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Surprise drive-by birthday

TRIBUNE PHOTO BY LANA MEIER

About 10 vehicles, including a number of fire trucks, with signs, balloons, cards and presents drove by honking their horns on 5th St. West in Stonewall last Thursday to honour Sarah Toews 10th birthday. Above, Sarah's friend Katie kept a safe distance handing her a gift from the window. See story on pg. 2.

> everything you need to know in your locally owned and operated community newspaper

COMING SOON



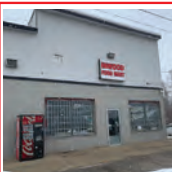
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Celebrations from a distance

By Jennifer McFee

It was a birthday to remember for 10-year-old Sarah Toews.

On Thursday, April 23, the Stonewall girl celebrated her 10th birthday in the midst of the pandemic.

Even with social distancing measures in place, her mom Darlene found ways to make the day extra special for her daughter.

Four fire trucks paraded down 5th Street West playing "Happy Birthday" on the loudspeakers, followed by a half-dozen more cars filled with well-wishers. After that, Sarah and her brother Ben enjoyed a chocolate cake baked by their dad Andrew.

"It was a really good surprise and unexpected," said Sarah, a Grade 4 student at Ecole RW Bobby Bend School. "It was really cool."

Initially, Darlene thought of asking a few friends if they'd like to drive past their house to give a birthday honk salute, and the plan continued to gain momentum — especially since a friend's dad is a firefighter.

"We're so limited as to what we can do right now, so I was trying to think of something different," she said.

"Sarah was very surprised. I think she was shocked to see all the fire



Sarah Toews received a Tim Horton's birthday donut.

trucks, and friends and family following behind. She rated this birthday a 10 out of 10."

The moment is even more meaningful for the local family since Darlene contracted the H1N1 virus while pregnant with Sarah a decade ago.

"I was just under four months pregnant with Sarah. I was in an induced coma for the first 11 days. My body



TRIBUNE PHOTOS BY LANA MEIER

Andrew, Darlene, Sarah and Ben Toews celebrated Sarah's 10th birthday and the work of health care providers. Darlene contracted H1N1 when she was four months pregnant with Sarah 10 years ago.

had to fight the virus, which affected the respiratory system. Being on a ventilator meant not also having to fight to breathe," Darlene said.

"After that, I was recovering in the hospital for another 10 days. They weren't sure what was going to happen with either of us, and they thought there was a good chance we might lose Sarah. They were very surprised that both of us survived."

With the current COVID-19 outbreak, Darlene and Andrew empathize with families who have been stricken by the virus.

"This is very familiar and we feel for other families who are in a difficult

situation now. We understand what they're going through. We also recognize the strain it puts on the frontline workers and we're so grateful for all who had a hand in our survival," Darlene said.

"We are lucky enough to have a celebration. It's really meaningful because of what happened 10 years ago and because we're in the middle of a pandemic now. Sarah might not have survived, but she did. She's quite a fighter."

The family extends their gratitude to the firefighters who took the time to make Sarah's birthday extra special.

Canada Together in song

By Jennifer McFee

Local communities are joining in on a nationwide initiative to bring voices together in song.

The Canada Together initiative encourages Canadians to express their thanks to frontline workers by singing *O Canada* every Sunday at noon.

At the Lions Manor, Joyce Wyrchow posted a sign on the bulletin board encouraging other residents to sing the national anthem from their balconies.

"A group of us did it last Sunday and we'll be doing it again. It was fun," she said.

"If you play an instrument or sing or make noise, that's good. I hope the people from across the street will be doing it as well."

She encourages everyone to get involved and sing *O Canada* together on Sunday at noon.

More information about the Canada Together initiative is available at www.canadatogogether.com.

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Remembering the fallen

By Jo-Anne Procter

Local RCMP officers and emergency responders paraded down Stonewall's Main Street at 2 p.m. on Friday, April 24 to honour the life and work of Const. Heidi Stevenson.

The 23-year RCMP veteran and mother of two was killed Sunday responding to the Nova Scotia gunman who killed 21 other people, a tragedy that began Saturday night and lasted late into Sunday morning.

Stonewall's silent parade made its way down Main Street towards the local detachment where Headingley's RCMP Cpl. Toni Zoledowski stood

guard in his red serge and the flag flew at half mast.

Friday was deemed a national day of mourning to honour the 22 victims that were killed in Nova Scotia's mass shooting.

Canadians from coast to coast wore something red, joining in solidarity with the Royal Canadian Mounted Police in mourning the tragic loss of one of their own.

The solemn tribute was observed from the street while many wore red while practising physical distancing in respect of the tragic event.



TRIBUNE PHOTOS BY JO-ANNE PROCTER

IERHA, Selkirk physicians provide COVID update

By Patricia Barrett

Ron Van Denakker, CEO of the Interlake-Eastern Regional Health Authority, has been holding conference calls with media once a week to provide updates on the continuing spread of COVID-19 and what measures the RHA is taking to help contain and manage it.

Selkirk-based physicians Dr. Ian Burron, emergency medicine lead and physician co-ordinator for COVID, and Dr. Ian Alexander, physician at Selkirk Medical Associates and president of the Manitoba College of Family Physicians, joined the call on April 24.

The 27 beds in Selkirk reserved for COVID patients are located in the old decommissioned hospital, not the "new" hospital (i.e., the Selkirk Regional Health Centre) as reported last week. The 27 beds are "transitional care beds." COVID patients who are "very sick" are housed in the new hospital.

"The old hospital that hasn't been demolished has been retrofitted to the degree that we've been able to have 27 beds, without staffing because we don't need them yet," said Van Denakker. "But when we do need them, we'll staff it."

Dr. Burron said the "new" hospital has one dedicated ward, colloquially

called the "COVID ward," to which patients suspected of having COVID and who need hospitalization are admitted.

"The vast majority of patients with COVID don't require admission to the hospital," said Dr. Burron. "We don't admit a patient just because they're positive for COVID. And we don't admit a patient just because they're suspect."

Staff on the COVID ward "are not working anywhere else in the hospital," he said.

The provincial department of Shared Health recently issued a new set of guidelines for the use of personal protective equipment (PPE) and created colour-coded zones — green (not COVID suspected), orange (COVID suspected) and red (COVID positive) — which determine what types of PPE are required.

Van Denakker said there isn't a need for all staff to be using universal precautions (avoiding contact with patients' bodily fluids by wearing items such as gloves, goggles and face shields to prevent transmission of infection) based on what zone patients fall under.

"It's very clear what types of PPE you require when you're in the or-

Continued on page 9

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One of Interlake's first big dairy barns goes up in flames

By Becca Myskiw

A century-old dairy barn burnt to the ground on the night of April 22.

The landmark barn sitting north west of Balmoral was home to 10 animals the day it went up in flames but served a much bigger purpose in the earlier stages of its life.

Veterinarian Garry Butler grew up on the property with the barn. He said it was built in 1922 before his family took over the property in the 1940s.

The Butlers started using the barn for their dairy operation in the 1950s — it was one of the first big dairy farms in the Interlake. The first form of milking the family did was with a bucket milker.

The bucket milker was the first successful mechanical milker invented. It has a vacuum pump, a bucket and a lid, a pulsator and a claw. The claw attaches to the udder, and the pulsator and vacuum pump would bring the milk out and into the bucket.

Butler said his family put a seven-foot false roof on the barn in 1967. They milked cows in the bottom and raised turkeys in the loft.

The family sold their farm in the '90s, after laying down roots on the property for half a century. Butler said there's a lot of sentimentality connected with the building for him.

"The barn was there all the time I was there," he said.

So when a client of his called the morning of April 23 to tell him it had burnt down, Butler had only one word to describe how felt: upset.

Ashleigh Hartle is one of the current owners of the property. Her family has been living on the farm since 2015. She said they lost five of their 10 animals in the fire — all of which were chickens. They were fortunate that the two potbelly pigs, two goats and one chicken did escape.

Hartle said when they went out the morning after the fire, the five remaining animals were laying together near the rubble.

"We go out in the morning and our animals are looking at us like, 'what

happened?'" said Hartle. "It breaks our heart."

The house on the property remained untouched by the fire. It was built in 1910. Hartle said the fire department showed up very quickly, and she's grateful for that.

Teulon-Rockwood Fire Department fire chief Ryan Trombo said their response time was average. They had 19 firefighters show up to battle the barn fire that night, a number Trombo called a good turnout.

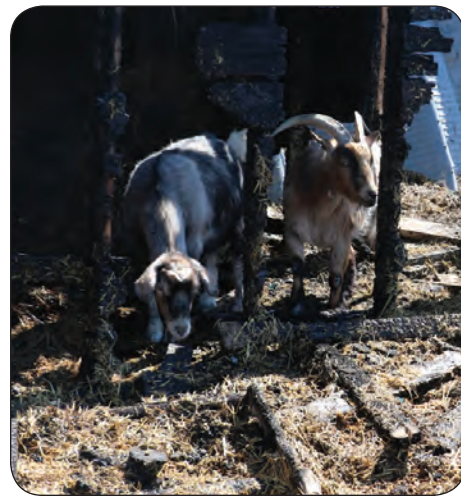
Trombo said the roof of the barn had already collapsed when they showed up, so it was a matter of doing exposure protection on a storage shed next to it and putting out the fire. The department went through six tankers while battling the blaze — close to 14,000 gallons of water.

The fire is not under investigation.

"It started from a grass fire," said the fire chief. He reminds everyone to be careful as "grass fire season" starts up.

Hartle said they plan to build another barn in the near future. She said the fire has shown her how much the community wants to help, but she and her family are asking for privacy right now.

Donations are being accepted on Facebook, "Beckman Barn Fire in Balmoral."



The two goats made it out of the fire safely and were checking out the charred remains the following day.



TRIBUNE PHOTOS BY MATTHIEU MEIER AND SUBMITTED

The century-old dairy barn was destroyed by fire on April 22.



The barn was a complete loss.



The "big red barn" was built in 1922 and was home to the Butler dairy operation from 1950 to 1990.

Inman appointed as mobility service co-ordinator

Submitted

The Stonewall & Area Mobility Service (SAMS) Committee is proud to announce the appointment of Sharon Inman as the new co-ordinator for SAMS.

Inman's career has focused on varying roles providing supports to individuals with disabilities. Over the past 12 years, this has included time with ACL-Interlake as a direct sup-

port professional and later as a team leader, St. Amant-ABA program and management positions in residential support agencies within Winnipeg.

"I'm excited to connect with all stakeholders and the community to gain insight for improvements and to explore opportunities for new services that the community would like to see. The development of SAMS will provide improved access to mobil-

ity services that will be able to grow alongside this flourishing community," said Inman.

As a resident of Stonewall for 20 years, Inman has developed deep roots within the community and is looking forward to the local development of SAMS that will succeed the Stonewall & District Handivan service as of May 23.

"Sharon was a strong candidate

that brings a great deal of experience and skill to the position of coordinator," said Lorna Broadfoot, committee chairperson.

For more information regarding SAMS and its focus, please feel free to contact Inman by email at SAMS@stonewall.ca or by phone after May 19 at 204-467-9446.

Stonewall celebrates Hometown Heroes during COVID pandemic



Brock Couch, co-owner of The Kiln.



Nikki Kibsey, director of Starting Blocks.



Kelly Yeo, pharmacist at I.D.A. Stonewall Pharmacy.



Joan Ransom, librarian at Stonewall Branch of SIRL.



Kyla Corbett, pharmacist and co-owner of Quarry Ridge Pharmacy.

By Jennifer McFee

The Town of Stonewall is celebrating its hometown heroes who are making a difference during the pandemic period.

The intent of the project is to highlight positivity and connect people during this time of social distancing.

Community members are invited to submit photos and write-ups about people they would like recognize for their community contributions. Each day, the Town of Stonewall posts a new hero photo and story on its social media sites.

On April 20, Kiln Drive-In owner Brock Couch was recognized for his efforts.

"Brock is one of Stonewall's business owners working hard to reconfigure his business during the COVID-

ID-19 pandemic so that he can remain open to serve customers while keeping both his staff and customers safe," states the Town of Stonewall Facebook post.

On April 21, Nikki Kibsey was named a Hometown Hero. As the director of Starting Blocks in Stonewall, Kibsey dedicates her time to keep little ones safe, healthy and engaged by providing childcare at the centre.

"The community is fortunate to have such great essential services provided by Nikki," states the Facebook post.

On April 22, Kelly Yeo earned the Hometown Hero honour. Yeo launched her career as a cashier at I.D.A. Stonewall Pharmacy. Now as a pharmacist, she is committed to ensuring residents get their medications in the safest way possible during this

pandemic period.

"Our community is thankful for all that you do," states the town's Facebook post.

On April 23, the town recognized Hometown Hero Joan Ransom, a familiar face as a librarian at the Stonewall branch of the South Interlake Regional Library. When the library closed its doors due to COVID-19, Ransom launched her own YouTube channel called "Storytime with Mrs. Ransom" to continue to provide local storytime for the community's kids. At the same time, she's been sewing masks with help from family and friends to distribute for free to healthcare workers and anyone else who needs them, including grocery store clerks and seniors.

"Thank you for sharing your passion

and skills with our community, Mrs. Ransom," reads the Facebook post.

On April 24, Kyla Corbett became the latest Hometown Hero. Several years ago, Corbett and her business partners launched Quarry Ridge Pharmacy and Medical Clinic to serve the community. As a pharmacist and local business owner, Corbett offers her expertise and commitment to her customers.

"She continues to go above and beyond to provide care for our community," reads the Facebook post.

To submit a photo and write-up about a hometown hero, email info@stonewall.ca. To view the Hometown Hero posts, visit the Town of Stonewall's Facebook page.

Small businesses struggling; chambers encourage local shopping

By Evan Matthews

With Saskatchewan announcing its plan to gradually re-open businesses on May 4, Manitoba echoed the sentiment, and Interlake business owners are saying it can't come soon enough.

Last week, the *Globe and Mail* reported many small businesses are closing for good as opposed to out waiting the provincially imposed shutdowns.

While this hasn't been the case in many Interlake communities, local chambers of commerce say businesses are struggling nonetheless, and

local support is more important than ever.

Teulon and District Chamber of Commerce

Jan Lambourne, president of the Teulon Chamber, said no Teulon businesses have permanently closed, at least not yet.

"Everyone is struggling but should be commended for their effort to help flatten the curve," said Lambourne.

"As for the long-term, it'll take time for the economy to bounce back. Any

loss of income and stability is a terrible set back, especially if you have to take out a loan that wasn't needed before."

Lambourne said it could take years for the local economy to bounce back fully but will need the help of local residents to do so.

"At this point, staying positive is all we can do, hoping we will come back stronger in the long run with all the support provided and encouraging local shopping," she said.

Eriksdale Chamber of Commerce Things in Eriksdale aren't too bad, president of the chamber Keith Lundale said, but there is certainly an affected demographic.

Two of the main businesses in Eriksdale—the grocery store and lumber yard—remain operational with social distancing measures in place. However, local farmers are in dire straits.

"We haven't seen too much of a negative impact on the economy," said

Continued on page 6

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Manitoba and Saskatchewan prepare to re-open

By Evan Matthews

Prairie provinces are preparing to re-open.

Though nobody is saying we're out of the woods — out of the germs? — just yet, it appears as though the chief medical officers in both Saskatchewan and Manitoba are ready to start easing restrictions.

On April 23, Saskatchewan's chief medical health officer Dr. Saqib Shahab announced the province's "Re-Open Saskatchewan Plan."

A couple of days later in Manitoba, top medical officer Dr. Brent Roussin said Manitoba's plan would be soon to follow and quite similar.

Saskatchewan's five-phase plan, at least, is said to be built on a methodical and phased approach to slowly lift restrictions so more businesses can open and more employees can go back to work.

Social distancing measures and restrictions will remain in place throughout the plan's phases, and the plan provides a number of different

factors regarding the lifting of long-term restrictions. Nothing, at this point, is definite or confirmed.

This brings us to a question on the minds of many: If the world came to a halt over public health, is it fair to resume somewhat normal practices for economic reasons so that more businesses can open and employees can go back to work?

Just weeks ago, the Prime Minister said normalcy would not return until a vaccine had been created and circulated.

As society has progressed through this, only one thing is definite and confirmed: nothing is definite or confirmed.

It has been the World Health Organization: "COVID-19 cannot be transferred from person to person... Actually COVID-19 can be transferred from person to person," and then, "Wear a mask... Don't wear a mask... Wearing a mask is good... Wearing a mask is bad."

It has been our Prime Minister and

our provinces: "Normalcy will not return until a vaccine is developed. ... Actually, we are going to re-open the provincial economies, but slowly."

As a society, we cannot live in fear, and the restrictions over the last two and a half months simply cannot last forever.

But one thing that has not changed relating to this virus is the uncertainty surrounding it.

One would not suggest prolonging re-opening the economy. Unless you've experienced the hardship that so many have, it's impossible to understand or weigh in on the debate accurately.

But with nothing known for certain, it's within our rights to ask, is now the right time?

One way or another, we're going to find out.

Disclaimer: These are the views of the writer Evan Matthews and may or may not be the views of the newspaper.

> BUSINESSES STRUGGLING, FROM PG. 5

Lundale.

"But our farmers are struggling. There is simply no market for their cows. Then they've got to worry about feed to hold the cattle over until things change."

The Cargill (cattle) processing plant in Alberta has closed down due to COVID-19, he added. Cargill is one of the largest cattle processing plants in Canada, and its closure has severely

impacted the cattle market.

Aside from the cattle farmers, Lundale said it's the hospitality industry and community groups that cannot hold events (Eriksdale Hospital Guild's spring tea, The 200 Club fundraiser, CancerCare fundraisers, etc.) that are struggling the most.

"We need to support local. All those community groups raising money for services or anything like that within

the community could be lost," said Lundale.

"We don't know when any events can happen. Some can be rescheduled, but for others it might not be until the following year."

More specifics are expected on Manitoba's plan to re-open businesses the week of April 27, but none were available by press time.

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Stonewall's New Life Church celebrated 50 years since formation

By Jennifer McFee

Last month New Life Church marked a milestone 50 years since it first formed.

Five decades ago, a handful of people began holding prayer meetings in the basement of a farmhouse outside of Stonewall.

"God gave them a vision of a church that would impact the whole region with the good news of Jesus, so on March 19, 1970, what was then called Stonewall Baptist Church was founded. This small group of 25 people called a young college student name Henry Ozirney to be their pastor," said Pastor Rusty Hildebrand.

"Henry wrote on the inside cover of his Bible that he would devote his entire ministry to build the best church he could in Stonewall — and, amazingly, 44 years later he retired from this same church. In 2016, I became the second lead pastor in the history of the church and can only hope that I would be as fortunate to serve out the rest of my years here."

The church has maintained steady growth for the past 50 years, Hildebrand added, with an average attendance of about 400 people today.

"I think this is owing to the fact that the church has always been looking to share the timeless truth of God's love in relevant ways that people can relate to. Our message is unchanging because the fundamental needs we have as human beings today is no different than it was 50 years ago or 500 years ago, but the way we share it has to keep up with the times," he said.

"We are just completing a total re-



New Life Church celebrated its 50th anniversary in March.

vamp of our worship space that will make it ideal to serve the next generation."

What remains unchanged over these 50 years is the heart and mission of the church, he said.

"The church has always tried to look beyond its walls to serve the community around it. We want to make the life-giving message of Jesus as accessible to as many people as possible. A number of years ago, we changed our name to New Life Church because we wanted to be a church for people from every faith background, or no faith background at all, a place where anybody can explore God and faith," Hildebrand said.

"And we've always strived to be a church for every generation. I love that we have lots of grandparents and lots of grandkids and everybody in between. But the busiest place in the church these days seems to be the kids' rooms, with around 100 kids



TRIBUNE PHOTOS SUBMITTED

Rusty Hildebrand, left, became the second lead pastor after Henry Ozirney retired in 2016.

learning and having fun on Sunday mornings."

Over time, the greatest challenge stems from keeping up with the needs of people since society and culture evolves so fast, he added.

"Now, more than ever, people yearn for belonging and community," Hildebrand said. "And I believe the church is as suited as ever to be the place that helps the lonely find friendship, the anxious find peace, the broken find restoration, and the hurting find hope."

Looking ahead, Hildebrand said that God only knows what the future will hold for the church.

"But we hope that we can continue to make a difference in people's lives for many years to come," he said.

"Our desire is not to just be a church that people come to from the communities of the South Interlake but a church that goes into our communities to help people where they are. After all, church isn't a building; it's a

group of people who are growing in their experience of loving God and loving one another."

The New Life Church community had been planning a big celebration weekend on May 2 and 3. However, due to COVID-19, the celebration will be postponed to the fall or whenever it's safe to meet again.

Until then, Hildebrand has a simple yet succinct message to share.

"I would like everyone in the South Interlake to know that God loves you and that God has an abundant life for you to live. At New Life Church, we are just a bunch of ordinary imperfect people who are on a journey of experiencing this life together, and we'd love to be a place where you, if you don't already have a church home, can experience this too," he said.

"The only rule we have is that you come wearing clothes. Any type will do. Other than that, come just as you are."

Manitoba Public Insurance to issue rebate cheques to policyholders

Submitted by Manitoba government

Manitoba Public Insurance (MPI) is returning up to \$110 million to provide financial relief to its policyholders, Crown Services Minister Jeff Wharton announced.

"Many Manitobans have been financially impacted by this crisis," said Wharton. "MPI is proactively providing relief when it is needed most by issuing rebates to its customers as an alternative to future reduced premiums."

Rebates will be based on what policyholders paid last year and expected to be around 11 per cent, or between \$140 to \$160 per average policyholder, the minister noted, adding policyholders can expect a rebate cheque at the end of May to early June.

This surplus is the result of fewer claims during this COVID period,

coupled with strong year-end financial results. As a public insurance model, MPI operates on a break-even basis and is required to maintain its reserves at a level set by legislation. Today's rebate is possible because MPI's reserves are exceptionally strong, allowing excess capital to be returned to ratepayers while ensuring its reserves are fully funded.

"This money is expected to provide financial assistance to Manitobans during this unprecedented crisis," said Ben Graham, president and CEO of MPI. "We have made significant improvements in our operations to deliver value to Manitobans resulting in stronger financial results.

"With a healthy reserve fund, MPI is in a strong financial situation to move forward with these rebate cheques to support our customers. This rebate to

our customers will not adversely impact the corporation's financial outcomes moving forward. It feels right to give back to our customers when they need it the most."

Details of the rebates will be made in the coming weeks and further details will be available at www.mpi.mb.ca/Pages/Home.aspx.

In addition to rebating excess capital from the last financial year, MPI notes that as of mid-April, collision claims are down 48 per cent compared to the same month a year ago. MPI estimates that public health orders directing the public to stay at home and for non-essential businesses to cease direct interaction with the public have resulted in approximately \$29 million in fewer basic claims being incurred between March 15 and April 15, 2020.

Under existing legislation, MPI is

able to return approximately \$50 million to its ratepayers and will require the approval of the Public Utilities Board (PUB) for the additional \$60 million. MPI will apply to the PUB in the coming days in respect of the incremental \$60 million in order to be able to return these amounts to Manitoba ratepayers. If PUB approval is obtained in the next few weeks, the entire \$110 million will be returned as part of the rebate cheques mailed to Manitobans.

Based on current projections, MPI is confident that due to the extension of public health orders and the provincial state of emergency extending until May 18, related savings to the corporation will continue into the foreseeable future.

Unwanted night strangers scare Stonewall family

By Evan Matthews

In a scene almost directly out of a horror film like *The Strangers*, a Stonewall family experienced a terrible scare last week.

On the evening of April 21, Kyla Frandsen said she and her family were enjoying a typical night when the dog started barking and her partner saw a silhouette walk passed the living room window.

"We had just finished a movie when the dog started going crazy and my partner saw someone walk by about two or three feet away from the house," said Frandsen, who lives west of Stonewall.

"We used the remote on our car to try and shine the light on the house in order to let them know, 'We see you,' and it went quiet for a bit.

"We went all around the house, making sure everything was locked,

and that's when they started banging on the kitchen walls," she said.

Frandsen and her partner went to check on their children, who were both sound asleep. They returned to the kitchen to ensure the trespassers had left.

Frandsen's oldest daughter then came to the kitchen white as a ghost, she said.

"I asked her, 'Did you have a bad dream?' Her response was, 'No, someone is banging on my window,'" said Frandsen.

Frandsen proceeded to call her father, who lives less than two minutes from the property, since she thought he would likely arrive before RCMP.

She then called the RCMP, too, but by the time any reinforcements had arrived, the trespassers had left the premises.

"My daughter has been extreme-

ly traumatized by this, which is the worst part. It's scary enough for us as adults," she said. "We still don't know what the intent was, but we're nervous in our own home."

Since the incident, Frandsen said the family has installed state-of-the-art surveillance cameras and motion-activated flood lights. They have also invested in upgrading the house's blinds.

The night before, a similar incident had occurred — with the dog barking — but the family did not see anyone on the property, Frandsen said. In hindsight, she believes the trespassers may have been scouting the property.

"Small communities have always felt safe, but (in the last year) we've heard of lots of people complaining about break and enters, trespassing, etc.," said Frandsen.

"The feeling of having no control is

a terrible feeling, and we want people to know what happened because if it happened to one of my neighbours, I'd want to know."

In a statement to the *Tribune*, RCMP said in response to the Frandsens' call, officers made extensive patrols in and around the area but didn't find any vehicles or people.

RCMP added the Frandsens' call was the only report of its kind, with no calls similar in nature coming in.

RCMP advises residents to ensure all windows and doors are locked at night and, in the case of a similar event, to call police immediately while getting residents of the home to a safe place (avoiding doors and windows).

RCMP also advise residents to secure anything of value on the property — ATVs or sleds, for example — by keeping them locked in a shed or garage when possible.



COVID-19 Impacts Town of Stonewall

Dear Stonewall Residents,

As the days of dealing with COVID-19 blur into weeks and now months we all continue to work from home, self isolate, and social distance. It has been a difficult period, a time when we would normally rely on the support and contact of friends and family, but those aren't always available to us in these extraordinary circumstances.

These have also been difficult times for the Stonewall Council and the Town Operation. There have been many tough decisions that Town Council has been forced to consider in order to protect the physical health of citizens and the economic health of the community. The decisions included the closure of recreation facilities throughout the community and the need to lay off dedicated and valuable employees. None of these decisions have been easy because they impact people not just facilities... unfortunately the Council had little choice.

The Council has been forced to revamp its 2020 budget only a month after a consensus had been reached on the financial plan that would be presented to the community. COVID-19 impacts have been so widespread and drastic that Council and Administration had to review operations to find ways to provide relief for local business and citizens while at the same time taking into account the pandemic's influence on Town revenues. To that end the Council has agreed to the following:

- In recognition of the financial circumstances facing property owners the Council established a budget that created a 0% tax increase.
- Extending the tax due date for 2020 to October 31st. This will be a 1-year exception to provide property owners with additional time to get their taxes paid.
- Budgeting a deficit of \$465,000 which will be recovered over the next decade. Rather than attempting to cover lost revenue (user fees) with increased taxes the Town will look to run a deficit and recoup monies in better times.
- Postponing the Town of Stonewall Tax Sale scheduled for Dec 2020 to April 2021

The hurt and harm from COVID-19 will be felt by our community and our citizens for months to come. While we want the current reality of self isolation and economic stagnation to come to an end, we must understand that the success of our efforts now will payoff in the not too distant future. It is for this reason that the Mayor and Council of the Town of Stonewall urge all citizens to stay home, to follow the directives of Health Canada and Manitoba Health to flatten the curve and shorten the time needed to recover from the impact of the pandemic.

Stonewall is a strong community that was built on a spirit of cooperation, hard work, and sacrifice. It is the spirit of the community's founding citizens that we must now call upon as we physically distance and self isolate so that we can ensure Stonewall continues to prosper in the future. Be smart and stay safe everyone, better times are on the horizon.

On behalf of Council & Administration,
Mayor Clive Hinds

Province to provide \$120 million of support

Submitted by Manitoba government

The Manitoba government is providing up to \$120 million to support Manitoba's small- and medium-sized businesses that are facing significant challenges posed by the COVID-19 pandemic, Premier Brian Pallister announced on April 21.

"Manitoba's small and medium-sized businesses are the backbone of our economy. They are struggling right now and we want to support them," said Pallister. "Our government has been listening and working diligently with chambers of commerce across the province, business and retail councils, industry and trade associations and various stakeholders to identify where the greatest need is and to maximize the recovery opportunities for Manitoba's business sector."

The Manitoba Gap Protection Program (MGPP) is available to any of the approximately 120,000 businesses in Manitoba who have fallen into a gap in failing to qualify for the various federal government assistance programs and wage subsidies created because of COVID-19. If one in six businesses have fallen into that gap that would mean approximately 20,000 Manitoba businesses would be entitled to this support, the premier noted.

The province will advance each eligible business the non-interest bearing forgivable MGPP loan of \$6,000, for a total of up to \$120 million. The loan will be forgiven on Dec. 31, 2020, if the recipient attests at that time the business has not received any ma-

major non-repayable COVID-19 federal supports such as the Canada Emergency Wage Subsidy and the Canada Emergency Business Account, as well as sector-specific grant federal programs specifically developed in response to the pandemic. If the applicant has received benefits under a federal COVID program, then the loan will be added to the recipient's 2020 tax bill.

"We are acting on the advice from industry and are committed to working in partnership with our municipal and federal governments and various associations that are impacted by this pandemic so we'll make the right decisions, in the right way, at the right time to maximize our recovery efforts for the benefit of all Manitobans," said Pallister.

To be eligible for the MGPP funding, a business must:

- have been operational on March 20, 2020, the date the Manitoba government declared a provincewide state of emergency under The Emergency Measures Act because of COVID-19;
- have temporarily ceased or curtailed operations as a result of a COVID-19 public health order and have been harmed by the health order;
- be registered and in good standing with the Manitoba Business and Corporate Registry;
- have not qualified for federal government COVID-19 grant support; and
- have an email address and a bank account.

Danica's Village feeds families in Churchill

By Jennifer McFee

The memory of a local girl lives on through efforts to support those in need up north.

Nearly four years ago, medical staff in Churchill did all they could to save the life of five-year-old Danica deLaroque after a canoe accident in the area. Despite hours of efforts, they were unable to save the Grosse Isle girl, yet they were able to save her younger brother Connor.

Today, an organization named in her honour continues to provide care for children of the Churchill community. Since mom Toni deLaroque launched Danica's Village, they have provided Christmas hampers for the past three years. During that time, they have also filled 80 backpacks with school supplies, sent up 55 Halloween costumes and provided new snowsuits and boots for more than 60 kids in need. In addition, they have hosted food drives and opened a food bank in Danica's honour, which runs entirely on donations delivered by people travelling up north.

Dr. Justin Bender, the doctor who endeavoured to save Danica and Connor, introduced deLaroque to Dr. Ross Dunlop. Dunlop saw the need to help Churchill's children, so he reached out to his network of friends. Together, they raised \$7,000 to purchase more than 2,500 pounds of meat, which he transported to the community.

"We've been working together with one of the fly-in doctors, who raised all this money. He wants to play a huge role. It's great that he's stepping up and wants to help out," deLaroque said.

"Basically, 40 families got a lot of meat and four elders got a lot of meat. There were also about 30 turkeys or chickens left, and those were dispersed among the second tier of people in need."

The initiative aimed to provide provisions for an Easter feast, although the delivery arrived soon after the holiday.

"We're going to try to focus a lot of our initiatives around Easter, Thanksgiving and Christmas," deLaroque said.

"But with the impacts of COVID-19, we're trying to raise money now for the families."

In addition to Danica's Village, which focuses on the children of Churchill, deLaroque is involved with another organization called Danica and Abby's Village. This second entity aims to provide buddy benches in honour of Danica as well as Abby Margetts, who was taken from her family at a young age in a separate accident.

These organizations are separate from each other, and deLaroque is working to attain charitable status for both.

"For Danica and Abby's Village, right now we have an order for 30 buddy benches," deLaroque said.

"We were working on a matching grant to double up that number, but COVID hit and the government hasn't announced a penny on what they're matching."

They're still looking for donations for the buddy benches, which are made from recycled milk cartons.

"Right now, some of those benches will go to the Hutterite colonies in the Interlake School Division and we're going to get some to local parks. From there, we'll work our way out of Interlake School Division into other school parks. We're looking at St. Laurent and maybe Gimli," deLaroque said.

"We also have a couple people who have purchased benches for their parks, one being the elementary school in Virden. My uncle has also purchased two for his grandkids' schools in Winnipeg."

For anyone who would like to contribute to Danica and Abby's Village, donations can be by money transfer to danicaandabbysvillage@gmail.com.

For Danica's Village, money transfers can be made to danicavillagedonations@gmail.com.

With collaboration in mind, deLaroque welcomes anybody



Dr. Ross Dunlop



TRIBUNE PHOTOS SUBMITTED

Danica's Village along with the help of Dr. Dunlop raised \$7,000 and purchased 2,033 lbs of chicken, 270 lbs. of pork chops, 113 lbs. pork, 160 lbs. of sausage for residents of Churchill in need recently.

to contact her if they have suggestions or connections for either organization. Every dollar raised goes directly the cause.

> COVID, FROM PG. 3

ange zone, for example," he said. "[If] we have a positive COVID patient, they would be in the red zone and there's a slight modification to the type of PPE you'd require."

"Meticulous hand-washing" by staff is the primary means of ensuring COVID is not passed between them and patients, he added.

- For the public, Dr. Burrton said there's no difference between washing with antibacterial or ordinary soap. The time spent washing your hands is what counts, and it should be done for at least 20 seconds.

- Ambulance attendants have access to all PPE, including respirator masks, said Van Denakker.

- Dr. Alexander said family physicians have access to PPE, and they're — at least at Selkirk Medical Associates — trying to avoid seeing patients (in person) with influenza-like symptoms.

"We're not necessarily wearing gowns or gloves, in accordance with Shared Health guidelines, because we aren't seeing patients with respiratory symptoms in the office," said Dr. Alexander.

- The province continues to do everything it can to get the PPE supplies it needs, said Van Denakker. The IERHA is educating staff about what PPE to wear and is auditing its use.

"We absolutely need to ensure that not only nurses have PPE but also health-care aides

and maintenance people who are working in orange and red zones," he said.

- Drs. Burrton and Alexander said people shouldn't avoid seeing their doctor or attending an ER because they're afraid of catching COVID (see story this edition).

Van Denakker said the chances of dying from COVID is less than one per cent based on current statistics, but the chances of dying from a heart attack is closer to about 30 per cent.

- COVID symptoms have been expanded to include cough, fever, difficulty breathing, sore throat, runny nose, headache, hoarse voice, fatigue, loss of taste and smell, and nausea, vomiting or diarrhea for more than 24 hours.

- The virus is still circulating in the community, meaning residents of personal care homes are "still very much at risk," said Van Denakker. "We know extended absences are incredibly difficult for families, but we have to continue to enforce it until we're told to loosen that up."

- The community has donated a lot of non-medical-grade PPE to IERHA staff, and it will be used appropriately.

"A shout-out to community members donating PPE," said Van Denakker. "We'll be using the non-medical PPE in appropriate [ways]. The donations are being co-ordinated through Pamela McCallum, executive director of the Interlake-Eastern Health Foundation."

Interlake School Division teachers adapting education

By Jennifer McFee

Teachers and families alike have had to adapt to abrupt changes in education.

For Kristin McCurdy, a Grade 2 teacher at Ecole RW Bobby Bend School, she's been finding ways to continue to connect with her students.

"Like a lot of the teachers at our school, I put together a homework package for the kids to take home to work on for the suspended class time," she said.

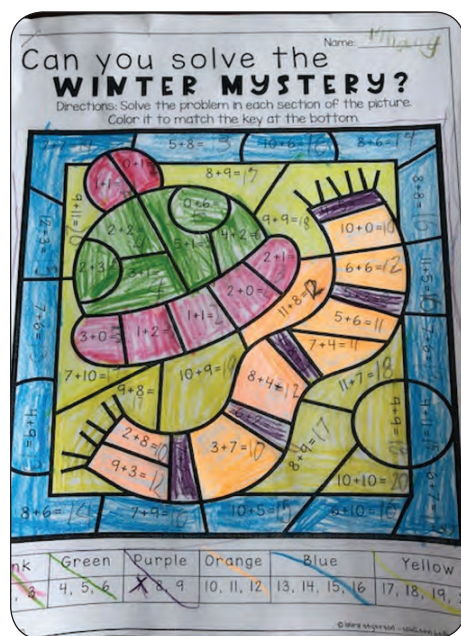
"There have been many companies, programs, apps that have made remote learning possible so I have taken a look at some of those options."

When classes were first suspended, she adapted an activity that they worked on at school called Friday Letter.

"Each week the students write a letter to someone at home telling them about what they were up to at school that week. I was really missing my students and thought that they could write a Friday letter to me to let me know what they had been up to all week at home and send me some pictures," she said.

"I was so amazed by the responses I got. I was so excited every time I checked my email and I saw a new message from one of my students. Everyone is keeping busy in so many ways."

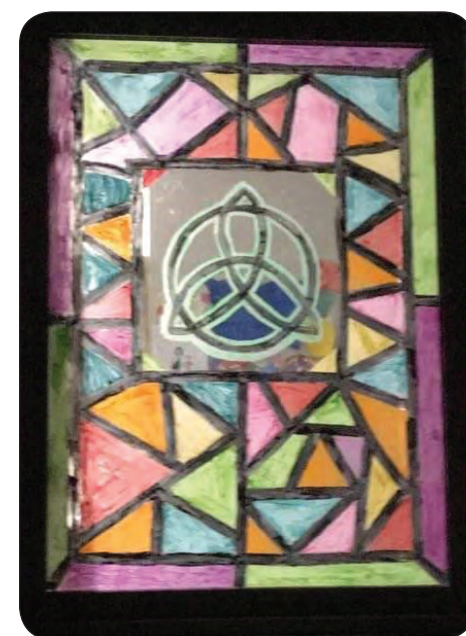
From home, her students continue to learn through new games, baking,



Math homework



Shadow dinosaur



Window art

reading, outdoor play, window painting, helping with chores, learning to use the computer and many other activities.

As a way to create technological ties, McCurdy is also encouraging her Grade 2 students to use a learning program called Seesaw, which she found out about from a colleague.

"It truly has been a learning curve for myself and families, but I think we may be feeling a bit more comfortable now. I can send videos, voice recordings, photos as well as assignments to my students and they can respond the same way," she said.

"It has been a great way to communicate with my students individually. I get to see photos and videos of them — and the best part is I get to hear their voices. We can't see and talk to each other in the classroom anymore, so at least we have a way to continue to communicate and connect."

Although there's an ever-evolving approach to home learning, McCurdy notes that it's nice to see everyone making the most of their time together.

"Everyone has had to make so many changes and there are struggles and stress with everything that is going

on. I feel everyone is making the best of the situation," she said.

"One challenge is not bombarding people with more stressors like an email or message from the teacher every day. Finding the balance with communication and expectations is going to be key."

Overall, she feels that her students are adapting well to learning from home.

"Their families are working hard to keep some kind of routine for them," she said, "and they are making the best of this situation."

Teulon Ag Society offers free pumpkin seeds

By Jennifer McFee

If you're looking to get started on your garden, free seeds are up for grabs.

The Teulon and District Agricultural

Society is giving away free pumpkin seeds at Bigway Foods in Teulon.

Chairperson Darci Loehmer explained that the organization has sent home pumpkin seeds for the past several years with students in Teulon, Balmoral and Inwood. However, since school is not currently in session, they have come up with a new plan to distribute seeds within the community.

"The mission of the Teulon Ag Society is to promote rural living and celebrate our roots," she said. "So for us,

giving away pumpkin seeds is a way to encourage kids and families to get out planting."

Due to the COVID-19 pandemic, they're not sure whether the annual Pumpkinfest will be held this year. However, they didn't let that stop them from proceeding with the seed giveaway.

"We still had gone ahead and ordered all these seeds, and Bigway is allowing us to have them at the door. If anyone wants a bag of pumpkin

seeds, they can grab them complimentary on behalf of the Teulon Ag Society," Loehmer said.

"It's multi-generational so it doesn't have to be just students. For anybody who would like a couple pumpkin seeds to throw in their garden, they can just grab some."

There are a multitude of reasons why it's beneficial to garden during a pandemic.

Continued on page 11

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Couple donates to Teulon-Rockwood Fire Department

By Evan Matthews

A generous private donation has resulted in some new technologically advanced toys for the Teulon-Rockwood Fire Department.

Donating \$20,000 back in December 2019, Maureen and Glenn Kletke — who live just outside the Town of Teulon — said they wanted to help the fire department continue its good work by providing the department with advantages the municipal service might not otherwise have.

“The department is a volunteer service, and they do a lot of work community-oriented work,” said Maureen, adding she often sees members helping out in the community in ways above and beyond the job’s requirements.

“We want to make their job much easier when it comes to any firefighting or search and rescue type of operations.”

With the RM of Rockwood and the Town of Teulon providing a more than adequate budget for operations, Glenn said the donation was about

providing “perk” type items to the department’s fleet.

With the donation, the department has purchased a new quad to combat grass fires and a drone, which current chief Ryan Trombo said will bolster the department’s ability to map out fires and respond strategically.

“They’ve provided a huge help to us in purchasing specialized equipment. The department is so thankful for the budget we have, but it can be hard to fit specialized equipment into that budget,” said Trombo, adding the regular budget is largely centred around day-to-day operations.

“When you get a donation like this, you’re able to spend a lot of money on upgrading specific items and adding new items to the fleet.”

The drone was recently used during a search and rescue in Stonewall

The quad — a 2020 Can-Am 570 — replaces a 20-year-old machine that was requiring a lot of maintenance. The drone has thermal imaging capability, which will allow the department to survey active fires from the



TRIBUNE PHOTO SUBMITTED

Maureen and Glenn Kletke check out the new technology—a 2020 Can-Am 570 quad, as well as a drone fully capable of thermal imaging—that the Teulon Rockwood Fire Department was able to purchase with their \$20,000 donation.

air, allowing for strategic containment of grass fires.

The Kletkes said they could not be more pleased with what the department decided to invest in.

“They did a great job doing their research,” said Glenn.

Maureen added that the department

kept them involved throughout the process. The couple made a point of saying that the donation came from them, not their business.

“We’re very, very happy with the choices they’ve made.”

> PUMPKIN SEEDS, FROM PG. 10

Gardeners can grow their own fresh vegetables, fruits and herbs while enjoying fresh air. The whole family can get involved in the activity, which can also boost their positive energy.

“There’s a lot of uncertainty right now,” Loehmer said, “but people can still celebrate our rural roots and get out there in their gardens.”

This year, the Teulon Ag Society is celebrating its 96th anniversary. Throughout the decades, the only time the organization ever shut down was during the Second World War from 1941 to ‘45.

They hosted their first agricultural fair in 1946 and continued the tradition for 68 years. In 1992, they added the popular Pumpkinfest event to the

calendar. The fair stopped operating about five years ago.

“When this new board took over the Ag Society, we shifted our focus to Pumpkinfest because it’s a successful event. We’ve grown it in the past five years from about 300 people in attendance to 1,200 people last year. It just continues to grow and that’s where we keep our focus,” Loehmer said.

“We still have all the aspects of the fair roots like the competition, entertainment, food and vendors. We’re waiting to hear from the government if social distancing will be lifted in time for Pumpkinfest this year. It’s hard to plan when we don’t really know what will be happening.”

Stonewall RCMP investigate fatal motor vehicle collision

Submitted by RCMP

On April 26 at approximately 1:10 a.m., RCMP responded to a motor vehicle collision on Highway 322 in the RM of Rosser.

A 34-year-old male driver and a 31-year-old female passenger were travelling north on Highway 322, near

Highway 6, when it is believed the female exited the moving vehicle and sustained significant injuries.

The 31-year-old female was pronounced deceased at the scene.

RCMP, along with a forensic collision reconstructionist, continue to investigate.



SOUTH INTERLAKE PLANNING

Keep Us In Mind This Spring and Summer!

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

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

Permits help ensure that Buildings and Structures meet Manitoba Building Code, which in turn increases the level of safety for everyone.

If you are unsure whether your project requires a permit or not, or if you have any questions, please contact the SIPD office at 204-467-5587 and we’d be happy to assist you! More information is also available on our website: www.sipd.ca

Home & yard

Spring cleaning: are you forgetting to tidy these parts of your home?



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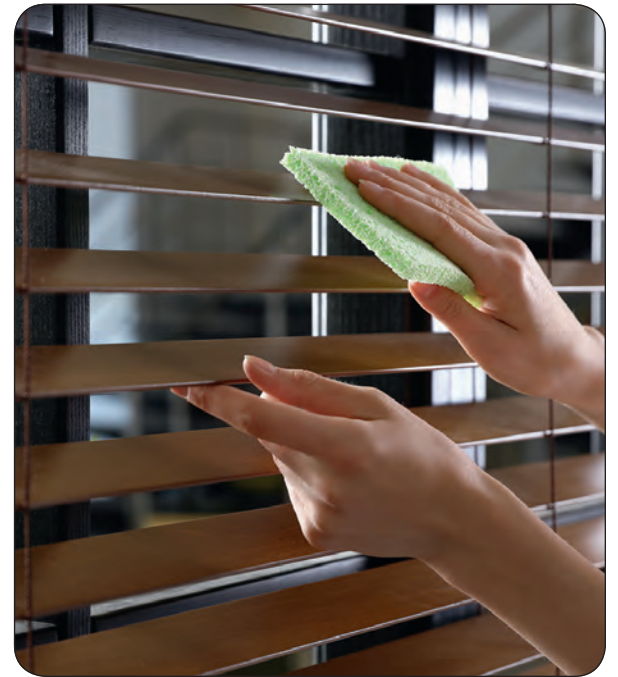
To guarantee that this year's spring cleaning is a success, target these often-neglected areas of your home.

- Refrigerator. Remove everything from the fridge and throw out anything that's past its expiration date. Take out shelves and drawers, scrub them using warm, soapy water and then replace them. Don't use bleach or other strong cleaning products that shouldn't come into contact with food.

- Bedding. Wash your duvets, comforters and pillows in the washing machine using the gentle cycle. Run the rinse cycle twice to be sure all the soap is removed. If your machine isn't big enough to fit a comforter or duvet, or you want to do it all at once, head to a local laundromat.

- Blinds. Dust vinyl, aluminum or wood blinds with a vacuum or a microfibre duster on both sides. If there's a buildup of dirt, wash with a sponge and a solution of water and vinegar. Fabric shades can be vacuumed or brought to the dry cleaner.

- Walls and ceilings. Remove cobwebs caught in the corners using a vacuum and wash the ceiling with an extendable sponge mop and slightly soapy water. Continue by cleaning the walls in the same way and giving the baseboards a good scrub.



Once you're done, make it a point to re-clean these areas every few months. This will ensure your home is tidier throughout the year and minimize the amount of work to be done next spring.



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Home & yard

3 springtime home improvement projects



Are you thinking about updating your home this spring? If so, these three projects are perfectly suited to the season.

1. Upgrade the landscaping. Spring is the perfect time to upgrade flower beds and walkways or even install a pool or hot tub. Your garden will have time to grow in and you'll be able to enjoy your new outdoor space all summer long.

2. Rebuild or refinish the deck. If your deck has seen better days, this is the ideal time to repair or rebuild it. Consider expanding it to create zones for eating, cooking and relaxing.

3. Replace the siding. If your siding took a beating over the winter, now's the right time to replace it. Choose a quality product and consider using a more modern colour. Cool tones like grey, blue and green have been popular in recent years.

Spring is the best time of year to tackle most outdoor projects. Just be sure to get to them before the hotter weather arrives.

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Watch your online accounts! A hacker hit us. We just found out someone named "Jennifer" in "Ontario" drained our family's grocery money. Left us with \$8 during an economic crisis. That's stone cold.

Will you be the next victim?

Let's be clear. Jennifer's the victim — not us. We would gladly feed her. Instead, she steals. She's been hit by a worse pandemic — selfishness — and it's spreading like wildfire.

Everywhere you look, you can see "symptoms" of selfishness — greed, hoarding, price-gouging, gossip and indifference. Families are getting torn apart by anxiety, anger, domestic violence, poverty, substance abuse and suicide. One hotline reports a 300 per cent increase in calls this month.

The Bible has a word for selfishness. Sin. And it's a worldwide pandemic. Everyone's showing "signs" of infection. Even me. And I assure you — if left untreated, sin has a 100 per cent death rate. You sin. You die. First spiritually and then eternally. So many suffer. It's a heart-wrenching disease.

Fortunately, there's one cure. Jesus. His wounds can bring us healing. His presence can push out the sickness. He can turn selfish people into shiny saints.

Have you seen what healthy looks like? Have you met those genuine Jesus people? The ones who have joy, peace, patience and hope during this pandemic? They're not perfect, but they love and serve EVERYONE around them? They stand out. Like bacon bits on the salad of life!

Jennifer's sick, but she's close to the cure. Jesus. One small step of faith today would bring a BIG change in her life. We don't know her, but please join us in praying for her.

Will you be the next victim?

That depends. Are you showing symptoms of selfishness? Then you need Jesus. ASAP. Early detection and quick treatment are crucial. Just like every other disease. Your family's lives may depend on it.

Need help? Want to help others? Visit StrongerWeekly.com.

Paul Emmer

Stonewall Youth for Christ

Interlake Tourism Association holds virtual AGM

By Evan Matthews

Another Interlake organization was forced to get creative due to the COVID-19 pandemic.

The Interlake Tourism Association had to host their AGM virtually using Zoom Video Communications last Thursday to abide by the provincially mandated social distancing six-foot rule and no more than 10 people at a gathering.

ITA hosted 39 members who hailed from all across the Interlake.

"It's been an absolutely amazing year. Looking back, when I started my tenure as ITA president a little over three years ago, I had no idea that I would be stepping down in the middle of a global pandemic, but here we are," said Heather Hinam, Interlake Tourism Association president.

Hinam assured all in attendance that she would be staying on as past-president and would continue to work with the ITA executive board.

Hinam is stepping down as president due to term limits as outlined in the ITA's bylaws, with Oak Hammock Marsh's Jacques Bourgeois later being voted in to serve as president.

"The association itself is going through a period of transition. Gail, our amazing manager for the last 15 years, is retiring and has spent the last several months training her replacement," she said.

Hinam was referring to the hiring of ITA administrator Melissa Van Soelen as the successor to McDonald, the cur-

rent ITA manager, who plans to scale back her role to part-time in June.

Van Soelen stepped into the role of administrator last fall, Hinam said, and has been learning the job, running the social media feeds and updating the website.

"Gail is not leaving us completely, either. She will be staying on contract to work exclusively on our travel guide. She will still be responsible for the guide's ads and its content, so you will still be hearing from her regularly as we move forward," said Hinam.

"However, I would like to take this moment to thank her sincerely for all of the years of hard work, innovation, dedication and humour she has brought to her role for all of these years."

In 2020, the ITA has highlighted four goals it is working toward:

1. Developing a policy and procedures manual, which the organization has already started. The manual is intended to ensure continuity of ITA operations.
2. Developing a succession plan, which involves handing over McDonald's duties to Van Soelen.
3. Clarifying the manager's job description and contract deliverables to incorporate core skills and services, which involves identifying and taking advantage of the differing skill set from McDonald to Van Soelen, while ensuring members' needs are met in regards to marketing, product development and communication.

4. Developing tools to streamline meetings.

Guest speakers included greetings from Lakeside MLA Ralph Eichler, greetings from Selkirk-Interlake-Eastman MP James Bezan, and a message from Travel Manitoba CEO Colin Ferguson.

ITA industry members elected to the Board of Directors included Jacques Bourgeois (Oak Hammock Marsh Interpretive Centre), Sheri Crockatt (Rubber Ducky Resort and Campground), Heather Hinam (Second Nature - Adventures in Discovery), Marilyn Williams (Red River North Tourism), and Suzanne Otte (South Interlake ATV Club).

The ITA executive board has three spots remaining for industry members and will aim to recruit the final three in the coming months.

Bourgeois will serve as ITA president, while Colin Bjarnason was elected as 1st vice president and Anna Pazzdierski elected as second vice-president.

As ex-officios, the ITA appointed Tammy Dziadek (Community Futures East Interlake), Peter Mandryk (Community Futures North Red), and Lana Cowling-Mason (Community Futures West Interlake).

Ron Rogowsky (Town of Arborg) retained his role as ITA treasurer, Susan Smerchanski (RM of Armstrong) retained her role as ITA secretary.



The Town of Teulon has closed its Civic Centre to the Public to reduce exposure to our front-line workers and our residents until further notice. Hours remain Monday to Thursday 10:00 a.m. to 4:00 p.m. Closed Fridays. Inquires may be made during these hours via phone or via email to teulon@mymts.net

Council Meetings will continue as scheduled, ensuring that recommended social distancing setbacks can be achieved at all times. Our Council Chambers can only accommodate Five (5) members of the public to maintain appropriate social distancing.

If you would like to attend, you will be required to adhere to current public health guidelines before entering (hand-washing/sanitizing, not having travelled in the last 14 days or knowingly being exposed to the virus, and practicing social distancing).

All delegations to Council have been postponed until further notice. Any Public Hearings that may be required will be advertised with the appropriate notices.

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IERHA patients advised to not put off health needs because COVID

By Patricia Barrett

Family physicians and emergency room doctors in the Interlake-Eastern Regional Health Authority (IERHA) have experienced a significant drop in patient numbers because of COVID-19 fears.

The fear of contracting the virus in a health-care setting has resulted in three serious incidents where people waited too long before seeking help.

"We don't want a situation where people are avoiding serious health problems like chest discomfort, trouble breathing or abdominal pain because of a fear of getting exposed to COVID-19," said Dr. Ian Burron, the IERHA's emergency medicine lead and physician co-ordinator for COVID, during a conference call last Friday with media. "We're still here to help people."

There were two "late presentations" of heart attacks. Both patients survived and both had expressed reluctance about coming to the Selkirk Regional Health Centre's ER because of a potential for being exposed to COVID, said Dr. Burron. And at another facility he didn't name, a patient presented in the late stages of appendicitis.

The ER is taking steps to try to make things as safe as possible, he said. Patients are screened at the door and those deemed "low" and "high" risk are placed in corresponding zones to try to "mitigate any potential for spread should anybody with COVID

show up."

The Selkirk ER did have a health-care worker test positive for COVID in March, and that person continued to work shifts for three days, but there were no additional cases of the disease as a result.

Dr. Burron said the public has done a "great job" following public health authorities' advice to practise social distancing. That's helped the health-care system avoid what could have been a "nightmare scenario," with sick patients overrunning hospitals. But people shouldn't avoid seeking care when they need it.

"Emergency rooms are open and are safe. When you have an emergency, we want to help you," said Dr. Burron. "If you're not sure about your health concern, reach out to your family physician. If it can be dealt with outside of the emergency room, that's preferred. But if it can't be or if you're unsure, we want people to attend an emergency department to get care."

In addition to ERs, people have also been putting off seeing their primary care provider.

IERHA CEO Ron Van Denakker said volumes are down by 50 per cent. Of the 50 per cent family doctors still see, 90 per cent of the care is being delivered over the phone.

Dr. Ian Alexander, a family physician with Selkirk Medical Associates and president of the Manitoba College of Family Physicians, said doctors are still available for their patients even

though they're also assisting in hospitals and other facilities.

"Family physicians are always there for our patients, and our offices remain open to provide comprehensive, continuous care to patients that is appropriate for them at this time," said Dr. Alexander, who took part in the media briefing.

The way family medicine is practised has changed "quite dramatically" as a result of COVID, he said, but doctors are still available by phone, virtually and in person should a situation warrant it.

Although he can't speak for everyone, Dr. Alexander said his clinic is taking several steps to ensure patients are as safe as possible from COVID. Those include following recommendations set out by the provincial department of Shared Health and wearing goggles and masks for all interactions with patients attending in person regardless of what the health care need is.

If gowns and gloves are required, they're available in the clinic, he added. Before patients are booked for an appointment, they're screened and clinic staff prepare in advance by wearing the appropriate level of personal protective equipment.

"We are working very hard to avoid seeing patients with influenza-like symptoms that may represent a COVID infection," said Dr. Alexander.

Family doctors, who bill on a fee-for-service basis, and surgeons, who are



FILE PHOTO BY PATRICIA BARRETT
Family physician Dr. Ian Alexander of Selkirk Medical Associates.

unable to perform surgery in Selkirk at this time, may be suffering from a drop in earnings like many other Manitobans, said Dr. Alexander.

"We are happy to do our part in this pandemic," he said. "And we recognize that many people in our region and across the province do not have any source of income at this time, including many of our patients. We recognize there is a decrease in physician billing, but I don't feel we are the only people that are suffering."

With no vaccine for COVID as yet, virtual medicine may become a mainstay for family doctors.

"We are hopeful some form of virtual medicine will be covered by the provincial government after the COVID-19 pandemic," said Dr. Alexander, "but we can't tell what that will look like until we get closer to that time."

Province launches virtual therapy program

By Ligia Braidotti

It's been more than 45 days that Manitoba has established social distancing and quarantine measures, and it may start to feel daunting at this point.

Thinking about the impacts that social distancing and isolation have on people's mental health, the province launched a new program to help those who are feeling the symptoms due to the COVID-19 pandemic.

The Mental Health Virtual Therapy Program is now available to all residents of Manitoba who are 16 years old and older. The program is designed to help those with mild to moderate anxiety.

AbilitiCBT is a digital program from Morneau Shepell, a provider of technology-enabled human resources services that deliver an integrated approach to employee well-being.

It is a free and confidential virtual program that has proven to be one of

the most effective and efficient therapy methods available, the premier added.

As of April 16, close to 600 individuals have registered for the program and are now using the virtual-therapy platform with more signing up daily.

"We recognize many Manitobans are living with anxiety and stress posed by this pandemic," said Premier Brian Pallister.

"Our government is committed to helping Manitobans navigate this challenging and unprecedented time. You are not alone. We will get through this together."

Patients do not need to be referred by their doctors to access AbilitiCBT. Users will be able to connect with a trained professional therapist who will help deal with pandemic challenges; the state of uncertainty; physical isolation; care for family and community members; information overload; and stress management.

The therapy aims to help users learn what anxiety is and how it affects your emotions, mind, body and behaviour; reduce anxiety by learning cognitive behavioral therapy skills and using them to change responses to triggers; and develop coping strategies to track and reduce anxiety and better manage daily activities. These goals are achieved through a cognitive behavioural therapy (CBT) method and the platform is accessible through the computer, smartphone and tablet.

AbilitiCBT starts by assessing the patient's needs through an online questionnaire and consultation with a professional therapist, either by phone or video chat. Then, the patient will work on 10 modules, at their own pace, and the therapist will track their progress through check-ins.

To learn more about AbilitiCBT, go to www.manitoba.ca/covid19/bewell/virtualtherapy.html.

There are many other resources

available for those suffering from mental health issues.

The Centre for Addiction and Mental Health stated that a big challenge to dealing with mental health and reducing stress is that "the response to pandemics can disrupt routines; people may stop the activities they use to keep well (e.g., exercise) and engage in activities that can make things worse (e.g., drink more alcohol)."

They recommend people accept that some anxiety and fear is normal in this situation, seek credible information, assess their personal risk, limit checking sources to once a day or less, set aside time for unplugging from electronics and social media, seek support, and more.

They have a wide variety of information on mental health and the COVID-19 pandemic. Access the information at www.camh.ca/en/health-info/mental-health-and-covid-19#coping,

Kill COVID: myths pile up as we wait for a vaccine

By Patricia Barrett

Here's a roundup of some COVID-19 myths that are spreading alongside the highly infectious virus as Manitobans (a) celebrate six weeks since the government declared a state of emergency and (b) look forward to who-knows-how-many-more months of staying home until scientists come up with a vaccine to kill COVID.

Myth: Mosquitoes can infect us with COVID

Mosquitoes are vectors for viral diseases such as West Nile, Zika and yellow fever, but the World Health Organization says there's no information or evidence "to date" that mosquitoes can transmit COVID.

If you venture out during mosquito season, take the same precautions you would normally, including wearing long-sleeved shirts and trousers, spraying insect repellent on the outside of your clothing and avoiding peak mosquito hours and habitats.

Myth: Hot weather will kill COVID

The WHO says you can catch COVID "no matter how sunny or hot the weather is."

Singapore is currently hot (27C). Brazil's right up there (28C). Saudi Arabia's sizzling (39C). They were hot when we were cold and it didn't make a blind bit of difference to COVID.

Here's the data: Singapore = 12,693 infected, 12 dead. Brazil = 57,961 infected, 3,963 dead. Saudi Arabia = 16,299 infected, 136 dead (Source: Johns Hopkins University, April 25).

Scientists have shown the virus has a half life, meaning it will decay on surfaces over a period of time, possibly faster under sunlight. But don't think COVID's a goner on the handles of supermarket trolleys parked in the sun.

Myth: Once you've had COVID, you're immune

There's no scientific evidence to date, says the WHO, that people who've had COVID are protected, via antibodies, from being re-infected with the virus, which has picked off 202,455 people worldwide, including six Manitobans (Data: Johns Hopkins; Manitoba government, April 25).

Some governments have suggested the detection of antibodies "could serve as the basis for an 'immunity passport' or 'risk-free certificate,'" enabling people to travel or return to work.

Not so fast, says the WHO. Some lab tests have shown "very low levels of neutralizing antibodies"

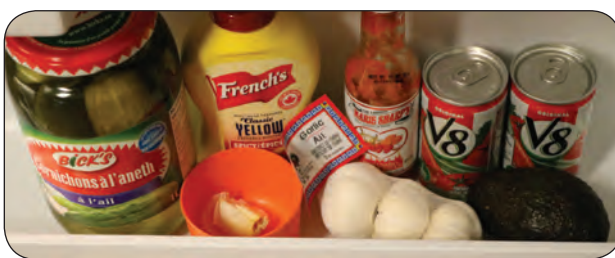


PHOTO BY PATRICIA BARRETT

Garlic keeps for months on the door of your fridge, but it can't kill COVID.

in people's blood, according to its April 24 scientific brief. More importantly, no study, thus far, has evaluated how effective those antibodies are in staving off another COVID infection or how long those antibodies last. Complicating the matter further is the unreliability of the lab tests, which may "falsely categorise" people.

Myth: Garlic kills COVID

Garlic, like sunny days, is yours to enjoy but it won't kill COVID.

"Garlic is a healthy food that may have some antimicrobial properties," states the WHO. "However, there is no evidence from the current outbreak that eating garlic has protected people."

But there's really no better time than now, when we're supposed to be at home rather than in supermarkets sweeping the shelves clean of yeast, flour and toilet roll to spice up our meals with garlic. No one will smell it oozing from your pores other than loved ones locked down with you.

It will last for months if you store it on the door of your fridge (don't put it in plastic bags or separate the bulbs from the stalk), and you won't have to join scores of others in endless queues at the grocery store. Simple.

Myth: Injecting, ingesting disinfectants and getting light "inside" the body might kill COVID

The president of the United States — once the most powerful country in the world until its government under Donald Trump set aside six weeks for denial while the viral invader came ashore, marched inland and slaughtered thousands — suggested last Thursday that scientists should look into ways of rinsing human lungs with disinfectants and getting some light into them.

During an unprecedented time of fear and suffer-

ing, and at a moment when almost 50,000 Americans had died from COVID with over 866,000 infected, it can only be hoped that the president meant the lungs of deceased COVID victims who had signed away their bodies to medical science, not living human beings.

"And then I see the disinfectant where it knocks it [COVID] out in a minute," said Trump, referencing the Department of Homeland Security's "emerging" research. "One minute. And is there a way we can do something like that by injection inside or almost a cleaning?"

Clorox, which makes bleach, and Reckitt Benckiser, which makes Lysol, issued warnings posthaste on their respective websites: No, don't drink or inject our products. Ever. Under any circumstance. Full stop.

And scientists and university professors — all of them capable, like Trump, of pointing to their temporal lobes and saying, "I'm a person that has a good you-know-what," to indicate how clever they are — made a beeline for social media to implore people not to consume disinfectants because, and right they are, that can lead to death.

On getting light inside the body, particularly the lungs where COVID really makes a mess, Trump said: "So supposing we hit the body with a tremendous ... ultraviolet or just very powerful light ... and I said supposing you brought the light inside the body, which you can do either through the skin or in some other way."

UV burns skin, causes cancer. Or did America's top man mean making deep incisions in the skin and thrusting powerful lights through the gap? Some other way. Hmm. Yeah, that's a tough one.

"Supposing" we just do the following instead: (a) Stay home; (b) Maintain a physical distance of two metres (just over six feet) away from other people when in public; (c) Refrain from touching our faces; (d) Wash our hands frequently and thoroughly with soap and water. Antibacterial or plain soap are equally effective as it all comes down to how much time we spend washing our hands (20 seconds is ideal).

Everyone with a "good you-know-what" understands these measures are effective in cutting down transmission until those armed with scientific weapons kill COVID.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Mattson commits to StFX men's hockey program

By Brian Bowman

Leif Mattson's Western Hockey League career ended on the west coast with the Spokane Chiefs.

His university career, though, will take him east all the way to Antigonish, N.S.

Mattson was one of four forwards that StFX men's hockey head coach Brad Peddle announced as committed to the 2020-21 X-Men lineup last week.

"(I'm) extremely excited to have the opportunity to attend such a well-respected university and to be able to join an elite level hockey program," said Mattson on the school's website. "I have heard nothing but great things about Antigonish and I look forward to being able to contribute to the culture already built at StFX and to being an X-Man."

Mattson feels he made a wise decision choosing StFX.

"I definitely had plenty of time to do my research the last two months," Mattson said, noting he was just accepted into the school's business program. "It was a process before I committed the other day. I was narrowing down schools and deciding what I wanted to do and where I would be the best fit. In a normal year, I would have been able to fly down and actually tour the schools so that made this a little harder. StFX really checked off all of the boxes for me and they offered me an opportunity both academically and on the hockey side."

StFX finished last season with a 12-18 record, including being swept by Moncton in an AUS quarter-final series.

Mattson is hopeful that they will be better next season.

"They lost a decent amount of guys from last year," he said. "It was a bit of an off year last year obviously but they have been to five of the last six national championships so I know it's a quality program. I'm hoping that we'll have a strong team in my first year. We have a large recruiting class, I think there's seven of us committed as first year (players)."

The X-Men are really looking forward to adding Mattson to their program.

"Leif is an outstanding addition," Peddle said. "He is a very good player — highly skilled and intelligent — and has put up great numbers consistently over his WHL career on some great teams. He will be an impact addition to our forward group and we look forward to seeing him in blue and white in the fall."

Mattson, a 6-foot-1, 195-pound right winger from Stonewall, finished his WHL career very well, scoring 18 goals and collecting 39 points in 38 games in Spokane.

"I think I found some chemistry with the guys that I was playing with in Spokane," Mattson said. "I was able to step in and contribute and I probably played some of my best hockey that I have ever played in Spokane. Everything clicked and I found some linemates and we all complimented each other really well. We started heating up at the right time and in the last 10 games we won 10 in a row so it was definitely disappointing not being able to see where that went."

Prior to being traded by Kelowna, he



TRIBUNE PHOTO SUBMITTED

Leif Mattson has committed to attend school and play hockey for the StFX X-Men beginning this fall.

tallied five goals and had 18 points in 25 games with the Rockets.

Mattson played parts of four seasons in Kelowna after playing nine games in the Alberta Junior Hockey League.

He admits it was tough being traded in his final season of junior hockey.

"Kelowna is a second home for me now so when I found out the news it was obviously a shock especially being in a Memorial Cup year," Mattson

said. "I was excited to be part of that but there were definitely a lot worse places I could have ended up. Spokane was a super strong team this year and it was a cool place to play with good fans and good coaching so I couldn't complain with what happened."

"Looking back on it now I'm pretty grateful how it ended up."

Sport Manitoba postpones Manitoba Games to 2021

Submitted by Sport Manitoba

To keep Manitobans safe and reduce the spread of COVID-19, Sport Manitoba and the Dauphin Host Society announced Monday that the Manitoba Games powered by Manitoba Hydro that were set to take place from Aug. 9 to 15, 2020, have been postponed.

The Games will now take place in Dauphin from July 11 to 17, 2021.

Sport Manitoba and the Dauphin Host Society worked with the City of Dauphin and the Provincial Sport Or-

ganizations to reach the collective decision to postpone the event, and will work with all Games partners in the coming months to continue to prepare and plan for the new date.

"This was a difficult decision to make as we know thousands of Manitobans are affected, including athletes, coaches, officials, volunteers, sponsors and people across the province who planned on attending and being a part of the Games," said Jeff Hnatiuk, president and CEO of Sport Manitoba.

"However, the conclusion to postpone was necessary as public health and safety is ultimately our top priority, and we have to do everything we can to keep our communities safe during this health crisis. We want to sincerely thank everyone for their patience and understanding throughout this whole process and we are looking forward to coming together with our sporting community in Dauphin in 2021."

The Manitoba Games powered by Manitoba Hydro are staged every two

years and alternate between summer and winter sporting events. It is the largest ongoing multi-sport event in the province. The Games involve upwards of 3,000 athletes, coaches, officials and volunteers, and represent an opportunity for young athletes to compete and prepare to reach national and international sporting stages.

The sports showcased at the 2021 Manitoba Games include athletics, baseball, basketball, cycling, golf, rugby, sailing, soccer, softball, swimming, triathlon and volleyball.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Wheddon selected by Edmonton in WHL Bantam draft

By Brian Bowman

Hayden Wheddon received some news that most young hockey players dream about.

The talented centre from Stonewall was the Edmonton Oil Kings' ninth-round selection (196th overall) at last week's Western Hockey League Bantam draft. Wheddon starred last season with the Interlake Lightning Bantam "AAA" program.

"Hayden had a very good season offensively," said Oil Kings' Director of Scouting, Jamie Porter. "We like that he's such a good skater and see a lot of upside in his game."

Wheddon is joining an Edmonton team that has been very successful in recent years, including winning the 2014 Memorial Cup under head coach Derek Laxdal, formerly of Stonewall.

"I'm pretty excited," said Wheddon last Friday afternoon. "It was my dream growing up. It was my goal."

He is really excited to be part of the Oil Kings' organization.

"Everyone is telling me that they have a good facility and everything," he said. "Playing in the Rogers arena is pretty cool."

The 5-foot-9, 142-pounder scored a whopping 42 goals and added 32 assists for 74 points in just 35 games with the Lightning last season.

"I think I grew overall as a player," said Wheddon, who was the Light-

ning's team captain. "I was gaining more confidence and being a better leader while working on my overall game and my mental toughness. I was glad when my coach picked me as a (captain). I felt very honoured so now I just have to work harder with being a leader."

Wheddon also played eight games with the Lightning in the Winnipeg AAA U17 Midget Prep League where he tallied five points (three goals and two assists). He also scored a goal in a playoff contest.

"That helped me, for sure, playing with the older kids," he said. "Experiencing that was great. They move the puck faster and overall (it's better)."

After Bantam, most players move on to the U17 Prep League. But Wheddon expects to be making the jump directly to the Interlake Lightning team that competes in the Manitoba U18 AAA Hockey League.

"For me, it's going to be a pretty big jump," Wheddon admitted.

But it's a jump that Wheddon fully deserves. He finished his two-year Bantam career as the Lightning's leader in goals (56) and points (105) in just 71 games.

Wheddon received more good news last Sunday when the Selkirk Steelers selected him third overall in the Manitoba Junior Hockey League draft.



TRIBUNE PHOTO BY LANA MEIER

Stonewall forward Hayden Wheddon was selected by the Edmonton Oil Kings in the ninth round (196th overall) in the Western Hockey League Bantam draft last week.

Baseball Manitoba suspends all sanctioned activities until May 30

Staff

Due to the current situation regarding COVID-19, Baseball Manitoba announced it has suspended all sanctioned activities until May 30.

The announcement was made on Baseball Manitoba's website on April 20.

This means that the season will not begin in May as it usually does. By mid-May, Baseball Manitoba will have new information and be able to update their membership before May 30.

"Manitoba health guidelines and the status of public parks are the major factors affecting a baseball season,"

read a statement. "Baseball Manitoba will continue to monitor these factors with local baseball personnel across the province. At this time, we remain hopeful that baseball will be played this summer."

With a possible delayed start to the season, Baseball Manitoba and the championship hosts also remain hopeful that provincial championships will take place.

"This may mean that events are moved from July to August and happen one month later than usual," read the statement. "Baseball Manitoba may decide, depending on the start date of the season, to cancel provin-

cial championships in support of a longer playing season for all teams."

Last Thursday, Baseball Canada announced that it has cancelled all 2020 national championships due to the COVID-19 pandemic.

The decision affects 11 national tournaments, including the Women's Invitational, Aug. 20-23, in Stonewall.

Baseball Canada said in a release that the health and safety of organizers, athletes and fans was the priority in arriving at the decision.

"After extensive discussions and careful consideration among our executive committee and board of directors, we arrived at the decision to

cancel all of our 2020 national championships," Baseball Canada president Jason Dickson said in a statement. "Although this decision will be disappointing to many across the Canadian baseball community, we felt it was the best decision to make given that the health and welfare of our members is paramount in these uncertain times."

Baseball Canada said individual provincial members will decide the course of their seasons and associated provincial tournaments on their own.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Cassan signs letter of intent with Bismarck State College Mystics

By Brian Bowman

Devon Cassan was off to a very fast start with the Badlands Baseball Academy, hitting .600 this spring before the season was cancelled.

The Bismarck State College Mystics hope Cassan can have that type of production with them this upcoming season.

Cassan, an Argyle product, recently signed a national letter of intent to play baseball for the Mystics.

"Devon has all the tools to be a very good player for us," said Mystics' coach Michael Keeran. "He has good speed and is a very talented athlete. I think Devon will give us a lot of versatility, too, being able to play the infield, outfield, and he can pitch as well."

Cassan is really looking forward to playing baseball and attending school in North Dakota.

"It's pretty exciting and the next step to where I want to go," he said last week. "My coach (Jeff Amos) has connections everywhere and was asking coaches if they needed players and a couple of coaches have texted me asking but I decided to go to Bismarck."

The Mystics play most of their games in North Dakota but do go down south

to Arizona for games in mid-March.

It will be exciting for Cassan to play at different diamonds for the first time.

"It'll be nice to go down to Arizona and going to a bunch of new (places) that I have never been to."

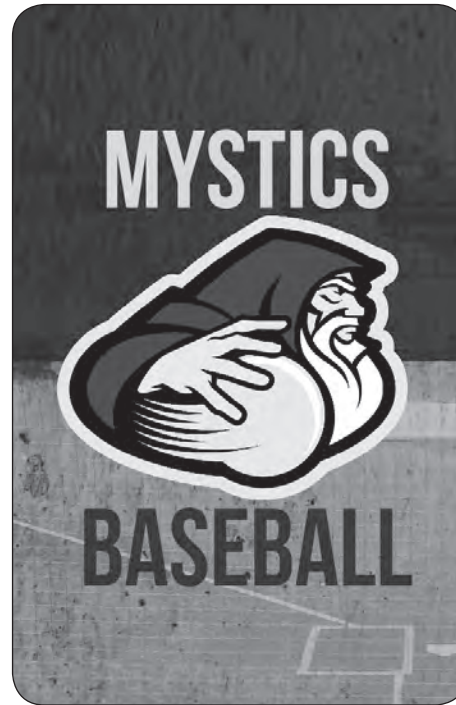
Cassan's plan is to play two years in Bismarck and then move on to a four-year school.

With Badlands, which is located in Oyen, Alta., Cassan had a great opportunity to play a very busy schedule of games. A few of those games were played in Las Vegas in the spring.

"After training all winter, it was a pretty good experience and I did pretty good (in Las Vegas)," he said. "I like playing baseball every day. We have practice and a workout every single day and every weekend we would have four games. I like that schedule because it keeps you busy and in shape."

Cassan, a former Interlake Oriole, feels he made the right move heading west to play baseball and go to school in Alberta.

"It helped my skills get way better," he said. "I always had access to a gym or a field. Anything with baseball, I



TRIBUNE PHOTO SUBMITTED

Devon Cassan will be playing baseball and attending school at Bismarck State College in North Dakota this fall.

had access to every day and anytime I wanted to. We only had 13 guys and then in the second semester we picked up two more. (Our coach) likes to carry a small roster so then we get

more playing time.

"I personally played a lot of ball — I started most games."

Interlake Lightning pair picked by Selkirk Steelers in MJHL draft

By Brian Bowman

A pair of Interlake Lightning forwards were selected in the annual Manitoba Junior Hockey League draft last Sunday.

And they were both picked by the Selkirk Steelers.

With their first pick, which was third overall, Selkirk chose Hayden Wheddon. Wheddon had a tremendous season, scoring 42 goals while producing 74 points.

The Stonewall product also played several games with the U17 Prep Lightning.

"He's a very high level, elite player who can score and he has a high level IQ," said Steelers' head coach Hudson Friesen. "He's a guy that can skate re-

ally well and we see him contributing in a big way at our level."

In the fifth round (52nd overall), the Steelers' selected Rylan Slatcher.

"He was a linemate with Hayden for at least the few games that I saw," Friesen noted. "He's another offensive player that can really bring it. He's a 200-foot player and his play in the (defensive) zone is very good. He takes care of both ends and plays the right way. He's a guy that we feel fits into our organization very well."

Selkirk's other picks included the Winnipeg Warriors' brother duo of forwards Aidan and Nolan Anderson, defencemen Ethan Alsip and Parker Lee, and Eastman Selects' forward Braden Berube.



TRIBUNE PHOTO BY LANA MEIER

Interlake Lightning forward Rylan Slatcher was selected in the fifth round of the MJHL Bantam draft by the Selkirk Steelers.

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THE RURAL MUNICIPALITY OF ST. LAURENT INVITATION TO TENDER

Job: Supply, haul, spread – 2340 cubic metres of 19-mm-down limestone – Governor Road South

The R.M. of St. Laurent invites **sealed tenders** for the supply, haul and spread of approximately 2340 cubic metres of quality white/grey/tan 19-mm-down limestone. It is to be applied to Governor Road South which is approximately 1.95 kilometres in length and 8 metres in width. Please no side-dump application of limestone to this road.

Further information may be obtained from Public Works Foreman, Dean Appleyard or the office of the R.M. The Foreman can be reached at 204-739-8163, and the office (CAO) at 204-646-2259. Fax contact is: 204-646-2705; email: cao.rmstlaur@mymts.net

Sealed tenders must be received by **Friday, May 29, 2020, 4:30 p.m.** and will be reviewed/awarded at the first council meeting of June. Please quote in cubic metres.

Mail or drop off:

CAO – R.M. of St. Laurent
c/o Sealed Tender – Limestone – Governor Road South
Box 220, St. Laurent, MB R0C 2S0
16 St. Laurent Veterans Memorial Road (inside the Rec Centre)

The lowest or any Tender will not necessarily be accepted. The R.M. of St. Laurent reserves the right to accept or reject any or all Tenders.



THE RURAL MUNICIPALITY OF ROCKWOOD 2020 FINANCIAL PLAN - PUBLIC HEARING

In accordance with Section 162(2) of The Municipal Act, the Rural Municipality of Rockwood shall hold a **PUBLIC HEARING** to present the 2020 Financial Plan for the Municipality at:

6:30 p.m.

Thursday, May 21, 2020

Heritage Arts Centre

**Stonewall Quarry Park – 166 Main Street
Stonewall, Manitoba**

The Rural Municipality of Rockwood 2020 Financial Plan consists of:

1. The 2020 Operating Budget
2. The 2020 Capital Budget;
3. An Estimate of the Operating Revenue and Expenditures for the following fiscal year, and
4. A five (5) year Capital Expenditure Program.

The purpose of the **PUBLIC HEARING** is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Rockwood 2020 Financial Plan.

Any person who wishes to make a Presentation, Ask a Question, or Send a Letter to Council must provide a copy of the presentation and/or documentation no later than 4:00 p.m. on May 19, 2020.

Copies of the 2020 Financial Plan are available for review at the Municipal Office, Monday to Friday between the hours of 8:30 a.m. and 4:30 p.m.

Chris Luellman, CMMA
Chief Administrative Officer

The Rural Municipality of Rockwood

2020 Financial Plan & COVID-19

We hope that all residents of the Rural Municipality of Rockwood are staying indoors and following proper protocols as set out by the Province of Manitoba.

We understand that during these trying times it is difficult to be present at the meeting, however we will be proceeding with the hearing while practicing social and physical distancing as we feel there is adequate space at the Heritage Arts Centre. Public Hearings must, of course, be open to the public and residents are allowed to interact, ask questions and have the opportunity to speak for or against the proposed By-Law.

Book Your Classified Ad Today - Call 467-5836

METAL RECYCLING

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

SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

SCRAP METAL

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

HOUSE FOR RENT

For rent - available immediately, 2 bedroom house. Single car garage. Located 10 miles East of Fisher Branch or 20 miles North of Arborg. Call Ivan 204-642-2252.

APARTMENT FOR RENT

Age 55+ Apartments -INWOOD SENIORS LODGE bachelor & 1bdrm suites. RGI & capped rent. Meal program & activities on site. Call Tina for more info 204-278-3534 email: inwoodm@high-speedcrow.ca

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Prairie Bookkeeping offers bookkeeping solutions to small business 204-998-4789.

INCOME TAX

Prairie Bookkeeping offers personal & small business income tax preparation. Certified to efile with CRA. 204-998-4789.

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HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

FARM PRODUCE

Local unpasteurized honey for sale. Sold in various sizes, 1 kg & up. Ph 204-461-1267.

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Two year old purebred black and red Angus bulls, semen tested, guaranteed and delivered. Choose from 21 bulls. Phone 204-278-3372.

Black and red Angus purebred yearling bulls for sale. Will deliver. Semen tested. Phone 204-383-5802 or 204-383-0100.

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Express your Thanks with a message

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Call 467-5836 or e: igraphic@mts.net



THE RURAL MUNICIPALITY OF ST. LAURENT INVITATION TO TENDER

Job: Supply, haul, spread – Traffic Gravel - various roads throughout RM

The R.M. of St. Laurent is inviting **sealed tender** for the following:
- Supply, haul and spread of approximately 3000 cubic metres of 19 mm-down crushed traffic gravel to roads as needed in the R.M. of St. Laurent. Please no side-dump application of gravel to roads.

Price is to be based on cubic metres.

Further information may be obtained from: Public Works Foreman, Dean, at 204-739-8163; the R.M. Office at 204-646-2259; or by email to cao.rmstlaur@mymts.net

Please provide your quotes by **Friday, May 29, 2020, 4:30 p.m.** and mark your envelope "**Tender – Gravel**". Tender will be reviewed/awarded at the first council meeting of June. The lowest or any tender may not necessarily be accepted.

Mail: R.M. of St. Laurent, Box 220, St. Laurent, MB R0C 2S0
Drop-off: 16 St. Laurent Veterans Memorial Road (inside the Rec Centre) Monday to Friday, between 8:30 a.m. and 4:30 p.m.



THE RURAL MUNICIPALITY OF ST. LAURENT INVITATION TO TENDER

Job: Clean-up of Debris - R.M. of St. Laurent Waste Transfer Site

The R.M. of St. Laurent is inviting **sealed tender** for the following:

- The removal of construction debris/yard waste and furniture/mattresses which are in piles currently located at the Waste Transfer Site; quote to include loading, hauling, delivery including mileage to licenced landfill.

- o We require this debris to be delivered **directly** to a Landfill that will accept such material with proof of delivery.
- o The job is to be quoted as complete job, not on a per trip or mileage basis.
- o Only tipping fees levied by the landfill site will be paid separately by the RM.
- o Interested contractor is to arrange a site visit with Public Works Foreman at 204-739-8163 before submitting sealed tender.

Further information may be obtained from: Public Works Foreman, Dean, at 204-739-8163; the R.M. Office at 204-646-2259; or by email to cao.rmstlaur@mymts.net

Please provide your quotes by **Friday, May 29, 2020, at 4:30 p.m.** and mark your envelope "**Tender – WTS Debris Removal**". The tenders will be reviewed/awarded at the first council meeting of June.

Mail: R.M. of St. Laurent, Box 220, St. Laurent, MB R0C 2S0
Drop-off: 16 St. Laurent Veterans Memorial Road (inside the Rec Centre) Monday to Friday, between 8:30 a.m. and 4:30 p.m.

The lowest or any Tender will not necessarily be accepted. The R.M. of St. Laurent reserves the right to accept or reject any or all Tenders.

CARD OF THANKS



William Swanton's family (Peggy, Andrea and Jeffery, along with their spouses and his seven grandchildren) would like to thank the residents of the Town of Stonewall and surrounding areas for their prayers, acts of love and resilience during the search for our "Pop Pop" on April 13th and 14th. Our sincere thanks to the Stonewall Hospital, the Stonewall RCMP, the volunteer Search & Rescue and Firefighters of surrounding communities, who worked late into the night during the search. William is doing well, and we are extremely grateful to everyone instrumental in his safe recovery.

ANNIVERSARY



Bob and Dorothy Johnson
Celebrating 60 years
April 30, 1960 – 2020
Happy Anniversary Mom & Dad
-Love from Liz, Diane
and families

AURORA

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RTM
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3 Bedrooms (ensuite), Maple Kitchen, Quartz Countertops, Walk-in Pantry, Island. James Hardie Siding, Huron Tripane Windows.
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- *Everything Else!

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WPG

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www.batteryman.ca**

ANNIVERSARY



Forever Best Friends
Happy 50th Wedding Anniversary to
Edward and Marianne Cherniak
on May 2nd

You've offered us an amazing example of what a marriage should be. Wishing you many more years of fun, travel, happiness and good health.

-With love and gratitude,
your family



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Contact this newspaper NOW or MCNA at **204.947.1691** or email **classified@mcna.com**

www.mcna.com

**Rural Municipality of Woodlands
EQUIPMENT AUCTION**



The RM of Woodlands is auctioning the following equipment through GovDeals.com online auction;

- 2000 Freightliner FL80 Dump Truck**
- 1986 CAT 518 Compactor**
- 1990 Pierce Cab Forward Pumper**

To view information on each piece of equipment, place bids, to view auction closing date and time please go directly to www.govdeals.com and search by above equipment description. There is also a link available on the municipal website, www.rmwoodlands.info
RM of Woodlands

**STONEWALL & AREA MOBILITY SERVICES
DRIVERS**

The Stonewall & Area Mobility Services (SAMS) Committee is seeking applications from qualified individuals for positions of Driver. Reporting to the SAMS Coordinator, Drivers will perform the duties and responsibilities necessary for the handi-transit service for the area, based on the needs of the entire region.

The preferred applicant will require a valid Class 4 Driver's License and be able to produce a clear Driver's Abstract.

Remuneration will be commensurate with qualifications and experience.

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

Qualified persons are invited to submit a detailed resume including three references to the undersigned.

Stonewall & Area Mobility Services

Attention: Sharon Inman
293 Main Street, Box 250
Stonewall, MB R0C 2Z0
SAMS@stonewall.ca

Deadline for applications: 4:00 PM on May 11, 2020

Start date: To be determined

We thank all those persons who apply, however only those granted an interview will be contacted.

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Announcements**



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**Rural Municipality of Woodlands
2020 DUST CONTROL PROGRAM**



The Rural Municipality of Woodlands will accept requests for the application of dust control, on a PRE-PAYMENT BASIS, on municipal roads in front of residences within the Municipality. The application will consist of a 16' x 300' strip at a cost \$300.00 plus GST (\$315.00). Application forms are available on our website www.rmwoodlands.info. If you are unable to access the application form via website, please call the office at 204-383-5679 for alternative arrangements. Applications and payment can be left in the RM Office drop box located outside the office or mailed along with payment to:

Rural Municipality of Woodlands
57 Railway Avenue
Box 10
Woodlands, MB R0C 3H0

Deadline to submit application forms is **Friday, May 15, 2020.**

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

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

COUNCIL
Rural Municipality of Woodlands

**Rural Municipality of Woodlands
PUBLIC HEARING**



REGARDING THE 2020 FINANCIAL PLAN

In accordance with Subsection 162(2) of The Municipal Act the Council of the Rural Municipality of Woodlands shall hold a PUBLIC HEARING to present the 2020 Financial Plan for the Municipality being held

May 14, 2020 at 6:00 P.M.
Rural Municipality of Woodlands Multi-purpose Building
152 MacDonald Avenue, Warren, MB

The Rural Municipality of Woodlands 2020 Financial Plan consists of:

- 1) 2020 Operating Budget
- 2) 2020 Capital Budget
- 3) an estimate of the operating revenue and expenditures for the following fiscal year (2021), and
- 4) a five-year Capital Expenditure Program (2021-2025)

The purpose of the Public Hearing is to allow any interested person to make representation, ask questions, or register an objection in respect of the Rural Municipality of Woodlands 2020 Financial Plan. If you are planning to attend we are requesting that you pre-register with the RM of Woodlands Office at 204-383-5679 or by email at finance@rmwoodlands.ca.

Due to COVID-19 information and documents concerning the 2020 Financial Plan are available for review by email, mail or fax. Please call 204-383-5679 to arrange for delivery.

Adam Turner, CMMA
Chief Administrative Officer
Rural Municipality of Woodlands

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IN MEMORIAM



Kenneth Kiel
August 1, 1936 - April 29, 2016

Your life was a blessing
Your memory a treasure...
You are loved beyond words
And missed beyond measure
-Forever in our hearts,
Marlene, Kevin and Bev, Brad and Debbie
Tyler, Carter, Riley and Cameron

IN MEMORIAM



**In Memory of
Cliff Teichrib**
September 18, 1946 - May 1, 2018

Missing you, missing you!
Life will never be the same.
Our greatest joy,
There is a heaven,
Where we will meet again.
-Love forever,
Louise

OBITUARY



Susan Lois Ennis (née Massey)
February 9th, 1965 - April 22nd, 2020

It is with deep sadness that we announce the loss of Susan Lois Ennis (Stonewall, MB) after a courageous seventeen-month battle with Glioblastoma Multiforme, an aggressive form of brain cancer. Susan was born in Burnaby BC, the proud daughter of Ray and Fern Massey. Susan grew up in Victoria, Ottawa, Shilo, Lahr Germany and Winnipeg. Susan spent much of her school years in Winnipeg where she attended John Taylor Collegiate and graduated from Sturgeon Creek High School.

Susan's artistic side always influenced her. This led to a bold career path in interior design, working with Ritz Interiors, Creative Colour, McLeod House, Lazy Boy, Budget Blinds and Windows of Fashion. Along the way Susan was able to charm every client, which often led to instant friendships that lasted well beyond the first encounter.

Susan's fondest memories from her youth include figure skating, later becoming a coach, her years growing up in Lahr, Germany, skiing the Alps, days spent at the Russell family cabin at Lake of the Woods as well as her ridiculous adventures with her best friend Heide. It was in her teenage years where Susan and Rick met and she immediately caught Rick's eye. In August 1989, Susan and Rick got married with their children, Jenna and Taylor, by their side. Susan and her family lived for a short while in Winnipeg before moving to Stonewall where she immediately fell in love with her new community. Because of Susan's zest for life they travelled much of the globe. Throughout their travels they often made lifelong friendships. She has passed on her love of travelling and the ability to make instant connections to her children.

Everyone that met Susan felt an immediate connection with her. Susan could make everyone feel special, as if they had been lifelong friends. She is known for her smile and quirkiness, her contagious cackle and let's not forget her fabulous fashion sense. It was always known when Susan was in the room, she was very much the life of the party. She was often seen as a role model and adored for her spontaneity. From starting a softball team, while not knowing how to play softball, to curling, while not really being able to curl, to darts, where oddly enough she became a star. She was never afraid to try anything even if it made her look silly.

Susan adored her grandchildren. Anyone who knew Susan knew how much she cared for Willow and Sawyer. They were her angels. No matter what coast they were living on, Susan made it her goal to visit them often, almost monthly. Nana, as she was known to them, was the light in their lives and she will continue to live on in the personalities of her two grandchildren.

Susan is survived by parents Ray and Fern Massey; husband Rick; two children, Jenna Hopkins (Jon) and Taylor Ennis (Ashley); grandchildren Willow and Sawyer Hopkins; brother Robert Massey (Jill) and sister Heide Saj (Gary, Miya and Rhianna).

Susan's family and friends want to thank all the staff at the Stonewall Hospital tremendously. The care Susan received during the final weeks of her battle was nothing short of exceptional. From the team that ensured her room was spotless, to the caring doctors and nurses, and especially the doting health care aides. Susan was treated like a member of their family and was so genuinely cared for.

In lieu of flowers, we ask for a donation in honour of Susan to the Brain Tumour Foundation of Canada. A virtual walk, which family and friends of Susan's are joining, will be taking place on June 27th, 2020. All proceeds go to providing support, education, information and research funding for brain tumour patients and their families.

Night night my plum, sweet dreams.

OBITUARY



Alexander MacKenzie Pfeiffer
March 1, 1995 - April 17, 2020

It is with profound sadness we announce the passing of our beloved Alexander at the age of 25. After a year-long battle with medical issues, Alex succumbed to the insidious disease of depression. He leaves to mourn his mother Sheryl; father Kevin; step-mother Kim; step-father Glenn Bruchanski; brother Adam; sister Jessica (Joel Knaggs); nephews Troy and Seth Stanford; aunts and uncles; extended family; special friend Julia Morin; friends and co-workers.

Alex was predeceased by his grandparents Barbara and Arthur Richter, Idella and George Pfeiffer and cousin Carmen Knittig.

Alexander was born in Regina, SK as the youngest of three children to Sheryl (nee Richter) and Kevin Pfeiffer. He grew up in the Stony Mountain/Stonewall area and attended school in Stonewall.

At age 19, Alex enlisted in the CAF and proudly served as an Army Trooper in Edmonton, AB with the armoured regiment, "Lord Strathcona's Horse". Following the military Alex attained his Security Guard licence, working for Garda in Winnipeg before joining HSC Security, as he considered career law enforcement.

Due to the pandemic, there will no service at this time. A Celebration of Alexander's Life will occur at a later date.

In lieu of flowers, please consider a donation in Alexander's name to the Canadian Legion or a Mental Health charity of your choice.

MacKenzie Funeral Home will be hosting a full obituary on their site <https://www.mackenziefh.com>

MACKENZIE FUNERAL HOME STONEWALL
(204) 467-2525 • info@mackenziefh.com



get inspired

> MEAL IDEAS



Sweet Potato Walnut Falafel Bowls

Falafel:
1 raw sweet potato (12 ounces), peeled and cut into chunks
1 cup cooked quinoa
1/2 cup California walnuts
1 teaspoon sea salt
1/2 teaspoon ground cumin
1/2 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 cup flour
1 egg
vegetable oil
Tahini Dressing:
1/4 cup tahini
3 tablespoons lemon juice
2 tablespoons water
1 tablespoon pure maple syrup
1/4 teaspoon ground cumin
1/4 teaspoon garlic powder
sea salt, to taste
Bowls:
4 cups loosely packed curly kale, coarsely chopped
2 cups cooked quinoa
1 cup julienned carrots
1 avocado, sliced
toasted, chopped California walnuts, for

garnish (optional)
minced red onion, for garnish (optional)
To make falafel: In food processor, pulse sweet potato until finely minced. Add quinoa, walnuts, ground cumin, onion powder and garlic powder; pulse until all pieces are uniform in size. Add flour and egg; pulse until well mixed, scraping down sides as needed. Using wet hands, shape mixture into 16 equal balls.
In deep skillet or pot, heat oil. Cooking in batches, fry falafel balls 2-3 minutes on each side, or until golden brown and cooked through. Let drain on paper towel-lined tray.
To make tahini dressing: In small bowl, whisk tahini, lemon juice, water, maple syrup, ground cumin, garlic powder and salt.
To prepare bowls: Place equal amounts kale, quinoa, carrots and avocado in four large salad bowls. Place four falafel balls in each bowl and drizzle with dressing. Garnish with toasted walnuts and minced red onion, if desired.

Announcements

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OBITUARY



Marvin Terry Prystupa
March 7, 1949 – April 18, 2020

With heavy hearts we announce the passing of our beloved husband, father, and grandpa Marvin Terry Prystupa on Saturday, April 18, 2020 at the age of 71.

Marvin will be forever missed by his wife of 48 years Joanne (Mauthe); his two sons Ryan (Laura) and Michael (Caitlan); and his three grandchildren who he adored Kaleb, Maxwell, and Hailey. Also survived by sisters Stella Uruski (Steve), Adele Monasterski, Theresa; brothers John (Helene) and Leonard; and many nieces and nephews.

He was predeceased by his parents Anton and Olga and siblings Sr. Joan Marie, Zennovia MacDonald, Savella Mankewich, and Orest.

Our Dad grew up on the family farm located by Warren and later Stonewall. Graduated from Stonewall Collegiate and received his education degree from the University of Manitoba. He spent 32 years with the Seven Oaks School Division as a teacher, vice-principal, and principal.

Marvin shared the best of country living with his own family. In 1979, he returned to his roots where he built a home and enjoyed his small cow/calf operation.

Dad's love of the outdoors was shared with family and friends making countless memories of fishing, hunting, and camping trips, as well as the good times spent at the cabin in Sandy Hook.

For 14 years Marvin and Joanne wintered in South Texas making many friends and happy memories. Their favourite part was sharing their little place with the kids and grandkids when they would visit.

Cremation has taken place and a celebration of his life will be held at a later date.

In lieu of flowers, please consider a donation in Marvin's memory to CancerCare Manitoba, specifically for sarcoma research.



204-886-0404

OBITUARY



Marilyn Ethel Savage

On April 20, 2020 at Rosewood Lodge in Stonewall, Marilyn peacefully passed away with family at her side.

She is predeceased by her parents; husband Brian; daughter Sandra; sisters-in-law Cecilia, Kitty and Bridget. Marilyn is lovingly remembered by daughters Tiffany (Kevin) and Gayle; grandchildren Matthew (Jen), Meagan, Kyla and Dylan; great-granddaughter Isabella; sisters Doreen (Jerry) and Sharon (Guenther); sister-in-law Rosie (Bryant) and many nieces, nephews and cousins.

Born on May 15, 1941 in Maidstone, Marilyn lived in Saskatchewan until meeting husband Brian in Indian Head. Married in 1961, they moved to London, ON and then around the Province of Manitoba, finally settling in the Town of Stonewall.

Marilyn worked in the home when her daughters were young and later worked as a secretary, early childhood educator and then pharmacy technician. After retiring, Marilyn enjoyed her time with the South Interlake Garden Club, Communities in Bloom, Project Linus Crocheting Club and Red Hats.

Marilyn had a smile and kind word for everyone she met. She loved traveling, with regular trips to visit family in AB, BC and SK as well as making trips to visit her sister Sharon in Germany. Her favorite international destination was Paris and she fondly remembered her travels to France with friends and family. In summer months Marilyn enjoyed gardening and picnics in the park, passions shared by her daughters. In the winter she curled and crafted. Regardless of the season, Marilyn was an avid walker.

A celebration of life will be announced when we are able to gather with family and friends.

We would like to thank the staff at Rosewood Lodge for their care and compassion.

If friends so desire, in lieu of flowers memorial donations may be made to South West District Palliative Care, Box 1282, Stonewall, MB R0C 2Z0.



204-886-0404



Don't forget to send your special words of remembrance for loved ones passed.

Stonewall Teulon
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Nurse Next Door™
home care services

Nurse Next Door is looking to hire Nurses (LPN or RN) to join our award-winning team.

- Do you want to make lives better and have the ability to drive your career?
- Do you love working with seniors? Are you a warm, caring individual passionate about making a difference in the life of a senior?

Nurse Next Door has the perfect opportunity for you!


- Casual (must be available at least 10 hours per week), with the potential to earn regular part-time and full-time hours
- We provide care 24/7, so visits may be scheduled early morning, afternoon, evening, or overnight to meet our clients' needs.

Skills & Experience

- Graduate from an approved Nursing education program.
- Active registration in good standing with the College of Registered Nurses of Manitoba.
- Speak and write English. Other languages will be an asset
- Ability to identify and report client care concerns to Care Designers when needed
- Valid Class 5 Driver License and reliable vehicle required.
- Described as a self-led leader with the ability to take responsibility for own behavior and success.
- Previous home nursing experience an asset.
- Able to work independently.

Contact winnipeg@nursenextdoor.com
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Call 204-467-5836 or Email igraphic@mts.net



Nurse Next Door™
home care services

Nurse Next Door is looking to hire Caregivers to join our award-winning team.

Are you a warm, caring individual passionate about making a difference in the life of a senior? Do you want a flexible work schedule that fits with the other priorities in your life?

Positions Available
Casual (must be available at least 10 hours per week), with the potential to earn regular part-time and full-time hours

Responsibilities
Happier Aging is at the heart of what we do — enabling seniors to live at home as long as possible, doing what they love to do.

Duties
We provide care 24/7, so visits may be scheduled early morning, afternoon, evening, or overnight to meet our clients' needs.

- Meal preparation, light housekeeping, and/or provide companionship and personal care
- Execute on the client's care plan as outlined by the Care Designer.
- Help clients with their ADL's (Activities of Daily Living).
- Assist clients with transfers, ambulation and exercises.
- Meet the safety needs of the client and use equipment safely and properly.
- Complete records and documentation accurately and thoroughly.

Other Skills and Abilities

- Must be able speak and write in English. Other languages will be an asset.
- Ability to identify and report client care concerns to Care Designers when needed.
- Able to travel from client to client in a timely fashion.
- Class 5 Driver's License and reliable vehicle required

Skills & Experience

- Passionate about making a difference.
- Described as a self-led leader with the ability to take responsibility for own behavior and success.
- Previous caregiving experience an asset.
- Health Care Aide certification an asset.

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