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TRIBUNE PHOTO BY LANA MEIER

Alain Gauthier and his son Victor were cleaning their driveway Saturday after Mother Nature dumped a fresh blanket of snow on Manitoba.

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Manitoba musicians to host virtual Valentine's Day concert

Local artist Rhianna Rae Saj sings duet with Juno nominee Don Amero

By Sydney Lockhart

Manitoba musicians are finding CO-VID safe ways to help others celebrate Valentine's Day.

Rhianna Rae Saj, recently featured on a song titled "I Hate That Song" by country musician and Juno nominee Don Amero, said it started as what was supposed to be backup vocals but turned into much more.

"Don brought this song to a producer he was working with and he said my voice would be beautiful," said Saj. "When Don heard it, they were excited about it and wanted to release it as

Saj has been a musician for many years and released her own EP back



FONDATIONS COMMUNAUTAIRES DU CANADA



The Government of Canada's \$350 million Emergency Community Support Fund (ECSF) is helping community organizations adapt frontline services to better meet the needs of people experiencing heightened vulnerability during the COVID-19 pandemic. Since the COVID-19 pandemic was declared over nine months ago, communitybased charities and non-profit organizations have been working tirelessly to provide emergency support, in particular to individuals and communities experiencing heightened vulnerability.

Demand for the services of charities and non-profits has increased dramatically and organizations are struggling to meet these needs with their limited resources. Charities and nonprofit organizations are pillars of their communities who are working tirelessly to serve their communities.

The Fund is designed to help support organizations as they continue to respond to the pandemic. The demand for the ECSF far exceeds the funds available. Community Foundations of Canada also continues to advocate for broader recovery and stabilization support for the charitable sector.

The Interlake Community Foundation participated in this grant program, distributing \$40,000 in local grants in the summer of 2020. In November of 2020, we approved an additional \$30,000 in Round 2 of the ECSF program as follows:

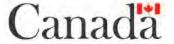
- 1. \$2,000 was invested in the South Interlake Seniors Resource Council Inc to purchase COVID PPE for volunteers and staff.
- 2. \$4,700 was invested in the Interlake School Division/ Warren Collegiate Institute to purchase a commercial dishwasher to meet COVID requirements for breakfast program, lunch canteen and courses.
- 3. \$5,000 was invested in the Teulon United Church to purchase PPE, cleaning supplies etc. for the CE building to be safely used by community groups during
- 4. \$7,231 was invested in the Rosser Central Community Club Inc. to ensure cleanliness and safety of club for use by community groups.
- 5. \$800 was invested in the Church of the Ascension FM Band Broadcasting Equipment to broadcast services and other community events by FM radio.
- \$5,900 was invested in the Teulon & District Senior's Resource Council Inc for their project Safety for all PPE and cleaning supplies for those who cannot afford to purchase on their own.
- 7. \$1,927 was invested in the South Interlake Regional Library. They have purchased equipment to operate an outreach program.
- 8. \$2,442 was invested in the Grosse Isle Memorial Rec Club Inc to provide a safe covid-free facility to ensue cleanliness for community groups.

The committee of Meechelle Best, Ross Thompson, Cheryle McClure and Murray Slagerman felt so pleased to be part of the program. They all learned so much about the work being done in our area by local grass-roots organizations. Even though the pandemic has had so many negative effects, it was uplifting to see the positives.

We thank the Government of Canada and our partner Community Foundations of Canada for the ECSF Round 2 grant program.

Please follow our social media accounts on Facebook and Instagram for the individual announcements.

> The Emergency Community Support Fund Funded by



Advertorial



TRIBUNE PHOTO SUBMITTED

Rhianna Rae Saj and Don Amero's new single "I Hate That Song" sparked the idea to hold a virtual Valentine's Day concert.

in 2019. Following the release, she has been mainly working on song writing, for herself and other musicians.

"It was a true COVID-19 creation. Everything was done when we went by ourselves and we've never met," she said.

After the song was released on Jan. 8, streaming platform Spotify added it to one of their curated playlists right after an Elton John song.

"It was pretty weird seeing our names beside his name," said Saj.

Since the release of the song, Amero, Saj and musician Noah Derksen decided

to put on a virtual concert on Valentine's Day titled "A Date With Don and Friends."

"For us to have in-person shows, we need to be able to have more than 10 people in a room. We're more concerned about getting a vaccine and being able to perform again," said Saj.

The virtual concert is a way to be able to still put on a show and bring music to people at home, even though in person shows are still far away with the current pandemic situation in Canada.

The Valentine's show will be host-

ed on Zoom on Feb. 14 at 7 p.m. CST. Tickets are available for \$20 on sidedooraccess.com.

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Stonewall man to celebrate centennial birthday Feb. 16

It's not every day people celebrate a century since their birth, but such will be the case next month.

Stonewall resident David Gray, 99, will celebrate his 100th birthday on Feb. 16 with a few select family members including his son and daughterin-law.

"One hundred years is a long time," said Gray, chuckling. "I live in a complex, so maybe a few locals will celebrate, too."

Born in 1921 in Carberry to Scottish parents Henry and Isabel Gray, Gray's family soon moved to a community near McCreary, where he worked the farm until the Second World War started. He joined the Royal Canadian Air Force at 20 years old.

A veteran of the Second World War, Gray spent time as a fighter pilot prior to returning home and beginning a 40-year career with Winnipeg Hydro.

"I started as an air engine mechanic, then worked my way to becoming a fighter pilot. I have about 4,000 hours," said Gray, referring to his flight time, which spanned five years in the Canadian Forces.

"During my last 17 years with WinnipefgHydro, I was superintendent of buildings and equipment," he said, adding he managed about 50 employ-

From his time as a young farm boy, growing into a war veteran and company man, Gray said he has witnessed much change in the world. He said he has seen changes in technology and efficiency but also in the way people interact with one another.

Remembering his time with Winnipeg Hydro, Gray said he remembers working on some of the first computers, likely not recognizable to today's youth.

"They had a big crank on them," said Gray, laughing, contextualizing the timeframe by adding the fact he retired in 1984. "They did the job at the time."

Once his career ended, Gray said he spent time focusing on family and en-

joying life at the family's Twin Beaches cabin with his late wife, Irene. He also has two children, Gary and Colleen.

With words of wisdom, he said his retirement has been everything he

"Î did the best thing a person can do: We went to Texas, we bought a place, and we went (in the winter) for 20 years," said Gray. He completed his last return trip at the age of 90.

"During that period, Hearned to play golf, my wife liked to square dance and we could do that every day in Texas, and in the summers, I'd find new projects to work on at the cottage," he said, emphasizing how thankful he is, for everything in his life has exceeded his expectation.

The key to a long and happy life, according to Gray, is to spend the later years in life staying active by learning new things, trying new hobbies and visiting new places. Don't get complacent, he said, and don't get bored.

As Gray spends time thinking about the future, and the complicated times we live in, he said it's difficult to provide advice to future generations.

"There are a lot of funny things going on in the world today," said Gray. "Kindness goes a long way."



David Muir Gray joined the RCAF in 1941 when he was 20 years old.



David Gray has a 100 years of memories to celebrate on Feb. 16.



Royal Canadian Air Force 402 Wing Commander David Gray, left, officially hands over his command in 1972 to Wing Commander Tom Patterson.



In early 1941, the de Havilland Company in England faced a huge task, it had to develop a new jet engine, as well as create an airframe for it to fly in. The development program proved successful and DH 100 Vampire made its first flight in September 1943. However, delivery of the first production aircraft to the RCAF was delayed until the close of the war in April 1945. TRIBUNE PHOTOS BY LANA MEIER



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RM of Armstrong invests in asset management

By Evan Matthews

The RM of Armstrong is the most recent Interlake municipality adding investment to its asset management plans.

At its Jan. 12 meeting, council directed staff to apply for a grant opportunity from the Federation of Canadian Municipalities (FCM) Municipal Asset Management Program, committing \$10,000 from its 2021 budget to the cost of the initiative.

"The asset management system is an excellent tool for managing and moving forward in a positive, documented and informed manner for RMs. It's a valuable resource and a huge part of any operational and/or (economic) development plan," said Susan Smerchanski, reeve for the RM.

She added that Armstrong's inventory includes all assets including infrastructure such as buildings, structures, land, roads, signage, drainage and culverts, vehicles, equipment, tools, stock and supplies.

"Documenting inventory clearly identifies all assets including date of purchase, replacement value, condition, longevity and projected timelines for replacement," she said.

Municipal asset management planning, by definition, is a municipality's plan for how to manage municipal infrastructure in order to provide services to residents and other users in a way that meets their expectations, and is financially sustainable into the future.

Armstrong's \$10K investment — potentially matched by FCM — will be used to advance the RM's municipal management program by:

- developing an asset management policy, strategy, roadmap and plan;
- collecting and compiling asset information into a central database, and municipal workshops regarding asset management principles;
- in-house asset management capacity;

• and data collection in the

Smerchanski added that the information will reflect net worth and assist with insurance evaluations and premiums.

She said the program is instrumental in positively moving forward, in preparing budgets, grant applications, while anticipating and planning growth, development and capital projects within the RM in line with council's goals and vision.

"We are certainly looking forward to having the technology and tools to update, improve efficiency and modernize," said Smerchanski.

"Technology and change go hand in hand, and we continue to move forward and meet the needs and expectations of our residents, ratepayers and staff," she said.

Another Interlake example

Similar initiatives have been happening around the Interlake, with

a recent example being in the RM of Woodlands. In January 2020, the Woodlands RM hired Armia Mikhaiel to the role of operations manager.

Much of Mikhaiel's role has involved taking accurate inventories, helping to pre-plan project proposals for provincial funding applications, while also acting as a liaison between rate-payers, the public works department and council.

By having someone in the role, the RM of Woodlands said in a statement to the *Express* that the asset management program has helped the municipality maintain and operate infrastructure in the most effective way so critical services can be provided to the community.

Asset management provides better understanding of full life cycle costs of owning infrastructure, evaluation of the level of service required and, as a result, provides more accurate long-term financial planning, according to the RMs.

Stonewall RCMP investigate fatal collision

Submitted by RCMP

On Jan. 20, at approximately 4:15 p.m., Stonewall RCMP received a report of a serious collision on Centreport Way, just west of Bergen Cutoff Road in the RM of Rosser.

Initial investigation shows that a semi was travelling east on Centreport Way when it took the curve, drove through the median, and collided with a minivan in the westbound lane of Centreport Way, ending up in the north ditch.

The 33-year-old male driver and lone occupant of the minivian was transported to hospital with life-

threatening injuries, where he was later pronounced deceased. The 37-year-old male semi driver and lone occupant was transported to hospital with non-life-threatening injuries. He remains in hospital. Both males are from Winnipeg.

Alcohol is not considered to be a factor in the collision. However, speed and road conditions are being looked at as contributing causes to the crash.

A forensic collision reconstructionist and the criminal collision investigative team are assisting with the ongoing investigation.

Bus safety winners





TRIBUNE PHOTOS SUBMITTED

The winners of the 2020 Manitoba Association of School Business Officials School Bus Safety poster contest are (right photo) RWBB Grade 2 student Jordan Hallock and (left photo) Grosse Isle Grade 5 student MacKenzie Boonstra with principal Christie Crow. The annual contest kicks off during School Bus Safety Week in October and is intended to increase School Bus Safety. The theme for 2020 was "Can't Touch This – The Danger Zone." Each school division is responsible for collecting posters and picking a divisional winner from each category to send

in to be judged provincially. Boonstra and Hallock each received a snow racer/scooter and helmet for their prize posters.





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Northern Health leads Manitoba in new COVID-19 cases

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TO HEAR, IN ALL

PEOPLE GOING TO

WORK, GOING TO

DAYCARE WHILE

SYMPTOMATIC."

SCHOOL, GOING TO

SETTINGS, OF

By Ashleigh Viveiros

Manitoba's COVID-19 death count surpassed 800 on Monday with five new deaths, bringing the tally to 804.

Public health officials announced 113 new cases of the virus at the start of the work week, the bulk of them in the Northern health region (58 new cases there versus 55 for the rest of the province).

At press time, Manitoba had a total of 3,542 active cases of COVID-19 and 24,464 recoveries. There were 272 people in hospital due to the virus, including 145 considered contagious. Thirty-six Manitobans were in intensive care due to COVID-19 (23 considered infectious).

Chief public health officer Dr. Brent Roussin said the hospitals are just starting to get to a point where some elective procedures are feasible once again, but that gain could quickly be lost if the COVID-19 numbers start to rise at a fast pace.

"The health-care system isn't there right now for everyone because of the number of COVID cases in hospital," he said in explaining the province's cautious approach to easing some code red restrictions but not others. "We can't do things right now that are going to escalate the cases further. ... We cannot overrun our health-care system."

In addition to stressing the usual fundamentals — staying home when sick, washing your hands frequently, keeping your distance from people outside your household — Roussin also reminded Manitobans to get tested if they are showing symptoms of the virus, even very mild ones.

"We continue to hear, in all settings, people going to work, going to school, going to daycare while symptomatic," he said. "We have to avoid that if we want to continue our progress and open things up."

The Interlake-Eastern total case breakdown by district as of Monday, was as follows: A total of 2,136 cases, up 119 cases from Jan. 25, with 391 active cases, 1,711 recovered,

13 currently in the hospital with two of those in ICU and 34 deaths.

Arborg/Riverton 9 active cases, 59 cases recovered; Beausejour 8 active cases, 126 recovered; Eriksdale/Ashern 70 active cases, 87 recovered and 7 deaths; Fisher/Peguis 71 active cases and 271 recovered, 3 deaths; Gimli 27 recovered: Northern Remote 109 active cases, 201 recovered and 4 deaths; Pinawa/Lac du Bonnet 52 recovered; Powerview/Pine Falls 89 active case and 59 recovered; Selkirk 90 recovered and 2 deaths; Springfield 5 actives cases, 156 recovered and 11 deaths; St.

> Clements 9 active cases and 81 recovered and 1 death; St. Laurent 16 recovered; Stonewall/ Teulon 5 active cases, 140 recovered and 4 deaths; Unknown District 6 active cases and 188 recovered and 1 death; Whiteshell 25 recovered and Winnipeg Beach/St. Andrews 4 actives cases, 133 recovered and 1 death.

> > Vaccine update

On the vaccine front, the medical lead for the vaccine implementation task force an-

nounced that the province's push to get the vaccine to all personal care home residents in Manitoba is well ahead of schedule.

"This week, the [vaccination] teams will visit the remaining locations," Dr. Joss Reimer said."This means that we

will have immunized every eligible and consenting PCH resident in three weeks, which is fully a week ahead of the schedule that we had initially set."

The vaccination teams are scheduled to return with the second dose in a few weeks to complete the inoculation. They'll also be in touch with care homes to ensure new residents can be vaccinated moving forward.

Manitoba has administered a total of 29.751 doses of the vaccine thus far (out of 55,650 total doses delivered to the province), including 26,349 first doses and 3,402 second doses.

Vaccination centres are now open in Winnipeg, Brandon and Thompson, though bookings for new appointments at the first two are on hold due to a disruption in the delivery of the Pfizer vaccine to Manitoba.

Due to the short supply, it's possible some booked vaccination appointments may have to be postponed.

"Right now we have enough in our freezer to provide either the appointments that are booked for next week and the week after or to provide the second dose to our personal care home residents," Reimer said, explaining they will have firmer plans on Friday after they get word from the federal government about the next shipment.

Province eases back some COVID-19 restrictions

By Ashleigh Viveiros

The provincial government scaled back some COVID-19 restrictions in the latest public health orders announced last week.

Coming into effect Jan. 23 and lasting for three weeks, the orders update restrictions that have been enforced since November when the entire province went to red on the pandemic response system.

They reflect the gains Manitoba has made in the fight against the virus while acknowledging the need for caution, Dr. Brent Roussin, Manitoba's chief provincial public health officer, said last Thursday.

"Our collective progress in reducing the spread of COVID means we can undertake these very careful, very cautious reopenings at this point," he said."But this has to be a gradual and cautious process. We do not want to be opening and then closing and then reopening again."

The revisions include changing gathering limits to allow households to host two designated people inside

their homes and have outside visits with up to five people in addition to household members.

Funerals can now have up to 10 people in addition to the officiant under clear COVID-19 protection protocols.

On the retail front, the essential items list has been eliminated, allowing all stores to open.

"Stores will be able to sell any products if they maintain physical distancing between customers and occupancy limits of 25 per cent with a maximum of 250 people, whichever is lower," Roussin explained.

The new orders also allow for the operation of basic services that promote physical and mental health, non-regulated health services like pedorthists and reflexologists, and barber shops and hair stylists, with capacity limits.

Remaining closed are things like restaurants, entertainment centres and fitness facilities.

These revisions apply to the Winnipeg (except for Churchill), Southern Health-Santé Sud, Interlake-Eastern, and Prairie Mountain Health regions. High COVID-19 numbers in northern Manitoba means those communities remain under the earlier, stricter public health orders.

Roussin stressed that a total return to normal — allowing all closed businesses and sectors to reopen at once would not be a wise course of ac-

"We know businesses did whatever they could to make their places safe, but we could see in October and November, despite that, we were on a very bad trajectory. If we opened everything now to where we were in October, we would be back on that trajectory."

He urged Manitobans to continue following the fundamentals of physical distancing, hand hygiene and staying home when ill.

"If we continue to focus on those fundamentals, then these sacrifices will pay off in the short term so that we can start getting back and continue our progress on reopening."

'We don't want a COVID comeback' Premier Brian Pallister also appealed to Manitobans to continue to do their part in the battle against the virus.

"I know some of you will be disappointed today that you're only able to get together with two people [inside] because you have many friends and family that you'd like to see," he said.

But keeping the number of contacts per household down remains integral to stopping potential COVID-19 exposures from ballooning into the hundreds very quickly.

"We are going to be cautious in this. We don't want to have a COVID gettogether. We don't want to have a CO-VID comeback," Pallister said, asking Manitobans to pick two-and only two—designated people outside their household to visit with in their homes. "On your honour, that's what I'm asking you to do now ... we're asking you to follow the rules because that's how we'll keep each other safe.

"Remember that in three weeks' time, if we do the right things, there may be an opportunity to make further progress on this front."

PUBLISHER Lana Meier



SALES **Brett Mitchell**



REPORTER/PHOTOGRAPHER Jennifer McFee



SALES AND MARKETING Jasmin Wolf



REPORTER/PHOTOGRAPHER **Evan Matthews**



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Realities around restrictions

By Evan Matthews

Provincial restrictions related to CO-VID-19 eased this past week.

Hooray! Right?

Well, the restrictions have been eased for at least two more weeks (by the time this paper prints). There is a possibility we could head backwards if numbers spike again. Time will tell.

But once again, what we know for sure is that the change in rules/restrictions has created a spectrum of belief regarding the "right way" of doing things.

The stores opened up (in a limited capacity) and are now selling "nonessential" items once again, and the streets were busy with people running errands and enjoying days outside the home.

Despite the fact that the eased restrictions say"two designated people" from outside a household may visit, many took that as the sign to open up their front doors to any or all of their friends and family whom they hadn't seen for months. Somewhat understandable, to many.

Others took the restriction ease at its verbatim phrasing and said absolutely not — stay the course — to visiting with anyone outside of their two designated visitors. Somewhat understandable, also, to many.

Whether you're following the provincial health orders and restrictions to the letter or whether you're being a little bit more liberal with the restrictions, is there a correct way to behave? There are two hard realities:

Not much has really changed, even when factoring in restrictions.

Minus the tickets and warnings doled out by provincial enforcement officers, most of us have not experiof the rhetoric consistently driven home in the media.

It's been said to us before, "We all have to do our part."

Yes, restrictions and subsequent fines have been in place for a long time and, yes, the fines are in place to deter people from defying the restrictions and public health orders. But there have been far more warnings than fines distributed, according to provincial numbers.

Nobody, not even provincial enforcement officers, wants to give tickets or enforce restrictions.

It's an important reminder: these fines and restrictions are in place to deter people — people who are behaving selfishly from doing just that.

But how many times have you been accosted by provincial enforcement officers? If the answer was more than zero, was it warranted?

Are the hard-lined restrictions something your everyday citizen really needs to worry about? Likely not.

We are still in the midst of a global pandemic.

Whether we are in code red, blue or green, we are in the midst of a global pandemic. Our behaviours should be dictated by our reality, not by the way a restriction makes us feel.

We have reduced our social contacts for almost a year, not because we've been told to do so but because it's the smart thing to do — the same way we wash our hands, not because someone tells us to but because we understand it to be more sanitary (it's the smart thing to do).

While living in this pandemic, we wear masks and distance, not because the government has said its law but

enced any sort of oppression outside because doctors tell us it's an intelligent and necessary precaution.

> The answer to the aforementioned question — is there a correct way to behave? Yes.

> The correct way to behave is to acknowledge that restrictions and subsequent adherence to those restrictions is less important than the acknowledgment that we are still in

At this point, we understand most neighbours are not out there to snitch on one another.

We understand it is unlikely a government task force will break down your door for disobeying restrictions. We are not oppressed.

But at this point, we should also understand that we are not out of this pandemic.

There are grey areas in life — full of nuance — and while most of society understands there are many, many people living between the lines of these provincial restrictions, we all still need to do our part.

Hopefully, not for much longer.

We want to hear from you

Letters to the editor are welcomed. Do you have an opinion on something that you would like to weigh in on or share. Please email your thoughts to Letters@stonewallteulontribune.ca

All letters are subject to editing.

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OUR EDITORIAL STAFF

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

Brian Bowman Sports Reporter sports@stonewallteulontribune.ca

Evan Matthews - Reporter/photographer 204-990-9871 Email: evan@expressweeklynews.ca

ADDRESS

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

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TRIBUNE PHOTO BY DEBBIE PETERSON BAGAN

Horse enthusiasts ride Into the fog near Argyle. Readers are encouraged to submit weather photos of the Interlake's fantastic weather throughout the year. Blizzards, rainbows, lightning storms, beach photos, snow and more - email to weather@stonewallteulontribune.ca

letter to the editor Letters to the Editor:
L

COVID 19 immunization

Are you going to get it? Are you here for the immunization clinic?

Are you ready? Yes, Yes and Yes!

I have never been more sure about answering "yes" to a question. Other than when my husband proposed to me and when we said our "I dos" at

our wedding.

Jan. 22, 2021, marks a monumental day in the history of my lifetime. This is the day that I received my first COVID-19 vaccine! As I write this it still feels so surreal that in Manitoba, Canada, this life-saving

vaccine is being administered. I feel so fortunate to receive it so early in the rollout. I keep thinking over and over that miracles do happen. This is the light at the end of the tunnel. We have experienced darkness and now the light has appeared. I hope and pray that each individual will meet their opportunity to be immunized against COVID-19 with the same excitement and enthusiasm.

I am so thankful for the individuals involved in making the COVID-19 vaccine, the caregivers taking care of people with COVID-19, those working at the testing sites, those

sacrificing social interactions each day to slow to spread, the Canadian government for organizing and securing the COVID-19 vaccine and those working daily to immunize us. Foremost I thank God endlessly for guiding the hands of the individuals mentioned above to do the life-saving work that they do. This is truly the miracle in the midst of suffering. And now I pray that everyone will see the vaccine as a blessing from God and be more than willing to receive it!

- Katie Kitching, RN

Take Courage

We are living in historic times and I expect I am not the only one who is finding myself wrestling with the effects of this tiny virus called COVID-19. It has affected so many people



in our world. For some, they have been greatly impacted by it, and for others, perhaps not quite as much. Either way it seems to be consuming much of our time and energy.

Let me offer some encouragement and perspective through a Bible story and specifically a Bible verse. Jesus has miraculously just fed 5,000 people with five loaves of bread and two fish. Everyone had eaten their fill and there were even leftovers. Immediately following this miracle, Jesus sent his disciples on to Bethsaida and he went to the hills to pray. In the middle of the night, a storm developed on the lake and the disciples were struggling to row their boat against its harshness. Then Jesus walked towards them on the water. He spoke reassurance to them, and once he climbed into the boat, the storm stopped.

"Jesus spoke to them at once. 'Don't be afraid,' he said. 'Take courage! I am here!' Then he climbed into the boat, and the wind stopped. They were totally amazed." Mark 6:50-51 NLT.

Two chapters earlier, Jesus was asleep in a boat with the same disciples when another storm developed. Jesus was awoken during this storm and commanded the winds and waves to "be still" and they obeyed him. The disciples were well aware of Jesus' authority over the elements and yet they were still totally amazed! The same Jesus who spoke to those storms and calmed them can also calm the storms of life we experience too. When we have accepted Jesus into our lives, we don't need to be afraid because Jesus is Immanuel — God with us. He is our strength and we can find courage in him because he is always with us.

If you're like the disciples and feeling afraid or overwhelmed, remember Jesus' words, "Don't be afraid, take courage, I am here with you."

Pastor (interim) Jo-Ann Porterfield Alive Family Church Stonewall, MB

WEEKEND SPECIALS

Friday, January 29th Pork Tenderloth Rouldde

(rolled with bacon, onion, spinach and served with Dijon pork gravy) Saturday, January 30th

Beaf Tandarloth Tilps

with roasted root vegetables and brandy peppercorn Demi glaze

ROCKWOOD Motor Inn 390 Main St. Stonewall



SHOWTIMES:

Please check individual listings Due to various picture lengths showt

319 First Street E., Stonewall, Man. 467-8401

> **PROGRAM SUBJECT TO CHANGE WITHOUT NOTICE**

CLOSED UNTIL FURTHER NOT

Animal visitors spread holiday cheer

By Jennifer McFee

Some special four-legged visitors helped to brighten the spirits of Rosewood Lodge residents right in time for Christmas.

On Dec. 18, Kim Lyons and Corinne Nykorak of Blackbird Ranch Equine Rescue and Rehab embarked on a ride-by visit atop a horse named Doc and a rescue mule named Lark — adorned with Santa hats on the riders and animals alike.

Although Blackbird Ranch used to be located just north of Stonewall, it's now based out of the Anola area. From there, the riders trailered the animals and parked at Stonewall Collegiate Institute before their visit on the chilly day.

Nykorak explained that they have visited Rosewood Lodge Personal Care Home a few times before. The first time, they had been riding around town and spontaneously decided to ride past the residents' windows. The next time, they had planned their visit in advance.

Then before Christmas, Nykorak had hoped to send Christmas cards to the residents, but many places weren't accepting cards due to the pandemic. They had considered sending Christmas greetings by emailing a video of themselves with the horses instead. The idea shifted again when a nurse suggested they come for a visit through the windows.

"We like to try to bring cheer with the horses because they bring us so much happiness. That's what we were aiming for, especially right before Christmas," Nykorak said.

"This time, and last time too, my

horse put his nose right up to the window. You could see the people inside trying to pet his nose. I actually started crying."

They had wanted to visit more seniors' residences that day, but the weather was just too cold to continue.

"Once COVID is over," Nykorak said, "we'd like to bring our miniature horses and ponies so the residents can visit with them in the courtyard."

Carrie Munro, recreation co-ordinator at Rosewood Lodge, said the visit brought joy and excitement to both the residents and the staff.

"The residents absolutely loved it. They're just tired of COVID and not being able to have concerts and different events. This at least was something different to brighten their day," she said.

"They started on Shura Lane, where we had them come right up to the dining room window to visit with the residents. They also did a couple window visits with the different residents in their rooms."

After that, the riders and animals visited Appleyard Bay, which is the secured dementia care unit. "We got them all towards one end on Appleyard Bay where there are great big windows," Munro said.

"The animals came right up there and were looking in. It's like they knew that there were people in there."

The residents were thrilled to interact with the horse and mule, even though the window separated them.

"It was really nice to have happen," Munro said. "Some residents have left the farm so, of course, they absolutely loved it. It was really, really good."

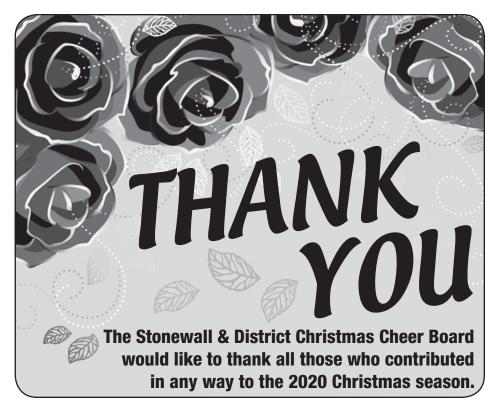


TRIBUNE PHOTOS BY JO-ANNE PROCTER

Rosewood Lodge residents were pleased to greet Doc.



Rosewood Lodge Personal Care Home residents enjoyed a visit from animals, including Lark the mule of Blackbird Ranch.





Corinne Nykorak on Doc and Kim Lyons with Lark of Blackbird Ranch Equine Rescue and Rehab.

CASA welcomes new chief executive officer

The Canadian Agricultural Safety Association (CASA) is pleased to announce the appointment of Andrea Lear as its new chief executive officer.

With a long history of not-for-profit experience, Lear joins CASA after working as the Manitoba Veterinary Medical Association's executive director. Lear brings a wealth of knowledge from her years of working in financial services. She also holds a bachelor of science in agriculture from the University of Manitoba.

"I am eager and excited to join CASA", says Lear. "I am looking forward to sharing my knowledge and

experience in supporting CASA's mandate to promote safety and health in agriculture."

Lear's formative years were spent on a Manitoba hobby farm, where she developed an appreciation for the agriculture's community and culture.

"On behalf of the board of directors, I am pleased to welcome Andrea as CASA's chief executive officer," says CASA chair Carolyn Van Den Heuvel. "Andrea's enthusiasm and passion for agriculture will lead CASA through its next phase of growth."

This appointment comes as a result of the retirement of Marcel Hacault who assumed the position of executive director in 2004. During his years with CASA, Marcel's influence and leadership have benefited agricultural health and safety efforts tremendously. His tenure will be remembered for his tireless efforts in advocating for safer farms and farming communities.

"We thank Marcel for his dedication to farmers, farm workers, farm families and farming communities," says Van Den Heuvel. "Marcel took every opportunity to ensure safety was top of mind for our industry and was an amazing ambassador for CASA. On behalf of the board of directors, I wish him well in his retirement."

The Canadian Agricultural Safety

Association is a national non-profit organization dedicated to improving the health and safety of farmers, their families and agricultural workers. CASA is funded in part through the Canadian Agricultural Partnership, a federal, provincial and territorial initiative and receives additional support from the agricultural and corpo-

For more information, visit www. casa-acsa.ca, find us on Facebook or LinkedIn or follow us on Twitter @ planfarmsafety.

Quarry Choristers cancel 2021 show

By Jennifer McFee

Usually in theatre, the show must go on regardless of circumstances — except when you find yourself in the midst of a global pandemic.

The Quarry Choristers announced last week that they will not be returning for the 2021 season. At this time of year, the group of volunteer women would usually be gearing up for their annual dinner theatre production in benefit of local communities.

However, the pandemic has rendered it impossible to proceed for the second year in a row.

"We had to decide to pull the plug. It was heartbreaking for us but singing is one of the most forbidden things at the moment. No one is surprised, but we're disappointed, for sure," said Julie Leduchowski, chair of the group.

"We've booked everything assuming we're going to do a 2022 show. We'll have to see how that is in the fall, but at the moment that's our plan."

Last year, for the 2020 show, nearly three-quarters of the tickets had already been sold when the pandemic broke

"We had to refund all of those tickets. That was a huge undertaking," Leduchowski said.

"For this year's show, we decided in December that it wasn't going to be feasible since we're still in lockdown and we have to rehearse. It's not just about the day of the show — it's about not being able to meet up and put the show together."

Looking ahead, she's hopeful there might be a possibility for a socially distanced summer event.

"On our horizon, we don't have any solid plans but maybe, depending how things look in the spring, we might be able to try for an outdoor concert or something in the summer that's easy to social distance," she said.

"But that's all going to depend on how the numbers are and how the vaccines go."

To keep up to date with the Quarry Choristers, visit www. quarrychoristers.com or check out the group's Facebook page.

Inland Port Special Planning Area 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:

> To SUBDIVIDE three +/- 5.6 to 5.9 acre parcels totalling +/- 17 acres from the SE 1/4 28-11-2E in the **RURAL MUNICIPALITY OF ROSSER**

HEARING LOCATION:

Virtual Public Hearing Microsoft Teams

DATE and TIME: Thursday, February 18,

2021 at 6:30 p.m.

GENERAL INTENT and **PURPOSE:**

To subdivide a portion of the SE 1/4 28-11-2E in the RM of Rosser CentrePort lands to create three industrial

AREA AFFECTED:

This subdivision and by-law shall apply to the area identified

on the map appearing on the Hearing Notice.

FOR MORE INFORMATION CONTACT:

location noted above.

Kari Schulz, Planner Manitoba Municipal Relations

Inland Port Special Planning Area

604-800 Portage Avenue Winnipeg, MB R3G 0N4

Phone: 204-945-2146 Fax: 204-948-4042 Email: inlandportspa@gov.mb.ca

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. A description of the procedure to be followed at the hearing is also available at the

Manitoba 🗫

New year reflections from Lakeside MLA

By Jennifer McFee

Now that we're a month into 2021, Lakeside MLA Ralph Eichler ponders the impact of the pandemic on the previous year while looking ahead to new beginnings.

In early March 2020, Manitoba along with Canada as a whole — had its plans turned upside-down, he said.

"We were not prepared for COV-ID-19. Many things that we planned did not or could not happen because

the federal government had control and we struggled as we moved forward as a province," said Eichler, minister of Economic Development and Training.

"Lakeside fared pretty well as did most of rural Manitoba. I am so proud of how caring Manitobans are, of how businesses stepped up and of how the local governments stepped up where they could — definitely a team effort to be proud of."

Eichler expressed optimism about finding ways to celebrate Manitoba milestones that were put on pause last year due to the pandemic.

"Our province had big plans to celebrate 100 years of the legislature and 150 years as a province. Many events had to be cancelled as a result of the COVID-19 pandemic," he said.

"We are hopeful that we will be able to celebrate Manitoba's 150th this year and that we will be able to enjoy



Lakeside MLA Ralph Eichler

The Interlake Community Foundation Inc. wishes to thank all of the donors who made gifts in 2020. In spite of the many challenges that we all faced, our communities supported us to keep the ICF growing!

We granted more than \$138,000 to charities and scholarship recipients in our communities of Stonewall, Teulon, RMs of Rockwood, Rosser, and Woodlands. Since our beginnings in 1994, we have granted out more than \$678,000 into our communities!

hity Found We thank everyone who made donations in 2020 (names below). We thank our amazing volunteers. We look forward to an even better 2021!

LDG-- Adec Ken & Louise Allan Kimberley Anderson Valerie Appleyard Walter Badger Bob & Mary Beck Rennie Beil Leanne Benson Naomie Berube Meechelle Best James Bezan Bigway Teulon Glenda Bobbie Arlene and Joe Bodnar Marg & George Bond Boonstra Farms Lois & Brian Borkowsky Evelyn M Buchanan Rhonda and Tim Cameron Ria Cameron Joyce L. Campbell Murray & Christine Campbell Maurice Carman Anna Caron William Carter Alain Sabbah **Cdn Dental Services** Patti Charison Sharlene & Darrin Clinton Marlene and Roy G Coghlan Roger & Cathy Coss J Doreen Costantini Marie I. Craig Janessa Cramm Sunova Credit Union Russel & Hayley Brown Crosstown Dental Lab Mladen Cvar Karl & Tanya Daher

Darlene and Garth Dallman

Badger Daylighting MB Ltd

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Donald P Deprez

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Gary Armitt & Kaitlyn Beil

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Cheryl Kirschman Kathleen Kosior Janet Kuchma Kirk & Sonia Kuppers Murray & Beth Last Tania Laurie Chuck Lefley Glen R. Lefley Mike Lefley Joanne Levy Fran Lindell Peggy Linklater Don & Wendy Lischka Wilma MacArthur Bev & Jim MacArthur Nancy MacLellan Walter MacMartin June Makowski **Endow Manitoba** Amanda Margetts Ryan Margetts Sandra Margetts Calvin Martin Sharon & Dennis Martin Kya Mason Allan & Valerie Matheson Garth Mattson **Edward Maxwell** Andrew D Maxwell Charles & Valerie McClure Donald McClure Cheryle McClure Marlene and Brad K McGill Catherine McLaren Robin McMillan John Meredith Taina Millar Paul & Tamie Miller Patricia Moldowan Valerie Mollison Tom & Marilyn Moloney Ruth Morrison Murray Mulligan

Eilene Myskiw Lillian Neaman Leslie Nesbitt Fuerst Estate of Nestor Myska Robert Nicoll Jim Nykolok Ashley Ouellette Brette Park Paypal Giving Fund Charlotte Peach Irene Pearson Adam Peleshaty James & Gloria Penner Erin L Peters Woodlands Pioneer Museum Inc Karen J. Pokrant Corrine & Greg Popoff Alana Porritt Mark Preston & Kirsten Campbell Jo-Anne Procter Sarah R. Proctor Lorelee & Howard Proctor Mareta MJ Proctor Janis Raehurn Barbara & Thomas Riddell Lisa and Kevin Riley Donna Riley Kim Ritz Andrew T Robert Graham & Hilary Robson Fred & Laura Ross Gwen Ross RM of Rosser Matthew Sanche Linda Sandercock Shane & Lesly Saunders Tami Schaefer Ben & Victoria Schindle Jim & Terry Scott Diane Sexton Kimberly Shaw

Lori Sinclair

Murray & Emma Slagerman

Sandra Smith Jennifer St. Jean Mike Steciuk Marilyn Stewart Walter & Donna Stewart Town of Stonewall Stonewall Family Foods Lloyd Jensen and Sue Werner Gordon Sund Angela Sundquist Daniel G Sutton Jean Swindells David Taylor Tammy Tervoort Debra & Robert Thompson Bettie & Donald Thompson Ross Thompson Katherine Trebish Roy Unger Kelly Unger Annette Unrau Lori Valgardson Joie Van Dongen Peter Van Kemenade Joseph & Jane Vandal Carla Watts Joshua Weichel Lorna Wenzoski Lynda and David Whitehead Sandy & Richard Whittom Elizabeth & Richard Williamson George and Val Willis Cam Wilson Payworks Winnipeg RM of Woodlands Ed & Lorraine Woods Ken W Yule

Town of Teulon Kaitlyn Yurick Joan Zaretsky Arlene Zens Jana 7ens Several anonymous donors and participate in a wonderful summer of events."

In spite of the pandemic, the Lakeside area also found reasons to celebrate in 2020.

"Two of the biggest economic successes in Lakeside have been the approval of O Foods, an oat processing plant which is currently under construction, and Merit Foods which is nearing completion," Eichler said. "Both of these facilities are located in the RM of Rosser."

Looking ahead, Eichler outlined some areas of importance for 2021.

"Our government is focused on protecting Manitobans," he said.

"We want to slowly restart our economy by creating an environment that investors want to invest in, create good paying jobs and focus on having the skill set that meets the needs of our new way of life as we know it today. It is difficult to plan. If we had a crystal ball, it would make planning much easier."

Although Eichler says he doesn't usually make resolutions, he shared some thoughts for the year ahead.

"If I had to pick one for this year, it would be to resolve to be content in our new way of life," he said.

"We all have a role to play in looking after one another. I have learned a lot about COVID-19. I learned that we have to pull together as a community and as a province and as a country most importantly, how do we move forward together."



www.interlakefoundation.ca 204.467.5634 "Building for Tomorrow—Today"

Mark & Dorothy Murray

Environmentally conscious roofing can replace high-end cedar shakes

By Sydney Lockhart

While many homeowners like the look of a cedar roof, it often gets expensive to replace every 10 to 15 years.

Enviroshake is a shingling product that was created to give the cedar look for a more long lasting and environmentally conscious outcome.

Andrew Herrod, partner in Krueger Ent. Limited, said while cedar will last many years in countries like Europe, it can't sustain its durability in the harsh Canadian winters.

"Old growth was dense wood that would last a long time, but we don't get that same kind of wood anymore, so it doesn't last as long," said Herrod.

Enviroshake is a product that replicates the look of cedar, but it is made up of 95 per cent recycled materials, including plastics and wood fibres.

"The nice thing about the composite is it's made from things that are more readily available. It could be the byproduct of manufacturing that gets used to make more," he said.

"The real cedar roofs have so many factors as to how long they will last. Natural products there are defects in it just because it's natural."

The Enviroshake product is not affected by the freeze-thaw cycle that occurs every year in Canada wearing down cedar.

However, quality comes at a price, and Enviroshake products cost around the same amount as cedar. Herrod says it averages at about twice as much as an average shingle.

"I think anytime we can look at different alternatives, and we can do something that has a lesser impact for the environment, I'm always down for that," he said. "No trees have to be cut down for it."

Stonewall resident Diane Sexton recently replaced her cedar roof with Enviroshakes after her roof had taken damage in the wind.

"I needed to either replace the cedar



Enviroshake roofing is made from 95 per cent recycled material.

or find something that looked like cedar," she said. "This takes something out of the landfills, and they last longer than cedar now."

Sexton said she was originally drawn to the product because it was environmentally conscious, and she wanted a good cedar alternative.

"I wanted something I wasn't going to have to worry about for a long time, and if it won't biodegrade in a land fill, it won't degrade on my roof," she said.

After deciding on Enviroshake, Sexton had crews work on her house for a couple of weeks, she said she waited nervously for it to be finished because she wanted to see if it actually looked like cedar once installed.

"My concern was, am I going to like it after it's on my roof, but it looks great. I love how it looks and I love the fact that I'm not causing more trees to be cut down," she said.

"It's like any investment you make you only have to do it once."

For more information, go to www. enviroshake.com



TRIBUNE PHOTOS SUBMITTED

The Enviroshakes will give a home the cedar look lasting longer with an environmentally friendly outcome.



and knowledge to help you grow your dream business. Our staff are ready to serve you, on the phone or video, when you need us.

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Some restrictions reduced for businesses

By Jennifer McFee

Non-essential items are once again back on store shelves for shoppers to buy in person for the first time since November.

In addition, all retail stores were given the go-ahead to reopen on Saturday, Jan. 23, as long as they follow physical distancing guidelines and occupancy limits of 25 per cent or a maximum of 250 people, whichever is lower.

For business owners across the province, the partial shutdown was a challenge in a multitude of ways.

Nicole Nagy, owner of Quarry Pets, outlined some of the difficulties that businesses faced in recent months.

"During the code red shutdown, restricting non-essentials for the small business was a stressful time. With the understanding the rules were supposed to be a tactic to help small business, it did not go without a feeling of anxiety daily," she said.

"There was too much left open for interpretation that did not seem to help out the small brick and mortars."

The stress of the situation impacted the mental health of many people involved in the industry, she added.

"The inspections leading up to

Christmas by redeployed conservation employees were very challenging and tense," she said.

"Aside from the stress endured, we made it through. I am looking forward to this relief for my staff. Their mental health was and always is a priority."

Quarry Pets is a small store and the staff members keep everything very clean, she added.

"With the protocols we have in place, my customers have always felt a sense of comfort and safety," she said.

"If anyone was ever hesitant to enter, they were and are welcome to order curbside, even after the restrictions are lifted."

The provincial government also reduced a few other business-related restrictions. Now non-regulated health services, such as pedorthists and reflexologists, can reopen with adequate physical distancing and requirements to collect information for contact tracing purposes.

In addition, barber shops and hair stylists can reopen at 25 per cent capacity, and they will also need to follow physical distancing requirements and collect information for contact

These reduced restrictions don't ap-



TRIBUNE PHOTO BY JO-ANNE PROCTER

Quarry Pets staff member Tracy Bevan showcases items at the store.

ply to northern Manitoba communities where case counts remain high.

BIDDING ONLINE OPENS FEBRUARY 18 ALL LOTS START CLOSING FEBRUARY 25 AT 10AM



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Stonewall and Area RCMP investigate tractor theft

Submitted by RCMF

On Monday, Jan. 18 at about 9 a.m., Stonewall and area RCMP were contacted by a business on Prairie Dog Trail in the RM of Rosser to report a tractor theft

Between Jan. 14 and 16, a tractor had been stolen from their business yard. The tractor was described as a yellow 2016 Caterpillar skid-steer model 259D The value of this tractor is in excess of \$50,000.

Police continue to investigate.

If you have any information concerning this incident, please call Stonewall

and area RCMP at 204-467-5015. Or you can remain anonymous and call Manitoba Crime Stoppers at 1-800-222-8477.



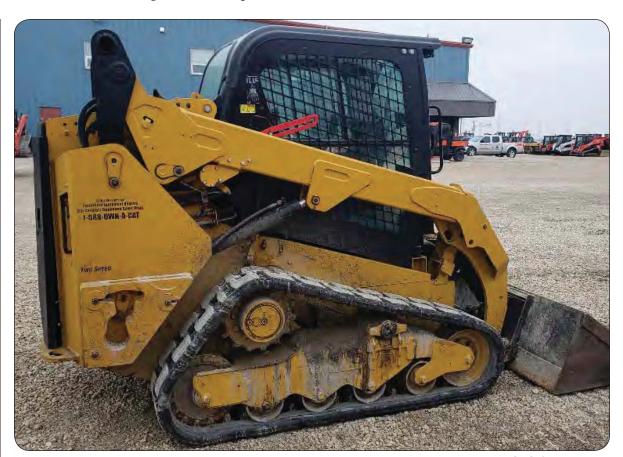
Email your story
and picture to
lovestory@
stonewallteulontribune.ca
Stonewall Teulon

Contest entry deadline February 5th, 2021

*stories may be edited for length

Share your story with us and you could set your Valentine up for a special surprise.

In a few paragraphs tell us how you met and how you knew it was true love, or just tell us why your Valentine makes your heart skip a beat.



TRIBUNE PHOTO SUBMITTED

Stonewall and area RCMP are looking for a yellow 2016 Caterpillar skid-steer model 259 that was removed from a business in the RM of Rosser between Jan. 14 and 16.

Vandor Denture Centre's 'No-Gag' impression technique really works

By Elisha Vandor

Making dentures is painless, so it should be a no brainer
when it's time to get new.
However, there's one thing that
stops people from wanting to
start the process...involuntary
gagging.
goop that remains from goir
into the gag zone. I am happy to say that patients love is
They are so relieved to have
gagged and are amazed at h
fast it was, which makes me
gagging.

If you consider yourself a regular or extreme gagger, then going for the initial impression appointment is a real concern for you. The one person who understands this the most is Brock, the Denturist. He says, "As for me, I hated gagging my patients. If they gagged, they would feel bad, then I would feel bad, so I had to make a better way. After combining different techniques, experimenting with some ratios, and using a funny looking tiny tool, I came up with what has been nicknamed the "No-Gag" technique. Essentially, it uses much less goop and also prevents the goop that remains from going into the gag zone. I am happy to say that patients love it! They are so relieved to have not gagged and are amazed at how fast it was, which makes me smile every time. It's actually now been years since I have developed the "No-Gag" technique and am happy to say that every single day, myself and our Denturists get to hear how patients love it! Actually, Ruth was here not too long ago and had to share her story.

"The impression appointment was amazing. There was no discomfort whatsoever. There was no gagging reflex. Nothing! In fact, I would do it again. It was very quick and it wasn't like anything I've had done before and I've had lots of impressions. For me, the impression appointment was

usually gaggy. This is amazing. It's a great procedure."

We asked 10 patients about their experience after impressions and a resounding 10 out of 10 agreed: a much more comfortable and 'no-gag' experience.

The tool is all about making great fitting dentures in the most comfortable way possible! To keep your dentures fitting and functioning great, it's recommended to replace your dentures every 7-10 years. You can read other patients comments on our website: www.van-dordenturecentre.com/blog.

Helping people is our passion and this technique is just one way to make your experience one to smile about. Call today for your free consultation.



Denturist's wife Elisha holds the inventive tiny tool that's making a big difference when starting new dentures.

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get inspired



Total time: 42 minutes Servings: 4

- 1 tablespoon olive oil
- 1/4 cup minced onion
- 1 teaspoon minced garlic 1 tablespoon tomato paste
- 1/2 cup California Walnuts, chopped
- 1/4 cup cooked brown rice
- 1/4 cup chopped roasted red peppers
- 1/4 cup panko breadcrumbs

FamilyFoods Phone 467-5553

Walnut Meatless Meatballs

1/4 cup Parmesan cheese

- 1 tablespoon Italian seasoning
- 2 tablespoons chopped Italian parsley
- 1 egg, beaten

Preheat oven to 375 F and line baking sheet with parchment paper.

In small skillet over medium heat, heat oil. Add onion and garlic; saute 1 minute. Add tomato paste and cook 1 minute. Transfer to food processor with walnuts, rice, roasted red peppers, breadcrumbs, Parmesan, Italian seasoning, parsley and egg. Pulse until combined but not mushy.

Form into eight equal balls and place on prepared baking sheet. Cook 12 minutes, or until firm to touch. Serve with sauce of choice.



Total time: 38 minutes Servings: 4

Walnut Sausage Crumble:

1 cup California Walnuts

1/2 cup cannellini beans, rinsed and drained

- 1 tablespoon coconut aminos
- 1 tablespoon olive oil
- 2 teaspoons fennel seeds
- 2 teaspoons Italian seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon celery salt

Walnut Sausage Pizza:

1 pound pizza dough

6 tablespoons pizza sauce 2/3 cup mozzarella cheese, divided

Walnut Sausage Crumble, divided

6 tablespoons pesto 1/4 cup sliced small tomatoes

fresh basil leaves

shaved Parmesan cheese

To make Walnut Sausage Crumble: In food processor, pulse walnuts, cannellini beans, coconut aminos, olive oil, fennel seeds, seasoning, onion powder, garlic powder, paprika and salt to sausage like consistency.

To make Walnut Sausage Pizza: Preheat oven to 500 F and line two large baking sheets with parchment paper. Divide dough into four pieces and roll out into thin ovals; place on baking

Spread two dough pieces with equal amounts pizza sauce, 1/3 cup mozzarella cheese and half of Walnut Sausage Crumble.

Pizza with Plant-Based Walnut Crumble

Spread remaining dough pieces with pesto, remaining cheese, remaining Walnut Sausage Crumble and toma-

Bake 8 minutes, or until pizza edges are golden brown. Garnish with basil leaves and shaved Parmesan.



Sesame **Ginger Tempeh Power Bowls** with Quinoa and Sweet **Potatoes**

Pickled Pink Onions:

1/4 cup white wine vinegar

2 teaspoons white sugar

1/4 teaspoon salt

1/2 small red onion, peeled and thinly sliced

- Sesame Ginger Vinaigrette:
- 2 tablespoons vegetable oil
- 2 teaspoons sesame oil
- 2 teaspoons grated fresh ginger
- 2 teaspoons rice wine vinegar
- 2 teaspoons soy sauce
- 2 teaspoons toasted sesame seeds **Sweet Potatoes:**
- 1 tablespoon olive oil
- 1 large sweet potato, peeled and cut into 1/2-inch slices

Tempeh:

- 1 package (8 ounces) Lightlife Original Tempeh
- 1 teaspoon vegetable oil
- 2 tablespoons soy sauce
- 2 cups baby spinach or kale
- 2 cups cooked tri-color quinoa, at room temperature
- 1/2 ripe avocado, cubed
- 1/2 cup canned chickpeas, rinsed and drained

No motivation? Five proven ways to overcome lack of motivation

Have you stuck to your New Year Resolution to be healthier in 2021? Every single one of us has moments where we feel like relaxing on the couch during downtime, rather than pursing dreams or taking steps toward self-improvement. The trick is to know what to do when these moments strike so you can push forward and accomplish amazing things!

- Spend 5 minutes on visualization. This is somewhat like meditation, however rather than a clear mind the goal is to let your imagination run wild! Find a quiet, comfortable place to relax. Think about your goals, and how you will feel once you achieve them. Take in the pride as if it's really happened. Then, turn the situation around to force yourself to accept the regret that comes with giving up. This is definitely NOT how you want to feel, and it's a good way to give yourself a kick in the butt to get to work to avoid this outcome.
- Use the momentum. I truly believe that once you get the ball rolling, it's so much easier to keep it going, so force yourself to just start... NOW! Even if you drag yourself through that first week of workouts, it's better than doing nothing, and each day I guarantee it will get easier, and you will get better!
- Surround yourself with inspiring people. Fitness coaches are here to motivate you and help you remember all those reasons you started in the first place, so invest in your health and improve your chance of success by getting professional help from the get-go. As I mentioned earlier, we ALL start to burn out at some point. Make sure you have a program to fall back on so you don't fall off the wagon altogether. I'd love to help you



Health and Wellness Fitness expert Julie Germaine

and welcome you to schedule a free consultation with me at www.juliegermaine.com

- Take baby steps. Your finish line may seem really far away and impossible to reach, but if you set markers along the way, you will have those milestones to celebrate. Boosting your confidence by reaching smaller goals will give you faith that you can really do this.
- Allow yourself REST. If you're tired, take a break, guilt-free. This doesn't mean you've failed, it simply means you were going hard and needed a breather. Keeping positive about this detour will go a long way toward helping you feel happy with yourself and preparing you to work hard again.

I wish you the very best year, and would love to help you achieve your fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one live video workouts! www.juliegermaine.

6 red grape cherry tomatoes, halved 6yellow grape cherry tomatoes, halved 1/2 cup pea shoots

To make pickled pink onions: In small pot, bring white wine vinegar, sugar and salt to boil. Add onions and toss to coat 15 seconds. Turn off heat and let sit 20 minutes, stirring occasionally, until onions are soft and bright pink. Set aside.

To make sesame ginger vinaigrette: In small bowl, stir vegetable and sesame oils with ginger, rice wine vinegar, soy sauce and sesame seeds. Pour into two small ramekins. Set aside.

To make sweet potatoes: In large nonstick skillet over medium heat, heat olive oil. Add sweet potato slices and cook, turning occasionally, 15-17 minutes, adjusting heat as necessary until tender when pierced with knife. Remove to cutting board and cut each slice into quarters. Wipe out skillet.

To make tempeh: Cut tempeh crosswise into eight triangles. In nonstick skillet over medium-low heat, heat vegetable oil. Cook tempeh with soy sauce

until golden brown and warm, 2-3 minutes per side. Remove tempeh from pan and add baby spinach or kale; stir 1-2 minutes just until wilted.

To assemble bowls: On bottoms of two shallow bowls or plates, spread cooked quinoa. Top with piles of warm sweet potatoes, pickled pink onions, sauteed spinach or kale, avocado, chickpeas, grape tomatoes and pea shoots. Top with tempeh and serve with sesame ginger vinaigrette.



Family connection continues Warren Hardware and Tempo Gas

By Jennifer McFee

The Warren Hardware store and Tempo Gas station are familiar territory for Stacey Fairlie.

For 19 years, her parents, Jim and Maureen Malcolm, ran the long-standing businesses.

Last December, a woman named Min Han bought the business from the Malcolms and took over on New Year's Eve in 2019. However, she returned to her home country of China in the summer of 2020, with plans to hopefully return with her husband and son before the 2021-22 school year begins.

In the meantime, Fairlie has stepped up to the plate to run the businesses while the new owner is away. She took over management duties on Oct. 6, 2020.

"I'm really enjoying it. COVID has thrown a good wrench in it sometimes, but overall, it's been great. So far I've been lucky that I had an idea what to do because mom and dad had been doing it forever," she said.

"It's so familiar and yet so odd. When my mom and dad owned it, it was almost a meeting place. They had a table where people could enjoy a cup of coffee. The little kids in town would come in with their parents and get a gumball from the gumball machine. We don't have any of that now."

In a new initiative, Fairlie has launched a Crafters' Corner to showcase the handiwork for local articans

"At Christmastime, we had about six or seven different crafters. COVID made it a little bit difficult, but we did the curbside deliveries," she said.

"A couple of the crafters are bringing in Valentine's gifts. We have some beautiful Valentine's items right now. We've also kept some items for birthday gifts. As well, we have a St. Francois farmer who has brought in honey that we sell now."



TRIBUNE PHOTO BY JO-ANNE PROCTER

Stacey Fairlie is running Warren Hardware and Tempo Gas while the owner is out of the country. She has brought in many new products and has set up a craft corner for local crafters to display and sell their products.

In addition, the mainstay local business sells hardware, large jugs of water and all types of feed for chickens and other birds, dogs, cats and even deer.

"We kind of cover everything," Fairlie said. "And if we don't have it, we can do our best to get it."

The Warren Hardware store and Tempo Gas station remain in the same building at 212 MacDonald Ave. in Warren.

"We've been in the same place for many, many years and we plan to be here for many more," Fairlie said.

"We're not going anywhere."

To keep up to date on everything happening at the local business, check out the Facebook page entitled "Warren Hardware-Tempo Gas."

Manitoba Mini Sled Races cancelled due to COVID 19

By Jennifer McFee

- The province government recently passed new legislation that removes the authority under which the Town of Stonewall's Sunday shopping bylaw was passed. Council is going through an administrative process to repeal this bylaw since it can no longer be enforced. They approved first reading at the Jan. 20 meeting.
- Each year, the Manitoba Water Services Board asks the town about its main projects for the next three years. Currently, the town is seeking support for a regional water treatment plant.
- The plant at the Stonewall Ice Palace has been shut down for the

season. In addition, council is considering options for the ice at the Veterans Memorial Sports Complex given the extension of current code red restrictions. Discussions are underway with the facility users to determine the next course of action.

• The Town of Stonewall and Manitoba Mini Sled Racing Association announced that the Feb. 13 and 14 race weekend is cancelled. The event was supposed to take place at Kinsmen Lake, but it is not possible to hold the event due to pandemic restrictions. The town and the Manitoba Mini Sled Racing Association hope to host an event at Kinsmen Lake when it is safe.



TRIBUNE PHOTO BY JO-ANNE PROCTER

The Stonewall Ice Palace has been shut down for the season.

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SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Yorke commits to Lebanon Valley College in Pennsylvania

The Interlake Lightning U18 female hockey team can be proud of themselves once again.

The program's philosophy is to develop players to get them to the next

This time, Erin Yorke can be added to that ever-growing list.

Yorke, a talented blueliner from Winnipeg, recently committed to attend school and play hockey for the Lebanon Valley College Dutchmen in Pennsylvania this fall.

Yorke said she is "over the moon" excited about heading east to begin the next chapter in her life after playing three seasons with the Lightning.

But why Lebanon Valley College?

"I think, for sure, it was the opportunity not only athletically but as well academically for the program I want to pursue in exercise science," she said last Sunday."I really clicked with the coaches. They were super nice and kind. I met some of the girls and I feel it's a really good community that I can't wait to be a part of."

The Dutchmen finished fifth out of six teams within the division in 2019-20, compiling a 5-18-1 record in 24 regular-season contests.

Goal scoring was a problem for Lebanon Valley College as they were shut out nine times and scored just 35



TRIBUNE FILE PHOTO BY LANA MEIER

Interlake Lightning blueliner Erin Yorke (3) recently committed to play hockey and attend school at Lebanon Valley College in Pennsylvania.

goals.

Yorke's Lightning season is currently on pause due to COVID-19. She has really enjoyed her time playing for the Interlake despite their struggles in the win column over the years.

"Even if you don't win, you learn a lot from losing," said Yorke, who was also part of Hockey Manitoba's Program of Excellence in 2017-18. "It, for sure, taught me a lot about dedication and heart. It doesn't matter how many wins or losses we get, you have to keep pushing. It was just a good experience, overall."

Yorke describes herself as a stay-athome defenceman but she does like to rush the puck and make long, accurate passes to her teammates. The 5-foot-6, 135-pounder has a good

reach and her stick is cut a little taller which allows her to better defend opposing players.

In 77 MFHL games, Yorke has five goals and 11 points to go along with a paltry eight penalty minutes.

"I pride myself on being as clean and to the rules as much as I possibly can," she said.

Yorke was very thankful for the coaches she has had over the years with the Lightning. She couldn't ask for better coaching than what she has received from current head coach Tatiana Rafter.

"It's inspiring to see everything (Tatiana) has done and her coaching when she's pregnant,"Yorke said. "It's amazing to see what she has accomplished and how dedicated she is to helping us and getting us to her level. She caters to what everyone needs she's an amazing coach."

Dean Rebeck and Maddi Biluk have also had a big influence on Yorke.

"I'm very thankful for the opportunities that I have been given from past coaches," she said. "Last year's coach, Dean Rebeck has been a huge help for me through the process along with Tatiana and Maddi Biluk as well. They have always been in my corner to help me get to my goals."

Interlake Minor Hockey Association cancels 2020-21 season

By Brian Bowman

The Interlake Minor Hockey Association cancelled its 2020-21 season after Manitoba's code red restrictions were recently extended for at least three more weeks.

The IMHA decision was made earlier this month and officially announced last Thursday.

"As a result of the extension of the current public health orders, specifically the closing of recreation facilities for another three weeks, the Board of Directors in collaboration with local associations, regretfully announces that the remainder of the 2020-2021 season will be cancelled," read a statement on the IMHA website.

"Unfortunately, this is not at all what any of us were hoping for, but it is what it is and we can only move forward from here and start looking towards next season."

This decision means no regular-season games between teams from communities in the Interlake.

"There was no indication or guarantee that they would lift the restrictions to allow us to return to play (in three weeks). None," reasoned Dave Underwood, director of the Interlake Minor Hockey Association, Friday evening. "In three weeks they could say, 'No, you're still not playing and we could go on for another month."

Under the newly-announced public health orders, which took effect last Saturday, all sports facilities must remain closed.

Underwood said he wasn't really surprised by the province's extended restrictions.

"They haven't even allowed restaurants to open and I think that's the next thing (to open)," he predicted. "I think hockey is still a ways down the road. I think what the government is trying to do is to stop people from being in a confined place for a long period of time, which they say spreads this virus more."

Communities in the Interlake have already shut down their indoor arenas. Cost was obviously a major fac-

There are 15 minor hockey associations under the umbrella of the IMHA although Peguis, Lake Manitoba and Fisher River took a leave of absence this year due to COVID-19.

If the newest three-week restriction is eased next month, individual associations have the option of holding practices or exhibition games, said Underwood.

"There's nothing stopping teams to

practice or set up exhibition games with anybody else," he said. "It just means that we, as Interlake Minor Hockey, are not going to be putting together a league schedule where Arborg plays in Stonewall or Stony Mountain goes to Peguis, stuff like

IMHA wanted to thank everyone for their patience during this very unusu-

"On behalf of the board of directors, I would like to thank everyone for your cooperation and patience this season as we all worked together to navigate this situation," read the statement. "We may not have always agreed on the guidelines put in place, or the direction we took as a league, but ultimately these decisions were made with the best interests of our players, coaches and families in mind."



Manitoba U18 Hockey League sends letter to government, pleading with them to open up sports

Staff

The Manitoba U18 AAA Hockey League issued an open letter to government officials, pleading with them to reopen recreation facilities, gyms and fitness centres.

The letter was sent out last Thursday and placed on the league's website.

"We remain committed to restarting our season, and to giving the young men who play in our league the opportunity to continue their mental, physical, and social development," read a statement on the league's website.

Here is that letter in full.

Dear Mr. Pallister, Ms. Stefanson, and Dr. Roussin,

The hockey community is concerned about the mental, physical, and social health of the citizens of this province. We are particularly concerned about the well being of children and youth in Manitoba.

Physical activity and social interaction contribute to the health of individuals and are essential for healthy growth and development of children and youth. Physical activity helps prevent and reduce the effects of depression, stress, and anxiety. It increases energy levels, helps maintain a healthy body, and improves sleep quality. Social interaction contributes to the development of interpersonal skills, relationships, and emotional capacity.

In contrast, the continued prohibition of social interaction and limitation of permitted physical activities has caused immeasurable harm to the children of this province. They are socially isolated, increasingly depressed, and at greater risk of physical and emotional abuse. A recent survey by Hockey Canada found that 45 per cent of parents are concerned about the mental health of their children.

Organized sport plays an important role in coordinating and facilitating physical activity and social interaction for children and youth. Since mid-November, however, restrictions have been in place that prohibit organized sport. Recreation facilities, gyms, and fitness centers have all been closed.

The Manitoba U18 AAA Hockey League calls on you to reopen recreation facilities, gyms, and fitness centers for use by children and youth. It can be done safely, and it must be done now to curtail the harms inflicted.

In the fall, the hockey community, under the direction and leadership of Hockey Manitoba, developed comprehensive plans to safely start our season. Across the province, facilities, associations, leagues, and teams all implemented protocols to mitigate risk. We made the use of Manitoba's COVID screening tool compulsory for all participants before every on and off-ice activity, contract tracing was added, mask use was made mandatory, arrival and departure time for participants and spectators was limited, social distancing was enforced, dressing rooms were sanitized frequently, travel was reduced, bus capacities were limited, spectators were limited and then prohibited, off-ice warm ups were restricted, and handshakes were eliminated.

From the top down, the hockey community worked together to provide a safe environment for our children to participate in physical activity, continue in their social development, and ensure their mental health needs were met.

At the U18 level, we did not have a single positive case. As a whole, the number of positive cases in minor hockey was limited. These events did not contribute to outbreaks and they were not super-spreaders.

We are committed to implementing the same protocols, to prohibiting spectators, and to ensuring the safety of our communities and members. We are asking you to work with us to immediately reopen facilities for children and youth, and to permit them to participate in organized sport. The mental and physical health of our children requires your immediate action.

Sincerely, Manitoba U18 AAA Hockey League Pe: Levi A. Taylor, J.D. Commissioner

MJHL releases statement in hopes of a safe return to hockey

Staff

The Manitoba Junior Hockey League announced in a statement last Friday its hopes for a safe return to hockey.

"The updated public health order continues to restrict organized sport training activities and the use of recreational facilities at this time," read a statement from MJHL commissioner Kevin Saurette. "The MJHL remains prepared to return to team activities safely, responsibly and in a very protected environment as demonstrated throughout the summer and fall."

The MJHL said it is committed to exhausting all options and will continue to engage with governing bodies and public health authorities to search out a balanced, responsible and necessary pathway forward.

"The physical, mental, developmental and social well-being of our athletes needs to be given strong support and consideration as we continue to push ahead through these very challenging times," Saurette said. "The MJHL exists to provide each player with an elite hockey development experience while enhancing Manitoba communities in the spirit of sports

excellence and goodwill. It has been very difficult for all involved not being able to fulfill this mission during these last few months.

"As we preach to our players ... we will give it everything we have until the final buzzer sounds. The clock is ticking, and we are behind."

Hockey Manitoba releases information for a return to play

Staff

Despite the province of Manitoba's latest health order — which does not allow sports to resume at this time — Hockey Manitoba released information on how its members can begin planning for a return to play, should such changes be made in February.

"In order to ensure that the game is set up for a successful return, the compliance and support of all members is paramount, required, and not an option," read a statement on Hockey Manitoba's website.

If sports are allowed to resume in some form anywhere in Manitoba,

all sanctioned associations, teams, and leagues will have to spend at least 10 days in Phase 2, which allows only for contactless, on-ice practices. No games will be allowed.

Any minor hockey association, league, or teams residing within regions under code red will be per-

mitted to participate in any hockey programming.

In November, Hockey Manitoba cancelled all of the 2021 provincial championships in order to allow for individual leagues to run later than in past years.

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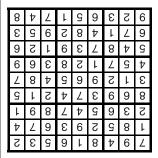
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SUDOKU



Here's How It Works:

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



Sudoku Answer



Crossword Answer

CLUES ACROSS

- 1. Gather a harvest
- 8. Bravol Bravol Bravol

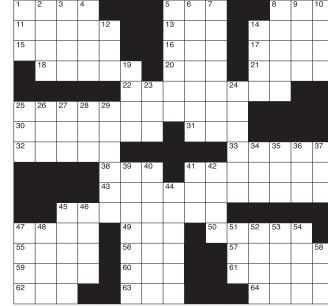
5. Federal Republic of Germany

- 11. "The Little Mermaid"
- 13. The common gibbon
- 14. Volcanic island in Fiji
- 15. Mother of Perseus
- 16. Egg cells 17. Teams' best pitchers
- 18. Credit associations
- 20. Advance
- 21. Hair styling products
- 22. Benian tumors
- 25. Arriving early
- 30. Called it a career 31. __ Paulo, city
- 32. Avoid with trickery
- 33. Easter egg
- 38. Veterans battleground
- 41. Lack of success 43. Thing that causes disgust
- 45. Deep, continuing sound
- 47. Ancient kingdom near Dead Sea
- 49. You might put it in a fire 50. Partner to "oohed"
- 55. Actor Idris
- 56. Slippery
- 57. Plant of the bean family
- 59. One point north of northeast 60. Patti Hearst's captors
- 61. Places to hang clothes
- 62. Midwife
- 63. Of she 64. S. Korean statesman

CLUES DOWN

- 1. Cool!
- 2. Amounts of time
- 3. Aboriginal people of Japan
- 4. Popular veggies
- 5. Wedding accessory
- 6. Deep, narrow gorges

CROSSWOR



- 7. Dry cereal
- 8. Competitions that require speed
- 9. Cain and
- 10. Snake sound
- 12. Type of amino acid (abbr.)
- 14. Pattern of notes in Indian music
- 19. Satisfy
- 23. Misfire
- 24. Nearsightedness
- 25. Indicates before
- 26. Increase motor speed 27. When you hope to get there
- 28. Indicates position
- 29. Where rockers perform 34. Substitute
- juris: of one's own right 35.
- 36. Earliest form of modern human in Europe: __-magnon

- 37. Adult female bird
- 39. Do away with
- 40. Lens
- 41. Flattened appendage
- 42. Post or pillar in Greek temple 44. A medieval citizen of Hungary
- 45. Spiritual leader of a Jewish congregation
- 46. Abba __, Israeli politician
- 47. Sew
- 48. Evergreen trees and shrubs having oily one-seeded fruits
- 51. Swiss river
- 52. Grayish-white
- 53. A way to illustrate
- 54. College basketball superpower
- 58. Midway between south and southeast

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Sealed Quotations may be submitted to the Rural Municipality of Woodlands, Box 10, 57 Railway Avenue, Woodlands, Manitoba ROC 3HO.

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Rural Municipality of Rockwood

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Urgent press releases or media advisories service. Have something to announce? cancellation? A change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST, Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details, www.mcna. com.

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The Rural Municipality of Rockwood hereby gives notice

that the date of the following Regular Meeting of Council

From: Wednesday, February 10, 2021 starting at 9:00 a.m.

Additions to the Voters List and/or

Personal Security Protection Requests

In accordance with Section 36 of The Municipal Councils and School

Boards Election Act (MCSBEA), the R.M. of Rosser Voters List is open

· Any person who is eligible to vote in municipal elections in the Local

Authority of the R.M. of Rosser can have his or her name added to the

Voters List or have any information about the voter on the Voters List

Any person can request to have his or her name and address obscured

A person whose name has been obscured will receive a Personal Security

Certificate and identification number. In a civic election, that person may

only vote by Sealed Envelope Ballot and cannot vote in person at the

To implement the above, a written request must be submitted to the

Thursday, February 11, 2021 starting at 9:00 a.m.

RURAL MUNICIPALITY OF ROSSER

ANNUAL

PUBLIC NOTICE

At the Heritage Arts Centre, 166 Main Street,

THE RURAL MUNICIPALITY OF ROCKWOOD

PUBLIC NOTICE

ANNOUNCEMENTS

The Fourth Commandment in the Bible has not been abolished and never will be in this time. The true Christian has this law written in his or her heart. Therefore, let us " Remember the Sabbath day, to keep, it holy. Six days shalt thou labour and do all thy work: but the seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work...' Exodus 20 vs 8, 9, 10a (King James Version). Please visit our website: www.clda.ca

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Tame hay for sale. St. Laurent area. Ph Elmer at 204-278-3562.

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Rural municipality of Armstrong



ANNUAL PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act* (MCSBEA), the R.M. of Armstrong Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of Armstrong can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail.

Rural Municipality of Armstrong Lot 55 Hwy 17, Box 69 Inwood MB R0C 1P0 Telephone number: (204) 278-3377 Fax Number: (204) 278-3437 Email: acao@rmofarmstrong.com

The next General Election takes place on October 26, 2022.

Ernie Epp Senior Election Official

Fax Number: (204) 467-5958 Email: admin@rmofrosser.com The next General Election takes place on October 26, 2022.

Senior Election Official, in person, by e-mail, fax or mail.

0 077E PR221, P.O. Box 131, Rosser MB R0H 1E0

Ernie Epp

Senior Election Official

Announcements Tri

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ANNIVERSARY



Blair and Tracy Farmer 25th Wedding Anniversary On February 3rd "Cheers to the years!"



IN MEMORIAM



Christina Margaret Galbraith September 20,1945- January 26, 2020 We had a wonderful Mother. One who never really grew old. Her smile was made of sunshine. And her heart was solid gold. Her eyes were bright as shining stars. And her cheeks fair roses vou'd see. We had a wonderful Mother. That's the way it will always be.

-Lovingly remembered but never forgotten by Bruce and family



In Loving Memory of **Marion Morrison** December 26, 1915 - January 26, 2014 There's a place in our hearts No one can fill: We miss you Mom, And always will.

-Ed. Ina and family Eleanor, Cam and family

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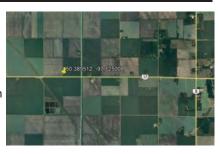
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Don't forget to send your special words of remembrance for loved ones passed. Call 204-467-5836 or email igraphic@mts.net

PUBLIC NOTICE

Xplornet Communications Inc. would like to notify area residents of a proposal of a new telecommunications installation situated on a portion of the SW 28-16-3 EPM, Manitoba. The proposed installation will be a 45m selfsupport tower. All of the equipment required to operate the facility will be located inside an equipment shelter at the base of the tower.

This new telecommunications facility will improve coverage to the RM of Rockwood area.



Your comments are welcome at (403) 473-6661 Written comments can be faxed to (403) 264-6265 Email to notify@scottland.ca Scott Telecom Services Ltd. Suite 900, Bow Valley Square 1 202 – 6th Avenue SW, Calgary, AB T2P 2R9 All comments will be accepted until **February 27, 2021**.

Announcements Tribune

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OBITUARY

Shirley Jean Jeffery (Deforest)

Shirley Jean Jeffery (Deforest), also lovingly known as Big Shirl, Queenie, Shirley, Mom, Nana, Aunt Shirley and Sis. On January 22, 2021 at 3:26 p.m., Mom passed away peacefully after a long battle with Alzheimer's.

Mom is predeceased by her husband Ron, many siblings, inlaws, nephews and nieces.

She will be remembered and missed by her family Rick (Carmen), Joe (Marlo), Charlie (Janet), Kim (Bob), Sandi (Elgin); grandchildren Mark, Andrew, Lindsey, Ian and great-grandson Cohen. Mom also leaves her loving sisters-in-law Brenda (Leslie) and Peggy (Jim) along with numerous nieces, nephews and special friends.

Mom was born in Tisdale, Saskatchewan in 1936, youngest of 12 siblings. Later the family relocated to Port Alberni BC where she met her husband Ron Jeffery, and they started a family of their

own. In 1964 they moved back to Woodlands, Manitoba where they became part of a loving community and established the Jeffery homestead.

Mom was known to have a generous heart and there was always room for one more to love. There was always room at the table for one more plate, a warm place for the weary to lay their head, a kind ear, impromptu canasta games, and a fresh pot of coffee brewing. Through all of this she became Mom and Aunt Shirley to many.

Her grandchildren, the loves of her life, remember the countless songs Mom used to sing to them. Mom could be heard singing from the kitchen as she worked tirelessly baking, preparing meals, and caring for others.

Mom instilled strong family values as well as her appreciation of music. As the family grew older and moved on with their own families; Mom made sure that we were all together for Sunday dinners, family gatherings and our many holiday celebrations.

She was truly loved by all and especially the caregivers at Poseidon Care Center. Many of the staff shared their special stories and memories, during Mom's last days with us.

Our family would like to extend a heartfelt thank you to all the staff at Poseidon Care Center for their loving care of Mom.

In lieu of flowers, donations can be made to Poseidon Care Center in memory of Shirley Jeffery. Mom's smile was infectious, she had a mischievous twinkle in her eye and her spirit was like no other. Not even her battle with Alzheimer's could stifle Mom's enduring

One of Mom's favorite songs in which she sang often was 'In the Garden by Loretta Lynn'. This song will be forever cherished by the people Mom loved. Every time this song is heard, or is thought about; Mom we know you are with us!

KEN LOEHMER FUNERAL SERVICES

204-886-0404

OBITUARY

Lola Marion Griffin



With great sadness we say goodbye to an "amazing" woman, Mother and friend on January 18, 2021 at the age of 96 in the Weatherby Pavilion at the Peace Arch Hospital.

Lola was born in Gladstone, Manitoba on February 15, 1924 to Alex and Mabel McCaskill. After high school, she attended College in Winnipeg and worked as an Executive Secretary during the war years. It was in Winnipeg that she met the love of her life, Walter. They married in 1946 and lived on the family farm in Teulon for over 25 years. In 1961 she had the opportunity to teach Business Education at Teulon Collegiate for 10 years and Kildonan East in Winnipeg for 10 years before retiring to White Rock, B.C.

Lola was predeceased by her loving husband Walter on September 10, 1985, her parents, and two brothers Glenn and Bill. She is survived by her two daughters and their husbands, Marilyn

and Bob Smith, Lois and Rod Beaton and many nieces and nephews.

With a Travel Group, she cruised and travelled the world visiting Australia, New Zealand, China, Europe, Africa and South America...places most can only dream of seeing. She always treasured the friendships developed along the way and the wonderful memories she held dear. She also enjoyed many great holidays in Palm Desert and Southern California with good friends and family.

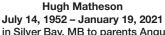
Besides travel, Lola's interests included reading, staying current on world affairs and following most sports on TV -- curling, golf, NFL football and hockey.

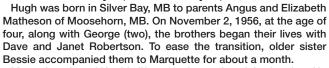
Lola was a very forward-thinking person who always looked to the future rather than dwelling on the past. She was respected for all her accomplishments, was definitely a role model and an inspiration to all who knew her. She never felt sorry for herself, always looking at the positive. Even with failing eyesight in the end, she continued to say there were people who were far worse off than herself.

The family would like to express their gratitude for the kind and caring staff at Abby Lane / Amica, as well as her final days at the Weatherby.

A private gravesite gathering will be held at a later date at the Windsor Cemetery in Teulon, where she will be reunited with her beloved husband after 35 years apart. She will be forever in our hearts!

OBITUARY





Many decades of Hugh's life were devoted to dairy farming. He remained keenly interested in cattle and farming his whole life. Hugh was gifted with a phenomenal memory. He had the ability to remember every birthday and anniversary of his family and friends. He usually followed up with a phone call to wish them well. This ability to recall dates was helpful to note breeding and due dates for all the dairy cows. Hugh loved all the animals on the farm. He especially loved his dog "Buddy".

Hugh resided in various places, Marquette, Winnipeg, Portage La Prairie and then back to Marquette to live with his brother Allen at "The Old Place".

Hugh was predeceased by all his parents and multiple Matheson, Robertson, Aitkins and Toogood relatives.

He will be sorely missed by his brother George and his Matheson family, especially his nieces Carla and Judy. Mourning him as well, is his Robertson family – Allen, Gordon (Jane Field), Loreen (Rick Hogg), Donna (Gary Tait) and their families. Special relatives include Helen Liebrecht, Lorne and Gladys Sorenson, Eleanor Proctor, as well as, many cousins across Canada.

Cremation has taken place, no service at Hugh's request.

Flowers are gratefully declined. Donations, if so desired, may be made to a charity of one's choice.

The family offers heartfelt thanks to the Homecare staff as well as the entire staff of Stonewall Hospital including Dr. Hicks and Dr. Graham for their excellent care and attention.

Hugh was forever grateful for a lifetime of professional expertise and kind support provided by Dr. Barry MacMillan and Rhonda.

OBITUARY



Alec Neville Dawson
October 11, 1938 – January 18, 2021

It is with profound sadness that the family of Alec Dawson shares news of his passing.

Alec was born one of 10 siblings on October 11, 1938 in Exton, England and died January 18, 2021 in Teulon, MB at the age of 82 years.

As a youth growing up in England, Alec enjoyed tearing up the rural roads on his motorcycles, announcing to his mum and local villagers that he would soon be home. He loved dirt bike and classic TT style motorcycle racing, spending countless hours with his mates modifying bikes for greater speed. He started a haberdashery delivery business from a panel truck, selling consumer goods whilst attending night school to attain his degree in mechanics. Never a man to sit on his haunches, after some

years he decided to emigrate to Australia, but somehow ended up on the wrong airplane and landed in Winnipeg, Manitoba, Canada in 1963. There, in 1965, Alec met the daily sunshine in his life -- his wife. Carol.

Seeking self-employment after working for IHC farm dealerships, Alec and Carol moved to Teulon in 1968. They founded a repair and service shop called Teulon Tractor and Motor. They worked side by side throughout their 54-year marriage, raising a family and developing their business until it was sold in 1999. Alec retired in 2002.

Alec made many lifelong friends servicing the greater Teulon area. He became known to his friends as "Christ-mate" because this was his English manner of leading in to whatever subject he wished to discuss with them. He had nicknames for nearly everybody he knew. Over the years, he served as councillor and sat on hospital and hall boards, was a firefighter and eventually Fire Captain, was a member of the Chamber of Commerce and a founding member of the tractor pull committee. Not only did Alec and his friends build the skid for the tractor pull, Alec modified a Dodge 383 Interceptor engine into a WD9 farm tractor. This creation became Ol' Blue, a crowd favourite and frequent winner for many years.

Alec is survived by his loving and caring wife Carol, his son Chris Dawson (Sarah), daughter Cathy Kelly (Brian), and daughter Julie Leduchowski (David). Alec leaves to mourn grandchildren Michael Dawson (Bree), Bradley Dawson (Rhea), Bryce Kelly (Diane), Brody Kelly (Desiree), Megan Smith (Andrew), Gavin Leduchowski (Michelle) and Owen Leduchowski; great-grandchildren James Smith and Kane Dawson. He will be remembered by his large extended family in England as favourite Uncle Nev.

The family wishes to offer our deepest thanks to the kind and caring staff at Goodwin Lodge. Your compassion shines through.

A family memorial will be held later this year.

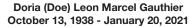
"Perhaps they are not stars, but openings in the sky where the love of our departed ones pours through and shines down on us to let us know they are happy."

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Announcements Tribune

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With heavy hearts we share the sad news of the peaceful passing of Doe; beloved husband of 62 years, father, grandfather and great-grandfather. He passed away at home with his wife Fran by his side. For the past several years Doe had a battle with cancer. He stayed strong and always kept his sense of humour.

He was predeceased by his parents Emil and Agnes (Belisle), brothers Maurice and Felix, mother-in-law Antoinette Roy, sistersin-law Mary and Brenda, a grandson David and a great-grandson Maximillion.

Doria and Fran had six children: June Charison (Curtis), Daniel Gauthier (Deb), Michel Gauthier, Monique Ruchkall (Richard), Elise Hawryluk (Darcy) and Paul Gauthier (Trena). Doe had 11 grandchildren: Cameron (Whytnie), Jodie (Nicole), Shane (Precious

Joy), Celia (Jan), Hope, Corey, Kyle, Megan (Colin), Amanda (Terry) and Janae. Doe had 14 greatgrandchildren: Chloe, Ryan, Brady, Hadley, Mayla, Levi, Jaxon, Peyton, Jazzlyn, Jagger, Nate, Nixon and Zayden. Included in his family circle are ex daughters-in-law Connie and Tara. Doe dearly loved and was so proud of all of his family.

Doe was born to Emil and Agnes and was the third born of four boys; Maurice, Ralph and Felix. He had a few years of primary school but quit to take care of Maurice his older, blind brother while his parents worked. At a young age he sought out employment. Doe worked at various jobs; he worked at the bakery Robinson Shortbread, as a delivery driver, a gravel truck driver, worked at Independent Fish, Simpson Sears as a roofer, a sanitary engineer, he worked for the city of St. Boniface in the water department checking water levels during flood season and worked at Quality Construction. He was a jack of all trades. He moved with his family to Gunton, Manitoba in 1970 and soon after took a job with Charisons Turkey Hatchery and later at Maksymyk Homes. Then he became a self employed general contractor. Doe learned his trade of carpentry from his father and a lot of it was self taught. He worked hard his entire life until the age of 80. One day he had difficulty putting a set of stairs together and he knew it was time to put down the hammer and hang up the tool belt. He loved working and enjoyed his many jobs and the interaction with his many, many customers; some of whom became very good friends.

He married the love of his life Fran Roy in April of 1958. They resided in St. Boniface, St. Vital and Gunton, Manitoba and in 1987 they moved to Alberta and lived in Egremont, Acme and then on to Bashaw. In Bashaw Doe and Fran owned and operated a motel for five years. Then from Bashaw they moved to Glade, British Columbia where Doe absolutely thrived living right next to the Kootenay River and he loved the waterfalls in the bush right in his back yard so to speak. In the fall of 2019 his ill health brought him back to his Manitoba beginnings where he lived in Lac Du Bonnet until the present time.

Doe was proud of his Metis heritage and those roots really shone through with his love of nature and the wilderness. He hunted, fished, trapped, and loved berry picking. His other loves were his family and friends, dogs, his favourite bird the goose and favourite animal the moose, motorcycling (in his younger years), old time country and fiddling music; his favourite fiddler being Cliff Maytwayashing, dancing and jigging, he loved to party, gardening (for the cucumbers and beans), hockey (his Montreal Canadians and then the Winnipeg Jets), black forest cake, Chinese food and his beer. There was nothing he enjoyed more than cutting wood for his wood stove and being on his riding lawn mower cutting grass. He was such a friendly guy who took up a conversation with anyone, anywhere and walked away having made a new friend. He especially liked his coffee clutches where he could shoot the breeze with the guys. He played the lotto tickets and always had one either in his pocket or in his truck. Doe had quite a refined palate; he ate with his eyes and his comment without even tasting was always nope don't like that. Doe had a stubborn streak and oh man he had his opinions. If someone or something ruffled his feathers it was a constant source of angst for him and all those who heard about it over and over again. He certainly was one of a kind. Doe said he wanted to return in his next life as a goose. "Let the wide open skies be your domain and you be the lead bird in your echelon. We'll give a quick wave and call out your name, so long for now. We all love you Doe."

We miss you deeply and will forever treasure your love and memory in our hearts. METIS FUNERAL PRAYER

"Do not look at my grave and weep; I am not there. I am a thousand winds that blow. I am the diamond glints on the snow. I am the sunlight on ripened grain. I am the gentle spring rain. I am not there, I did not die. When you awaken in the morning hush. I am the

swift, uplifting rush of quiet birds in circled flight. I am the soft stars that shine over your head at night. Do not stand at my grave and cry. I am not there, I did not die." May we all find the power in this prayer and look to the future for reunion and a great hunt.

OBITUARY

Ernie Michael Boklaschuk April 10, 1938 - January 23, 2021

It is with great sadness that we announce the passing of our beloved father, grandfather, and great-grandfather, with family by his bedside.

He leaves behind to mourn his children Donna (Terry), Garry (Linore), Gord (Marlene) and April (Rob); grandchildren Deena, Erin, Sean (Brittany), Derek (Carly), Devon (Regan), Damon, Kane and Avery; great-grandchildren Lennyn, Cole, Mason, Jamieson, Gunnar and Theo. He was predeceased by his loving wife Grace of 57 years. Lovingly remembered by siblings Barb, Bev, Jen and Dave; sister-in-law Pearl; and many nieces and nephews.

Ernie had a diverse career - carpenter, building inspector and pilot. Having obtained his pilots license in his early years, he carried that passion into future business, Central Aero Flight and

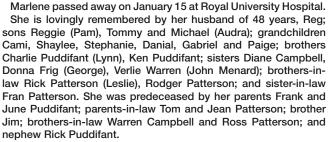
Interlake Air-Spray. Besides loving his family, Ernie loved his animals big and small.

The family would like to thank Auntie Barb for being there for Dad over the past months. Her caring heart was greatly appreciated.

Due to the current COVID restrictions it will be a closed service with a live stream option on Thursday, January 28, 2021 at 10 a.m. http://www.livememorialservices.com/Home/ ServiceDetail/10079

OBITUARY

Marlene Ann Patterson (nee Puddifant) April 2, 1953 - January 15, 2021



Marlene was born in Stonewall, MB and grew up in Stony Mountain, MB. She married the love of her life, Reg on September 9, 1972. They lived in Winnipeg until August 1980 and then moved to Saskatoon. Marlene stayed at home until all three boys started school. She then worked at Zellers for 15 years, retiring in 2013. Marlene lavished on her grandchildren with love and affection. Her summers were spent at Netley Creek, MB with her sister Diane. She enjoyed camping trips to Manitoba with Michael and her brother and sister-in-law Charlie and Lynn. Together, Marlene and Reg spent winters in Nevada and Arizona to visit family and friends. She also enjoyed golfing and bingo. Marlene was considered a second Mom to all her son's friends. She was affectionately called Auntie Mar by her nephews and nieces who loved to joke and pull pranks on each other. Her keen sense of humour, love of laughter and willingness to party at any time, made Marlene a very fun person to be around. She was an amazing cook and would cater to each person's tastes. There was nothing better than to sit down to one

of her great home cooked meals. Thanksgiving and Christmas were her specialties, spending hours preparing. Marlene had a great love for dogs. Her son's dogs would always be near her waiting for the snacks and treats that were given often. The family would like to thank Dr. Rusnak and his team at RUH Emergency for the efforts and

compassion they gave. In lieu of flowers, donations may be made to the Heart & Stroke Foundation (www.heartandstrok.

Marlene will be forever loved and missed by her family and friends.

At this time, no funeral service will be held.

Condolences may be left at www.mourningglory.ca

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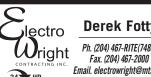
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