUNERAL HOME

info@mackenziefh.com
204-467-2525

Correction

In the article "New Ride in Town" published in the Jan. 9 edition of the *Stonewall Teulon Tribune*, we incorrectly printed the phone number. The phone number to arrange transport with the handivan is 204-467-9446. The *Tribune* regrets the error.

worship *with us*

> FAITH



Teulon United Church
11:15 a.m. Teulon
Phone 886-2382
teulonpastoralcharge@mymts.net



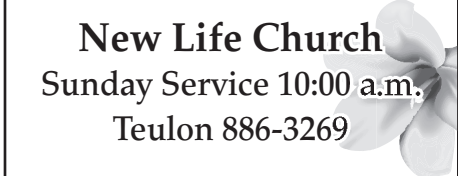
Stonewall United Church
369-1st Ave. N., Stonewall
Service and Sunday School
Sundays 10 a.m.
Phone 467-5469 (office)



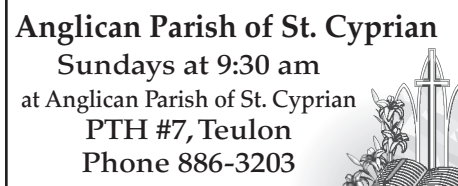
St. Peter Lutheran Church
Anglican Parish of St. Cyprian
Sunday Service - 9:30 am
PTH #7, Teulon
886-2159



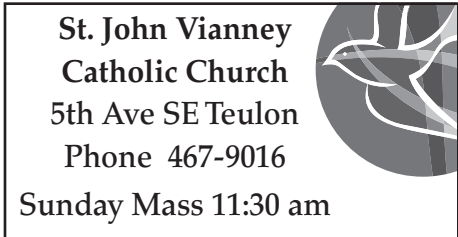
Interlake Full Gospel Assembly
Teulon
Sundays at 11:00 am
Phone 886-2680



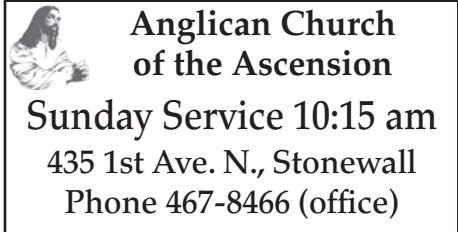
New Life Church
Sunday Service 10:00 a.m.
Teulon 886-3269



Anglican Parish of St. Cyprian
Sundays at 9:30 am
at Anglican Parish of St. Cyprian
PTH #7, Teulon
Phone 886-3203



St. John Vianney Catholic Church
5th Ave SE Teulon
Phone 467-9016
Sunday Mass 11:30 am



Anglican Church of the Ascension
Sunday Service 10:15 am
435 1st Ave. N., Stonewall
Phone 467-8466 (office)



Grosse Isle and Rosser United Church Services
Rosser Sunday 9:45 am

Stony Mountain & Lilyfield United Churches

Worship and Sunday School ~
Sundays at 10 a.m.
Please call for our shared worship location.

Rev. Mona Denton ~ Ph: 204-334-5426



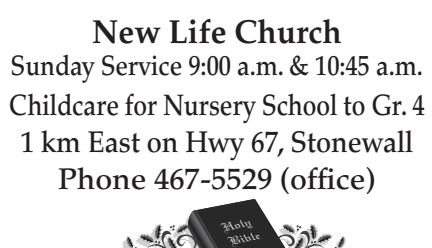
at Stony Mountain-Lilyfield
Pastoral Charge



Sunday Hymn Sing 10:00 a.m.
Sunday Worship 10:30 a.m. at
Sunova Auditorium, Quarry Park
Interpretive Centre, Stonewall
Phone 467-2870
www.alivefamilychurch.ca



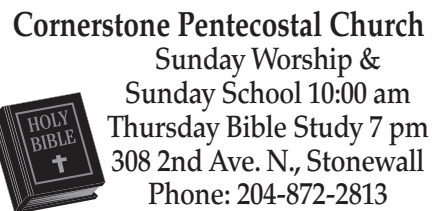
Warren & Meadow Lea United Church Services
Joint Services
Alt. Sundays at 10:30 am
Call 322-5752 for location of service.



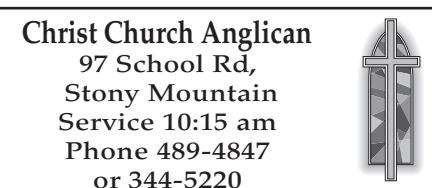
New Life Church
Sunday Service 9:00 a.m. & 10:45 a.m.
Childcare for Nursery School to Gr. 4
1 km East on Hwy 67, Stonewall
Phone 467-5529 (office)



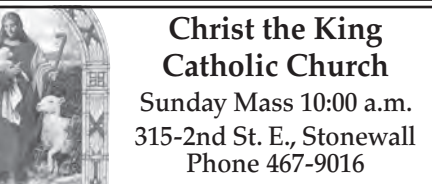
Woodlands Gospel Chapel
Service 7 p.m.
Sundays
Hwy 6 + Rd 82,
Woodlands
Phone 383-5372



Cornerstone Pentecostal Church
Sunday Worship &
Sunday School 10:00 am
Thursday Bible Study 7 pm
308 2nd Ave. N., Stonewall
Phone: 204-872-2813



Christ Church Anglican
97 School Rd,
Stony Mountain
Service 10:15 am
Phone 489-4847
or 344-5220



Christ the King Catholic Church
Sunday Mass 10:00 a.m.
315-2nd St. E., Stonewall
Phone 467-9016

Packing for Epiphany!



Matthew 2:1-2 In the time of King Herod, after Jesus was born in Bethlehem of Judea, wise men from the East came to Jerusalem, asking, 'Where is the child who has been born king of the Jews?'

You likely have experience packing for a road trip, especially around Christmas; the normal clothes, toiletries, kids' stuff, dog's stuff, and the presents. The hardest part about packing is to envision everything you are going to need for the trip, and no doubt you will forget something.

Imagine taking the trip for someone you didn't know. Imagine buying gifts for someone you have yet to meet. Kind of like a casserole for the family that has just moved in to the neighbourhood, but it's not your neighbourhood.

That first Christmas the magi came from far away, carrying precious cargo with them, and left it with people they had never met. We know about the gifts they left, and we never see or hear from them again? There is no evidence that the event changed their lives. They simply came, presented their gifts, and left.

Matthew tells us about the magi to invite us into the story, to invite us to travel whatever distance may lie between us and the child who is the Messiah. The story of the magi is an invitation to bring our own gifts, whether we know this baby or not. We bring them to the one who was not only born "king of the Jews" but is also the one who can give us eternal life. Though we know of this child we will not meet face to face until the end of our journey of life. What gift do we bring?

The hymn In the Bleak Midwinter the final verse is "What can I give him, poor as I am? If I were a shepherd, I would bring a lamb; If I were a wise man, I would do my part; Yet what I can I give him: give my heart."

As we journey let us continually prepare the gift we bring.

Submitted by the Reverend James Bardsley
Anglican Church of the Ascension, Stonewall
Member of Stonewall and Area Ministerial



Church of the Annunciation
Woodlands
Service
12:00 noon

St. Joseph's Roman Catholic Church
Sunday Mass 8:30 am
Stony Mountain
Phone 467-9016

Balmoral United Church
Sundays 9:30 am
Phone 467-9070
teulonpastoralcharge@mymts.net

Immanuel Lutheran Church (LCC)
Service 10:00 am
Childrens Sunday School
after Worship
Inkster & King Edward, Winnipeg
632-6911

To participate in this monthly section please call 467-5836

Local teen living with Cystic fibrosis; looking for support

By Evan Matthews

Roughly 4,200 Canadians are living with cystic fibrosis, meaning less than one per cent of the population knows what it's like.

Seventeen-year-old Brendan Roberts, a Stonewall resident, is a person who does know what it's like.

"I stay optimistic because life is short. I feel I need to live my life to the fullest and do as much ... as I can before I die," said Roberts, who was diagnosed three years ago at 14, though CF is a disease that is lifelong. Roberts always had CF; he just didn't know.

"Most people have heard of it but don't know what it is. It's not visible from the outside and so most people don't even know it's there," he said.

"It's an invisible illness, and although we look fine on the outside, we are dying on the inside."

Cystic fibrosis (CF) is a rare disease affecting over 4,200 Canadians or roughly one in 3,600 live births, according to CF Canada.

CF is a progressive, degenerative multi-system disease affecting mainly the lungs and digestive system. The lungs are where the effects are most devastating, as a build-up of thick mucous causes severe respiratory problems, according to CF Canada. Mucous and protein also build up in the digestive tract, making it difficult to digest and absorb nutrients from food.

Individuals with CF may reach the point where they require a lung transplant, with most fatalities of people with CF being attributed to lung disease. Currently, there is no cure, but an optimistic Roberts said his life has not been altered too much as a result of living with the disease.

"I still live the same life, but I'm a little more cautious with the stuff I do and the places I go," said Roberts, who stressed he's still a normal teenager, doing normal teenager things.

"I have to do daily treatments and take medications and I have to spend time in the hospital when I get sick."

One of Roberts' daily treatments comes with the help of a positive expiratory pressure (PEP) device.

By breathing out with a moderate

force through a resistance, a positive pressure is generated in the airways, helping to keep them open and move mucous.

Roberts can't digest fats or proteins, so he takes pancreatic enzymes with every meal and snack.

"If we don't use the PEP device and/or his enzymes, it leaves a platform for bacteria to grow, which leads to an exacerbation, which puts him in the hospital and on antibiotics for a few weeks. It's hard when it's cold and the air is dry because bacteria moves really easily," said his mother Angela Roberts.

"He says the disease hasn't changed his life at all, which in a sense is true because he's always had it. But there are definitely challenges he faces others don't.

"But he's still in school. He still has a job. He still hangs out with his friends. He's a regular kid," she said.

Ways to support

In Canada, the national drug approval system — the Canadian Agency for Drugs and Technologies in Health (CADTH) — takes evidentiary information to determine whether or not Canadian provinces should approve and invest in specific drugs and/or technology.

But unfortunately, Angela said because many rare diseases are among small populations, the drugs associated with treating rare diseases — such as CF — don't meet CADTH requirements for approval.

"CF is not the only one. There are so many other diseases out there," said Angela. "Companies create drugs and put them on the market, but generally ... these drugs are coming to market and are getting approved by Health Canada so we can, in fact, buy them in Canada.

"But when they go to CADTH for (provincial) review and are denied, the province doesn't support so it doesn't make the (Drug Benefits and Interchangeability) Formulary.

"People can't afford to get them at that point, as many of these types of drugs can cost upward of \$250,000 per year."



TRIBUNE PHOTO SUBMITTED

Angela Roberts (left) sits with her son Brendan Roberts (right) who was diagnosed with Cystic Fibrosis at 14.

Manitoba is the only province in Canada that does not have a CF support program, she said, meaning if a person's employer or health coverage plan does not provide insurance, many every day CF drugs will not be covered and can cost thousands of dollars per year.

"That's without discussing (insurance) spending caps," she said.

In October 2019, an American manufacturer released a new, highly effective CF disease modulator drug, Angela said. However, the drug likely won't make it to Canada, as the struggle to get a specialized, rare disease drug through the country's national drug approval system isn't worth their time and money, according to Angela.

Canada does not currently have a system for evaluating these "situational drugs," according to Angela, so she said she is fighting for a strategy that is specific to rare disease and specialized drugs.

"That's what we're fighting for ... a rare disease drug strategy that will make it easier for these companies to bring their rare disease drugs into Canada," said Angela.

"We want to have them approved appropriately, situationally, as opposed to having them sent to a common drug review that only meets the needs of the 40-million-person population."

The federal government of Canada has indicated it will be investing up to \$1 billion over two years but not until 2022, and Angela said people are dying now.

Angela is in the process of lobbying politicians, MLAs, MPs and cabinet ministers, she said, in order to have the current strategies reviewed. She has yet to hear back from anyone.

"We want them to advocate on our behalf as well," said Angela. "They're in government. Government will listen to them, whereas they may not listen to us."

There is a petition for signature for the government to set up a rare disease Drug strategy for these drugs in Canada at: <https://bit.ly/3a9fj94>.

Fundraising social in Winnipeg

On a local level, Angela said people can support by attending a social event in Winnipeg, which is fundraising for Cystic Fibrosis Canada.

"Calling all superheroes, princesses and princes, join us for a fantastic afternoon of crafts and activities, dancing, treats and posing with your favourite characters from movies and comic books," the advertisement reads. "All in support of Cystic Fibrosis research."


The event is on Saturday, Jan. 25, from 1 to 4 p.m. at Patricia's Ballroom and Banquet Hall, 20-2025 Corydon Ave. Tickets are \$25.



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STONEWALL BRANCH - 467-2261 Lic #418

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Website: www.ralpheichler.com

Stonewall man celebrates 35 years with Lions Club

By Jennifer McFee

Congratulations are in order for Wally Finnbogason, who is celebrating 35 years of continuous membership with the Stonewall and District Lions Club.

Finnbogason was one of the founding members of the local service club in 1985.

"There was a group in town that got together and thought that maybe it would be a good idea," he said.

"We all stuck our heads together and managed to get it off the ground.



TRIBUNE PHOTO BY PAM PALCAT

Lions president Shohn Godin presented Wally Finnbogason with a 35-year member plaque.

I'm lucky to still be a part of it."

For Finnbogason, his involvement brings both companionship and a sense of pride in helping the community.

"I'm involved in the Children's Wish Foundation too. So I go around collecting pledges from people and I've been successful in that and I've raised quite a bit of money for the kids," he said.

"The Lions is the same thing. We're all working together.

We do the pancake breakfast and whatever else we can. Any fundraising that we do, we try to pass it out to people in need or the foundations."

He was overcome with emotion when he received a plaque for his long-standing involvement with the Lions Club.

"I was almost in tears when they handed me that plaque. I appreciated it quite a lot," he said. "It hit me like a ton of bricks because I didn't expect anything like that. I'm just trying to help out."

Finnbogason is part of the local club's membership committee, and he has a few ideas he's planning to try to bolster interest.

"I have a granddaughter who's going to make me a poster that I'm going to try to hang up around town to try to get some more members in," he said.

"For anyone who would like to get involved, just talk to any of the Lions members. You can come to a meeting and see what it's all about."

A great visitor



TRIBUNE PHOTO SUBMITTED

Mary Smith, a former resident of Stonewall who is now living at Riverview Health Centre in Winnipeg, was thrilled to have a visit from Oska, a Discover Owls education program female Great Gray Owl. Mary told presenter Dr. James Duncan that she had never seen an owl that big and was surprised by its size. Mary grew up just northeast of Stonewall and attended the small country Victoria School as a young girl. She told Dr. Duncan that while she was familiar with local common birds, she does not recall seeing many owls growing up. Despite the owl's enormous five-foot wingspan, Mary was quite at ease having her picture taken "up close and personal" with Oska, who also flew right over her shoulder.

Grief & Loss Support Group



This six week program provides support, education, and healing for those who have experienced the death of a loved one.

Facilitated by Stephanie Gillis Bodnar, RSW

Starting the week of January 26th through until the week of March 2nd, 2020

Location in Stonewall: To Be Determined

Registration Deadline: January 20, 2020

To register, please contact:

• Karen Sorenson at 204-461-2835

• Jennifer Beirnes

s.w.d.p.c@hotmail.com

South West District
Palliative Care

FAMILY CONNECTIONS

"Connecting Families to Communities"

Interlake Early Childhood Development Coalition

Parent-child (aged 0 - 6) programs running in the South Interlake

– January to March 2020 ALL PROGRAMS ARE FREE!

YOGA FOR BABY & ME – Stonewall For parents and children (ages 0-18mths). Mondays Jan 13th - March 23rd 9:30 - 10:30 at Stonewall United Church Free child-minding for your other children!

CONTACT: Heather McDermid - heathermcdermidyoga@gmail.com

LITTLE TYKES YOGA – Stonewall For parents and children (ages 18mths - 6 yrs). Mondays Jan 13th - March 23rd 10:30 - 11:30 at Stonewall United Church Free child-minding for your other children!

CONTACT: Heather McDermid - heathermcdermidyoga@gmail.com

MUSIC WITH GRACE – Woodlands Childcare For parents and children ages 0-5. Starts Monday, January 13 @ 6:30 pm

CONTACT: Teri Kotelko - woodlandschildcare@gmail.com

VIVA LA MUSICA – Rosser For parents and children ages 0-5.

Starts Saturday January 18th from 11 - 11:45 am at the Rosser Community Centre

CONTACT: rosserwoodlandsrec@mymts.net

STORYTIME WITH DAVID – Warren Elementary School – Warren

For parents and children ages 0-6. CONTACT: librarydaddy@yahoo.ca

ZUMBINI – Green Acres Art Centre – Teulon For parents and children ages 0-5. Fridays, January 24 - March 13, 2019 10:45-11:45am - FULL but is taking waitlist. CONTACT: Maegan - zumbini_maegan@yahoo.com

STORY TIME – Stonewall Library – Stonewall - Fridays 10:30 – 11:00 for parents & children 0 – 5 – CONTACT: stonewall@sirlibrary.com

STORY TIME – Teulon Library – Teulon - Wednesday & Friday 10:30 – 11:00 for parents & children 0 – 5 – CONTACT: teulon@sirlibrary.com

MOM & ME PLAY & SUPPORT GROUP – Parochial Hall – Stonewall

Beginning Jan 7th. 10:00 – 11:00 – every second Tuesday

CONTACT: kelsey@sirlibrary.com

TRIVIA NIGHT

**On Saturday,
January 25, 2020**
at the Teulon Rockwood Centennial Centre
Doors Open 6:30pm
Trivia Begins at 7:30pm
Cash Bar • Silent Auction

**To Celebrate, the evenings theme will be
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PROCEEDS TOWARDS THE TEULON ROCKWOOD CENTENNIAL CENTRE

Votes needed for Jets Town Takeover contest

By Jennifer McFee

Stonewall needs your votes!

The town has been named as one of the Top 3 finalists in the Jets Town Takeover Contest, competing against Beausejour and Dominion City.

The winner will be determined through an online voting process at WinnipegJets.com/JetsTownTakeover. You can vote once per day until Tuesday, Jan. 21 at 11:59 p.m.

At press time, Stonewall was the front-runner with approximately 1,800 more votes than Beausejour and 8,800 more votes than Dominion City.

However, those numbers can change quickly, which is why Stonewall needs your vote each day throughout the voting period.

It's also definitely worth checking out the 90-second sub-



TRIBUNE PHOTO SUBMITTED

RCMP member Bri Gulay is encouraging everyone to vote for the Stonewall Jets in the Jets Town Takeover contest.

mission video created by Stonewall Jets alumni Brett Meilleur, who has captured the hometown hockey spirit.

The winning community can look forward to a pizza lunch at a local elementary school and Winnipeg Jets alumni on-ice participation with a local hockey team on March 24. There will also be Project 11 mental wellness

programming for local students.

That evening, the entire community can join together for a viewing party of the Winnipeg Jets at Nashville Predators game, complete with in-person hosts, an appearance by Mick E. Moose and prize give-aways.

The approximate value of the grand prize is \$15,000, along with memories that will last a lifetime.

Vote today and every day at WinnipegJets.com/JetsTownTakeover.



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BY SANDRA SOBKOWICH WIEBE

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SHOW FROM JAN 13-25, 2020

Red Barn goes green

By Jennifer McFee

The new year is off to a green start for the Red Barn, which has achieved its goal of becoming a net-zero energy facility.

Over the past two years, the South Interlake Ag Society has been working hard towards this environmental initiative, led by a committee made up of Wayne Hewitt, Archie Delorme and Janice Rutherford.

"The net zero energy project was to produce energy with the solar panels, cut down on our energy consumption in the building and get rid of as much of the overhead cost of utilities to run the building and the grounds. Part of that is switching to LED lighting as well," said Rutherford, director of the Ag Society.

"The only thing that's in the works still is the LED lighting to be done this winter. The solar panels are in and they're up and running successfully. We've had some credits on our Hydro bills, which is awesome."

Farm Credit Canada donated \$15,000

towards the heat pump through its AgriSpirit Fund, which supports projects that enhance the lives of residents or contribute to sustainability in communities. In early October, the Ag Society fundraised approximately \$3,500 to help cover additional costs of the heat pump system.

"This next while, with the cold weather and with the heat pump system in, it will be interesting to see how that all fits together," Rutherford said.

"There's less sunlight but it's still drawing two-thirds less energy than what our old system would have used. It uses a lot less energy to heat and cool because it's a combined unit."

In addition, a Manitoba Hydro incentive covered \$45,000 towards the solar panels in 2018 and MASC provided a \$7,500 grant towards the cost of the LED lighting.

Initially, the Ag Society expected that it would take about a decade for the project to pay for itself. Now they're even more optimistic.

"Since the cost of Hydro is going



Left to right: Kimberley Asham (FCC relationship manager), Archie Delorme, Wayne Hewitt, Janice Rutherford, Gord Grenkkow (president of the Ag Society) and Christine Anderson (FCC relationship manager). Missing from the photo is Kim Friesen (FCC relationship management associate).

up all the time, it might pay itself off sooner. It could be as soon as eight years depending on the weather," Rutherford said.

"We are thankful to all of the organizations and individuals who made this project possible."

Local woman named Top 3 in Tiber River sales

By Jennifer McFee

A year after starting her Tiber River business, a local woman already ranks among the Top 3 salespeople in Canada.

Toni deLaroque of Grosse Isle is second in sales in Canada for Tiber River, which makes all-natural and eco-friendly bath, body and home products.

"A little over a year ago, I started buying the products for me and my family. Then I decided that I wanted to join Tiber to get the discount for my own family," she said.

"Then some friends wanted it and some more friends wanted it — and before I knew it, my direct sales were \$47,000 last year. In my best month, I sold almost \$12,000 worth. I'm passionate about it."

Tiber River products are free of phosphates, parabens, petroleum and palm oils, which makes them an appealing option.

"It's made in Winnipeg and they've been in business for 20 years. People are using it and they're loving it. They're making good choices for their families and seeing that these are really good products," she said.

"They have a baby line, a pet line and household cleaners. They also have all-natural deodorant, soaps and shampoos. They even have an essen-



Toni deLaroque, left, of Grosse Isle has been with Tiber River for a year. So far, she's had the chance to travel to Toronto to see Toni Robbins and Minneapolis to see Oprah, right. Now she's looking forward to a trip to Italy.



TRIBUNE PHOTOS SUBMITTED

tial oil line. They have a little bit of everything and there are about 300 products in the catalogue that are \$30 or under, so it's a reasonable price point for people. All the products are really concentrated, so they will last a long time."

Since joining Tiber River last January, deLaroque has won every month-

ly incentive offered by the company. Then in October, she won a trip to Toronto to see Tony Robbins and Rachel Hollis as a reward for signing up the most consultants. She recruited 18 friends to save money on their own products while making money for their own families.

For being among the Top 3 consul-

tants, she travelled to Minneapolis last weekend to hear Oprah Winfrey speak with women — including Tina Fey, Suze Orman and Julianne Hough — with a focus on wellness.

The excitement continues for deLaroque, since she just found out that she also won a trip to Italy through Tiber River. Along with seven other people from across Canada, she will embark on her European adventure in May.

"I'm super excited about it," she said. "I can't wait."

Her involvement with Tiber River has given a boost to deLaroque, who was feeling burnt out from her extensive volunteer work, in addition to her full-time job.

"I am still doing things for Danica and Abby's Village and I'm still on a bunch of volunteer boards, but I was becoming so exhausted," said deLaroque, who has donated her commission for fundraisers for the Alzheimer's Society and the Stony Mountain Skate Club.

"The human interaction with people really fills me up. That is where I've really thrived from it in this business."

For anyone who is interested to find out more information, they can request to join deLaroque's group called "Toni the Tiber" on Facebook, where she always offers plenty of promotions.

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Local band entertains at legion



TRIBUNE PHOTO BY JO-ANNE PROCTER

Two Crows for Comfort performed an intimate concert in the Stonewall Legion clubroom last Saturday night. The audience was treated to some of their new releases as well as some cover songs.

Two Crows for Comfort spins stories into songs and songs into stories. They had a busy 2019 playing countless shows and festivals throughout Canada. The duo, Erin Corbin and Cory Sulyma, will be heading on tour to Ontario and Quebec this spring. They are hard at work writing and recording their next album. Pictured left to right: Lachlan McLean, Erin Corbin, Cory Sulyma and Ben Mak.



The Interlake Community Foundation is accepting applications for Grants

Does your **local charity** need funds for **capital projects**? The Foundation provides grants for charitable projects within the areas of: Stonewall, Teulon, R.M. of Rockwood, R.M. of Rosser and R.M. of Woodlands. Grants are made only to organizations registered as charities with Canada Revenue Agency or who are sponsored by a registered charity. Deadline is February 28, 2020. This includes **Build 150 Grants**. All approved projects must be completed by December 31, 2020. For applications and criteria, please visit:

www.interlakefoundation.ca or call 204-467-5634

get inspired

> MEAL IDEAS

Peanut Power Bowl



Recipe courtesy of Parker Wallace of Parker's Plate on behalf of the Georgia Peanut Commission

Prep time: 15 minutes

Servings: 2

Peanut Dressing:

1 cup creamy peanut butter

3/4 cup full-fat coconut milk, plus additional, if desired

lime juice

Bowl:

1 cup cooked farro or quinoa

1/2 cup chopped cabbage

1 cup shredded carrots

1 avocado, sliced

1 cup spiralized zucchini or butternut squash

1/2 cup pomegranate arils

1 cup mandarin pieces

1/2 cup roasted peanuts

chopped cilantro, for garnish

green onions, for garnish

To make Peanut Dressing: In bowl, whisk peanut butter, coconut milk and lime juice until smooth. Add coconut milk, if necessary, to achieve desired consistency.

To make bowl: Layer farro or quinoa then top with cabbage, carrots, avocado, zucchini or squash, pomegranate arils, mandarin pieces, peanuts and Peanut Dressing. Garnish with cilantro and green onions.



Peanut Butter Breakfast Bread Pudding with Maple Peanut Sauce

Recipe courtesy of the Georgia Peanut Commission

Prep time: 20 minutes

Cook time: 35-40 minutes

Servings: 4

Butter

2/3 cup creamy peanut butter, divided

2 eggs

1/2 cup granulated sugar

2/3 cup milk

1 1/2 teaspoons pure vanilla extract

1/2 teaspoon salt

4 cups cubed brioche or challah bread, cut into 3/4-inch cubes

2/3 cup pure maple syrup

1/3 cup crushed peanuts

powdered sugar, for garnish

Heat oven to 350 F. Butter four 4-ounce



ramekins.

In bowl, mix 1/3 cup peanut butter, eggs, sugar, milk, vanilla and salt. Toss bread cubes in mixture until thoroughly coated. Divide evenly among prepared dishes. Bake until custard is set in middle and tops are golden, about 35-40 minutes. If tops of bread brown too quickly, cover ramekins loosely with aluminum foil.

In small saucepan over low heat, combine remaining peanut butter and maple syrup until thoroughly warmed.

To serve, drizzle ramekins with maple-peanut sauce and garnish with chopped peanuts and powdered sugar. Substitution: Whole wheat rolls may be used in place of brioche or challah bread.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Stonewall girls' basketball teams compete very well at tournaments

By Brian Bowman

The Stonewall Collegiate Rams' varsity girls' basketball team lost a heart-breaker to the Westgate Wings in the consolation final of the Lady Mac Attack tournament on Saturday.

Westgate eked out a thrilling 51-50 victory.

Stonewall started the tournament with a 54-37 loss to the Swan Valley Tigers.

The Rams rebounded, though, to soundly defeat the Nelson McIntyre Wolverines 60-21.

In league play, Stonewall crushed the Gordon Bell Panthers 62-22 on Monday.

The Rams will visit the Churchill Bulldogs in WWAC action on Thursday at 6:30 p.m.

Stonewall's varsity boys' basketball team was also in action Monday, dropping a 63-48 decision to the Gordon Bell Panthers.

The Rams will also play Churchill on Thursday. Game time is 4:30 p.m.

Meanwhile, the Rams' junior varsity girls' basketball team defeated the Carman Cougars 56-40 in the final of Carman's home tournament on Saturday.

Stonewall earlier defeated Margaret Barbour 39-31 on Friday.

The Rams' Nicole Paguio was named tournament MVP.

The Teulon Collegiate Saints also competed at the Carman tournament, finishing with a 2-1 record.

After losing 44-31 to Northlands Parkway, Teulon defeated the Niverville Panthers 46-28 and Green Valley/Landmark 43-20.

In junior varsity boys' action, the Warren Collegiate Wildcats posted a 1-2 record at a MacGregor tournament.

Warren edged the Virden Bears 52-50 in the seventh-place game. The Wildcats earlier lost to the MacGregor Mustangs 61-23 and the Neelin Spartans 55-30.



TRIBUNE PHOTO SUBMITTED

The Stonewall Collegiate Rams' junior varsity girls' basketball team won the Carman tournament on Saturday after defeating the host Carman Cougars 56-40 in the final.

Merces losing streak reaches three

Staff

The Warren Merces are on a rare three-game losing streak.

Warren was edged 5-4 by the first-place Carman Beavers in South Eastern Manitoba Hockey League action on Saturday evening.

Mitch Hansen, Braydon MacDonald and Trent Genyk each had a goal and an assist for the Merces while Wes Pawluk also tallied.

Mark Owen (two), Darren Bestland, Braeden Beernaerts and James Van de Velde scored for Carman.

Last Thursday, the Merces were upset 3-2 by the Redskins in Morden.

Mike Rey scored twice to give Morden a 2-0 lead by the 13-minute mark of the opening period before Johnny Lazo put Warren on the board 2:46 later.

Morden's Graham Leiding scored in the second period before Warren's Scott Corbett replied at 12:25 of the third.

Warren, now 8-3-3-1 and in second place with 18 points, hosted the Winkler Royals this past Tuesday but no score was available at press time.

The Beavers will then be in Warren this Saturday for an 8 p.m. game.

Come Out and Support The Warren Merces

NEXT HOME GAMES

Sat. Jan 18 8:00 pm in Warren
Carman Beavers vs Warren Merces

Sat. Jan 25 8:00 pm in Warren
Portage Islanders vs Warren Merces

NEXT AWAY GAME

Thurs. Jan 30 - 8:00 pm in Altona
Warren Merces vs Altona Maroons

East St. Paul to host Skate Canada Manitoba 2020 Interlake Regional Competition

Submitted

On Jan. 26, the East St Paul Skating Club will be welcoming skaters and their families to the Skate Canada Manitoba 2020 Interlake Regional competition.

Skaters from around the Interlake will show off their skills from Canskate up to Star 4 STARSkate level in individual and team events.

The Interlake region represents 11 skating clubs.

As a Skate Canada sanctioned event, officials will be evaluating the Star 1 to 4 level events while local coaches

will be running the Canskate events.

The Skating Club planning is well underway and volunteers and community support are needed to make this event a success. Everyone is invited to come out and watch and cheer on our grassroots skaters as they show off their skating skills.

The event takes place at the East St Paul Arena at 264 Hoddinott Rd. Events are scheduled to run from 9 a.m. to 4 p.m. Follow us at www.espsc.ca, Facebook, or Instagram for more information.

Teulon wins consolation title at Steinbach Christian tournament

Staff

The Teulon Collegiate Saints won the consolation title at a Steinbach Christian varsity boys' basketball tournament last weekend.

Teulon soundly defeated the Rose-nort Redhawks 65-35 in the consolation final.

The Saints started the tournament

with a 63-35 loss to Steinbach Christian. Teulon then defeated Springs Christian 68-47.

The Carman Cougars won the tournament title with a 58-48 win over the Westside Wings.

The Saints will take part in an eight-team tournament in Arborg this Friday and Saturday.

McMillan scores game winner in OT

Staff

The Stonewall Collegiate Rams defeated the Sanford Sabres 5-4 in overtime on Friday in Winnipeg High School Hockey League action.

Cody McMillan scored the game winner in OT. It was his second goal and third point of the game.

Brody Stovin also scored twice for Stonewall while Lucas Singh had a goal and an assist. Dasek Sobkow and Ryland Gard also had an assist in the

game.

Griffen Campbell, Dayne Bruce, Logan Erb and Alex Pereira tallied for Sanford.

Jackson Kummén earned the win in goal.

Last Wednesday, Stonewall was edged 3-2 in a shootout by Gabrielle-Roy.

Tristan Shore scored a first-period goal for the Rams and then Stovin added a power-play goal in the third.

Rhett Woods assisted on both goals while Carter Bassett and Gard each had an assist.

Teo Lambert and Luc Lagasse tallied second-period goals for Gabrielle-Roy.

Stonewall visited the Springfield Sabres this past Tuesday but no score was available at press time. The Rams will play Leo Remillard on Friday (4:15 p.m.) at Southdale Arena.

Advancing to the provincials



TRIBUNE PHOTO SUBMITTED

The Stonewall Bantam boys' hockey team has advanced to the provincials and will represent the Interlake in Warren on March 6 to 8. Stonewall shut out Lakeside 5-0 and then defeated Riverton twice by identical 9-2 scores in Riverton.

Tournament champs



TRIBUNE PHOTO BY TANYA SWANSON

The Stony Mountain Flames PeeWee 'Red' hockey team won gold at their home tournament last weekend.

PeeWee 'Red' went undefeated, beating the Transcona Regents A1 (5-2), St. James Canucks A1 (3-2), Lac du Bonnet (6-1) and the St. James Canucks A1 (5-2) in the gold-medal game. Pictured front row: Carson Littlepage, Justin Braid, Liam Butcher, Matty Penner, Jackson Vandersteen, Evan Roy and Daniel Forsythe. Back row: Liam Smithson (assistant coach), Meara Smithson (assistant coach) Evan Deprez, Cooper Carey, Wade Byle, Tyson VanDeSype, Cole Swanson, Darcy Forsythe (assistant coach). Missing from the photo is Rob Smithson (head coach).



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stonewall Rams' goaltender Jackson Kummén came up short in his team's 3-2 shootout loss to College Gabrielle-Roy on Jan. 8.

Meier scores in Calgary's loss to Manitoba

Staff

Stonewall's Annaliese Meier scored the University of Calgary Dinos' lone goal in a 2-1 road loss to the University of Manitoba Bisons in women's hockey action on Saturday.

Meier pounced on a rebound and put the puck top shelf past Bison goaltender Erin Fargey while Calgary was on the power play. The goal came with 2:30 remaining in the first period.

Meier now has five goals and seven points in 19 games this season.

Manitoba's Megan Neduzak scored a first-period goal and then Jordyn Zacharias added the game winner on the power play at 13:06 of the third.

The loss ended Calgary's streak of 11 straight games with a point.

On Friday, the Bisons lost 3-1 to the Dinos.

Delaney Frey, Holly Reuther and Taylor Beck scored for Calgary. Samantha Sichkaruk had Manitoba's



Calgary Dinos' Annaliese Meier

goal.

Manitoba will host the UBC Thunderbirds this Friday (7 p.m.) and Saturday (2 p.m.).

Bonspiels heating up the ice across the Interlake



TRIBUNE PHOTOS BY KYLE LOEHMER

The Balmoral Curling Club held its annual Ladies Bonspiel from Jan. 10 and 11. Team Deprez defeated Team Anderson to win the A-event. Left photo, left to right: Laurie Deprez, Gina Doyle, Liz Wilson and Mary Beck; Middle photo: Team Stott won the B-event including Kathy Stott, Karen Tyluk, Sarah Tyluk and Julie Johnston. Right photo: the C-event was won by Team Schaeffer with Cindy Schaeffer, Darla Prochner, Jen Greigson and Nancy Dodd.

Jets rally to defeat St. Boniface Riels

By Brian Bowman

The Stonewall Jets had a little comeback magic in them on Monday. Stonewall erased a 4-3 third-period deficit with two goals to defeat the St. Boniface Riels 5-4 in Manitoba Major Junior Hockey League action.

Carson Ouellette tied the score at 4-4 with a power-play goal just 23 seconds into the final frame.

James Maxwell then netted the game winner with just 4:26 remaining in regulation time.

St. Boniface's Cade McKee opened the game's scoring midway in the first period but Stonewall responded with goals from Keevan Daniels-Webb, Brendan Labossiere, and Maxwell (on the power play).

It was all Riels' in the second period, though, as Dawson Braun, Ben Kirton, and Kyle Lang tallied. Curtis Beck made 25 saves for the win.

On Saturday, the Jets skated to a

5-4 overtime win over the Ft. Garry/Ft. Rouge Twins in Stonewall.

Daniels-Webb scored the game winner in OT. It was his second goal and fourth point in the game.

Stonewall's Marcus Dewey also had two goals and an assist while Maxwell added a goal and two helpers.

Cole Zadro, with a pair, Owen Ostermann, and Jared Bucci replied for the Twins.

Adam Swan made 35 saves for the victory.

The Jets are now 16-12-1 and have 33 points to sit tied for fourth place with the Transcona Railer Express in the 10-team league.

The MMJHL will be hosting its 2020 Showcase this Friday through Sunday at the Bell MTS Iceplex.

Stonewall will play the Charleswood Hawks on Friday (7:15 p.m.) and the Raiders Jr. Hockey Club Sunday (12:45 p.m.).

Kinettes host stick curling bonspiel



TRIBUNE PHOTOS BY PAT MOLDOWAN

The inaugural Stonewall Kinettes Stick Curling bonspiel was a great success. The bonspiel was held in Marquette Jan. 10 to 12 with 32 teams participating. Left photo: winners of the A-event, left to right, were Harold Cook and Jim Rouse; middle photo: B-event Alvin MacMillan and Bev Schick; right photo: C-event Darren Lust and Greg Didyk.



**Stonewall
Jets Player
Profile**

#6

Brandon Kochen

Forward



*Come out to
support the Jets*

Upcoming Games

Friday, Jan. 17
Charleswood Hawks
at Stonewall Jets
7:15 p.m. at VMSC

Sunday, Jan. 19 Stonewall Jets
at Raiders Jr. Hockey Club
12:45 p.m. at
Seven Oaks Complex

Jonathan Watson Memorial Jr. bonspiel winners

Submitted by Sharon Jack

Teulon Curling Club hosted the Jonathan Watson Memorial Junior Bonspiel from Dec. 13 to 15 with 11 teams participating in two categories.

The youth provided excellent curling over the weekend providing great entertainment.

Results of the weekend were as follows:

18 and under winners (sponsored by One Insurance and Teulon Shoppers Drug Mart) — the Jordon McDonald team including Jordon McDonald, Jordan Johnson, Braxson Kuntz and Alexandre Fontaine.

Runners-up — the Landon Krahn team including Landon Krahn, Luke Trinke and Jace Zacharias.

14 and under winners (sponsored by Teulon Elementary School and Gimli Veterinary Services) — the Raphael Malo team including Raphael Malo, Carter Malmquist, Noah Amy and Matthieu Tougas.

Runners-up — the Aiden Fitzgerald team including Aiden Fitzgerald, Jackson Askew, Carter Mitchell and Jake Ring.

A draw to the button contest was also held for each category with Carter Mitchell and Rylan Graham being closed to the pin. We appreciate all the support received for the event. Donations to the silent auction, cash donations, purchasing tickets through the weekend — it all helped to raise \$1,400, which will be used to help support children and their families battling pediatric cancer.



18 and under winners: Jordon McDonald, Jordan Johnson, Braxson Kuntz, Alexandre Fontaine.



18 and under runners-up: Landon Krahn, Luke Trinke, Jace Zacharias.



14 and under winners: Raphael Malo, Carter Malmquist, Noah Amy, Matthieu Tougas.



14 and under runners-up: Aiden Fitzgerald, Jackson Askew, Carter Mitchell, Jake Rin.

U18 Lightning pick up two huge road wins

By Brian Bowman

The Interlake Lightning U18 boys' hockey team had a great weekend away from home.

Interlake won both road games last weekend, concluding with a 6-4 comeback victory over the Brandon Wheat Kings on Sunday afternoon.

The Lightning erased a 4-2 third-period deficit with four unanswered goals.

"We finally woke up in the third," said Lightning head coach Scott Wong. "Brandon played a very strong game, one of the better games that I have seen them play against us all year but the boys battled back."

Matthew Vandel led Interlake with two goals and an assist while Liam Foley, Karson King, Aiden Bruce and Kaydyn McMahon added singles.

King and Ethan Johnson finished the game with two points.

Ty Earl (two), Ty Gwynne and Dalton Andrew scored for Brandon.

The Wheat Kings outshot the Lightning 43-19 as Chris Fines earned the win.

"He played well all weekend," Wong said. "He was the difference in Sunday's game, for sure. The shots were pretty lopsided after the first (period) but we took it to them in the third."

On Saturday, Interlake defeated the Parkland Rangers 3-1 in Dauphin.

"That was one of the best defensive games that we have played all year," Wong said. "We outshot them and played well. Chris played well (and) everybody did what they needed to

do."

King led the Lightning with a pair of goals while Austin Adair also tallied for the winners.

Jayce Legaarden scored a short-handed goal in the second period for Parkland.

Fines made 34 saves for the win.

Last Wednesday, Interlake lost 7-6 in overtime to the Central Plains Capitals in Teulon.

The Lightning led 6-3 late in the third period but suddenly collapsed, allowing three goals in a 3:46 span.

"It was very difficult. We were battling, no excuses aside, (illnesses) and injuries," Wong lamented. "That particular night, they turned it on in the last five minutes and we had control of it."

Central Plains' Riley Borody tied

the score at 6-6 with just two seconds remaining in regulation time.

Ryan Botterill then scored the game winner in OT.

Ayden Manningway led the Lightning with two goals and two assists while Adair also scored twice. Interlake's Cole Emberly added a goal and an assist while Ashton Fisher also tallied.

Cody Blight (two), Botterill, Cameron Trimble and Will Faraci scored Central Plains' other goals.

Interlake, now 14-19-0-2-0 and with 30 points to occupy ninth place, will host the Winnipeg Thrashers on Wednesday (8 p.m.) and then will visit Central Plains on Saturday (1:15 p.m.) in a huge matchup.

Interlake will then host Brandon on Sunday at 2 p.m.

Oliver among Manitoba Curling Hall of Fame 2020 inductees

By Brian Bowman

Innovator Ernie Oliver, who is widely acknowledged as the driving force behind the establishment of two-person stick curling in Manitoba, will be inducted into the Manitoba Curling Hall of Fame.

The induction banquet will take place May 3 at Canada Inns Polo Park.

Oliver is very proud to get the nod into the prestigious Manitoba Curling Hall of Fame.

"There was a lot of work getting that started," said Oliver Monday evening. "All of the funding that I had was what I put in because we couldn't get any ice. I wanted to start something where somebody who couldn't play the full-person (curling) anymore and had bad backs and knees, they would still be able to stick-curl."

Oliver was born June 11, 1935 and lived in Marquette. His curling career started in the spring of 1950 on natural ice in Warren.

In 1951, Oliver, along with many neighbourhood people in the Meadow Lea and Marquette areas, decided to build a one-sheet curling rink with natural ice in Meadow Lea that was completed and opened for that winter. Oliver bought - at a cost of \$540 - and donated a set of 16 rocks for the club that were called Excelsior Kays when he was just 16 years old.

When the Meadow Lea curling rink eventually closed, they donated the 16 rocks to Warren's new three-sheeter curling rink. Those rocks are still in use at the Warren Curling club, according to Harold Cook.

Oliver played in many Interlake bonspiels on a regular basis and later started the Masters league in Fort Rouge which is still operating today. He played in the event several times.

Oliver's curling career, though, was forced to move into playing with a stick in 2005 due to a knee replacement.

The very first two-person stick Manitoba Championship (consisting of six teams) was played in Grand Marais.

Since then, the two-person stick game has become very popular in both Winnipeg and the rural communities. Oliver noted proudly that Marquette had a bonspiel last year with 56 teams that played on two sheets of ice.

"Once it got going, (the game) just took off," Oliver said, noting he has won five provincial stick-curling championships. "You have all of the elderly people out there now and they're socializing. In our game, we have six rocks and six ends and that takes an hour and then they socialize and are back with their friends."

"I'm just overwhelmed when I go there and see all those people and I think, Oh gosh, how lucky I was to start something that went the way it did."

Oliver put on clinics throughout various towns in Manitoba, taking time to teach curlers how to play a two-person stick league. Stick curling has brought back many curlers



TRIBUNE PHOTO SUBMITTED

Marquette's Ernie Oliver is among the 2020 inductees to enter the Manitoba Curling Hall of Fame. Oliver, the driving force behind the establishment of two-person stick curling, will enter the Hall of Fame as a builder.

who could no longer curl conventionally due to physical illnesses.

There are also many wheelchair athletes involved in two-person stick curling across Canada.

Joining Oliver as the 2020 inductees will be three of Manitoba's elite curlers from the 1980s-90s, a pair of championship teams from two different eras, and another builder of curling.

Two who will be recognized for their on-ice accomplishments across over two decades of competitive success are three-time Manitoba and Brier champion teammates Vic Peters and Chris Neufeld.

While both competed at the Manitoba Men's Championship with other teams, their greatest accomplishments came as teammates with Peters at skip and Neufeld at second. Fittingly, they are inducted together into the Manitoba Curling Hall of Fame as curlers.

Also being inducted in 2020 as a curler is one of a short list of curlers who have won Manitoba titles in three different categories. Karen Purdy won Manitoba junior, mixed, and three Scott Tournament of Hearts championships along with a Canada Games gold medal between 1989 and 1995.

The 2020 honoured teams are from two different eras. Darcy (Robertson) Kirkness' Canadian junior women's champion team from 1984 was the last Manitoba team to win the Canadian title before there was an opportunity to go on to a world event.

The second team did experience success at the world level. The 2011 Jeff Stoughton team was the most recent Manitoba men's team to capture a world title.

Oliver will be joined in the builder category by Resby Coutts, whose 50-year career as a curling volunteer led to two terms as President of CurlManitoba and a term as Chair of Curling Canada's Board of Governors

Bonspiel winners



TRIBUNE PHOTOS BY COLIN CROCKATT

There was a lot of great curling action at the 2020 Argyle Men's Spiel on Jan. 2 to 5, which attracted 27 teams. Tristan Janke missed the button to win \$1,000 in the Terraco Shootout. He won \$100 as a consolation. The grand prize will roll over next year to make the prize \$1,500.

Above, The first-event winners were Team Nichol (from left to right) Devin Smith, Riley Nichol, Ryan Smith and Craig Nichol. Below, second-event winners included Prairie Roots Co-op (left to right) Ross MacMillan, Darren MacMillan, Gary Wilkensen and Ray Sherrin. Missing from the photo is Cal Janke.

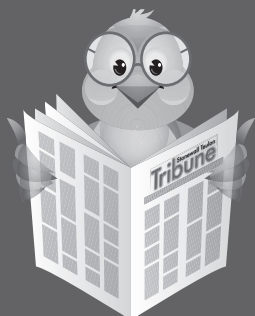


The third-event winners were Team Buchanan (left to right) Bruce Buchanan, Bill Rossington, Greg Harrison and Lloyd Buchanan.

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

Level: Intermediate

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

- Recurring TV show
- Throws out
- Iberian Peninsula microstate
- Gossip
- Atomic #20
- Ivy League institution
- Of I
- "He Is ___!": Scripture excerpt
- Musical genre
- Heavy cavalry sword
- Ancient Olympic Site
- Satisfies
- Popular flower
- Shared services center
- Drain
- A way to attack
- Urban Transit Authority
- Spiritual leader
- Postponed
- N. American plant with edible purple-black berries
- Gazes unpleasantly
- Gets up
- Capital of Ukraine
- Returned material authorization (abbr.)
- Golf score
- Superhigh frequency
- Swiss river
- Felons
- Succulent plants
- Soluble ribonucleic acid
- Deliberately setting fire to
- Infamous singer Zadora
- Anwar ___, Egyptian statesman
- Influential sports mag
- Aromatic Mediterranean plant
- Sixth note of a major scale
- Unit of explosive power
- Large watertight chamber
- Popular street
- A way of watering

CLUES DOWN

	1	2	3	4	5	6		7	8	9	10	11	12	
13								14						15
16			17					18					19	
20		21				22				23		24		
25					26				27		28			
29				30				31		32		33		
		34	35						36		37			
38	39									40				
41					42				43					
44				45		46		47				48	49	50
51			52		53		54				55			
56				57		58				59				
60			61		62				63				64	
65		66						67				68		
	69							70						

- Mollusks
- ___, denotes past
- Anchor ropes
- Large Middle Eastern country
- To make a mistake
- Ancient governor
- Extends
- Chinese surname
- NYC subway "residents"
- Essential oil used as perfume
- A way to treat injuries (abbr.)
- Session
- Units of land areas
- Goes over once more
- Where wrestlers work
- Italian islanders
- Avenue
- ___ Adams, U.S. President
- Rest with legs bent
- Type of flour
- The Golden State (abbr.)

- More (Spanish)
- Stinging, winged insect
- The use of irony to mock
- Arsenals
- Pouch
- 22nd letter of the Greek alphabet
- Violent seizure of property
- Restrict
- Something comparable to another
- Punishment device made from stems
- Soul and calypso songs
- Formerly OSS
- Athabaskan language
- ___ bene: observe carefully
- Six (Spanish)
- Read-only memory
- Chinese philosophical principle
- American conglomerate
- Tin

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THE RURAL MUNICIPALITY OF ROCKWOOD

EMPLOYMENT OPPORTUNITY

Municipal Emergency Coordinator Bilingual preferred

The Rural Municipality of Rockwood is seeking a Municipal Emergency Coordinator to provide emergency management services.

- The Municipal Emergency Coordinator will be responsible for
- Preparation, maintenance, and testing of the municipal Emergency Plan
 - Coordinating the response to emergencies in the municipality
 - Attracting, managing, training and motivating volunteers

The job will require a time commitment during normal times of an average of 7 hours per week. During emergencies the Municipal Emergency Coordinator must be available for full workdays, including overtime, for as long as is required.

The Municipal Emergency Coordinator will hold a contract position reporting to the Chief Administrative Officer.

The successful applicant must have good knowledge of community emergency preparedness. He or she must have a demonstrated ability to manage volunteers; to provide training to volunteers, staff and members of council; to maintain the emergency plan; and to coordinate emergency response within the community. Training in emergency response management is an asset. A basic level of ability with Microsoft Office is essential. A valid driver's license and access to a vehicle is essential.

Please include 3 references with your resume including contact information and relevance.

Resumes, references, and salary expectations addressed to the undersigned will be received by mail, fax, email or in person until noon on January 24th, 2020.

We thank all applicants for their interest in this position. We will contact only those selected for an interview.

Apply to:

Chief Administrative Officer
RM of Rockwood, Box 902, Stonewall, Manitoba R0C 2Z0
Email: cao@rockwood.ca
Fax: 204-467-5329

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RURAL MUNICIPALITY OF ROCKWOOD

UNDER THE AUTHORITY OF
THE PLANNING ACT

NOTICE OF PUBLIC HEARING

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

R.M. OF ROCKWOOD ZONING BY-LAW NO. 20/19
Being a By-law to regulate and control the
use and development of land and buildings
within the Municipal limits of the
R.M. of Rockwood.

HEARING LOCATION: R.M. of Rockwood Council Chambers
285 Main Street, Stonewall, Manitoba

DATE & TIME: Thursday, February 6, 2020, at 6:00 PM

GENERAL INTENT: To adopt Zoning By-Law No. 20/19, replacing Zoning By-law No. 17/09 (as amended), in accordance with *The Planning Act*.

AFFECTED AREA: Zoning By-law No. 20/19 will apply to all lands within the R.M. of Rockwood.

FOR INFORMATION CONTACT: Eric Shaw, General Manager
South Interlake Planning District
285 Main Street, Stonewall, MB, R0C 2Z0
Phone: 204-467-5587

A copy of the above proposal and supporting material may be inspected at the location noted above during normal office hours, Monday to Friday. Copies may be made and extracts taken therefrom, upon request.

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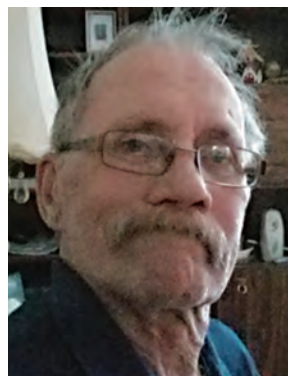
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OBITUARY

Curtis O'Dell

Following a lengthy battle with COPD, Curtis O'Dell passed away at the age of 67 years. He leaves to mourn his wife of 44 years, Brenda (nee Martin); sons Clayton (Melanie) and Jason; grandchildren Katelyn, Declan and Lyric; sister Marilyn (Peter) and his extended family at Conviron where Curtis worked for 38 years.

Thanks to Palliative Care for trying to give Curtis a better quality of life these past few months.

In lieu of flowers, donations can be made to Interlake Eastern Regional Health Authority (Palliative Care).

A celebration of life will be held on Friday, January 17, 2020 at 1:00 p.m. at the Royal Canadian Legion (459 Main Street) Stonewall.



OBITUARY

John L. Schenkers

April 11, 1966 – January 10, 2020

It is with heavy hearts we announce the sudden passing of our son and brother, John Schenkers. John is survived by his loving dad and mom, Ron and Jo-Anne; his brother Mike (Sue) and family; and sister Tracy (Barry) Cross and family.

We love and miss you Johnny. Arrangements pending.

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory of Leslie Sigvaldason

December 1, 1957 – January 18, 2010

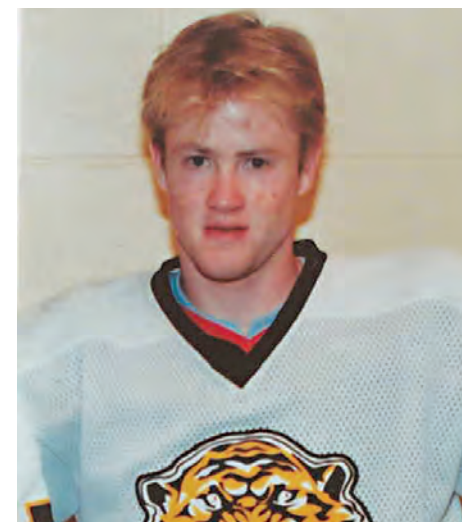
Every day in some small way, Memories of you come our way; Though absent you are always near, Still missed, loved and always dear.

-Love,

Lorne, Clayton, Krystle and Austin

ANNOUNCEMENT

IN MEMORIAM



Shawn Nelson

May 15, 1973 - January 21, 1995

In loving memory of our Son, Brother and Uncle

Time stood still on that fateful day 25 years ago.

Although the years have come and gone, it seems like just yesterday you were with us, smiling and laughing, sharing your hopes and dreams.

And though you are not here in body, your memory lives on in our hearts, forever a shining star.

Never forgotten, always loved.....

-Mom, Dad, Shannon and family

THE RURAL MUNICIPALITY OF ROCKWOOD

BALMORAL WATER & WASTEWATER UTILITY

The Rural Municipality of Rockwood has received approval from the Public Utilities Board in regard to Balmoral Water and Wastewater Utility 2012, 2016, 2017 and 2018 Actual Operating Deficit Recovery.

Public Utilities Board Order Number 186/19 orders the following:

1. The actual operating deficits, when calculated for regulatory purposes, of \$20,902 in 2012, \$29,406 in 2016, \$28,410 in 2017 and \$20,455 in 2018 incurred in the Rural Municipality of Rockwood, Balmoral Water and Wastewater Utility, is HEREBY APPROVED to be recovered through a rate rider of **\$1.11 per cubic meter**, per customer per quarter over five (5) years or until the deficit is recovered in full, whichever comes first. The rate rider is effective January 1, 2020. *First quarter in 2020 will be when residents will see charges.*
2. The Rural Municipality of Rockwood is to provide a notice to its customers, including the decisions found in this Order. This is said notice.
3. The Rural Municipality of Rockwood, Balmoral Water and Wastewater Utility is to monitor the deficit revenues and stop the rate rider if recovered in full before the five year period.
4. The Rural Municipality of Rockwood, Balmoral Water and Wastewater Utility file a rate study and revised rate application with the Public Utilities Board, by no later than February 28, 2020.

How will the Rate Rider Effect my bill? Please see table below:

	Current Quarterly Bill Charge	Rate Rider Charge	Total Quarterly Bill Includes Rate Rider
Minimum Utility Bill of 15m ³	\$ 60.20 +	\$ 16.65 =	\$ 76.85
Average Utility Bill of 23m ³	\$ 83.80 +	\$ 25.53 =	\$ 109.33
High Utility Bill of 70m ³	\$ 222.45 +	\$ 77.70 =	\$ 300.15

Board decisions may be appealed in accordance with the provisions of Section 58 of The Public Utilities Board Act, or reviewed in accordance with Section 36 of the Board's Rules of Practice and Procedure (Rules). The Board's Rules may be viewed on the Board's website at www.pubmanitoba.ca.

Public Utilities Board Order Number 186/19 can be found on the Rural Municipality of Rockwood's website. www.rockwood.ca.



THE RURAL MUNICIPALITY OF WOODLANDS CONTRACT – JANITORIAL SERVICES

The Rural Municipality of Woodlands invites tender bids for the contract for Janitorial Services for the RM of Woodlands

The successful candidate will be responsible for the regular and seasonal cleaning services for the RM of Woodlands Office, Public Works Shop Office space and the Multi-Purpose building in Warren.

Please contact the Rural Municipality of Woodlands Administration Office at 204-383-5679 for further information.

Persons applying are welcome to review the proposed contract available at the RM of Woodlands Office at 57 Railway Avenue in Woodlands. Sealed tender bids will be accepted until January 22, 2020 by mail, to:

R.M. of Woodlands, P.O. Box 10, Woodlands, MB R0C 3H0

Fax: (204) 383-5169

Phone: (204) 383-5679

We thank all candidates for their interest, however, only candidates selected for interviews will be contacted.

OBITUARY



Eva Pearl Olson (nee Langrell)
1928 - 2020

"A life well lived, laughed and loved..."

Pearl passed away peacefully at the Selkirk Regional Hospital on January 6th, surrounded by three generations of her family's love.

Mom is survived by her children Chris Olson and Lorelee (Howard) Proctor; her grandchildren Courtney, Carly (Mike), Kendra, Christopher (Sarah) and Jacquie (Jesse); cherished great-grandchildren Caitie, Kit, Beck and Wren; brother Laurie (Shirley); the Olson family, Ken, Betty (Al), Clarence (Ethel) and Janine Olson. She was predeceased by her husband Charlie in 2011.

Pearl was born on July 17, 1928. She lived the majority of her life in the community of Warren. Following dad's passing in 2011, Mom made the move to Lions Manor in Stonewall.

Mom very much enjoyed life in both communities with an abundance of wonderful friends, neighbours and cousins. Fly in fishing trips and drives with Dad as well as time spent with the grandkids were the favourite times of her life. Brother Laurie, nieces and nephews always played an important role in mom's life and brought her happiness. She enjoyed reading, crosswords, cards, gardening and following any sport, especially the Jets! Not to be forgotten was that she valued community projects and a good day's work.

At mom's request, a Celebration of her Life will follow on May 1st at the Warren Memorial Hall at 2 p.m. A private family interment will precede the gathering at the hall.

Sincere thanks to Dr. Michael Stephenson for his conscientious medical counsel over the past years. Also, to the many dear family and friends near and far who have helped Mom to have the best life, so full of joy. Many thanks to Ken Loehmer Funeral Services for the guidance and professionalism offered during this difficult time.

If people so desire, a donation in memory of Pearl may be made to the Warren United Church or the Woodlands Pioneer Museum.

Thanks for the memories and your abiding love, Mom. We will miss you forever.



OBITUARY



Chris Noel Monk
December 20, 1938 - January 11, 2020

A very special man peacefully passed away, surrounded by loved ones on January 11, 2020.

Chris was born on December 20, 1938 to Nora and Walter Monk in East Ship Harbour, Nova Scotia. His memory will forever be cherished by his sisters, Geline, Sheila, Virginia and brothers Charles and Duncan all in Nova Scotia.

At the age of 18 he joined the Armed Forces and ended up in Manitoba with the RCHA for three years. Chris was always looking for something different and better. Well he found it. Chris and Mabel married in 1959 and he started a new career with the pulp and paper industry from which he never really retired. But without a doubt, the most important thing in Chris's life was his family. We will miss his stories, advice and unconditional love and will cherish the memories of him in our hearts forever. Chris's greatest love was family and probably fishing, hunting and sitting around with the boys at the Legion.

Chris will be lovingly be remembered by his wife Mabel and his chosen family, Fred, Ken, David, Gerald, Freda, Arlene and Pam and their spouses, numerous nieces and nephews and with a special mention to his nephews Jon and Trevor Norquay and niece Amanda Norquay which he held dear to his heart.

On behalf of our family we extend our sincere gratitude to Dr. Venter and all the nurses and staff for their caring and compassion given to Chris at the Stonewall Hospital.

At Chris's request there will be no formal funeral service at this time. Cremation has taken place. Interment will be in the Veteran's section of the Stonewall Cemetery at a later date.

In lieu of flowers please make donations in Chris's memory to Parkinson's Canada 7 - 414 West Mount Drive, Winnipeg, Manitoba, R2J 1P2.

To all, thank you for sharing our sorrow.



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OBITUARY



Bertie Jean Faulkner

It is with sadness that we announce the passing of Bertie Jean Faulkner, on January 2, 2020 at the age of 75. Bertie passed away peacefully in the presence of family at the Royal Inland Hospital in Kamloops.

Bertie will be best remembered for her love of her family, her crafting, her collecting of antiques, her humour, her love of birds, and her beautiful gardens which were a reflection of the beautiful person she was inside and out. Her grandchildren spent endless hours crafting with her on the farm, challenging her to Kings in the Corner, and enjoying her delicious baking powder biscuits.

Bertie was born in Summerside, Prince Edward Island January 22, 1944 and moved to Cloverdale BC when she was in her teens. In 1967 she met her husband Larry in Moose Jaw, Saskatchewan. Married in April 1968, they remained happily together for 52 years travelling across Canada with the Air Force; settling eventually in Balmoral, Manitoba on a farm in 1985. In May of 2019, after spending almost 35 years on the farm, Bertie and Larry moved to Kamloops to be closer to their children, grandchildren and extended families.

Throughout her life Bertie worked in schools as a secretary and classroom assistant, she also worked as a real estate agent, florist and dedicated 30 years on the Board of Directors at the Arris Center in Stonewall, Manitoba.

Bertie was a dedicated and loving wife, mother, grandmother, sister to five siblings, and loving aunt to many.

She leaves behind her loving husband Larry Faulkner; her children Dana Dumore (Glenn), and Tom Faulkner (Leah); as well as four grandchildren, Sydney and Carson Dumore and Spencer and Allison Faulkner. Survived also by her sisters Joan Eustis and Rhoda Metcalf as well as her brother Leigh Baker and their extended families.

A huge thank you goes to the staff on Ward 6 North at the Royal Inland Hospital in Kamloops. In lieu of flowers donations can be made to the Alzheimer's Society or the Arris Centre (Community Living - Interlake) in Stonewall.

Condolences may be expressed to the family from www.myalternatives.ca

Arrangements entrusted to
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