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High flyers

TRIBUNE PHOTO BY JUDI CARROLL

Senior dancers Shiloh Nault, left, and Megan Loudon were jumping for joy while dancing on the outdoor Sunova Stage. Green Acres Art Centre dance program held their dance recital last Sunday.

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Glassmaker's artwork making waves across international borders

By Tyler Searle

Hundreds of vibrant glass leaves cast in Teulon have become a piece of functional art in the U.S.

Heather Dawson, the artist behind Glass by Heather, is known locally for her handmade glass creations. Her work includes jewelry, décor and dinnerware — and now, an elaborate art installation.

Karla Rikansrud commissioned Dawson to create 200 glass aspen leaves to feature in a donor appreciation wall at the Frasier Retirement Community in Boulder, Colo.

Rikansrud, the VP for philanthropy and social responsibility at Frasier, wanted to pay tribute to the many donors who supported the community. She found Dawson's work online and reached out.

"I have some cast glass leaves that I had created from commercial manufactured moulds, and she (Rikansrud) liked the design and the concepts, but the size wasn't exactly what she was looking for," Dawson said.

Rikansrud asked for a smaller design that more closely resembled the retirement community's logo. The altered specs required Dawson to create a custom ceramic mould, she said.

Dawson did not have experience with ceramics, so she turned to Alan Lacovetsky for help.

"He (Lacovetsky) had been talking to me over the last couple years about making custom moulds, so I knew who to ask," Dawson said.

Lacovetsky is a fellow Interlake artist who uses clay and a wood-burning kiln to make pottery. He was eager to share his knowledge with Dawson, he said.

After some trial and error, the pair designed a suitable clay mould for the installation, and Dawson set to work casting hundreds of leaves.

The art piece is now finished and suspended on a wall at the retirement community using stand-off posts —



Although the ceramic moulds Dawson uses are identical, no two leaves turn out exactly the same.

specialty mounts that create the impression the leaves are floating away from the wall.

Pandemic restrictions made it impossible for Dawson to be on-site for the installation, but she has seen photos of the completed piece.

"I thought it looked great," she said.

The next phase of her work may involve more wall-mounted art pieces, but right now, Dawson is fundraising for the Canadian Cancer Society.

For the second April in a row, she's released a daffodil-themed collection and intends to donate a portion of the proceeds in honour of her mother, she said.

Dawson and Lacovetsky are members of the WAVE Interlake Artists Studio Tour, a collective of artists who invite the public to tour their studios every June and September. Attendees watch creators at work, ask questions and purchase art.

The WAVE tour is an integral part of the Interlake community because it encourages artists to share ideas and provides the public with an opportunity to experience art, Lacovetsky said.

"It's become an important cultural



TRIBUNE PHOTOS SUBMITTED

Heather Dawson uses glass frits, tiny grains of glass, to create her multicoloured leaves.



Alan Lacovetsky stokes the fire in his wood burning kiln. Each firing takes approximately 30 hours with wood needing to be fed to the stove every five to 10 minutes the entire time. Lacovetsky created the ceramic aspen leaf mould for Dawson.



TRIBUNE PHOTO BY HEATHER DAWSON

Karl Rikansrud fastens the glass aspen leaves to a decorative metal wall. Stand-off posts separate the leaves from the wall to create the impression they are floating.

event over the last 20 years."

Last year, the pandemic forced artists to cancel the tour.

Despite pandemic interference, the WAVE added two new creatives to its roster: Shannon Lebel, an acrylic painter, and potter Dawn Mills.

The next tour is scheduled for June 12 and 13.

"We have artists who are saying they are prepared to open their locations out-of-doors," said WAVE jury chair Helma Rogge Rehders.

If the province clamps down on out-

door gatherings, it may force WAVE to cancel once again.

The co-operative is doing their best to adapt to the constantly changing restrictions, and they've dedicated time and resources to bolster their online presence, Rehders said.

More information about the WAVE artists and tour can be found online at: <https://www.watchthewave.ca>

Dawson's daffodil fundraiser ends on May 10. Her art can be found at: <https://glassbyheather.com>

Construction continues for Viterra's newest terminal

By Jennifer McFee

Work is underway for Viterra's new high throughput grain terminal in Rosser.

Communications manager Peter Flengeris said they continue to make progress with the project. They completed pouring the concrete last week, marking a milestone moment for the construction of the modern grain elevator.

"Viterra's new high throughput grain terminal at Rosser will be a state-of-the-art facility, with a storage capacity of 34,000 metric tonnes and the ability to load up to 134 railcars through a loop track," he said. "It will have the capability of unloading 10 Super B trucks per hour."

The company is Canada's grain industry leader, supported by the expertise of its people, a superior network of assets and unrivalled connections to world markets, he added.

"Headquartered in Regina, Sask., our commitment to agriculture goes back over 100 years, partnering with farmers to market and move their crops to areas of need around the world. Our continued focus on operational excellence throughout North America allows us to efficiently handle, process, distribute and transport

grains and oilseeds," Flengeris said.

"We provide further value to our partners through a wide variety of contracting and risk management tools to help them realize the full potential of their crops."

Viterra also has a long history in his part of Manitoba, he noted.

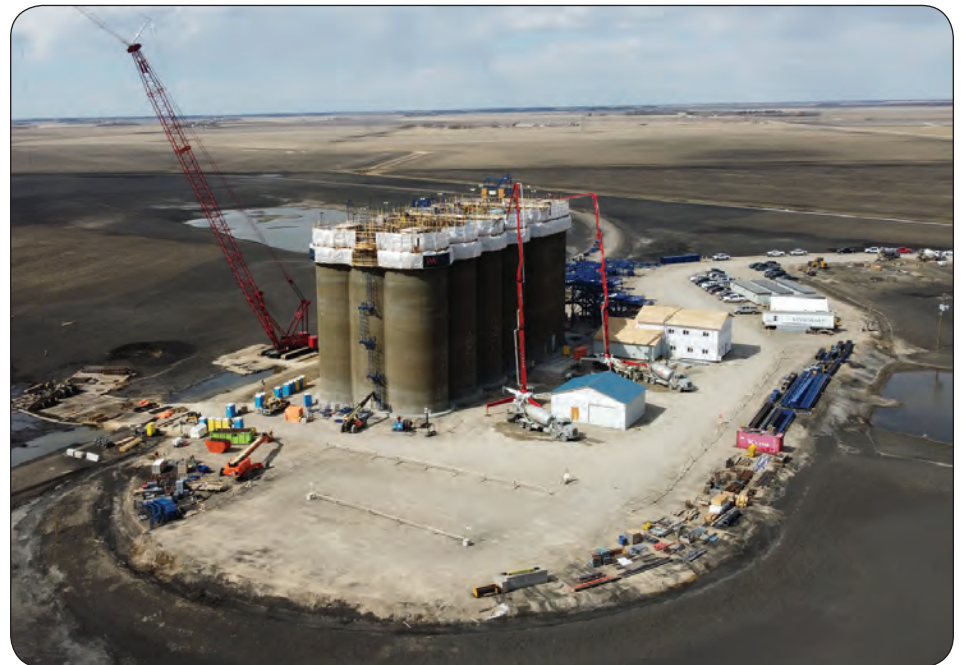
"We're pleased to be renewing our commitment to farm customers in the Rosser and surrounding area through this significant investment," Flengeris said.

"Through our commitment to operational excellence, we continuously evaluate our asset network to ensure we're aligned with our business environment. By revitalizing our presence in this area through a modern state-of-the-art facility, we will provide customers with convenient access to the superior service, marketing opportunities and advice that makes us an industry leader."

The facility will also bring employment opportunities to the area.

"Although we haven't finalized the exact number there will be jobs created as a result of this new facility," Flengeris said.

"We're looking forward to having the facility operational the end of this year."



TRIBUNE PHOTOS SUBMITTED

Viterra completed pouring concrete last week.

Rockwood council news in brief

By Jennifer McFee

On April 28, Rockwood council approved a resolution to give approval to the South Interlake Planning District to begin construction on an addition to the municipal building, according to cost and lease negotiations. Councillors Art Goudy and Tom

Huffman voted against the resolution.

The RM of Rockwood provided approval for the proposed building expansion's design by Mistecture Architecture and Interiors Inc.

- Council hosted a public hearing on the 2021 budget and financial plan.

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Provincial government reviews North Perimeter safety issues

By Jennifer McFee

Safety concerns are the driving force behind proposed changes to intersections on the North Perimeter Highway, including the one at Sturgeon Road.

Manitoba Infrastructure proposes to remove the unsafe median opening and provide alternative access to Provincial Trunk Highway (PTH) 101, also known as the North Perimeter Highway, at other safer locations via service roads.

"In order to provide safe access to PTH 101 for the landowners and businesses, the department also plans to upgrade both existing service roads (north and south) along this route," explained John Neufeld, public affairs specialist for the Government of Manitoba.

A 2018 safety audit recommended that all intersections and median openings without signals be removed, he added. Details about the North Perimeter Safety Review are available on the EngageMB website at <https://engagemb.ca/north-perimeter-safety-review>.

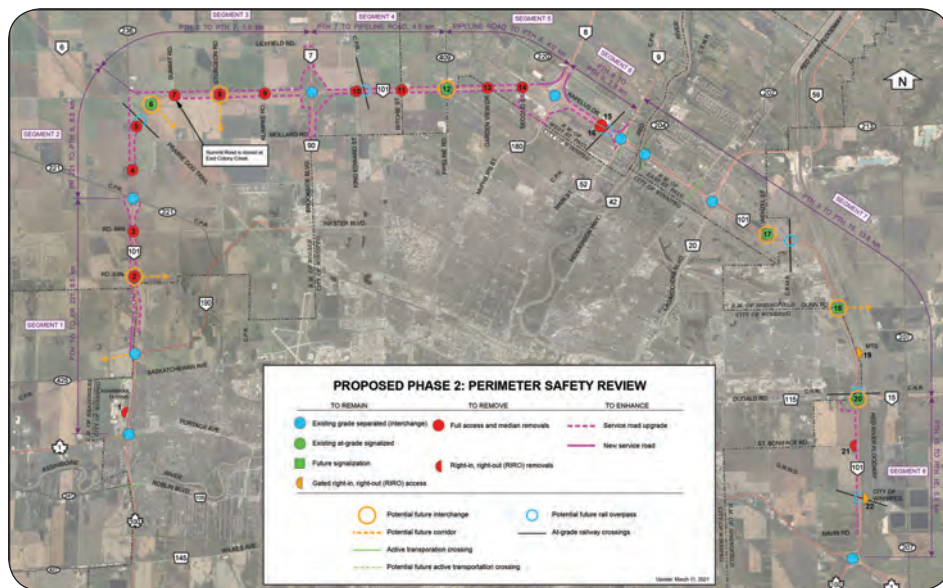
"Safety is the primary reason for the proposed changes to eliminate the safety risks posed by traffic at uncontrolled intersections crossing or turning, and exiting/entering the highway," Neufeld said.

The second reason is to improve the movement of goods on the North Perimeter Highway so that it's safer and more efficient.

"The North Perimeter Highway is also one of the most important corridors in Manitoba. It is a key link in the Trans Canada Highway and Manitoba's International Trade Hub," Neufeld said.

"It plays a strategic role in Manitoba's economy by providing Manitoba's industries with access to world markets. It has very high traffic volumes with over 30,000 vehicles per day and growing rapidly."

However, the proposed changes still require approval since only the study has been funded so far. Any outcomes



TRIBUNE PHOTOS SUBMITTED

Map showing the proposed improvements to PTH 101.



graphics for proposed PTH 101/PR 409 intersection used to represent the project on EngageMB.

for new work would be part of the regular capital planning process.

As well, Manitoba Infrastructure is completing additional engagement with directly impacted stakeholders in the area — including local landowners, business owners, farmers and the RM of Rosser — to learn more about their unique access needs to ensure that access to necessary goods and services is maintained. This pre-

liminary work helps to determine options.

"Public feedback and the outcomes from the engagement survey contribute to the overall planning process for this project," Neufeld said.

"Manitoba Infrastructure is now analyzing the responses and working on the best design solutions."

Continued on page 9

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STONEWALL

The show must go on: Teulon rallies around young dancers

By Joshua Frey-Sam

Parents and instructors of the Green Acres Art Centre (GAAC) dance program came together on Sunday to watch their young dancers perform a final recital that marked an emotional ending to a turbulent year caused by the COVID-19 pandemic.

Alycia Campbell, a fifth-year dance instructor at GAAC, said the pandemic brought some dark days while classes were held virtually.

"Sometimes it felt a little hollow," she said. "Dance is a great opportunity for kids to connect with each other, and that was lost a bit online."

The program was one of the only extra-curricular activities that continued throughout the pandemic in Teulon.

Classes typically ran twice per week from September until the end of April, hosting 42 participants across eight genres. Dancers ranged from three to 16 years old and varied in skill levels.

The virtual barrier, coupled with the different ages and skill levels, forced Campbell to change her teaching techniques.

"It was a lot of Simon says and we had to focus on step-by-step," she said. "It was important to remind the kids that this isn't exactly what dance will always be."

Campbell said her 19th year as a dance instructor has given her a lot of valuable lessons to take away.

"It's made me remember that we might lose things throughout this pandemic, but if there's something I'm passionate about, there's a way



TRIBUNE PHOTOS BY JUDI CARROLL

The annual GAAC dance recital was held last Sunday with all the COVID pandemic restrictions in place.

to make it work."

Erin Brady, parent of Emma Brady, a six-year-old pre-dance student at GAAC dance program, said the time and attention given to the classes by Campbell and the other instructors did not go unnoticed by the parents.

"How lucky are we? I'm so grateful for our community," said Brady. "Everyone genuinely cares about keeping things as close to normal for the kids."

The virtual classes called for a group effort and a hands on approach at home by parents.

"Our whole house had to restructure," Brady said. "We had to eat earlier and both parents had to be home so I could help Emma with her steps."

While health protocols changed throughout the year, it forced students to bounce between in-person classes and virtual classes.

Students enjoyed in-person classes from September to November, then were relegated to their homes until March before rejoining in person for the last month of the

program. The time at home took its toll on students, mentally.

"The last month of virtual class led her to lose some interest, she wasn't as excited as she was when she was in class," said Brady. "But the revival of in-person classes made it fun again."

Brady got emotional when talking about the final recital.

"We would've liked to include our friends and family in the celebration, but the kids got to have their show," she said. "It was a really good reward for a hard year."

Campbell and Brady shared the same sentiments when describing the impact of the final recital.

"It was worth it."

The GAAC plans to continue dance classes during the summer with preschool, parent-child classes as an introduction to dance for young children.



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• GUEST COMMENTARY

I am proud of many things when it comes to my hometown. However, as a public health physician, I'm not proud of our immunization rates. The Pembina Valley consistently has the lowest immunization rates in all of Manitoba. And when we are facing the very real threat of a third wave of the COVID-19 pandemic, that's something we have to talk about.

There is no better way to care for one another than to get the vaccine. I want us all to get vaccinated to protect the most vulnerable folks in our communities. You might think that getting COVID-19 is not a big deal and you will be fine. However, variant strains of COVID-19 are becoming more common here, and we have seen that they cause more serious illness, and more serious illness among younger people.

So get the vaccine for yourself, but also think instead about your parents, your grandparents, your friend get-

ting chemo or your niece with a weak immune system. Imagine if they were to get COVID-19. That double whammy of COVID-19 on top of another risk condition means the people you care about could be more likely to be hospitalized or face other really serious outcomes, even death. When we all get immunized, we are much less likely to pass the infection to others.



By Dr. Joss Reimer

Getting the vaccine also helps reduce the burden on the health-care system. It helps reduce the number of people that need to be hospitalized with COVID-19. This makes it possible to reschedule cancelled surgeries and ensure people waiting for life-changing procedures can get the care they need.

Living through a pandemic is scary and stressful, and we are all overwhelmed with information from many sources, some of which are more reliable than others. So if you're unsure,

look for a reliable source of information. There are a lot of myths and outright lies out there about the COVID-19 vaccine. You may have read, for example, that the vaccine can give you COVID-19. That's not true. There is no live virus in the vaccine so it is physically impossible for it to cause an infection.

I grew up here. Many of you were my friends and neighbours. I know firsthand how much you care about your communities, and I want you to be well. From an old neighbour and now public health doctor, I am asking you to join me in taking care of this community together by getting vaccinated as soon as you are eligible. Appointments can be made in Morden at our supersite, so it's simple and convenient to book by phone or online.

To sign up to be notified when you're eligible and find more information about the vaccine — including other myths and facts — visit protectmb.ca.

Dr. Joss Reimer is the medical lead of Manitoba's vaccine implementation task force and now lives in Winnipeg.

COVID-19 tickets jump 167 per cent week over week

Staff

The third week of April saw no businesses get hit with COVID-19 tickets, but the number of individuals fined for violating public health orders certainly went up.

In its weekly COVID-19 enforcement update on April 27, the Manitoba government reported officers issued a total of 92 warnings and 56 tickets for the week of April 19-25—a jump of 167 per cent from the week before.

That included 39 tickets of \$1,296 to individuals for various offences, 33 of which were in relation to gatherings in private residences or outdoors.

Another 17 tickets of \$298 were given to people for failing to wear masks in indoor public places, which has been

part of the public health orders since last November.

The government notes that enforcement officials investigate all public health order violations they are made aware of, including large gatherings and rallies.

To that end, they were at The Forks in Winnipeg April 25 when hundreds of anti-mask protesters gathered. Twenty \$1,296 tickets have been issued thus far in connection with the event, and more are expected.

Similarly, enforcement officers were on hand at rallies in Winkler and Winnipeg this weekend and “collected video evidence in support of ticketing for non-compliance with public

health orders,” the government said in a statement on Monday.

“Officials advise the choice to defy public health orders is a serious offence and violators will be held to account,” the province said. “Investigations continue for all events and charges are expected.”

Since enforcement efforts began in April 2020, a total of 3,896 warnings and 1,236 tickets have been issued (as of last Tuesday), resulting in more than \$1.7 million in fines to businesses and individuals.

Manitobans can report compliance and enforcement issues by calling 1-866-626-4862 or heading online to www.manitoba.ca/COVID19.

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COVID-19 and conspiracy theories

Over the years, I have heard conspiracy theories about many things. For example, it wasn't Lee Harvey Oswald who killed President Kennedy on Nov. 22, 1963, but rather it was (take your pick) the CIA, Mafia, Castro, LBJ, Teamsters, Freemasons, etc. Another one: Elvis is not dead; in fact, someone apparently saw him in Gunton recently...

Since the coronavirus pandemic has hit, there have been a number of "Conspiracy Theories" about it. There are people who are saying that the shutdowns, the wearing of masks, taking the vaccine are all part of a government plan to take over control of our lives.

There are some Christians who agree. As one pastor recently put it: "This coronavirus pandemic is a dress rehearsal to work out the bugs for the globalist agenda of a one world government." He says that the vaccines will have a computer chip in them which will be used by the AntiChrist for the Mark of the Beast as described in the Book of Revelation in the Bible.

Many other Bible scholars disagree and say this is simply another pandemic, similarly to those all through history, such as the Spanish Flu of 1918-19, the Black Plague, etc.

All this has caused a lot of confusion and even conflict amongst Christians.

Here is how I deal with this myself: Jesus told us that of His second coming, "No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father" (Matthew 24:36). If He doesn't know it, obviously, neither can I. But He did say this: "Therefore keep watch, because you do not know on what day your Lord will come" (Matthew 24:42). So I live as if His return could be at any moment, yet I recognize that it may not be for a long time. God's timing is always perfect.

So I have adopted a "wait and see" attitude. If this leads to the return of Christ, I'm thrilled. If we're to remain and keep serving Him, I love that option too.

Either way, I win.

Dr. Henry A. Ozirney

Interim Pastor,

New Life Church, Teulon, MB.



TRIBUNE PHOTO BY ANNALIESE MEIER

Local riders Belle Syrett, Maureen Budgell and Jane Guyader enjoyed the warm temperatures on Saturday and rode their horses from Argyle to the kiln in Stonewall for an ice cream treat. Help the *Tribune* record the weather of the week and send in your photos of friends or families enjoying the outdoors. Email: weather@stonewallteulontribune.ca.

RCMP advise vigilance in protecting home from break and enters

Submitted by RCMP

With warmer weather on the way, it is common for more break and enters to be reported to police.

The RCMP wants to remind the public there are precautions that can help prevent such an occurrence.

Here are a few tips that can help keep your home safe:

- Close and lock doors and windows of your home and any vehicles on the property
- Do not keep valuables in your

vehicle

- Secure belongings if you need to keep them outside, such as bicycles, scooters, lawn mowers and ATVs

- Keep trees and brush cut back to make your home visible from the street

- If you are away, create the illusion of occupancy by making sure your mail is picked up, the yard is maintained and lights are on timers

- Keep outdoor lights on and consider installing motion lights around

your home

- Do not hide spare keys outside your home

- Do not post any plans to be away from your home on social media

- Consider investing in a monitored alarm system

Public safety is everyone's responsibility. If you see something, say something. Report any criminal or suspicious activity to the police. Protect yourself, protect your community.

letter to the editor letters@stonewallteulontribune.ca

The comfort room makes shopping more enjoyable

I understand there is a virus out there, but at certain times and due to certain illnesses, some of us need to use the washroom facilities.

I prefer to shop early in the morning to beat the crowds. Unfortunately, on my last few outings, I have had

the need for a washroom.

Teulon Shoppers — no washroom; Teulon TBS — no washroom; Bigway — no washroom. Teulon restaurants, not open until 11 a.m. Chicken Chef, Teulon Hotel, etc.

This is not a pleasant situation and perhaps some would not understand, but it is extremely uncomfortable and embarrassing!

Gimli Pharmasave — no public washrooms. I asked a cashier where in Gimli I could find a washroom and was told "maybe the hotel."

Gimli Red Apple — no washrooms. Subway — no washrooms (but the gentleman who runs the store could see I was obviously in pain and allowed me to use their facilities).

Gimli TruValue — no washrooms. There were several other stores that I visited and was told no.

This has not been a pleasant experience and I understand stores' point, but sometimes it just can't be helped.

- Sincerely L. Jones

Manitobans encouraged to stay home as much as possible

By Ashleigh Viveiros

Manitoba's third-wave COVID-19 numbers continue on their upward trend.

On Monday, health officials announced 251 new cases of the virus and one new death.

That brings the province's total cases to 39,524 and the active number of cases to 2,593.

The bulk of new cases (184) were in Winnipeg, while the Interlake-Eastern health region added 20, the Northern health region 15, Prairie Mountain 14, and Southern Health-Santé Sud 18 new cases.

Monday's update noted a total of 35,952 Manitobans have recovered from COVID-19 since last spring. The death toll is at 979.

Hospitalizations jumped in recent days to 178 (up from 167 the day before), as did the number of COVID-19 patients in ICU (from 40 on Sunday to 45 Monday).

The current five-day COVID-19 test positivity rate is eight per cent provincially and 8.7 per cent in Winnipeg.

These rising numbers are alarming, said Dr. Brent Roussin, Manitoba's chief public health officer.

"There have been more than 800 cases reported over the weekend and including today," he said at a briefing in Winnipeg on Monday. "If we look at March compared to April there's 110 per cent increase in cases."

Manitoba is now seeing case numbers higher than we did in October shortly before the entire province

went into lockdown.

"Just comparing April, we saw 4,800 cases ... compared to 4,100 cases in October of 2020," Roussin said. "This is why we put stronger public health orders in last week and this is why we're asking Manitobans to stay home."

The latest public health orders prohibit indoor and outdoor private gatherings entirely and limit gatherings on public property to 10 people.

"We certainly recognize that people are tired of this pandemic, tired of these public health orders, tired of hearing about the fundamentals," Roussin said. "But if we look to February and March of this year, we can see that these measures work. We brought our case numbers down. We reduced the strain on our health-care system. But, once again, we're seeing these numbers climbing, and these numbers only climb because we're increasing the amount of contacts we have. We're increasing interactions."

"We need to reduce the number of contacts we have, and the best way to do that is to stay home as much as possible."

Meanwhile, vaccine eligibility has been expanded.

In addition to Manitobans age 50 years or older, as of Monday any Indigenous person aged 18 and older can book an appointment at a vaccination super site.

Also eligible are people who are pregnant, clients of Community Living disABILITY Services, work in any health-care setting (including outpa-

tient settings), frontline police officers or firefighters, and adults living or working in certain high-risk communities (which at press time included several Winnipeg neighbourhoods and northern Manitoba).

Eligibility for the AstraZeneca/Covishield vaccine has been expanded to include people aged 30-39 with certain health conditions. This vaccine is also open to anyone age 40 and over.

The detailed list of eligibility criteria — which has been changing pretty quickly of late — can be found online at manitoba.ca/covid19/vaccine/eligibility-criteria.html.

Eligible individuals can book their appointment at a super site online at protectmb.ca or by calling (toll-free) 1-844-626-8222. Appointments for the AstraZeneca/Covishield vaccine can be made at your local pharmacy or medical clinic.

As of Monday, 495,482 doses of vaccine have been administered, representing 38.7 per cent of Manitobans age 18-plus.

State of Emergency extended

The Manitoba government also extended the provincewide state of emergency to continue its efforts in reducing the spread of COVID-19 and its variants, Infrastructure Minister Ron Schuler, minister responsible for the Manitoba Emergency Measures Organization, announced last week.

The extension is in effect from April 30 at 4 p.m. for a period of 30 days.

Our area, by the numbers

Interlake-Eastern RHA started the work week with 118 active cases of COVID-19, 2,578 recoveries and 38 deaths. There were eight total hospitalizations due to the virus, including three in ICU.

In the Interlake-Eastern region, the Unknown district was leading the way in active cases with 18, followed by Gimli at 17, Eriksdale/

Ashern, 16; Winnipeg Beach/St. Andrews, 12; Powerview/Pine Falls, 10; Fisher River/Peguis, nine; Springfield, eight; Stonewall/Teulon, eight; Selkirk, seven; St. Clements, six; Beausejour, five; and Northern Remote and Whiteshell, each with one. Meanwhile, Arborg/Riverton, Pinawa/Lac du Bonnet and St. Laurent all recorded zero.

Health Canada puts Johnson & Johnson COVID vaccine on hold

By Patricia Barrett

Health Canada announced last Friday it's not yet distributing the 300,000 doses of the one-shot Johnson & Johnson (Janssen) COVID-19 vaccine that arrived in Canada on April 28, citing concerns over unsanitary conditions and other violations at an American plant that made the vaccine.

Canada's top health agency, which

approves the use of drugs and medical devices in Canada, said it has to check the quality, safety and efficacy of the vaccine before Canadians are offered it.

The Emergent BioSolutions plant in Baltimore, Md., makes both the Johnson & Johnson (also called the Janssen vaccine) and the AstraZeneca COVID vaccines.

The plant was cited by the U.S. Food and Drug Administration for "multiple failures" that included unsanitary conditions, unidentified residue and peeling paint on walls and the possible cross-contamination of vaccine substances. Emergent had been forced to dump 15 million doses of the Johnson & Johnson vaccine.

Health Canada released a statement April 25 after the FDA reported the violations at the plant, then released an update on April 30, saying one of the substances in the vaccine had been made at the plant.

"Since issuing our statement, Health Canada has learned that a drug substance produced at the Emergent site was used in the manufacturing of the initial Janssen vaccines received on April 28 and intended for use in Canada," said the statement. "The drug

substance is the active ingredient that undergoes further processing before becoming the final product (i.e., the vaccine). The final Janssen vaccines were manufactured at a different site located outside of the U.S."

The agency said it's working with Janssen and the FDA to obtain the information it needs to complete an assessment before it can release the vaccine for distribution.

"Health Canada has rigorous processes in place to continually monitor the quality of vaccines that are administered to Canadians," the statement said. "We will continue to ensure that products coming from the Emergent facility, or any other facility, will only be imported and distributed in Canada if they are of high quality and safe for use."



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RM of Rosser presents 2021 financial plan

By Jennifer McFee

Rosser homeowners can expect to pay a few dollars less in municipal taxes this year, after council adopted the 2021 financial plan.

For a residential property assessed at \$279,500, municipal taxes will likely be about \$9.18 less in 2021 than they were in 2020. Changes to provincial tax and education credits will result in further reductions.

The RM of Rosser is proposing to maintain the general mill rate of 5.83 mills. The total mill rate, including debentures would be 6.787 mills, down from 6.860 mills in 2020. These figures don't include the mill rate of 1.648 for the CentrePort water pipe benefiting area Schedule D of Bylaw 3-16.

Bylaw 3-16 authorizes spending and borrowing money as a local improvement to build a wastewater collection

system and water distribution system to service the developed portion of Rosser CentrePort Phase 1 Stage 1A area, which includes feeder mains from the intersection of Klimpke Road and Farmer Road and from the feeder main under Canada CentrePort Way, as well as a low-pressure sewer connection to the City of Winnipeg wastewater line at Brookside and Inkster Boulevard.

In 2021, expenditures will go towards services including general government, protective, transportation (public works), environmental health, economic development, recreation and culture.

"The RM of Rosser is strategically focusing on rural drainage this year with 10 projects receiving budget allocation. In addition, we are investing in some new staffing resources to keep

up with growing demand and bylaw enforcement/education," said CAO Larry Wandowich.

"The fire department also has received a provincial grant to purchase a trailer, which would hold equipment for heavy vehicle extraction and stabilization, and grain rescue equipment. Commercial development continues to grow at a rapid rate in the Rosser CentrePort lands."

For 2021, it will be the first full year of the local improvement 2 (LI2) debenture for Schedule C with a prepaid amount of \$10,179.01 per acre or \$634.47 per acre levied annually for the next 25 years.

Schedule D is the benefiting and property within the LI2 area, and is by mill rate of 1.648 this year

For rural areas (Schedule E), the prepaid amount is \$12.16 per acre or \$0.76

per acre levied over the next 25 years. For homeowners (Schedule F), the prepaid amount is \$450 per dwelling unit or \$28.05 per dwelling unit levied annual for the next 25 years.

Commercial in the rural area (Schedule G) will pay a predetermined flat rate, which can either be prepaid or levied over the next 25 years.

Other revenue will increase by \$4.1 million (238.3%) and total expenditures will increase by \$3.7 million (36.3%). These change are mainly due to receiving \$3.6 million in community revitalization funds for a reserve for future wastewater projects).

In addition, capital lot levies will decrease by \$1 million (25.6%) and transfers from other reserves will increase by \$390,000 (40.9%).

> NORTH PERIMETER, FROM PG. 4

The timeline for the closure is not yet determined. However, the department's proposed plan is to close the intersection gradually while the safer alternative accesses are established. Motorists in the area would need to adjust to using PTH 6 or 7.

For Robin Henderson, general manager of Bel Acres Golf and Country Club, the closure of the intersection at Sturgeon Road would greatly impact the business.

"Apparently they were going to close off the entire intersection so anybody who was coming here would have to travel on two miles of gravel road each way to get in and out, no matter which direction you're coming from," Henderson said.

"With their plan, they do have a future potential interchange planned for that intersection, but that could be years from now. There definitely is a safety issue, but we're trying to convince them that maybe just turning lanes would solve most of those safety issues."

Bel Acres undertook its own surveys about the proposed change, garnering responses from more than 1,000

people.

"From what we're looking at, our loss would be somewhere in the 30 to 40 per cent range," Henderson said.

"In the long run, I'm hoping they won't do it. You still need emergency vehicle access. The highest chance of there being a medical emergency would be at the golf course, so it would take them a little bit more time to get here if they do close that off, in this area."

Henderson also noted that Bel Acres Golf and Country Club is not impacted by quarry traffic.

"Right now, as far as the golf course is concerned, the quarry has zero effect on us," he said.

Lilyfield Quarry is located between Sturgeon Road and Summit Road, with its entrance off Road 68N, east of Provincial Road 236. Truck traffic will be managed onsite to exit the property at the southwest corner, west on Lilyfield Road to Highway 236.

Rosser CAO Larry Wandowich explained that quarry traffic will not use Sturgeon or Summit roads.

"There is a prescribed haul route and they leave on the southwest side

of the quarry. When they're leaving, they have to travel west down Lilyfield Road to 236," he said.

"If a truck is going towards Stonewall, they can turn to the right on 236, but most of these trucks are going into Winnipeg. They have to then turn left on No. 6 to get to the Perimeter."

Lilyfield Quarry will also be involved in the upgrading of Lilyfield Road and its intersection with Highway 236 intersection as required.

Wandowich also noted that information about the North Perimeter Safety Review, which is unrelated to the quarry, is posted on RM of Rosser's website at www.rmofrosser.com.

"We tried to give notices to everybody that would be affected," he said. "We tried to flood information out there for the municipality."

In late March, the RM of Rosser provided a notice about the North Perimeter study to let residents know how to provide their input.

A similar provincial undertaking for improvements to the South Perimeter Highway is nearly complete. The entire safety audit of the Perimeter Highway aims to enhance traffic safety, reduce collisions and save lives.

Any further questions regarding

safety study on PTH 101 can be direct to Perimeter.Engagement@gov.mb.ca.



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Celiac Association hosts gluten-free food drive

By Jennifer McFee

The Manitoba chapter of the Canadian Celiac Association is celebrating a milestone 40 years with a challenge to provide gluten-free foods for Harvest Manitoba.

Celiac disease is an autoimmune disorder that causes damage to the absorptive surface of the small intestine when gluten is ingested.

"Gluten is found in proteins present in wheat, rye and barley and their crossbred grains," explained Joy Plohman, vice-president and Gluten-Free 101 co-ordinator for the Manitoba chapter.

"The damage to the intestine can lead to a wide variety of symptoms and impair the body's ability to absorb nutrients such as protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health. The wide variety of symptoms also make celiac disease difficult to diagnose."

Worldwide, about one in 100 people is estimated to have celiac disease, she added.

"They struggle with diagnosis, diet and healing, social interaction, and related disorders. Celiac disease is also more common among first- and second-degree relatives (1 in 22 and 1 in 39 respectively)," said Plohman, who lives in Stony Mountain.

"There is no cure for celiac disease and the only treatment is strict adherence to a gluten-free diet. This is often more difficult than one could ever imagine."

Plohman speaks from experience, since she was diagnosed with celiac disease in 1997 when she was in her early 40s after suffering with various health issues for many years.

"I joined the Manitoba Chapter of the Canadian Celiac Association as recommended by my doctor and began to learn the ins and outs of the gluten-free diet. I soon became involved with the board as treasurer and a couple years later became president of the Manitoba Chapter. I have attended many national celiac conferences over the years, and co-chaired the 2001 national conference held in Winnipeg," she said.

"Due to my involvement with the Celiac Association, I know many people with celiac disease. Research actually shows that belonging to a support group contributes greatly to being able to adhere to the strict gluten-free diet. This is certainly my experience."

In an effort to help others who need to follow gluten-free diets, the organization decided to partner with Harvest Manitoba, which serves 80,000 clients each month.

"They are overwhelmed and have lost the ability to offer gluten-free food products for the 120 persons in Manitoba with celiac disease who rely every month on food banks," Plohman said.

"For people with celiac disease, gluten-free food, which is very expensive, is not just nice to have. Gluten-free food is required for their short- and long-term health and ultimately the ability to regain employment and be able to support themselves and their families."

For children, the effect of continuing gluten exposure impacts their development and ability to learn and thrive, she noted.

"Unfortunately, if gluten-free food is not available in their food bank hamper, people who need gluten-free are forced to eat gluten-containing foods,

Symptoms of celiac disease

When a person with celiac disease is exposed to gluten, they may have trouble with their digestive system, malabsorption-related issues and other symptoms. The symptoms of celiac vary and some people with celiac disease may have no symptoms at all.

Brain

- headaches or migraines
- difficulty concentrating
- depression
- anxiety
- mood swings and irritability

Skin

- skin rash (dermatitis herpetiformis)
- hives rash

Mouth

- mouth sores
- tooth enamel defects

Digestive system symptoms

- inconsistent gas
- diarrhea
- constipation
- irritable bowel syndrome
- stomach cramps and/or belly pain
- nausea
- vomiting
- bloating of the abdomen (burrity)
- abdominal distention
- decrease in appetite
- indigestion

Malabsorption-related symptoms

- poor growth (being shorter than expected)
- weight loss or poor weight gain
- delayed puberty
- anemia (low blood haemoglobin from iron malabsorption)
- vitamin or mineral deficiencies (for example, calcium, B12, vitamin A, D, E and K)

Reproductive

- infertility (difficulty conceiving children, in both men and women)
- miscarriage
- menstrual irregularities

Body

- osteopenia (weak or osteoporosis (more serious bone density problem))
- joint pain
- fatigue
- liver and biliary tract disorders

Talk to your child's doctor if you are concerned they may have celiac disease. For more information visit www.aboutkidshealth.ca/GI.

aboutkidshealth.ca
SickKids

Celiac disease is an autoimmune disorder.

thus beginning a downward spiral," she said.

For those who would like to help support the initiative to provide gluten-free foods through Harvest Manitoba, there are a few ways to get involved.

"The cost of one very basic gluten-free supplement kit is \$30 to 35 per month for one individual," Plohman said. "Kits for people in rural areas cost an additional \$5 to \$10 for shelf-stable bread."

One way to help is by purchasing non-perishable gluten-free food and clearly marking it as "Gluten Free." If you buy a few items, you can put them in a bag labelled "Save Me for Gluten Free" and drop off at food bank bins in your grocery store or at Harvest Manitoba at 1095 Winnipeg Ave. in Winnipeg.

You can also donate money to the gluten-free food drive online through the Manitoba Chapter of the Canadian Celiac Association official website at www.manitobaceliac.com or send a cheque to Manitoba Chapter of the Canadian Celiac Association, 204-825 Sherbrook St., Winnipeg, MB, R3A 1M5.

All donations over \$20 will receive a tax receipt

It's an ideal time to help since May 16 is Celiac Awareness Day and May is Celiac Awareness Month.

"Celiac awareness events are a way to help educate, bring awareness and show support. Celiac Awareness Day and Month helps to create positivity and empowerment for those living with celiac

disease," Plohman said.

"The Manitoba chapter was involved in the establishment of the national organization in 1981 and has been a driving force in Manitoba for increased recognition and support for the difficulties faced by those with this challenging and, as yet, incurable disease."

On May 16, the "Winnipeg" sign at The Forks will be green for celiac awareness, and the golden boy will be lit green the same evening. A drive-by socially distanced gluten-free food drive will take place at The Forks from 7 to 9 p.m. for anyone who would like to donate to the cause.

In addition, the chapter has compiled a 40th anniversary recipe book in PDF format, which will be distributed online to anyone who makes a donation to the food drive.

"Our 40th anniversary is a significant milestone when chapters across the country have been folding due to lack of volunteers," Plohman said. "We are a totally volunteer-run charitable organization."

The Manitoba chapter has two professional health advisors: Dr. Donald Duerksen, a world-renowned expert in celiac disease, and Dayna Weiten, registered dietician.

"Both of these awesome people regularly attend chapter meetings and give presentations to keep members up to date on latest developments in celiac disease research and knowledge," Plohman said.

"The Manitoba chapter holds four general meetings and one AGM per year, which are open to all our supporters as well as the general public. Our meetings feature a guest speaker who may be a medical professional or any person working in an area which involves those affected by gluten such as a teacher, nutritionist or retailer of gluten-free products."

While many support groups have not been able to continue support to members since the pandemic, the Manitoba chapter started virtual meetings last fall and has helped many people stay connected.

"The Manitoba chapter regularly hosts a Gluten Free 101 session, free of charge, to introduce newly diagnosed individuals, as well as family or friends who are interested, to the gluten-free lifestyle," Plohman said.

"This learning process can be overwhelming and individuals can experience a grieving process as they adjust to the new diet as well as the social implications to their lives."

The next session will be hosted virtually on May 18 from 6:30 to 8 p.m. Anyone who is interested can register by emailing office@manitobaceliac.com or calling 204-772-6979.

The organization also publishes the Manitoba Celi-Yak newsletter for

times a year.

"Through the newsletter, we keep our supporters updated on upcoming events, the latest celiac and gluten-free research, as well as supply recipes, restaurant reviews, current and new product info, and gluten-free travel information," Plohman said.

For more information, visit the website for the Manitoba chapter at www.manitobaceliac.com.

"FOR PEOPLE WITH CELIAC DISEASE, GLUTEN-FREE FOOD, WHICH IS VERY EXPENSIVE, IS NOT JUST NICE TO HAVE."

Province to provide more than \$25 million for youth employment in summer

Submitted by Manitoba government

The Manitoba government will provide more than \$25 million that will support more than 8,000 youth employment opportunities this summer through the new Manitoba Youth Jobs Program and existing Green Team grants, Premier Brian Pallister and Municipal Relations Minister Derek Johnson announced Wednesday.

“Our government is working to protect Manitoba’s youth from the health and economic impacts of the pandemic, as they have been hit particularly hard and face unemployment rates of nearly double the rest of the population,” said Pallister. “Our new wage subsidy program will directly contribute to our government’s growth and jobs agenda outlined in Budget 2021 by supporting our businesses and organizations that will be the drivers of Manitoba’s economic recovery.”

The new \$15-million Manitoba Youth Jobs Program will provide employers a 50 per cent subsidy on wages paid to eligible employees during the program period of May to September 2021, with a maximum of up to \$25,000 per employer. The premier said he anticipates the program will support

more than 2,000 Manitoba employers recover from the pandemic and create sustainable long-term, seasonal and short-term employment opportunities for more than 6,000 Manitoba youth.

The Manitoba Youth Jobs Program builds upon and streamlines the Manitoba Summer Student Recovery Jobs and Back to Work This Summer programs, which helped create and sustain more than 6,000 jobs for young Manitobans in 2020. The new program:

- gets money to businesses faster, as employers will be eligible to apply for an advance payment of up to \$750 per eligible employee, up to \$7,500;
- broadens eligibility criteria to include all Manitoba youth under the age of 30;
- allows employers to claim employees hired as early as April 1, 2021;
- aligns the program’s eligible wage subsidy period to the employer’s own pay schedule to cover full pay periods between May 1 and Sept. 5; and
- provides a 50 per cent wage subsidy on all regular, overtime and statutory wages earned during the 18-week period as opposed to a flat per-hour

wage subsidy.

The province is also investing more than \$10 million in Green Team grant programs to help an estimated 2,000 young Manitobans find summer employment and gain valuable work experience. This includes nearly \$9 million for the Urban and Hometown Green Team Program and more than \$1 million for the Manitoba Parks Green Team.

“These have been challenging times, and now more than ever, we need to support local projects and give our youth the work experience they need to take advantage of future career opportunities,” said Johnson. “We also recognize the critical role of Manitoba’s community-based organizations as they help shape sustainable and thriving neighbourhoods and communities.”

Urban and Hometown Green Team grants allow communities to hire youth aged 15 to 29 to work on community projects between May 1 and Sept. 30. Non-profit organizations in Winnipeg and rural Manitoba are eligible to receive 100 per cent of wage costs and \$250 per position for support costs, while eligible municipal

governments in rural Manitoba receive 50 per cent of wage costs and \$125 per position for support costs, on a cost-shared basis.

Johnson noted priorities for the 2021 summer season are focused on community-based organizations and municipal governments that can offer full-time employment opportunities for youth, and projects that support COVID-19 response and recovery efforts.

The province is maintaining its 2020 funding level for Green Teams, which had doubled from 2019 to stimulate youth job creation during the pandemic, to meet significant program demand. At the Feb. 15 application intake deadline for the Urban and Hometown Green Team Program, the province had received record funding requests. The province has completed its review of project applications and will begin to notify applicants of funding decisions today.

More information is available online for the Green Team program at www.manitobago.ca and Manitoba Youth Jobs Program at <https://manitoba.ca/covid19/programs/youth-jobs.html>.

Manitoba doctors support vaccine campaign super sites

Submitted by Manitoba government

A new collaboration with Doctors Manitoba is helping to add additional capacity at immunization super sites in Winnipeg, Health and Seniors Care Minister Heather Stefanson announced Monday.

“The expertise and support of Manitoba physicians are an integral part of this vaccine campaign,” said Stefanson.

“People coming for their vaccine may have questions or concerns, and doctors provide trusted advice as part of that process. Together, we will protect Manitobans from COVID-19 and keep each other safe.”

Many individuals require medical guidance or screening before agree-

ing to receive a COVID-19 vaccine, due to specific health issues, medications or allergies. The Doctors Manitoba physician team is providing this service, while also supporting super-site staff with clinical questions that arise. Coverage is now in place at the RBC Convention Centre location and will also be in place at the Leila location when it opens May 7.

“Physicians want to do whatever we can to support Manitobans in accessing COVID-19 vaccines, whether that is at a doctor’s office or by supporting the provincial vaccine super sites,” said Dr. Cory Baillie, president, Doctors Manitoba.

“Getting a vaccine is a personal decision, and doctors can offer trusted

advice and guidance about personal health concerns to support Manitobans in making an informed decision. Over 95 per cent of physicians have already been vaccinated, which demonstrates the trust we have in the safety and effectiveness of all of the COVID-19 vaccines approved in Canada.”

At the request of the Vaccine Implementation Task Force, Doctors Manitoba has led the recruitment of the physician team, and will oversee scheduling and payroll. Over 170 physicians have applied to cover shifts into early September.

The new joint initiative builds on other collaborations between the province and Doctors Manitoba to

support the pandemic response including:

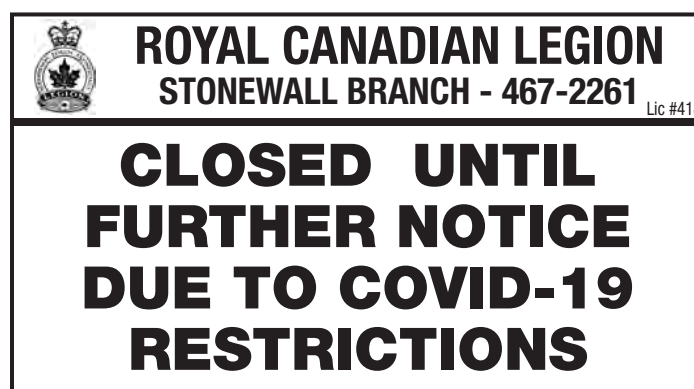
- offering COVID-19 vaccines in nearly 200 medical clinics across the province,
- partnering with medical clinics to offer COVID-19 testing, and
- approving the use of virtual visits during the pandemic period to keep patients and doctors connected.



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Federal government in negotiations with third party to implement vaccine injury support program

By Patricia Barrett

The federal government is currently in negotiations with a third party to implement a national vaccine injury support program (VISP), which could be similar to the program offered by Quebec.

The federal Liberals announced in December 2020 they would create a program to provide support to Canadians who suffer an injury after receiving a vaccine, including vaccines for COVID-19.

In February the government launched an open solicitation process to seek a third party to implement the program.

"The Public Health Agency of Canada is presently negotiating a funding arrangement with a third party to implement the program," said André Gagnon, media relations advisor for Health Canada and the Public Health Agency of Canada, last week by email. "It is anticipated that information on when the third party will begin to accept applications for support will be

available later this spring."

The name of the third party wasn't provided.

Gagnon said the program will be modelled to some extent on the vaccine injury program Quebec has had in place for 34 years. The Quebec government's Vaccine Injury Compensation Program was created in 1987 (claims accepted in 1988) after the Supreme Court of Canada awarded compensation to a child who developed viral encephalitis (inflammation of the brain) a few days after receiving an inoculation for measles in 1985.

Quebec is the only Canadian jurisdiction to provide such a program.

Any victim of bodily injury caused by a voluntary or compulsory vaccination that was administered in Quebec will be compensated by Quebec's Health and Social Services ministry. There are currently 32 diseases/infections listed on the government's webpage, from anthrax, chickenpox and coronaviruses to Lyme disease, rabies and shingles.

Between 1988 and April 1, 2020, 284 claims were submitted to Quebec's support program. Of the total claims, 53 were accepted. The total amount of compensation paid out was over \$6.5 million.

A 54-year-old Quebec woman died last month after developing a blood clot days after she received the AstraZeneca vaccine. Two other Quebecers also developed blood clots as did a man in Alberta. All were linked to the vaccine.

Presumably, all vaccines authorized by Health Canada will be covered under the national VISP. But Gagnon did not say whether those approved under interim orders — of which the COVID vaccines are — will be included under that coverage.

"The VISP will cover all Health Canada-authorized vaccines administered in Canada," he said. "It will ensure that all people in Canada who experience a serious and permanent injury after receiving a Health Canada-authorized vaccine have access to

financial support."

Canadians who receive vaccines outside of Canada may not be eligible, according to that response.

Manitoba Premier Brian Pallister struck a deal with North Dakota last month to vaccinate Canadian truckers and also said last week that school teachers can drive across the border to get a COVID vaccine, although North Dakota said there was no deal for that in place.

As the federal government's VISP is not yet accepting claim applications, it's unknown how many Canadians may have claims against COVID-19 vaccines, particularly the AstraZeneca vaccine.

Gagnon did not say what the eligibility criteria for the program will be or what kind of support will be offered.

"As the Public Health Agency of Canada is presently negotiating a funding arrangement with a third party to implement the program, no further details are available at this time."

Province to name Wildlife management areas after prominent Manitobans

Submitted by Manitoba government

The Manitoba government will be naming eight wildlife management areas (WMAs) after prominent Manitobans who have been instrumental to enhancing Manitoba's wildlife resources, Agriculture and Resource Development Minister Blaine Pedersen announced recently.

"Wildlife management areas exist for the better management, conservation and enhancement of the wildlife re-

source of the province," said Pedersen. "I am honoured to be naming these areas after individuals who have provided life-long dedication to the improvement of Manitoba's wildlife and wildlife habitat."

WMAs play an important role in biodiversity conservation and provide for a variety of wildlife-related forms of recreation including birding and wildlife watching.

The following six WMAs will be renamed and two sub-units of WMAs will be upgraded to full WMA status and named:

- a portion of the Deerwood WMA will become the Don W. Orchard WMA;
- the Lake Francis WMA will be renamed the Dr. Frank Baldwin WMA;
- a portion of the Little Saskatchewan WMA will become the Roy Greer WMA;
- the Parkland WMA's Horod Unit will become the Ken-

neth H. Wark WMA;

- the Frank W. Boyd Unit of Pierson WMA will become its own WMA;
- the Thalberg Bush WMA will be renamed the John T. Williams WMA;
- the Edward A. Poyser Unit of Whitemud WMA will become its own WMA; and
- the Washow Bay WMA will be renamed the David G. Tomasson WMA.

The first WMA, named after Watson P. Davidson, was established in southeast Manitoba in 1961. Since then, the system has grown to encompass almost two million hectares of valuable wildlife habitat throughout the province.

As part of Budget 2021, the province is directing \$225,000 towards wildlife management priorities including increases to support the Wildlife Management Area Program to pursue habitat management and planning, increased public access and viewing opportunities, and the repair and maintenance of critical infrastructure.

For more information on wildlife management areas in Manitoba, visit <https://www.gov.mb.ca/fish-wildlife/wildlife/wma/index.html>.

PUBLIC NOTICE

Pesticide Control Program

Manitoba Conservation and Climate is introducing the 2021 Pesticide Control Program.

The program is needed to:

- control invasive plants and noxious weeds in Wildlife Management Areas (WMAs) and provincial parks
- control vegetation encroachment on WMA and park infrastructure
- rejuvenate native prairie in Beaudry Provincial Park

Scheduled application dates are from June 15, 2021 to October 31, 2021.

Pesticides to be used include:

Banvel VM	Mecroprop-P
Buctril M	Navius Herbicide
Credit 24	PAR 111 Commercial liquide Turf
Crush R plus	Round Up Transorba
Dyvel DSP Liquide	XRM-5171

If you have comments or concerns, send them in writing to:

Manitoba Conservation and Climate
Environmental Approvals
1007 Century street
Winnipeg, MB R3H 0W4

Comments must be received by May 28, 2021.



PUBLIC NOTICE

Notice of dust control program

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

The formal application is available from your local Manitoba Infrastructure office. The deadline for these applications will be **no later than May 28, 2021**.

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

Steinbach	204-346-6266	Dauphin	204-622-2061
Swan River	204-734-3413	Portage la Prairie	204-239-3292
Brandon	204-726-6800	Thompson	204-677-6540
Boissevain	204-534-2030	The Pas	204-627-8272



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Rockwood proposes small increase to mill rate

By Jennifer McFee

The RM of Rockwood is proposing a 1.47 per cent increase to the mill rate, bringing it to 8.727 for 2021 compared to 8.601 in 2020.

For 2021, the RM's budgeted expenses total \$16.1 million with \$7.5 million (47%) going to fiscal services, \$3.7 million (23%) for transportation services and \$1.7 million (10%) for transfers to reserves. Fiscal services is seeing a much larger increase from previous years, since the RM has restructured the budgeting process to have all funding for capital projects flowing through the operating fund to improve spending transparency.

Other expenses will include \$1.1 million (7%) for general government services, \$744,200 for environmental health services (5%), \$683,300 (4%) for recreation and cultural services and

\$619,118 (4%) for protective services. Smaller amounts of funds will also be put towards other areas, including \$53,000 for environmental services, \$25,112 for economic development services and \$4,241 for public health and welfare services.

Initiatives for 2021 include a \$3.75 million upgrade to Road 75, which will be funded through the aggregate reserve; however, the RM will only proceed with the project if grant funding is available. The \$1.375 million Balmoral and Stony Mountain Genset project will be paid for entirely by grants.

The \$1.8 million Stony Mountain Industrial Park Phase III project will potentially be sold to private developers.

The \$1.9 million for two lift stations in Stony Mountain, which is dependent on residential and industrial de-

velopment, would be funded by the gas tax reserve. If development proceeds as planned, the RM will need to build two lift stations, as well as a retrofit the current lift station and force main. The RM will be paid back by the developers.

A new rescue truck for the Teulon-Rockwood Fire Department is allotted \$175,000 in the budget, plus \$40,000 for the Stony Mountain Fire Department for equipment upgrades, to be paid for through the fire equipment reserve and grants, if available. The RM is investing in both the Teulon and Stony Mountain fire departments to ensure equipment is up to date, and they also received a \$54,000 fire protection grant for additional upgrades.

In addition, the \$165,000 Balmoral backup well and scada will be funded through the gas tax reserve. This proj-

ect is part of planning for the future. Office upgrades will include technology improvements and installation of new automatic doors for improved accessibility.

Other projects will focus on an accessibility plan and design, as well as community enhancements (such as planters, garbage cans and Christmas lights), which will be covered by reserve funds and grants, if available.

The RM is also exploring a potential expansion to their current office building in Stonewall, in partnership with South Interlake Planning District. This expansion will provide much-needed space for the planning district, as well as future office space for the municipality. Grant opportunities are being investigated for this project.

StatCan urges Canadians to fill our 2021 census online

By Ashleigh Viveiros

If you haven't received it already, chances are you'll be getting a reminder in the mail for the 2021 Canadian Census this week.

Statistic Canada's Sri Kanagarajah says every household in the nation will receive a letter with a link and an access code to fill out the census online, as well as information on alternative ways to complete it. The survey went live on Monday.

They expect most people will do it online — over 68 per cent of Canadians opted for that route in 2016.

"That was much higher than the previous census," Kanagarajah observed, "and this time around we're hoping for an 80 per cent response rate online."

Given the pandemic, StatCan hopes not to have to send many enumerators door to door to remind people to complete the census.

"If we do go door to door, we will ensure social distancing as required," Kanagarajah said, explaining staff will wear masks and will not enter households. "We'll knock on the door and step back and talk to respondents, if we need to."

But they'd much rather not have to send them at all, he stressed, urging Canadians to get the surveys back in as soon as possible. Households who fail to do so will first get a phone call and then, if absolutely necessary, a visit from an enumerator sometime in late May or June.

Filling out the census is mandatory under the Statistics Act. Not doing it could land you a fine of up to \$500.

Fines aside, though, it looks like most Canadians are well aware of how important it is to do their civic duty, the majority doing so without much in the way of prodding.

"[In 2016] we had nine out of 10 households complete the questionnaire without any help from an enumerator," Kanagarajah said. The 2016 census had an overall response rate of 98.3 per cent.

The census — which includes the 2021 Census of Population and the 2021 Census of Agriculture — helps paint a portrait of our nation as it stands today, Kanagarajah said.

The population data is used by governments of all levels to determine things like transfer payments for

health and social programs and support for infrastructure projects like roads and new schools.

"In order to have evidence-based decisionmaking you need to have data," said Kanagarajah.

For example, in recent months that information has allowed governments to better assess COVID-19 vaccine rollout programs across the country, including figuring out where vaccine shipments are needed most based on population data.

The census also collects information on the demographic, social, and economic situations of Canadians and how that may have changed since previous census years.

The majority of Canadians — 75 per

cent — will receive a short-form questionnaire to fill out. It collects basic information on your age, marital status and language.

A quarter of households will get the long-form census, which goes deeper into your social and economic situation.

"This is a wealth of information ... there's no other data source that can give you all these details," Kanagarajah said, noting the data is used not just by governments but also community groups, urban planners and businesses for decisions that can have a real impact on people's lives.

You can learn more about the 2021 Census online at census.gc.ca.

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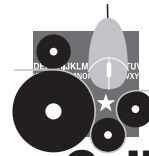
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Knowledge and safety are key when riding an ORV

Staff

Getting outside and enjoying Manitoba's beautiful outdoors is long-awaited and eagerly anticipated. There are so many ways to spend your time outside, and one of those is riding off-road vehicles (ORVs).

While great fun, and a great way to explore Manitoba, it is important for riders to know the laws governing ORV use for everyone's safety as well as everyone's outdoor enjoyment.

Most of the laws around ORVs fall under the Off Road Vehicles Act. For details, please refer to the act, but here are some general rules to keep in mind when riding an ORV:

- Anyone under the age of 14 must have direct supervision of a parent or legal guardian who is a minimum of 18 years of age. Youth over the age of 14 can ride without parental supervision, but cannot cross a roadway until they obtain a valid driver's licence.

- ORVs are not to be operated on roadways, shoulders, medians of divided roadways or sidewalks.

- ORVs are permitted to be in the ditch, provided travel is in the same direction as vehicle traffic, the ORV is to the right of the roadway and the

shoulder, and the ORV is being operated in an area where ORV use is permitted. Always remember to be on the lookout for hazards in the ditch, such as culverts, driveway approaches and road signs.

- No riding: On privately owned or leased land without permission; within 30 metres of a dwelling that is not yours between midnight and 7 a.m.; within 30 metres of a playground or area set aside for recreation that is not fully fenced; in a careless manner; without reasonable consideration for other persons and property.

- Stay away from environmentally sensitive areas and wetlands, and areas easily damaged by churning wheels

- When conditions are dry, use caution as sparks from an ORV can ignite grass and branches, starting a fire

- Be aware of local bylaws in the area you are riding

- Impaired driving laws apply to ALL motorized vehicles. Only operate an ORV when sober and alert

The laws are in place to keep everyone safe. When not followed, people can get seriously injured. In 2020, RCMP in Manitoba responded to sev-



PHOTO SUBMITTED

RCMP are reminding motorists to follow the rules when riding off-road vehicles.

en fatal collisions involving ORVs and 46 collisions where serious injury occurred. Contributing factors in these collisions included speed, no helmet, impaired driving, and driver inexperience.

Knowledge and safety are key, so make sure you are aware of the rules in place in the area where you are riding. Be respectful and courteous of others using the outdoors, and enjoy the ride!

MANITOBA 150
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MURAL 150

Seven communities across Manitoba will receive a contemporary, accessible, and public-facing work of art thanks to MURAL 150, presented by CWB National Leasing and in partnership with Wall-to-Wall Rural Mural Tour.

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Each piece will tell the story of the community, and will inspire art, storytelling, and pride of place. Stay tuned for the mural reveals over the summer! Visit MANITOBA150.COM for more information.

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COMMUNITY NEWS



Mama Bear's den expanding with third location

New quilt biz coming, second location in Interlake

By Nicole Buffie

There's a faint smell of fresh paint and the sound of power tools at 511 Robinson Ave., which means a new business is coming to town.

For the last two weeks, Glen and Pauline Noordenbos have been preparing the space for the arrival of over 600 bolts of fabric for quilters in the area to get their hands on. For those not in the know, that equals to approximately 8,200 metres of material.

Mama Bear's Quilt Shoppe's new den in Selkirk is the third for the husband-and-wife entrepreneurs, with one location in Brandon and the other in Ashern, the first of their storefronts to open 21 years ago.

"There was an opportunity because there was no other establishment here," said Pauline, a veteran quiltmaker and co-owner of the quilt shops. "We've had a lot of the clientele that support us from this area asking



TRIBUNE PHOTO BY NICOLE BUFFIE

From left to right: Pauline, Mikayla and Glen Noordenbos plan to have their third Mama Bear's Quilt Shoppe open by early April.

because of that fact so we decided to go for it."

While some would call opening a new business in the middle of an economic crisis due to the COVID-19 pandemic risky, the pair said the move came as a result of consultation and requests from customers and the larger quilting community.

"Once you're in the quilting community, people get to know you," Pauline said of the name her shops have built for themselves throughout the years. "You also get to know the community and their needs."

Fulfilling their needs is what led to a third store versus building an online presence, said Pauline. She noted the desire to feel and see the fabric before purchasing it as important to her customers; therefore, the idea to expand their brick-and-mortar locations was natural.

"We like challenges," said Glen.

Learning how to stitch from a friend, Pauline said the hobby is not a dying art as many would think.

"A lot of people think it's for old

people, it's not," she said. "Modern quilts or the new techniques that are out there, or even the old techniques, people are getting back into it because it's something that you can do to create. You can be as creative as you want, and the sky's the limit."

The duo also hope to bring more business into the area as a result of commuters seeking out their products.

With much of their fabric purchased in Canada and being a small business, the Noordenbos put the economic health of the communities they operate in at the forefront.

"If you're looking for a quilt shop, you're going to find us, right? So they're coming here, then hopefully they'll support the local community or other businesses that are in this community as well," Pauline said.

Mama Bear's Quilt Shoppe opened their doors to the public in April and offer fabric, sewing machines and more. All they ask for in return is a warm welcome to the region.



Manitoba hog farmers making a meaningful impact in our communities

While the objective of the hog sector is to provide a high-quality, affordable protein to the world, hog farmers are passionate about supporting the well-being of the communities where they live and work. This is why every year, Manitoba Pork donates more than two tonnes of pork products to those in need. This includes organizations across the province like Samaritan House in Brandon, Ste. Anne Foodbank, Southeast Helping Hands, Agape Table in Winnipeg, Siloam Mission, Salvation Army, and the Christmas Cheer Board.

Ahead of the Easter weekend, Manitoba Pork partnered with H@ms Marketing Services Co-op to donate \$10,000 worth of pork products and financial support to Harvest Manitoba.

Food security is important to everyone, particularly during the COVID-19 pandemic, and hog farmers work hard to supply a healthy and affordable protein. Hog farmers are important and significant contributors to the communities they live in.

To learn more, visit manitobapork.com/community

SPONSORED CONTENT

Interlake Eastern to become regional hub for mental health education

CMHA introduces new online resource addresses mental health in the Interlake

By Tyler Searle

This year marks Canada's 70th annual Mental Health Week, and the Canadian Mental Health Association (CMHA) is celebrating the milestone by introducing a new online resource to the Interlake.

The CMHA is a non-profit organization that aims to improve the national dialogue on mental health. Tristan Dreilich is a mental health resource developer with the CMHA's Interlake Eastern branch. He and his colleagues have developed an online learning hub to help promote mental wellness, he said.

The CMHA Interlake Eastern Online Learning Hub will provide information relating to mental health and various educational classes specific to the Interlake region, Dreilich said.

The learning hub's launch coincided with the start of Mental Health Week on May 3, and the new online tool is the first of its kind in the Interlake.

The first course offered on the hub is an educational seminar featuring a conversation between Dreilich and Wyatt Lincez.

Lincez is a land-based therapist with Southeast Child and Family Services.



Tristan Dreilich is a mental health resource developer with the CHMA. He helped create the new Interlake Eastern Online Learning Hub which will provide online mental health courses.

His work involves teaching Indigenous youth skills like fishing and fire keeping.

The seminar looks at how traditional Indigenous knowledge contributes to mental health.

Lincez believes that combining clinical therapy with getting out on the land is crucial for maintaining mental wellness, he said.

Most of the course offerings will be from agencies that serve the Inter-



TRIBUNE PHOTOS COURTESY OF OAKD MEDIA

Wyatt Lincez, left, sat down with Tristan Dreilich to discuss how Indigenous knowledge can contribute to mental health. Lincez is a land-based therapist who teaches youth how practising traditional Indigenous skills like fire-keeping can improve their mental wellness.

lake, but visitors can also tap into the extensive list of classes in the CMHA network, Dreilich said.

"We're seeing increases in people who are maybe struggling with their mental health or need tools and resources that they haven't always been

able to access," Dreilich said.

COVID-19 is placing increased strain on the public's mental health. A recent survey from the CMHA found 40 per cent of Canadians report their

Continued on page 24

DATE CHANGE

The Unconventional Medium
JENNIE OGILVIE
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Do you dream of having a healthy green lawn and gardens filled with bright blooms? IF SO, FOLLOW THESE TRIED-AND-TESTED TIPS.

8 ESSENTIAL RULES

for beautiful landscaping



1

CONSIDER PLANT PLACEMENT

Make sure each plant is in a spot where it'll get the sunlight and nutrients it needs to thrive. Additionally, think about how the plant will look in terms of its appearance and size.



2

WATER AT THE RIGHT TIME

On hot days, water your plants early in the morning or late in the evening. This way the roots will have time to absorb the moisture before it evaporates.



3

FERTILIZE AS NEEDED

Test the soil, then select a fertilizer or soil amendment that'll provide the right balance of nutrients for your grass and plants to thrive. Avoid nitrogen-rich fertilizers after mid-July.



4

APPLY MULCH

Cover the ground with a generous layer of mulch to enrich the soil, improve drainage and suppress weeds.



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8 ESSENTIAL RULES for beautiful landscaping



5

ATTRACT POLLINATORS

Opt for nectar-rich plants and choose species with varied bloom times so your garden will flower from spring until fall.



6

AVOID PESTICIDES

Cultivate your garden without using pesticides by creating a diversified habitat and choosing insect and disease-resistant plants, among other things.



7

RECYCLE GRASS CLIPPINGS

Leave grass clippings on the ground after you mow the lawn so they can serve as a natural fertilizer.



8

COLLECT RAINWATER

Set up a few rain barrels on your property to conserve water. This will ensure you can continue to water your garden in times of drought.

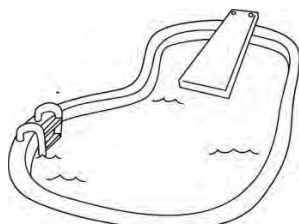


SOUTH INTERLAKE PLANNING

Make a (Safe) Splash this Summer!

The South Interlake Planning District (SIPD) would like to give a friendly reminder that **private pools (inground and above ground), hot tubs and swim spas** require a Development and Building Permit.

The *Manitoba Building Code* requires any artificially constructed basin, capable of containing a water depth of two feet or more, to conform to the *Code*. Part of conforming to the *Code* means having proper fencing installed, which helps prevent accidents.



Permits help ensure that buildings and structures meet the *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

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Home & yard

Garden success is knowing what grows in our habitat

By Katelyn Boulanger

With the frost almost a thing of the past, Prairie Naturals Gardening Group is encouraging anyone who wants to get a green thumb in 2021 to give it a try. This year, they will be continuing to host their monthly gardening meetings digitally, which gives members info about growing native plants.

“Prairie Natural Garden Group is focused on using native plants, for gardening for beauty. Most people want their garden to be beautiful [and to have that] esthetic, that kind of texture and that inner garden that brings in all the design aspects and [we] also [want elements of] nature conservation. It’s not new information that we’re situated in grass prairie. I think what a lot of people don’t realize is that tallgrass prairie is more endangered than a rain forest. So one of the reasons why we garden with natives

is to create a restored habitat,” said Michelle Taylor, the founder of Prairie Natural Garden Group.

The group was established in 2019 and now has more than 105 members living from southern Ontario all the way to Alberta and everywhere in between.

Prairie Naturals is focusing on encouraging the growth of native plants in our gardens for two reasons. The first is that the plants have evolved over thousands of years to our environments and the animals in Manitoba have evolved beside them. So by planting these plants, you give native animals what they need as well. The second reason is because they are adapted to our conditions, they require less input in terms of fertilizers or watering than plants from elsewhere that are adapted for growing here and use fewer resources to upkeep.

In the next few months, they will be hosting virtual classes about plants that grow in the Brokenhead Wetland, with a focus on wild orchids. There will be a visual tour of the 49-acre Ozhaawashkwaa Animikii-Bineshi Aki Onji Kinimaagae’Inun or Aki Centre, part of the Seven Oaks School Division, and a tour of the Brokenhead Wetland north of Winnipeg.

One way that they are getting out of the classroom is through the 1,400-square-foot demonstration gar-



TRIBUNE FILE PHOTO SUBMITTED

Prairie Naturals Gardening Group members planting the native plant garden outside the West St. Paul municipal building last year.

den that is in front of the West St. Paul municipal office. In this space, their members will be able to learn how a garden goes from being planted in the first year to establishing itself in subsequent years.

For beginners who want to start incorporating native plants into their gardens, Taylor suggests starting slowly.

“Get to know your style, and light conditions match your plan to that. That seems like a pretty simple thing but when you’re planting non-native perennials or even annuals, they’re easy to replace and they’re sometimes able to be moved around. So [my advice is to start small and] plant once and that’s based on [my own] experience having put the plants in areas that they just did not thrive,” said Taylor.

She also wanted to highlight Prai-

rie Flora and Prairie Originals as two businesses in our region that provide plants and information for residents looking to start this type of sustainable gardening.

Taylor, of course, also encourages anyone interested to join Prairie Naturals Gardening Group to be part of a community of people that really love native plant gardening.

“We’re a growing group, we bring in great speakers and we have we’ve got a good exchange at our meetings. Whether you’ve never planted native plants, or whether you’re super experienced it’s a welcoming community,” said Taylor.

Learn more about Prairie Naturals Gardening Group and sign up to become a member at <https://sites.google.com/view/prairienaturalsgardening/about>.

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You will be able to view the items that will be selling at the auction ahead of time but you will not be able to bid until the hours of the auction on May 15th. The bidding is all done through the website. We will be adding items as they come in, so keep checking in to see updates!

Four ways kids can help in the garden

If you’re a parent, you might find it difficult to tend to your garden while also keeping a close eye on your kids.

Fortunately, there are a number of simple tasks that can keep even the youngest gardeners occupied.

1. Watering: Fill up a watering can — make sure it’s not too heavy — and let your little ones go about hydrating your planter boxes and potted plants. When it comes time to water the vegetable garden or flower beds, offer to let your kids hold the hose.

2. Weeding: Teach your kids to recognize the most common unwanted plants that sprout up in your garden. Ask them to go on a hunt for weeds and, with your supervision, let them

try pulling up ones with shallow roots.

3. Mulching: You can add mulch to your garden to help it retain moisture and limit the spread of weeds. Encourage your kids to get their hands dirty by carefully transferring mulch from the bag to the garden and spreading it evenly over the soil.

4. Tidying: From picking up leaves to putting twigs in the compost bin, there are plenty of easy ways your kids can help clean the yard. Remind them to look for fallen petals, pinecones and acorns they can use for crafts.

In addition to giving you a hand, your little ones will have plenty of opportunities to learn about how plants grow. It’s a win-win situation.



CAR CARE POINTERS

FOR SPRING

Five good reasons to visit your mechanic this spring

Between salt, potholes, snowstorms and ice, winter isn't the best for our poor cars. If you haven't already made an appointment for an inspection this spring, here are a few reasons why it might be a good idea to do so: 1. TO ENHANCE COMFORT Difficult road conditions in winter can affect your car in different ways. For example, your alignment might be off, causing your drive to be less than pleasant. 2. TO IMPROVE SAFETY Winder driving conditions are conducive to rust formation, especially on and around your brakes. Take advantage of your tire change and have a detailed inspection done to ensure your vehicle is safe to drive. 3. TO MAKE YOUR VEHICLE LAST In addition to skewing your wheel alignment — something that can pre-

maturely ruin your tires — driving on winter roads can damage parts of your engine and reduce the effectiveness of the additives in your motor oil. It's no secret that regularly scheduled maintenance is the best way to maximize your vehicle's lifespan. 4. TO SAVE MONEY A springtime inspection will help prevent your car from breaking down and can correct minor problems before they become serious. This will help you save money in the long run! 5. TO PROTECT THE ENVIRONMENT Low tire pressure, low oil levels, broken filters, defective climate control — a poorly maintained car burns more fuel, which isn't good for the environment or your wallet! A well-maintained vehicle provides peace of mind — and peace of mind is priceless



Have your car looking Spotless in six easy steps

With sunny days once again looming on the horizon, it's without a doubt time to start thinking about having your car cleaned from top to bottom. Ready to roll? Here's a small reminder of the main tasks you'll have to take care of: 1. Lighten your load. Take everything you know you won't be needing this summer out of your trunk (shovels, sandbags, etc.) and remove any winter gear (skis for example) that will make your car heavy for no reason. Making your car lighter and more aerodynamic will improve its fuel efficiency. 2. Vacuum. Pick up or throw away everything that's lying around in your car, take out the carpets and vacuum the floors. This will remove all the dust and gravel that's accumulated over the winter. 3. Clean the carpets. Rid your carpets of any salt stains with a mixture of 1 cup of vinegar and 4 cups of warm water (and a stiff brush, of course). 4. Clean the interior. Use a damp cloth along with specialized cleaning products for each type of surface in your car (leather, fabric, etc.) to clean the dashboard, seats, doors and other accessories. 5. Make the body sparkle. Rinse the exterior of the car thoroughly, and then clean it from top to bottom (the hood, roof, trunk, doors, bumpers, wheels, rims) with products that are suitable for

the task (and won't damage the paint). Note that it's far easier to work in cloudy weather, which prevents streaks. 6. Wash the windows. Clean your windows with the help of a specialized cleaning product or with homemade cleaner (such as the one used to clean your carpets).



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Patio work underway at Something Beautiful

By Jennifer McFee

Beautiful things are happening in the heart of Stonewall.

Something Beautiful, a social enterprise operated by Community Living Interlake, will soon be enhanced with an outdoor patio.

The organization supports adults who live with intellectual disabilities, and many clients gain valuable work experience at Something Beautiful while also contributing to a more cohesive community.

Jimm Simon, executive director of Community Living Interlake, expressed appreciation for all the support for the patio project.

"That patio is being built entirely by donations and by sponsors. All of the demolition and materials and labour to lay the cement pads is donated by Tri-Core. We've also received grants from the Town of Stonewall and from Community Futures East Interlake," Simon said.

"And we have had a number of private donations." A memorial fund in honour of Rosemarie Yeo has brought in dozens of donations in her name to support the patio project.

"The response to our campaign at Something Beautiful over the last couple months from the community has been amazing," Simon said.

"The whole idea is that it's a social enterprise and it's providing more employment opportunities for our individuals we support."

The organization is currently waiting for the deck to be completed. After that, they will need approval from the building inspector, the health inspector and the liquor inspector. Pending approval, Simon hopes the patio might be open for the May long weekend.



TRIBUNE PHOTO BY ANNALIESE MEIER

Something Beautiful's patio will hopefully be complete for the May long weekend,

For now, Something Beautiful has expanded its hours so that it's open later in the evenings as well as on weekends.

"That's also providing more opportunities for the clients. If at all possible, we want to have one of our clients working in there whenever we're open," he said.

"We're all about inclusion and normalization and people getting to know us."

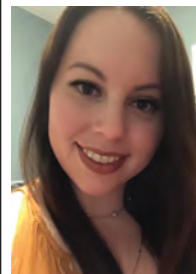


Executive director Jimm Simon and Tri-Core staff Cody, Randy and Marty, who worked hard on the patio.

Ralph Eichler golf tourney postponed to Aug. 13

Staff

Be sure to update your calendar for the 13th Annual Ralph R. Eichler Charity Golf Tournament, which has been rescheduled for Aug. 13.

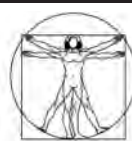


Stonewall Chiropractic Centre is happy to announce our newest team member Arielle Chartrand. Arielle is currently completing her Massage education, and will be starting with us April 7th. From April until her graduation in June, Arielle will be permitted to perform relaxation-based techniques only, for a reduced rate. She will be Registered and able to bill insurance after her graduation. If you would like to see Arielle please call the office for an appointment. She will be available evenings and weekends.

Arielle Chartrand Arielle is joining the Stonewall Chiropractic team in her final year of study at Wellington College, with a focus to Relaxation Massage. After graduation in June of 2021, she plans to use her knowledge of osteopathic-based assessment and treatment to help her clients achieve their therapeutic goals. Her desire to become an RMT stems from the impact massage has had on her own daily living, from pain management to rehabilitation to stress relief, and a desire to share those same benefits with her clients. Arielle has also trained in Hot Stone and Palliative massage.

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The committee decided to push the date back from June 11. The event will take place at the Teulon Golf and Country Club, with a shotgun tee-off time at 1 p.m.

All net proceeds from the event will go benefit South West District Palliative Care and the Interlake Community Foundation.

To register and pay by credit card, visit <https://interlakefoundation.ca/cause/golf-tournament-2/>.

To pay by e-transfer, fill out a registration form and email info@interlakefoundation.ca. To pay by cheque, mail a completed form and cheque payable to The Interlake Community Foundation Inc., Box 1575, Stonewall, MB, R0C 2Z0.

The registration deadline is Aug. 6. Paid registrations received by July 31 will be entered in a

draw for an early bird prize.

Individual golf registrations cost \$125 each, which includes a shared golf cart, green fees and a meal. At this time, it's unknown if the event will be able to host its usual post-golf buffet supper. If not, there will be a meal provided on the course.

Sign sponsors would also be welcome at \$125 each, as well as donations of any prizes.

All Manitoba Health rules will be in effect on the day of the tournament. If the event needs to be cancelled, full refunds will be issued.

For more information, contact Bob Beck at bbeck@sunovacu.ca, Sandra Smith at tns@mymts.net or Tracy Holod at tracy@interlakefoundation.ca.

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> MEAL IDEAS



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Tuscan Chicken Pierogy Skillet

Prep time: 10 minutes
Total time: 45 minutes
Servings: 4
1 box Mrs. T's Pierogies 4 Cheese Medley
3 tablespoons olive oil, divided
2 boneless, skinless chicken breasts, pounded to even thickness
kosher salt, to taste
ground black pepper, to taste
4 cloves garlic, minced
1 bag (5 ounces) fresh baby spinach
2 cups diced tomatoes
1 teaspoon dried Italian seasoning
1/4 cup chicken broth
1/2 cup heavy cream
3/4 cup freshly grated Parmesan cheese, plus additional, for garnish
1 tablespoon cold water
1/2 tablespoon cornstarch
fresh basil, for garnish
crushed red pepper flakes, for garnish
Boil pierogies according to package directions. Drain then toss pierogies with

1 tablespoon olive oil to keep from sticking.

In 12-inch skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper, to taste, and cook 8-10 minutes per side, until golden brown and cooked through. Transfer to plate, cover and allow to rest 5-8 minutes. Slice thin.

While chicken rests, lower heat to medium-low and add remaining oil to same skillet. Add garlic, spinach and tomatoes; saute 1-2 minutes until garlic is fragrant. Season with Italian seasoning and salt and pepper, to taste.

Stir in chicken broth, heavy cream and 3/4 cup Parmesan. In small bowl, whisk cold water and cornstarch then stir into pan. Simmer 4-5 minutes until thickened and creamy.

Return chicken and pierogies to skillet and toss to combine. If desired, top with additional seasonings, to taste. Garnish with fresh basil, Parmesan and red pepper flakes, if desired.



Caramel Sticky Rolls

caramel sauce, divided
1/2 cup walnuts, chopped
powdered sugar
Heat oven to 400 F.
Spray muffin tin with nonstick cooking spray.
Sprinkle flour on work surface. Flatten pastry sheet and roll into rectangle.
Drizzle caramel sauce over pastry and spread within 1/2 inch of edges.
Sprinkle chopped walnuts over caramel sauce.
Starting on short end, evenly roll pastry with filling to other end.
Cut pastry into nine pieces. Place pastries cut side up into muffin cups.
Bake 22 minutes, or until golden brown. Immediately remove from pan to wire rack. Let cool 10 minutes. Drizzle with additional caramel sauce and dust with powdered sugar.

Servings: 9
Nonstick cooking spray
flour, for rolling pastry
1 frozen puff pastry, thawed



Christine Ibbotson

Dear Money Lady,
We've recently become grandparents (at last!). Concerned that our son does not have insurance of any kind and none on his mortgage. We are retired – do we need it too? Could you talk about insurance in one of your next columns. Thanks, Jeanie
Yes, I can Jeanie – thank you for asking!

Most people know that they must have insurance to pay for the initial one-time costs such as a funeral, taxes and their debt, (mortgages and loans). Others will go a step further and plan for the ongoing expenses that will continue after their death to provide for their spouse and children.

If you are retired, I am not saying you should run out and get insurance. Insurance is something that most would have purchased when they were young, and the premiums were at their lowest. Many retirees use insurance for tax planning to pay for capital gains tax that their estate will owe upon their death, and this is something that should be discussed with your advisor to see if it is worth the cost. Others may get insurance to provide a personal legacy of remembrance when they die, leaving money to a special charity, a hospital, or even an educational or religious organization.

But to answer Jeanie's request for her son; insurance is definitely something you need during your working years when you have consumer debt and a young family. There are many types of insurance. The basics are for income protection, mortgage insurance and survivor benefits. Most people have life and disability insurance with their employer which is a very inexpensive way to acquire coverage. It is easy to setup an automatic withdrawal from your pay that can provide additional insurance often times for your spouse and children as well.

Mortgage insurance is also something you should have; however, it may not be something you want from your financial institution. You see, this is a major source of revenue for the banks who will always provide mortgage and loan insurance to their customers. The bank insurance is very easy to acquire for the average person but remember the bank

AsktheMoneyLady.ca

is the beneficiary not you. The insurance is to pay off your outstanding mortgage amount at the time of your death. So, if you took out a mortgage for \$400,000 and the premiums were based on this amount, but you died when the mortgage balance was \$150,000, the insurance will only pay off the \$150,000 outstanding balance.

It has always been the practice of good advisors to talk to their clients about insurance. It would be much better for clients to acquire Term insurance, usually at a much lower premium than the bank mortgage/loan insurance and for a fixed guaranteed amount. With Term insurance your coverage never decreases, your premium is fixed, and you can select who the beneficiary should be. So, if you get a \$400,000 Term policy to cover your debt, but you die when your debt is at \$150,000, like in the example above, your family receives the full \$400,000. They can then pay off the outstanding mortgage and use the balance for something else.

Term insurance is less expensive than permanent life insurance, so it is easy to afford additional coverage for a set period of time during your prime working years. Payments are always locked in and will not change during the term you have chosen. It is a good idea to choose a 20-year term to lock in a lower premium for a longer time frame. You can cancel it at any time, or you can convert your policy to permanent life insurance, usually without having to re-qualify.

Planning for the future should always include the planning for possible unexpected events. Avoid the temptation to put your plans on autopilot. It is important for you to have a well thought out strategy that provides for the loss of income and protection against the unexpected. This means you must have a Will, a Power of Attorney, and Insurance. Don't make foolish decisions to not protect your family and your assets to save a couple dollars. It is not worth it. Smart financial planning means you should never leave yourself unprotected. Really, this is the only way you can ensure the stability of your family should you die unexpectedly. It is your responsibility to have your say in your Will, to ensure your requests are known and acted on in your Power of Attorney, and to ensure your family is not destitute by having life insurance.

Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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Agriculture, environment and animal care

By Cam Dahl, general manager, Manitoba Pork Council

Legislation brought forward by the provincial government has sparked debate about agriculture in Manitoba. The Animal Diseases Amendment Act has drawn comments about environmental impact and animal care.

In the past, farmers produced a little of everything. A few animals, a bit of grain, produced with minimal inputs. Some nostalgically view this bygone era as the ideal form of agricultural production. However, that was not the case from either an environmental point of view or the experience of the family on the farm. Past production practices depleted soil nutrients and left the land vulnerable to erosion. Farmers of the past did not have the tools and production practices that allow modern farmers to protect our water. They did not have advanced veterinary treatments to ensure healthy animals. What is another key aspect of Old McDonald's farm that should never be forgotten? The family who lived on it existed in poverty. Old McDonald has retired from farming. We should not invite him back to work.

Beginning in the last half of the 20th century, agriculture began to modernize. Today, farmers have transformed agricultural production to keep up

with the world demand for safe, high quality food that is produced in an environmentally sustainable way. This can be easily seen on modern hog operations in Manitoba.

Significant progress has been made to improve the environmental footprint of the province's hog sector. For example, current hog production emits 35 per cent less greenhouse gasses than 50 years ago. Manure is managed as a valuable plant nutrient, rather than waste to be disposed. Over 85 per cent of manure is injected below the soil surface where the nutrients are readily available for crops. Today's pork is produced using 40 per cent less water and 33 per cent less feed than 50 years ago. Modern operations have the economies of scale to take advantage of emerging research, new technologies and innovative farming practices to further improve the industry's environmental impact.

The Animal Diseases Amendment Act has generated comments about the humane treatment of animals. Hog producers in Manitoba adhere to strict animal care codes that are a combination of professional standards backed up by regulatory enforcement. Every hog farmer in Manitoba is expected to follow the Code of Practice for the Care and Handling of Pigs. The Code is a result of a rigorous

development process that uses the best science on pig health and welfare, which has been compiled through an independent peer-reviewed process. The Code Development Committee includes independent scientists and representatives from non-governmental organizations involved in animal welfare.

Backing-up the Code of Practice is legislation and regulation, like Manitoba's Animal Care Act. Those who do not provide animals in their care with adequate food and water, and ensure that they are kept in sanitary and safe conditions are subject to fines, or even imprisonment. Offenders can be prohibited from owning animals following conviction. Manitoba's animal welfare regulations are current, effective, and have been used by other jurisdictions as a model to follow.

Animal care in modern hog production does not stop at codes of practice and regulatory enforcement. There is also verification. The Canadian Quality Assurance (CQA) program and its replacement, the Canadian Pork Excellence (CPE) program, are national platforms for producers to demonstrate compliance with food safety, animal care, and traceability. Program registration is required to ship animals to federally inspected processors. Under these programs, animal

care is assessed regularly, including an annual visit from a veterinarian.

Modern Manitoba hog farmers are leaders in protecting their animals and the environment. In return they need protection and the pigs under their care need to be protected from foreign animal diseases like African swine fever. This protection is lost if people from outside of the farm breach biosecurity. Farm families also need to be protected from those who come onto their property without permission.

This is where The Animal Diseases Amendment Act and its companion bill, The Petty Trespass Amendment and Occupiers Liability Act come into play. These bills are designed to protect livestock and the farm families who are such an important part of rural development and the economic fabric of Manitoba.

The hog sector contributes approximately \$1.7 billion to the provincial economy and provides over 14,000 Manitobans with quality jobs. In the last five years, over \$100 million of private investment has flowed into the province because of the sector. Hog production is a success story that all Manitobans can celebrate and one that should be protected for the future.

> MENTAL HEALTH, FROM PG. 17

mental health has declined during the pandemic.

"We've created a resource for the community where people can access all of these resources in an organized way. We want it to not only accessible but meaningful for people too."

Dreilich credits the Selkirk District and Community Foundation, Selkirk Community Renewal Corporation, and Interlake-Eastern Suicide Prevention Committee for their help in creating the learning hub.

The organizations have been collaborating for nearly a year to get the project running, he said.

Dreilich looks forward to seeing the community engage with the new online resource, and he hopes it will encourage more people to speak about their mental health.

"If we're able to name our emotions and reflect on those, we have better outcomes for our mental health," he said.

Mental Health Week ends on May 9, but the CMHA encourages people never to stop talking about their mental health.

The learning hub can be accessed at <https://interlakeeastern.cmha.ca/learning-hub/>

Additional mental health resources can be found online at <https://cmha.ca>

Pizza Hotline enters La Pizza Week

By Jennifer McFee

Local residents have their chance to cast a vote for their favourite entry in La Pizza Week, which wraps up on May 7.

The creators of the popular food festivals Le Burger Week and La Poutine Week have developed a new addition called La Pizza Week, presented by Saputo and Skip the dishes. Across the country, more than 1,000 restaurants are participating.

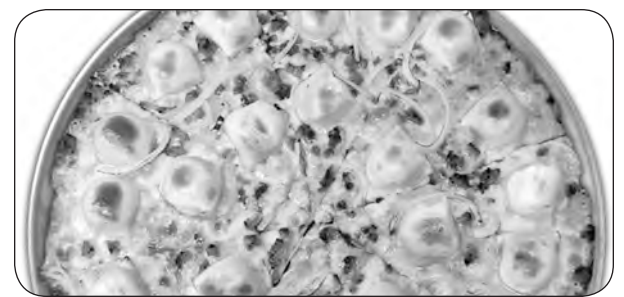
Closer to home, Pizza Hotline in Stonewall (as well as its other locations across Manitoba) is presenting an entry called "Pierogi Pizza."

Olga Rakevich, manager of Stonewall's Pizza Hotline, explained that the pizza is available only with a thin crust in extra-large size for \$18.99, which is the same price as other specialty pizzas.

"Instead of pizza sauce it has garlic butter. Then it has mozzarella cheese and cheddar cheese," she said.

"Also, there will be bacon and potato-cheddar perogies. It comes with two little cups of sour cream."

A full list of participating restaurants is available at www.lapizzaweek.com, where pizza lovers can also cast a vote for their favourite entry. Restaurants can earn bragging rights for most outrageous pizza as well as a judge's choice award.



PHOTOS SUBMITTED BY LA PIZZA WEEK
Pizza Hotline is participating in La Pizza Week, which wraps up May 7.

Whitehead wins Canada Reads 2021

Indigiqueer novel named book to read this in 2021

By Nicole Buffie

Joshua Whitehead, Selkirk ex-pat and member of Peguis First Nation, has become the first Indigenous author to win CBC's Canada Reads competition for his debut novel *Jonny Appleseed*.

Whitehead, now living in Calgary, published the novel in 2018 and is still gaining national recognition.

"It's overwhelming," Whitehead said.

"It humbles me to know that I'm a long ways from being in a small town peddling poems for pennies in Selkirk and Winnipeg way back, so I've come a long way."

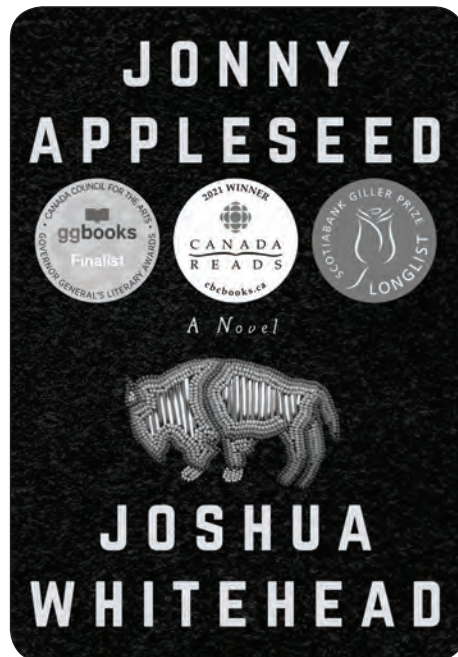
CBC's Canada Reads competition is an annual battle where chosen books battle it out and are eliminated one by one until a single title is crowned as the must-read of the year.

Whitehead's book was championed by actor and filmmaker Devery Jacobs and survived the final round of elimination on March 11, 2021.

Whitehead's winning story centres around *Jonny Appleseed*, a two-spirit Indigiqueer man coming back to his home reservation for the funeral of his stepfather. The pages follow his journey from living in a big city where he seeks to hone identity to a week-long trip exploring his past and heritage in a tale similar to Whitehead's real-world experiences.

"I think it was just like a book that was timely and needed," Whitehead said. "It's a book that I think speaks to a lot of the perhaps emerging or re-emerging stories that are sorely needed for Canadian literature, but also for Indigenous literature of centering two-spirit characters and Indigenous women in a text like *Jonny*."

The term "two-spirit," coined in Winnipeg in the 1990s, is a description unique to Indigenous communities in Canada for a person who identifies



Canada Reads 2021 Winner!
Jonny Appleseed

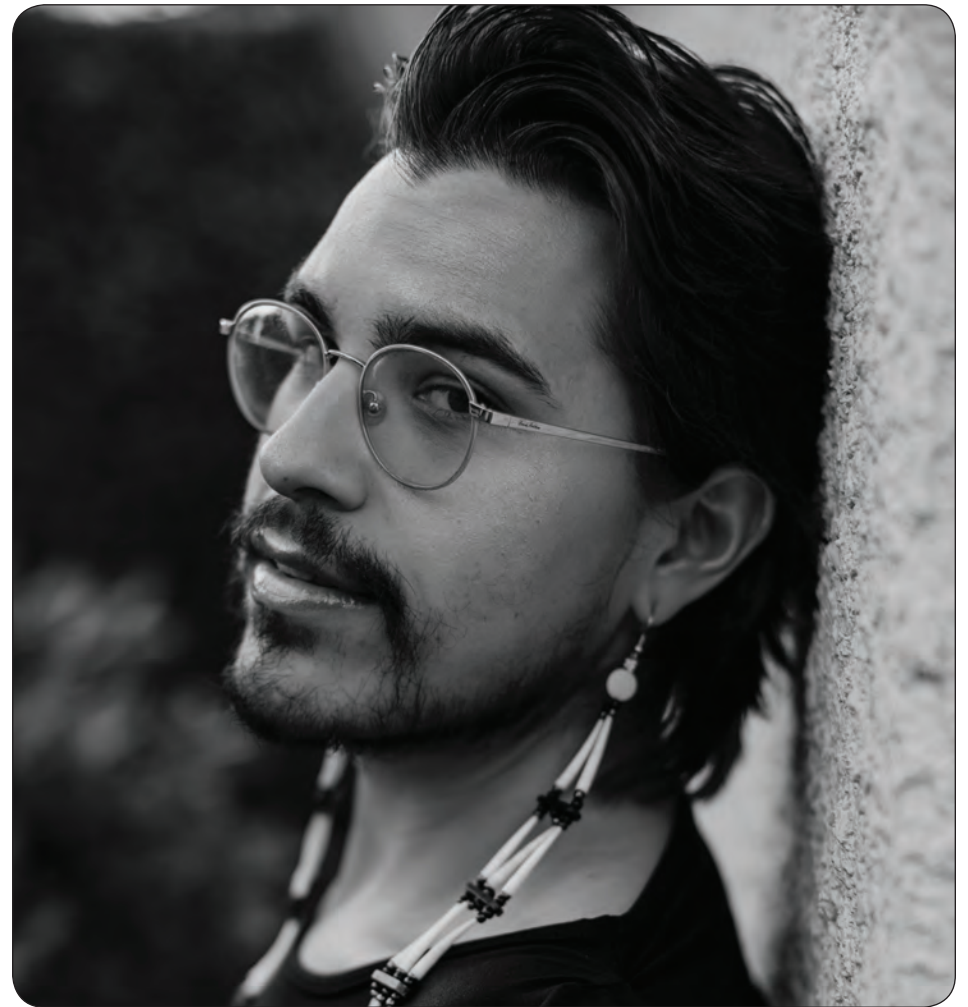
as having both feminine and masculine spirits and/or traits within them. Traditionally, many languages of First Nations people do not include feminine or masculine distinctions as is found in much of the Western or European speak. Whitehead identifies

as both two-spirit an Indigiqueer, another term blending the words "Indigenous" and "queer."

"I think my goal in life is to, like, contemporize us, but then also to give us futures and to demonstrate the power I think Indigenous folks and specifically two-spirit and Indigenous people house," he said. "For me to [it's about being] able to show being in these communities that I'm a

part of, that small-town boy living in the housing projects in Selkirk, Man., and from Peguis First Nation has made it to the stage. Then, it's a possibility for all of us to succeed in our own most wild ways."

"IT HUMBLER ME TO KNOW THAT I'M A LONG WAYS FROM BEING IN A SMALL TOWN PEDDLING POEMS FOR PENNIES IN SELKIRK AND WINNIPEG."



TRIBUNE PHOTOS SUBMITTED

Joshua Whitehead is the first Indigenous person to win CBC's Canada Reads competition with his novel *Jonny Appleseed*.

Whitehead said when it came to writing *Jonny Appleseed* there were parts of his own identity reflected in the story, an issue present with many queer and Indigenous writers as Whitehead says is their experiences are not commonly represented in the literary landscape to reference.

"If you don't see yourself in the landscape, write yourself into it. Because as we write for ourselves, we write for the communities and we write for the universal and these stories are so desperately needed," he said.

Despite the niche Whitehead's novel may present to some, the discussion around reflecting the experiences of Indigenous people and people of colour in media has become commonplace. The 2020 Canada Reads competition winner also followed this theme with Samra Habib's memoir *We Have Always Been Here*, representing the story of Habib's journey to come to terms with her identity as an Ahmadi

Muslim woman living in Canada.

In the final round of Canada Reads, *Jonny Appleseed* faced off against *Butter Honey Pig Bread*, defended by celebrity chef and TV host Roger Mooking. The other contenders in the four-day competition were *Hench* by Natalie Zina Walschots, defended by actor Paul Sun-Hyung Lee; *The Midnight Bargain* by C.L. Polk, defended by former Olympian Rosey Edeh; and *Two Trees Make a Forest* by Jessica J. Lee, defended by musician Scott Helman.

Whitehead said while he doesn't feel like he or Jonny should be the sole person to diversify Canadian literature, he's happy to be part of the collective wave and while he's busy working on a new project in his now-home of Calgary, he still holds his home community close to him.

"I still hold Manitoba and Selkirk in my heart and carry them with me, and we get to see them in *Jonny Appleseed* on that stage."

What's *Your* story?

We want to hear from you.

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

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

Stonewall Teulon Tribune

Please share your story ideas at news@stonewallteulontribune.ca
Phone 204-467-5836

Looking on the bright side of life: Inwood resident celebrates 90 years

By Patricia Barrett

Inwood resident and book author Freida Jorheim said her approach to life has always been to look on the bright side of things, even in times of tribulation.

Although the COVID-19 pandemic may have prevented her from get-togethers with family and friends over the past year or so and scotched community gatherings, Freida said it has been an opportunity to take stock of the good things in life.

Freida, who was born in her parents' farmhouse near Inwood on May 11, 1931, and is the fifth of seven children, will be turning 90 next week. She said she's looking forward to whatever life will bring and has tentative plans to write another book.

"I feel that I'm entering a new chapter," said Freida by phone last week, "and I plan to continue on with my hobbies."

One of her favourite hobbies is writing. When she was 70, she bought a computer and a scanner, and with help from her son and by "taking things one step at a time" she learned how to use them and wrote a history of her mother's life titled *Captured Memories*. She went on to write three illustrated children's books, titled *Jack and the Bull*, *The Spider Who Went to Church*, and *Felicia and the Flying Fleece*.

The Felicia story, which follows the story of a girl who can ride on fleece and visit places around the world, entailed a lot of research, said Frieda. She had to round up and verify a lot of factual information about each place.

"I like Google. You can find anything," she said. "I also like emailing. I email my friends to keep in touch with them."

Dancing is another of her favourite hobbies. She said she "danced up until COVID stopped us" last year.

When she was a child, dancing was a common social activity that brought together Inwood neighbours and friends to practise their steps and enjoy tea and homemade bread or cake.

"In my early childhood I remember that the people around here used to have house parties at different neighbours' houses about once a month," said Frieda. "They'd move all the furniture out of a room. There's always someone in the community who could play an instrument, and they'd play and we'd dance. I was young but me and my brother would try to learn the dance. I remember my father calling the square dances at that time."

The friendships people made back then lasted over the years, she said. Members of one family, who were the Jorheims' neighbours, still come to



Freida Jorheim's philosophy is to find the positive side of life and do what you love. visit her.

Freida grew up on a farm about five miles from Inwood. Her father died when she was young, but the family had help from her grandparents, who lived on the farm with them. Freida and her two sisters and four brothers carried out farm chores.

"My dad died when we were children and we all learned to do farm work. We milked cows by hand and my grandmother had a lot of chickens and geese and turkeys," she said. "It was a happy life but a bit stressful, too. All of us kids would also pick saskatoons because at that time it seemed they grew everywhere."

The Jorheim kids would have to walk two miles to Rondeau School, a one-room schoolhouse that doubled as a dance hall several times a year and now serves as a hub for community events. In the winter when it was 20 below, Freida said her grandfather would drive them to school by sleigh. In the summer when the mosquitoes were bad, he made them mesh headcoverings to wear.

During the Second World War, Freida and her classmates would donate change to the Red Cross. She said she also remembers each child having to knit an eight-by-eight-inch block for an afghan that the teacher and the older children sewed together. To teach the children about the war, the school took them by sleigh in the winter to Inwood to watch a documentary film showing events in Europe.

"I don't remember the exact story but it wasn't pleasant for us. We were disappointed in the movie," said Freida. "It was worrisome for children. It probably wasn't appropriate for children in Grade 4 or 5."

For entertainment when they were teenagers, Freida said they'd go to



TRIBUNE PHOTOS SUBMITTED

Freida Jorheim pictured in her youth.

Winnipeg Beach on Canada Day and ride the rollercoaster and the Ferris wheel, or take a trip to Oak Point where they could watch horse racing.

When she was 18, Freida became a teacher and discovered that she "loved teaching kids." She taught at Morweena School, Haland School (west of Inwood) and Rondeau School. She was a kindergarten sub at Inwood School before earning a diploma in advanced studies in early childcare development in 1980.

"I started working at the Teulon daycare with intellectually and physically challenged children. That was my calling. I did that for 32 years," said Freida. "It was very rewarding seeing those kids move ahead. That made me feel so happy. It might take them weeks to learn something that other children might learn in a day. Those kids taught me patience."

It was at a school dance that Freida met her future husband, Bert Jorheim. They got married in 1954 and had three children, Alvin, Marilyn and Heather.

Her daughter Marilyn Kolody said the secret to her mom's longevity probably comes down to strong social connections and her willingness to throw herself into the action.

"I always joke that my mother doesn't act her age. She never has. I would go outside and find her laying in the snow with the kids mak-

ing snow angels — when she was in her seventies. I said, 'Mom, what are you doing?'" said Marilyn by phone. "I think she just lives her life and doesn't think about how old she is, and her relationships keep her going and maintain her love of life."

What she admires most about her mom is her dedication to family and community. Freida was always on the go. If there was something that needed to be done, she was willing to do it.

"When I was a kid, she used to play the music for figure skating. It'd be freezing cold but she and another lady would sit in the booth and play the music all evening while we had our skating lessons," said Marilyn. "She would always be there watching over us whatever we were doing, and she was a 4-H leader for a while."

Freida is the driving force behind Inwood's annual community picnic, which is held at Rondeau School. Marilyn said it was mainly her mom plus a couple of aunts and uncles who'd organize the picnic for the community every year, with races and other fun events.

"We used to go to the school the night before the picnic and clean up the school and get it all ready," said Marilyn. "My mom and aunt made that a lot of fun. It didn't seem like a chore because there was lots of laughter."

Hutterian students spread kindness near and far

Staff

Over 220 students from kindergarten to Grade 12 at all 9 Hutterian schools in the Interlake School Division participated in spreading kindness by writing and sending postcards to people near and far whom they may not have seen for a long time.

Many students wrote to family members or friends living in other communities, provinces or the U.S., as well as former teachers or staff who have retired or moved to different schools.

Not only do the recipients of the postcards feel warmth and gratitude having received these cards, but also the students feel good knowing they have put a smile on someone's face and brightened their day. Students learned that simple acts of kindness are easy to do, don't take much time, and most often do not cost anything.

More importantly, sharing kindness



Danica & Abby's Village kindness postcards.

results in many benefits to both mental and physical health. The postcards were purchased to support Danica & Abby's Village, which does good deeds and works to make the world a better place. "In a world where you can be anything, be kind."



TRIBUNE PHOTOS SUBMITTED

Mallard high school students wrote kindness postcards to family and friends they have not seen for a long time.

Stonewall council agrees to Phase 7 development agreement

By Jennifer McFee

At a special meeting of council on April 28, Stonewall council voted in favour of approving the submission of the annexation report and filing a copy with the Municipal Board.

Coun. Jackie Luellman expressed excitement about the annexation, as well as gratitude to those who have been working hard to make it happen.

"I think this awesome for this council that we've been able to successfully get this far and where we're going

to be able to put this proposal in," she said. "This is pretty exciting."

In other council news:

- Council authorized the mayor and CAO to sign the development agreement for Phase 7 of the Quarry Ridge Park development. An amended development agreement for this phase addressed infrastructure maintenance, servicing and repair within the common element, private road and private property within the pro-

posed bare land condominium plan.

"This is the change that was made by Ventura on Phase 7 with McConkey Crescent being removed and the condo development being replaced by it," said CAO Wally Melnyk.

"Because it was a subdivision with a change in what was being created there outside of the original development agreement that was signed, council placed a condition requiring a development agreement that was drafted by our lawyer and submitted

the to the developer. They've signed and now this will ensure that that gets completed and they can start with the creation of their subdivision."

- Council discussed a report regarding an upgrade and replacement of the existing phone system in the administrative office.

CAO Wally Melnyk estimates that the change would save the town about \$300 to \$400 per month, although there would be some initial costs to set it up.

> CELEBRATING 90 YEARS, FROM PG. 26

The picnic was cancelled last year and with the way COVID numbers are going, it will likely be postponed this year.

Because of her dedication to maintaining Rondeau School, Freida was awarded the Lieutenant Governor's Award for Historical Preservation and Promotion in 2014. She was also recognized as a "role model" for helping local historians trace their family roots, according to the Manitoba Historical Society's website.

Although her mom can't have an in-person gathering with family and friends on her birthday next week, Marilyn said she's "not one to feel sorry for herself. She always keeps herself busy with something and she reaches out to people a lot, too."

In addition to creative and historical writing, Freida said she loves tending to her garden, knitting, crocheting and visiting with her three grandsons (public health restrictions per-

mitting), Alex, Jacob and Matthew. All things considered, the pandemic hasn't affected her too badly.

"I don't see many people and I've used the [lockdown] time to take an inventory of what I have," said Freida. "I would like to write another book for pre-school children."

She realizes the pandemic hasn't been easy for a lot of people, and the rapidity with which the new virus variants can spread is quite frightening, she said. She advises that people focus on the positive.

"My advice to everyone is to keep busy with everything you love to do and try to look on the happy side of life; don't dwell on negative things," said Freida. "My life has not always been easy. COVID has not been easy. It's very scary the way it has been going. But last summer I got a lot of enjoyment working in my garden and making it look as cheerful as I could."

Headingley RCMP looking for missing woman

Submitted by RCMP

On April 29, Headingley RCMP received a report of a missing 25-year-old female from Teulon.

Sundance Backe-Peters was last seen on April 24 when a friend dropped her off in Winnipeg and was last spoken to around noon on April 29. It is possible she may still be in the north end of Winnipeg.

Sundance is 5'3" in height, with brown eyes and long brown hair with bleached ends.

Police and family are concerned for her well-being.

Anyone with information is asked to call Headingley RCMP at 204-831-5951, their local police, call Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.



Sundance Backe-Peters

Incredible Creatures: Migration of the Tundra Swans

By John Gavloski

It is always exciting to see migratory birds and insects returning in the spring. There are some species that we only get to see for short periods in the spring or fall when they migrate through on their way to their summer or winter homes.

One such species is the tundra swan. A large flock of these was present on the lake at Stephenfield Provincial Park recently, along with an assortment of migratory ducks. The assortment of waterfowl that we observed on the lake April 5 included tundra swans and ducks such as ring-necked, northern shovelers, canvasbacks, mallards, common mergansers and scaups. In this month's Incredible Creatures we will explore the tundra swan, a bird with a long migration, and interesting breeding rituals.

There are seven species of swans in the world. Two of these, the tundra swan and the trumpeter swan, are native to North America. Any swan seen in Manitoba will either be a tundra or trumpeter swan. One non-native species, the mute swan, is also found in some eastern parts of North America. People brought mute swans from Europe and Asia for ornamental display in parks and zoos, and now this species is found in the wild in certain areas.

Telling tundra swans and trumpeter swans apart can be tricky. Trumpeter swans are slightly larger than tundra swans. At close range, a small yellow mark at the base of the bill, close to the eye, can be seen on the tundra

swan. There is no such mark on the trumpeter swan.

Twice a year, tundra swans migrate up to about 6,000 kilometres between the areas where they spend the winter, and the Canadian Arctic and Alaska where they spend the summer. They fly in a V-shaped formation. Tundra swans used to be called the whistling swan, which referred to the sound made by the slow, powerful beating of their wings in flight.

The courtship and pairing of young adult birds is in full swing in late winter and continues through the spring migration. Adults already paired reinforce their bond by vocal and visual displays. The most spectacular of these is the so-called victory display, where male and female face each other, extend and wave the wings slowly, bow the head and neck forward and backward and, in duet, produce a formalized sequence of loud, melodious sounds. Swans and geese generally mate for life. By contrast, most ducks pair for only one season.

Tundra Swans usually do not breed until their fourth or fifth year. A year before breeding, pairs normally "go steady" and select and defend a territory without actually nesting. At breeding age, they begin to nest in late May or early June before the snow is off the tundra, while many of the lakes are still frozen.

In the summer, tundra swans feed mainly on the seeds, stems, roots and tubers of aquatic plants, as well as a few small invertebrates. They plunge their long necks into shallow water



TRIBUNE PHOTO BY JOHN GAVLOSKI

Tundra swans date for four or five years before breeding.

and pull out vegetation from the bottom. Adults may paddle their feet to bring submerged food to surface for the young. In other seasons, they will eat grain in harvested fields of crops such as corn, barley and soybeans.

Observing the return of birds, butterflies and some of the creatures that we have not seen in a while is an exciting part of spring. It's exciting to think about what will be returning or flying through that waits to be seen.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U18 Blue Jays host home doubleheader this Sunday

By Brian Bowman

After having a handful of practices, the Interlake Blue Jays are ready to start their U18 baseball season this Sunday.

Interlake will host Winnipeg South in a doubleheader with games scheduled to start at 1 p.m. and 4 p.m.

The Blue Jays hope to be competitive in a very talent-laden league.

"We're going to be a really young team but we're going to build off last year," said Blue Jays' head coach Eric Swanson. "Our returning guys look

good."

The Blue Jays lost six players from last year's team due to them aging out of U18 baseball. Interlake will have 11 returning players, which is a really good number, to go along with five first-year players.

Swanson feels having a year of U18 baseball under their belts will help the returning players this season.

"They'll know what to expect and stuff," he said. "Over the year, they'll be bigger and stronger. I think we'll see more success this year."

Pitching-wise, the Blue Jays are thin with just one returning starter from last year so the younger guys are going to have to step up and pitch some innings.

"We're not going to be having guys pitch complete games," Swanson said. "We'll have two, three, four guys to get us through seven innings."

Offensively, the Blue Jays have some older players that can hit the ball into the gaps and some other players that will bring speed on the bases.

"We're going to have to be creative

to score runs," Swanson admitted. "We're going to have to be a good base running team. We have some guys that are quick."

Swanson is looking forward to starting the season in early May as opposed to last year when the season didn't start until June due to COVID.

"We won't have a jam-packed year so we'll have more time for practices in between games," he said. "We won't have as many doubleheaders. It will be nice to play a full season and have time to practise."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

King registers a point in his first WHL game

By Brian Bowman

Karson King played in his first Western Hockey League game with the Swift Current Broncos last Wednesday.

He also picked up his first WHL point despite only getting four shifts the entire game in a 6-5 overtime loss to the Prince Albert Raiders.

King assisted on Bode Hagan's second-period goal to tie the score at 2-2.

Getting a taste of WHL game action was pretty exciting for King.

"It was a huge day and it's nice to get the first one out of the way and get my feet under me in the league," said King on Monday afternoon. "I felt pretty good out there."

King thought he was going to be playing defence, a position he hasn't played for a couple of years. But when the lineup was posted, he was pencilled in as a forward.

Getting only four minutes of ice time was definitely different than the major minutes he gets with the Interlake Lightning.

"It's definitely a change going from



TRIBUNE PHOTOS SUBMITTED

Swift Current Broncos' forward Karson King had an assist in his first-ever Western Hockey League game last Wednesday against the Prince Albert Raiders.

when I was playing all of those big minutes (with the Lightning) but I definitely made the best of it and I showed them what I could do out there," King said.

King went out west to Regina back

on March 27 and just got back home to Warren last Thursday. He admitted it was a different experience being in the bubble due to COVID.

"It was definitely a different experience," he said.

"You keep yourself isolated from the outside and you only hang out with the team and nobody else. It was difficult, at times, to find ways to keep busy."

Langlais added to Baseball Manitoba staff

TRIBUNE PHOTO SUBMITTED

Garson's Brittney Langlais has been hired as Baseball Manitoba's sport development co-ordinator. She will be co-ordinating aspects of their Rally Cap program, Grand Slam program, 5-Tool Summer Camps and more this summer. Langlais began playing baseball at the age of eight and has played for multiple Baseball Manitoba teams during her athletic career, such as the St. Andrews A's, North Winnipeg Pirates, Interlake Blue Jays and Manitoba's 21U/Senior Women's Team.

In 2019, she was named Baseball Manitoba's Female Player of the Year, received one of the 50th anniversary scholarships for a female provincial team player, won the bronze medal at the 21U Women's Invitational Tournament, and was the first Manitoban in almost 20 years to make the Senior Women's National Team.

She currently coaches for Manitoba's girls baseball program and attends the University of Manitoba in the faculty of kinesiology.



BRITTNEY LANGLAIS
SPORT DEVELOPMENT COORDINATOR

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HELP WANTED

Part time or full time seasonal help req'd for Warren Tire. Good drivers abstract & ability to operate mobile service truck or to do general tire tech tasks. For information phone 204-322-5347 or email wtire@mymts.net

HELP WANTED

2021 CANADA SUMMER JOB OPPORTUNITY - The Woodlands Pioneer Museum is seeking two individuals aged 15-30 for spring/summer employment, a Tour Guide Supervisor and a Tour Guide. This is an opportunity to explore a career in tourism, education, history or technical occupations related to museums and heritage. Applicants must have physical ability for site maintenance, knowledge of computers and good communication skills. A variety of tasks may include care of artifacts, data collection, creation of exhibits, lawn/garden care and housekeeping. The Tour Guide Supervisor will have enhanced responsibilities with salary set accordingly. Phone 204-322-5580 for complete list of qualifications and responsibilities. Jobs are each 30 hours per week and each span 9 weeks. The start date for the Tour Guide Supervisor is May 31, 2021 with application deadline May 12, 2021 and the second Tour Guide will start June 28, 2021 with application deadline June 1, 2021. Mail resume to Woodlands Pioneer Museum, Box 206, Woodlands, MB or email woodlandspioneeremuseum@outlook.com

HELP WANTED

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews 204-338-4292.

The Window Factory located at 605 Mercy St, Selkirk is now hiring installer assistant and manufacturer assembly personal. Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

Biff's Septic Service is looking for a full time Septic Truck Driver. Class 3 and a clean Drivers Abstract is required. Please send resumes to admin@biffsseptic.com

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Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

Student Activity Assistants: Various Locations in the IERHA

- Must be Metis, Non-Status or Inuit.
- Must be students between the ages of 16-29

Please see: <http://selfservice.ierha.ca/> and search under: "Direct Support" and scroll to find: **Student Activity Assistant** for the complete job postings.

Please apply on-line at <http://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday, May 20, 2021 at 11:59 pm.



Interlake-Eastern
Regional Health Authority



Manitoba

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To find out more about the opportunity or to Apply Contact jessica@biginterlake.ca

Drop off at Big Interlake Mechanical during working hours - Tuesday to Saturday 9:00 A.M to 5:00 P.M

Please include the position title in the subject line of your e-mail and/or cover letter and emails without this information will not be opened for security reasons. Big Interlake Mechanical is an equal opportunity employer and welcomes applications from all qualified persons. We thank all those who apply and advise that only those selected for further consideration will be contacted.

Rural Municipality of Woodlands 2021 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. Application forms are available at the Municipal Office or our website www.rmwoodlands.info. The application will consist of a 16' x 300' strip at a cost \$300.00 plus GST (\$315.00).

Deadline to submit application forms is **Friday, May 14, 2021**.

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

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THE RURAL MUNICIPALITY OF ROCKWOOD

2021 DUST CONTROL PROGRAM

When requesting application of dust control, the Applicant acknowledges and accepts the following:

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

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

Ratepayers may obtain dust control on the basis of **\$400.00** per application. Orders and pre-payments for same to be made to the Rural Municipality of Rockwood Administration Office by **Friday, May 14, 2021**. The application will consist of actual width of road x 100 metre strip. The area to be serviced must be staked out prior to application. Dust Control will be applied during the early part of June, **weather permitting**.

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

The Rural Municipality of Rockwood



Rural Municipality of Armstrong

EMPLOYMENT OPPORTUNITY YOUTH EMPLOYMENT

The Council of the Rural Municipality of Armstrong invites applications for the following positions:

2 Green Team Summer Students

Qualifications

- Valid Class 5 Manitoba Drivers' license
- Knowledge in the operation and maintenance of riding mower, push mower, weed eater
- Knowledge of safety procedures and of the use of safety equipment
- Ability to do physical labour
- Available from July to August
- Must be 16 to 29 years old (consideration will be given to those 15 years of age who obtain a certificate of completion for the Young Worker Readiness Certificate course)

Further information may be obtained by contacting the Office at 204-278-3377.

Written applications to be submitted by 4:30 p.m., Friday May 21, 2021 to:

RM of Armstrong Office
Box 69, Inwood, MB ROC 1PO
Fax: 204-278-3437
Email: cao@rmofarmstrong.com

take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Engine additive
4. A hearty laugh
8. Restrain
10. Dried coconut kernels
11. Nefarious
12. Elderly
13. Central part of a church building
15. Throw into confusion
16. Intestinal
17. Qualities of being religious
18. Live up to a standard
21. Seize
22. Go quickly
23. Automated teller machine
24. Bowling necessity
25. One point east of due south
26. Japanese honorific
27. A way to induce sleep
34. Makes cash register rolls
35. A city in S Louisiana
36. Make more cheerful
37. Manicurist
38. Consents
39. Network of nerves
40. Mocking smile
41. It covers the body
42. Partner to pans
43. Perform in a play

CLUES DOWN

1. Beautiful

1	2	3					4	5	6	7		
8			9					10				
11							12					
13				14			15					
16						17						
18					19	20						
					21			22				
					23			24				
					25			26				
					27			28				
								29	30	31	32	33
34									35			
36									37			
38											39	
40											41	
42												43

2. Polynesian island country
3. Shrub of the olive family
4. Self-governing Netherlands territory
5. Shared one's view
6. Tailless amphibians
7. Charge passengers must pay
9. Sound sheep make
10. Known for sure
12. Filled with unexpressed anger
14. Student (abbr.)
15. Criticize
17. Gathering place
19. Informal alliances
20. One's mother (British)
23. Landholder
24. Peter's last name
25. Parties
26. Title of respect
27. Red wine
28. Pearl Jam's debut
29. Shaft horsepower (abbr.)
30. Frosts
31. Cry of joy
32. Induces vomiting
33. Mother or father
34. Dal __: Musical navigation marker
36. Door fastener part

Announcements

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BIRTHDAY



Happy Birthday to Mary Kowalchuk who celebrates her 99th Birthday on May 7

We could not have asked for a more wonderful Mother, Baba, & Great Baba to be in our lives!

You walk beside us so we wouldn't be alone,
You walk in front of us to show us the right path,
And you walk behind us so you could catch us if we fall.
You are turning 99, but you are both young at heart and have always been wise beyond your years.
Our lives are enriched because of you.

-With love from your whole family

BIRTHDAY



Happy 14th Birthday Owen Shymko

Keep hunting, fishing, dirt biking, quadding, gardening and enjoying the outdoors.
We are proud of the handsome young man you are.

Wishing you a great birthday!

-Lots of love,
your family and friends

BIRTHDAY



Happy 14th Birthday Ethan Shymko

Keep hunting, fishing, dirt biking, quadding, gardening and enjoying the outdoors.
We are proud of the handsome young man you are.

Wishing you a great birthday!

-Lots of love,
your family and friends

IN MEMORIAM



Andre Catrysse June 20, 1922 - May 5, 2016

Five seasons of planting and harvesting have passed since you left us.
We miss you Dad.

-Love, Christine and Mark Tronrud and family

BIRTHDAY



May your birthday be special and filled with lots of cheer, may it bring happiness that lasts throughout the year.
Happy 65th birthday Gwen!

-Love from
Bruce Trevor, Chrissy, Alexis, Sam, Brooklyn, Riley and K.C.
Tyler, Martina and Archer
Jennifer, Jeremy, Isabelle and Aiden

BIRTHDAY



Happy 90th Birthday Freida Jorheim

90 years of family, friends, students, community and memories! We may not be able to gather to celebrate (for now), but that doesn't change the loving birthday wishes sent your way, and how thankful we are for having you in our lives.

-Love, your family

BIRTHDAY



Happy 50th Birthday Mike Palmer

Wishing you a wonderful 50th birthday on May 11.

-Love your friends and family

IN MEMORIAM



Rose Pawluk February 4, 1922 - May 7, 2016

Five years have come and gone,
If we could visit heaven,
Maybe our pain would go away.
We'd put our arms around you
And whisper words so true,
That living life without you
Is so very hard to do.
We cannot bring the old days back
When we were all together,
But loving thoughts
and memories
Will stay
with us forever.

We miss you Mom.

-Love from your children
Barry, Linda, and Peggy (Dennis),
grandchildren and great-grandchildren

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

Call 204-467-5836 or email igraphic@mts.net

Stonewall Teulon
Tribune

OBITUARY



Horst Mattern

On Friday, April 30, 2021, with family by his side, Horst Mattern passed away with dignity and courage in hospital in Stonewall at the age of 80.

Beloved husband of 54 years to Sharon, and loving father of Rick, and Rod (Joann). Dear brother of Irene (late Erich), and Herbert (Cathy).

Horst was predeceased by his parents Ernst and Johanna. Horst was born in Litzmannstadt, Germany in 1941. Together with his parents and brother, he moved to Canada in 1958. In 1961 Horst started his career at MTS, and is where he met the love of his life, Sharon. He retired as an MTS Pioneer in 1996.

Horst will be fondly remembered and greatly missed by his extended family and friends.

The family wishes to extend their heartfelt thanks to homecare staff, and the wonderful staff at Dr. Evelyn Memorial Hospital for their compassionate care. Very special thanks to Dr. Zahiri.

In lieu of flowers, memorial donations may be made to the Heart & Stroke Foundation.

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OBITUARY



Cecil Hugh Wilson
June 17, 1947 to April 28, 2021

Peacefully after a courageous battle with cancer we say farewell to our beloved Cecil. He was a husband, friend, brother, father, uncle, grandpa, and great-grandpa that we cherished in our life.

He is headed off to spend his next chapter with his son Dwayne (Duey) and his parents Sydney and Nellie and his brother George.

He will be lovingly remembered by Doreen (wife), Dave (Nichole), Mitchell (Danielle), Nicholas (Carleen), Mackenzie (Chelsi).

He was a well-known citizen of Stonewall. He tried his hand at many things, he coached kid's baseball, volunteered at various community projects, cooked meals at FACT and curling club dinner events, he served as a member on council and helped many local businesses in anyway he could.

He was a generous and giving man, he was known for his strength, humour and kindness to all and he especially loved children and animals. He delighted in a good golf game, whiskey, a steak he likely prepared himself and blowing up the odd elevator. He always enjoyed good company while hunting and fishing.

His presence would fill a room and his departure will leave a hole in our hearts. He will be missed by all that had the pleasure to have known him.

A personal graveside service was held on Saturday May 1, 2021.

In lieu of flowers if friends so desire, a donation can be made to the South West District Palliative Care Inc., Box 1282, Stonewall, MB., R0C 2Z0, Winnipeg Human Society, 45 Hurst Way, Winnipeg, Manitoba, R3T 0R3 or a charity of your choice.

Our family would like to take this opportunity to thank all the doctors and nurses who assisted in his care. Especially the Stonewall hospital staff who were so kind and made us very comfortable in this trying time.



OBITUARY



Dennis Langrell

Dennis Langrell lived from July 28th, 1954 to April 28th, 2021. He will be loved forever by the families of his sister Jennifer Studler, her husband Peri and brother Doug Langrell and his wife Donna Breyfogle, close cousins Shelley McKnight, Kelvin Stewart, Dawne Grenkow and Pam Stewart and their families, Laurie and Shirley Langrell and by a large extended family. He will be remembered also by the many friends, too numerous to list, whom he held so dear, and especially by Eleanor Adams. Dennis was predeceased by his father Ed and mother Eleanor.

Blessed by a sunny, happy childhood on the family farm, nurtured by loving, gentle parents, he enjoyed the adventurous, free life that such an upbringing affords. In time he grew into a curious, well-travelled and well-read individual, absorbing the varied experiences that came his way, always a keen—and opinionated—

observer of the human condition.

Dennis will be remembered by most for his love of golf, a game for which his passion was unlimited and his grasp of detail, at least to the fairway-challenged, essentially infinite. An athlete in his younger years, he enjoyed sports of all kinds, and maintained a keen interest—and an astonishing, encyclopedic knowledge of the sporting world—throughout his life. He was intensely proud of the achievements of the various communities to which he contributed, from his student council presidency in high school, to his leadership in the Interlake Golf and Country Club and the Manitoba Golf Association, to his more recent volunteer role as a guide at the Winnipeg Art Gallery.

His entire working career, from 1975 till 2010, was devoted to one organization, the Grain Research Lab of the Canadian Grain Commission, and to the many, many colleagues and friends he treasured.

On the whole, it was a lonelier life than those who loved him would have preferred. Though the comfort of a single life partner was not fated for him, his bottomless affection for his family and friends anchored him and remained always the strongest current of his life. He lived the way he wanted; he was loved, and his memory will be cherished forever by those who valued his life so deeply.

“And now abide faith, hope, love, these three;
but the greatest of these is love.”

If you care to remember Den in a tangible way, please make a donation to a charity of your choice.

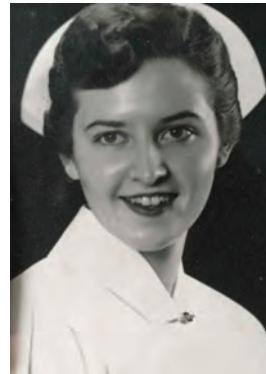


Announcements



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OBITUARY



Phyllis Anne Kelpin (Wallace)
September 18, 1935 - April 17, 2021

It is with the deepest sadness that we announce the passing of our beloved Wife, Mother and Grandmother, Phyllis Anne Kelpin at the age of 85 after her courageous battle with cancer. Her prayers were answered passing away peacefully in her home with her family by her side.

Mom was predeceased by her parents James and Anne Wallace (Cole). She is survived by her loving husband of 63 years Donald Kelpin Sr.; her children, son Donald Jr. (Karen),

daughters Shelley and Sharon Wolfe (Bill) and grandsons Kyle (Hannah) and Darren (children of Don and Karen). Mom will also be remembered by many relatives and friends including her sister-in-law Joyce Kelpin of B.C and cousin Beryl Cole of Winnipeg.

Mom was born in Minnedosa, Manitoba. As a young girl she travelled with her parents frequently due to her father's service in the Canadian Air Force, eventually returning to Manitoba to finish school. She then attended the St. Boniface School of Nursing where she graduated as a Registered Nurse in 1958, and went on to work at St. Boniface, Health Sciences, Misericordia Hospitals and lastly Luther Nursing Home.

While attending her training at St. Boniface, Mom met Dad. They were married March 17, 1958 and lived briefly in Winnipeg later moving to and settling in Stony Mountain for the rest of her life. Mom was a stay at home Mom while raising her three children and she was very involved in all family activities and sports for her children and grandchildren. Family meant everything to Mom. She eventually returned to her nursing career still always putting family first.

Mom was a caring, kind and compassionate person as well as a great listener, always there for family and friends. She was a very organized individual and independent up to her last day.

We will miss the family celebrations and Mom's sense of humour. Mom loved a good laugh.

We would like to thank Dr. Kumar Belgaumkar for many years of care and the Interlake Palliative Care Medical Staff for their recent care and support.

Cremation has taken place and there will be a small family service at a later date.

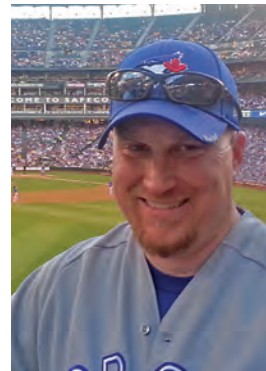
Mom, you are forever in our hearts and may you rest in peace.

In lieu of flowers, donations may be made to Rosewood Lodge Stonewall, the Heart and Stroke Foundation or a Pet Rescue of your choice.

MACKENZIE FUNERAL HOME STONEWALL
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OBITUARY



Daniel Rodney Jensen
January 22, 1969 - April 22, 2021

It is with great sadness that the family of Dan announce his sudden passing at home.

Dan was predeceased by his grandparents, Mortine and Hans Christian Jensen, Sofia and Harold Sr. Priestley and his parents Sophia and Chris Jensen. He will be lovingly remembered by his common law spouse Amber Brazil and their son Maddex; his three brothers and their families, Leonard (Debbie), Derrick, Lynsey, William (Kyla), Hayden, Marissa, Rylee and Joseph (Erin), Dylan, Cody, Eric, and Mathew.

Dan, affectionately known as Disco, was born in Teulon, Manitoba and spent the majority of his life on or near the family homestead East of Stonewall, where he grew up building a lifelong circle of close friends, he considered family. There are too many to list, but

they know who they are.

Dan graduated from Stonewall Collegiate class of 1987. He was elected student Vice President after giving a convincing campaign speech.

After high school, Dan attended Red River College and obtained a diploma in Sales and Marketing. Dan excelled in his 25 year career at The Brick with his tireless work ethic to attain his goals, and was admired by his Winnipeg West family. Dan was recognized for his achievement as top performer in the region and company. In a 5 year span Dan's name is engraved 39 times on The Bricks Top Monthly Performer recognition wall.

Dan had the gift for gab and would entertain his family and many friends with stories and his knowledge about sports statistics. Dan had many pleasures in life; he took great pride in being a father and role model to Maddex and coaching him in local baseball, while never missing the chance to watch the Winnipeg Jets, the Toronto Blue Jays or a Bomber game on tv. With a love for all sports Dan played hockey, most recently for The Stonewall Bullets. Disco loved spending time with his friends from pool parties, poker games, fishing, camping trips and the annual Mulligan Golf Tournament; and especially spending Christmas dinners with the Kroeker's, McIvor's and Willey's.

An all day viewing has been scheduled for Monday, May 10, 2021. Due to COVID restrictions the MacKenzie Funeral Chapel, Stonewall, can only accommodate 10 persons/hour. Please call MacKenzie at 204-467-2525 to schedule a time to be able to pay your respects. A Celebration of Life will be scheduled in the future when COVID restrictions have lessened.

In lieu of flowers, please consider a donation to a charity of your choice.

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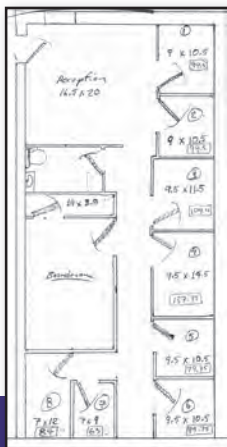


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